



**2019 TYR Pro Swim Series #3  
Richmond, VA  
April 10-13**

**The entry deadline for all participants is 11:59 pm Mountain Time on Tuesday, April 2, 2019 or as soon as the entry cap is reached.**

**This event is sanctioned by USA Swimming**



## 2019 TYR Pro Swim Series General Series Information

- These meets will be capped at approximately 450 swimmers (except as noted).
- Swimmers who are members of USA Swimming and have one or more qualifying standards in individual events may enter these meets through USA Swimming's OME system ([usaswimming.org/ome](http://usaswimming.org/ome)) on a first-come basis until the entry cap is reached.
- The following athletes will be exempt from the entry cap and may enter any number of events **until the entry deadline but are subject to the late entry policy once the cap is reached.**
  - Any athlete ranked in the top 50 in the world in one or more individual events between 9/1/2017 and 8/31/2018 based on the FINA world rankings as of September 1, 2018 (Events are LCM, Olympic-distance only).
  - Any 2018-19 U.S. National Team Member
  - Any 2018-19 U.S. National Junior Team Member
- Cap exempt athletes **and their teams** will be allowed to enter one week prior to the published OME opening date.
- Foreign swimmers who are not members of USA Swimming and who have one or more qualifying standards in individual events may enter the meet on a first-come basis until the entry cap is reached beginning 24 hours after U.S. entries open. Please refer to instructions on page 4.
- The qualification period is 24 months prior to the entry deadline. Entries are not accepted until they have been officially submitted in the OME system.
- Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:
  - Late entries must be submitted through the Online Meet Entry system (OME);
  - These entries must be received no later than 11:59 p.m. Mountain Time on Sunday prior to the beginning of the meet.
  - The team or athlete must pay a one-time processing fee of \$150.00 and pay entry fees of \$40 per event.

### SANCTION

These meets and any associated competitions and/or time trials are sanctioned by USA Swimming. If a USMS swimmer establishes a new Masters record, it is up to that swimmer to request all necessary information and signatures prior to the end of the session in which the performance occurred.

### RULES

Unless otherwise noted herein, these meets shall be conducted in accordance with current USA Swimming Rules and Regulations. A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters. Please note that use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is also prohibited.

Any U.S. swimmer entered in these meets must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. During warm-up sessions, athletes must enter the water feet-first, except in designated lanes and times. Violations may result in disqualification from next individual event or expulsion from the meet. More detailed warm-up procedures will be distributed at registration and during the Technical Meeting. It is understood and agreed that USA Swimming, the Meet Hosts, Facility Owners, and the LSCs shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

- TECHNICAL RULES** A Technical meeting will be held at the pool at 5:00 pm Wednesday. Details and Information discussed at these meetings will be emailed to all participating coaches and posted on the USA website immediately following each meeting. Participating coaches are responsible for all information presented and/or included in this posted information.
- FORMAT** These meets will be conducted in LCM. All individual events except the 800/1500 freestyles will be conducted on a Preliminaries and Finals basis. At the Meet Referee's discretion, preliminary sessions may be conducted in flights, with the fastest seven heats of events 200m or less, and the fastest five heats of 400m events in the "A" flight, and all remaining heats in the "B" flight. "A" flights will be concluded each morning prior to beginning the "B" flights. The "A" flights will be swum slowest to fastest. The "B" flight as well as the 400m races will be swum fastest to slowest. The top four heats of swimmers from preliminaries will advance to an A, B, C, and D heat in the Finals. In the Finals, the B heat will swim first, followed by the A heat. After all the A and B Finals heats are completed, the C and D Final heats will swim.
- DISTANCE FREESTYLE** The 800 and 1500 freestyle events will swim as Timed Finals. Positive check-in is required prior to the scratch deadlines in order to compete in the distance events. The distance freestyle events on Wednesday evening will swim fastest to slowest, alternating women and men beginning at 6:00pm. On day four all but the fastest seeded heat in each gender of the distance freestyle events will swim fastest to slowest at the end of the preliminary session, alternating women and men, with the fastest seeded heat in each gender swimming in the finals session.
- BONUS EVENTS** Any swimmer who has one or more qualifying standards in individual events may enter up to two bonus events in each meet, provided they have achieved the published Bonus Standards.
- ENTRY LIMIT** Each swimmer may participate in a maximum of seven individual events per meet, with no more than three individual events per day including time trials.
- ENTRY FEES**
- |                      |   |
|----------------------|---|
| Individual Events    | \$20 per event  |
| Coach Credential     | \$20 per coach (\$25 if purchased on site)                                |
| Foreign Participants | \$35.00 additional fee per participating athlete, coach, and staff member |
- SEEDING** Except for distance freestyle, events shall be seeded in order of LCM, SCY, LCM Bonus, SCY Bonus. Seeding for distance freestyle events will be LCM, SCY, Alternate Distance LCM, Alternate Distance SCY, LCM Bonus, SCY Bonus, Alternate Distance Bonus LCM, Alternate Distance Bonus SCY.
- RELAYS** With the exception of a mixed medley relay for National Team members, there will be no relays at these meets.
- SCORING & PRIZE MONEY** The TYR Pro Swim Series provides swimmers prize money for first, second, and third place performances at each meet. Prize money will be distributed as follows:
- All individual Olympic events:  
 \$1,500 - 1st place  
 \$1,000 - 2nd place  
 \$500 - 3rd place
- All prize money is distributed by USA Swimming, NOT the host. For additional information on prize money, please refer to the Pro Swim Series Rules to be published in October 2018.
- SCRATCHES** Scratches and positive check-in for Day 1 events are due to the Administrative Referee at the beginning of the technical meeting and may be submitted by email to [Bob.Mattack@activenetwork.com](mailto:Bob.Mattack@activenetwork.com). All subsequent day's events scratches are due 30 minutes after the start of the previous evening's finals. There is no penalty for failing to compete in a preliminary or timed final heat, except an individual event in which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's three-event/day and seven-event/meet limit. A swimmer qualifying for an A, B, C, or D Final who fails to compete shall be barred from the remainder of the meet, unless excused by the Meet Referee.
- TIME TRIALS** Time Trials may be conducted at the discretion of the Meet Referee. Entry fees for time trials will be the same as the meet entry fees. Time trials count toward a swimmer's individual event total for each day, but not the meet total. Athletes may need to provide their own lane timer and lap counter for time trial events.

