



TRINITY EPISCOPAL SCHOOL WELCOMES:

Nansemond-Suffolk Academy, Norfolk Academy,
New Community School, The Steward School, Veritas

Facility

SwimRVA
5050 Ridgedale Parkway
Richmond, Virginia 23236
(804) 271-8271
8 lane, 25 yard pool, Colorado Timing System with touchpads

Meet Officials

Meet Director: Tim Johnson, (804) 301-8394 (cell), TrinitySwimCoach@gmail.com
Meet Admin: Wells Bridgforth, (804) 467-6751 (cell), coachwellsb@gmail.com
SwimRVA Director of Operations: Brad Burton, (804) 271-8274,
brad.burton@swimrichmond.org

Eligibility

- 3 scored entries per event
- Athletes in 8th through 12th grade are eligible to participate and score in this meet
- Swimmers in 6th & 7th grade and PG swimmers may participate in this meet, but must swim as exhibition including relays.
- Athletes may swim in a total of **four** events, but no more than **two** individual events.
- Disabled swimmers are welcome to participate. Please contact Coach Tim Johnson (TrinitySwimCoach@gmail.com) regarding accommodations.

Entries

- Entries should be submitted through SwimCloud. To access the entry platform go to: <https://www.swimcloud.com/results/204133/times/>
- **ENTRIES ARE DUE BY 8 PM ON WEDNESDAY, JANUARY 5th**
- Please ensure your team roster is correct in SwimCloud.
- **Coaches are requested to provide estimated times for their entries so that heats can be properly seeded. NO NT entries are allowed.**
- Heats will be seeded from slowest to fastest.

Exhibition

- The 50 Free and 100 Fly will be unlimited exhibition.
- There will be **NO EXHIBITION** in the 200 FR, 200 IM, and 500 FR.
- All other events will be limited to two exhibition swimmers per team.

Scoring

Triple Dual Meet Format

- Individual Events – 6-4-3-2-1-0
- Relay Events – 8-4-2

Rules

The meet will be governed by the 2021-2022 National Federation High School Swimming and Diving rules.

Schedule & Warm-up Times

Friday, January 7, 2021
Warm-up Times: 5:00-6:00 p.m., Session TBA
6:03 p.m. National Anthem
6:05 p.m. Meet Start

Events

Girls	Event	Boys
1	200 Medley Relay	2
3	200 FR	4
5	200 IM	6
7	50 FR	8
5 Minute Break		
9	1M Diving	10
11	100 FL	12
13	100 FR	14
15	500 FR	16
17	200 Free Relay	18
5 Minute Break		
19	100 BK	20
21	100 BR	22

Diving

For teams with divers, the diving events will take place on a separate day at the St. Catherine's pool. Please contact the Diving Coach, Diane Maiese (diane@diverva.com) with your dive entries. Diving results will be included with the final results.

Heat Sheets, Volunteers, & Concession

- Heat sheets for the meet will be available for sale at the concessions stand and via Meet Mobile. Coaches will be provided with a paper copy of the heat sheet. Other heat sheets will be posted in the team areas.
- We will offer concessions at this meet to include pizza or sandwiches and other snacks and drinks.
- TES will be providing timers.
- If your team has a parent who is a certified USA Swimming official, please contact Tim Johnson (TrinitySwimCoach@gmail.com).

Facility COVID-19 Protocols

In accordance with guidance from the CDC and VDH, SwimRVA recommends that use of masks for all Officials, Coaches, Athletes, and Spectators in an indoor setting, regardless of vaccination status.

We kindly ask that each team and coach to support this best practice in the interest of public health, as well as the health of all athletes and guests attending the meet.

Questions

For questions regarding the meet, please contact Tim Johnson (TrinitySwimCoach@gmail.com)

For questions regarding facility issues and COVID-19 protocols, please contact Brad Burton (brad.burton@swimrichmond.org)

TES Athletic Staff

Anna Prillaman, Athletic Director
Tim Johnson, Swimming & Diving Program Head, Head Coach – Swimming
Wells Bridgforth, Assistant Coach – Swimming
Tess Andres, Assistant Coach – Swimming
Alicia Raymond, Assistant Coach – Swimming
Diane Maiese, Head Coach – Diving
Stefanie Lapp, Assistant Coach – Diving