**FOREIGN ENTRIES**

Foreign swimmers who are members of USA Swimming may enter through the OME system. Foreign individuals/teams who are not members of USA Swimming, but are members of their respective FINA federation may also enter using the OME system, but must first send the following information to Jaime Lewis at [jlewis@usaswimming.org](mailto:jlewis@usaswimming.org) or 719-866-4578.

- Team name
- Entry contact information
  - First name
  - Last name
  - Work phone
  - Email address
- List of qualified athletes with birthdates
- Once this information is received by USA Swimming, access information and instructions on how to use the OME system will be sent. Entries for foreign swimmers who are not USA Swimming members will open 24 hours after U.S. entries open.
- Converted times will not be acceptable for entry.
- A letter from the delegation's FINA federation must be submitted confirming that all members of the delegation are in good standing with the federation. All coach and staff members must be submitted through OME or by emailing Jaime Lewis at [jlewis@usaswimming.org](mailto:jlewis@usaswimming.org) before the entry deadline. Foreign coaches and staff members that are not submitted before the entry deadline will not be able to obtain a deck pass on site.
- There will be an additional \$35.00 fee assessed per participating foreign athlete, coach, and staff member.

**COACH CREDENTIALS**

Credentials for coaches, managers and team support shall be issued to those persons listed on the submitted team entry forms, according to the following formula, based upon the total size of the team. Team support members must be included in this formula and on the entry form to receive a credential. Athletes entered in the meet will receive a deck pass as part of their entry fee. All others will be required to purchase individual tickets. For clubs that wish to bring one certified massage therapist with their teams, a \$80 surcharge will apply if the massage therapist exceeds the deck pass formula below. These funds shall become the property of the meet host. All massage therapists must be non-athlete members of USA Swimming, and will have limited access around the venue.

- 1-3 swimmers in individual events: 1 deck pass.
- 4-6 swimmers in individual events; 2 deck passes.
- 7-9 swimmers in individual events; 3 deck passes.
- 10-14 swimmers in individual events; 4 deck passes.
- 15-19 swimmers in individual events; 5 deck passes.
- 20-24 swimmers in individual events; 6 deck passes.
- 25-29 swimmers in individual events; 7 deck passes.
- 30- 34 swimmers in individual events; 8 deck passes
- 35-39 swimmers in individual events; 9 deck passes
- 40 or more swimmers in individual events; 10 deck passes
- Unattached swimmers not with a team: 1 deck pass.

**OFFICIAL'S INFO**

The TYR Pro Swim Series meets have been designated as National Qualifying Meets to all officials who wish to and are eligible to be evaluated for advancement or re-certification. Request for evaluation should be made to the meet referee. An officials' meeting will be held one hour prior to each session.

**BROADCAST STATEMENT**

Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming.

**IMAGE AUTHORIZATION**

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions. All participants agree not to use or authorize use of pictures in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. All participants agree not to use medals or photos, or portraits or films with the medals,

which are received for performances in this competition, for the purpose of trade. Furthermore, participants agree to return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.

**SWIMMERS WITH DISABILITIES**

Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the meet director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals.

**SAFETY**

Marshals will be in place during warm-up periods and USA Swimming safety rules will be in effect. It is the responsibility of the swimmer or of the swimmer's legal guardian to ensure compliance USA Swimming safety procedures.

**LIABILITY**

USA Swimming, the LSC, the facility, and the host organization shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in these events. Damage to the facility, when proved, will cause the offending participant, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. All participants and guests must adhere to the facility rules and coaches must supervise their swimmers at all times. Glass containers are not permitted in the facility. Children must be supervised at all times.

**DOPING CONTROL**

These competitions are subject to Doping Control under USADA and FINA rules. All athletes competing in the meets are eligible to be tested. All athletes should check the status of all medications they consume at the US Anti-Doping Agency's (USADA) Drug Reference website ([www.globaldro.com](http://www.globaldro.com)). Documentation may be required to be submitted well in advance of the meet. All World Records and Junior World Records must be tested.



**Richmond, VA  
April 10-13, 2019**

- ENTRIES** Entries can be made through USA Swimming's Online Meet Entry System ([usaswimming.org/ome](https://usaswimming.org/ome)) beginning Tuesday, January 22, 2019 at 10:00 am Mountain Time. Cap exempt athletes and their teams will be allowed to enter one week prior to this date (beginning Tuesday, January 15, 2019 at 10:00 am Mountain Time). The entry deadline for all participants is 11:59 pm Mountain Time on Tuesday, April 2, 2019 or when the entry cap is reached. There will be no refunds once entries are accepted.
- HOST** SwimRVA
- SCHEDULE**
- |                  |  |
|------------------|--|
| Wednesday:       | Timed finals for the 800 Freestyle events will begin at 6:00 pm. |
| Thu-Sat Prelims: | 9:00 am  |
| Thu-Sat Finals:  | 6:00 pm  |
- Practice will be available beginning at noon on Tuesday. Venue hours of operation on Tuesday & Wednesday are as follows: Tuesday Noon – 9:00 PM; Wednesday 9:00 AM until one hour after the completion of the timed final session. The venue will be open for practice starting at 7:00 AM on Thursday – Saturday.
- HOTELS** We have partnered with PSE Tournament Housing to provide attendees/groups with the best available rates. Hotels have been carefully selected to ensure quality and are within close proximity to the venue(s). Rooms will book up quickly so please book well in advance. Book by phone at 888-417-6446 or view hotels and book online at: <https://pse.tournamenthotels.com/PSE/2835/ViewHotels>
- EVENT PERSONNEL**
- |                 |              |  |              |
|-----------------|--------------|--|--------------|
| Referee:        | Wayne Shulby | <a href="mailto:wayne.shulby@gmail.com">wayne.shulby@gmail.com</a>               | 919.428.5529 |
| Admin Referee:  | tbd          |  |              |
| Meet Directors: | Adam Kennedy | <a href="mailto:adam.kennedy@swimrichmond.org">adam.kennedy@swimrichmond.org</a> | 804.334.7669 |
- ABOUT THE VENUE** SwimRVA's flagship facility, Collegiate School Aquatics Center (CSAC), is home to the 50 meter Myrtha pool that FACILITY was used for the 2008 US Olympic Trials in Omaha, Nebraska. The 50-meter competition pool will be in an 8 lane format with a depth of seven feet and seven inches at the sides and eight feet and two inches in the center. Competition lanes are a minimum of 9 feet wide swum bulkhead to bulkhead. Equipment supporting the competition pool consists of non-turbulent Competitor lane markers, new Myrtha Track Start Blocks and Backstroke wedges, CTS6 with automatic and semi-automatic timing, Dolphin wireless backup stopwatches. Other amenities include an indoor 6 lane 25 yard pool for continuous warm-up, cool-down, hospitality, a swim shop, athlete lounge, and elevated spectator seating for over 700 with access to wireless internet. The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4).
- LOCKERS** Limited lockers are available in the athlete/officials' locker rooms for day use only. No locks will be provided.
- MEDICAL ASSISTANCE** Lifeguards shall be on duty at all times during warm up and competition. Anyone in need of medical assistance should summon the nearest lifeguard or report to the Lifeguard office located on the pool deck.
- In addition, there will be sports medicine support provided by Dr. Jim Miller and multiple athletic trainers. If you need to contact Dr. Miller to notify him and his team of specific needs, please email [jwmswimmd@aol.com](mailto:jwmswimmd@aol.com).

In the event of a serious emergency, a Chesterfield County Fire Station is located at 5811 Iron Bridge Rd, N.Chesterfield, VA 23234. This location is 1.5 miles from the facility and the response time in a severe emergency is less than 5 minutes. The nearest hospital is: CJW Medical Center – Chippenham Campus. Located at 7101 Jahnke Rd, Richmond, VA 23235.

**CONCESSIONS**

A full concessions stand will be available throughout the meet. The Rapids Café serves food prepared by Ukrops’ Homestyle foods, Simple Truth Organics, Papa Johns, Chick-Fil-A and Coca-Cola/Powerade drink products.

**TICKETS**

Ticket information can be found here; [usaswimming.org/tickets](http://usaswimming.org/tickets)

**EVENT ORDER**

<b>WOMEN'S EVENT #</b>	<b>TYR PRO SWIM SERIES Richmond, VA</b>	<b>MEN'S EVENT #</b>
<b>Day 1, Wed April 10</b>		
1	800m Freestyle^	2
<b>Day 2, Thu April 11</b>		
3	200m Freestyle	4
5	100m Breaststroke	6
7	50m Backstroke*	8
9	100m Butterfly	10
11	400m Individual Medley	12
<b>Day 3, Fri April 12</b>		
13	200m Butterfly	14
15	50m Freestyle	16
17	100m Backstroke	18
19	200m Breaststroke	20
21	50m Butterfly*	22
23	400m Freestyle	24
25	200m Mixed Medley Relay	25
<b>Day 4, Sat April 13</b>		
26	1500m Freestyle**	27
28	200m Individual Medley	29
30	200m Backstroke	31
32	50m Breaststroke*	33
34	100m Freestyle	35

^Will be swum fastest to slowest, alternating women and men as a timed final session.

\*The qualifying times for the 50m Butterfly, 50m Backstroke, and 50m Breaststroke events will be the corresponding 100m time standards.

\*\*Preliminary heats for events 26 and 27 will be swum after event 35. The fastest 8 seeded athletes in each gender will swim in the finals session.



# TIME STANDARDS

# 2019

## TYR PRO SWIM SERIES AT RICHMOND

WOMEN			MEN	
SCY	LCM		LCM	SCY
22.79	26.59	50 Freestyle	23.99	20.49
49.69	57.59	100 Freestyle	51.99	44.39
1:47.39	2:04.29	200 Freestyle	1:54.29	1:38.39
4:48.09	4:21.39	400/500 Freestyle	4:02.79	4:28.29
9:56.79	8:58.69	800/1000 Freestyle	8:23.09	9:13.19
16:32.59	17:11.29	1650/1500 Freestyle	16:05.09	15:34.19
54.49	1:04.39	100 Backstroke	58.79	49.69
1:57.69	2:18.29	200 Backstroke	2:06.99	1:47.99
1:02.89	1:13.29	100 Breaststroke	1:06.09	55.79
2:15.49	2:38.29	200 Breaststroke	2:23.29	2:01.19
53.99	1:02.39	100 Butterfly	56.49	48.99
1:59.39	2:16.99	200 Butterfly	2:05.09	1:47.89
2:00.59	2:20.99	200 Individual Medley	2:08.29	1:48.89
4:15.19	4:57.29	400 Individual Medley	4:33.09	3:52.69

WOMEN		Bonus	MEN	
SCY	LCM		LCM	SCY
24.09	27.39	50 Freestyle	24.89	21.39
52.09	59.39	100 Freestyle	53.79	46.49
1:52.59	2:07.79	200 Freestyle	1:58.09	1:41.79
5:03.49	4:28.79	400/500 Freestyle	4:09.99	4:37.09
10:20.49	9:13.79	800/1000 Freestyle	8:40.69	9:34.29
17:14.39	17:40.19	1500/1650 Freestyle	16:38.99	16:05.49
58.09	1:06.89	100 Backstroke	1:00.79	52.09
2:04.99	2:23.99	200 Backstroke	2:11.89	1:52.79
1:05.99	1:15.99	100 Breaststroke	1:08.69	58.69
2:22.69	2:43.39	200 Breaststroke	2:29.09	2:08.59
57.49	1:04.69	100 Butterfly	58.39	51.09
2:05.39	2:21.89	200 Butterfly	2:10.19	1:53.69
2:08.29	2:26.39	200 Individual Medley	2:12.79	1:55.09
4:30.69	5:07.29	400 Individual Medley	4:42.39	4:07.59