



**2020-21 TYR Pro Swim Series #1
Richmond, VA
November 5-8 (Thu-Sun), 2020**

Please note this meet will have “flipped” sessions (evening prelims and morning finals) to mimic the Tokyo Olympic Schedule.

The entry deadline for all participants is 11:59pm Mountain Time on Tuesday October 27, 2020 or as soon as the entry cap is reached.

This event is sanctioned by USA Swimming





2020-2021 TYR Pro Swim Series General Series Information

- All swimmers who have one or more qualifying standards may enter these meets through USA Swimming's OME system (usaswimming.org/ome) on a first-come basis until the entry cap is reached. U.S. swimmers, coaches, and team staff must be current members of USA Swimming and be current in all required certifications. All foreign athletes, coaches, and team staff must submit a letter from their FINA-affiliated federation stating that all participants are in good standing with the federation.
- Any current U.S. National Team Member or U.S. National Junior Team Member and their clubs may enter one week prior to the published OME opening date until the entry deadline.
- 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.

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.

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.

All U.S. athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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.

SAFE SPORT

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional, and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

The Minor Athlete Abuse Prevention Policy prohibits Applicable Adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after October 9, 2020, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after [insert same date], who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay

The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

TECHNICAL RULES

A Technical meeting will NOT be held for these competitions. Coaches are encouraged to check the USA Swimming website for last minute details about the event. Participating coaches and athletes are responsible for all information posted on the event website.

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. More information will be distributed prior to the Event. "A" flights will be concluded each evening prior to beginning the "B" flights. The "A" flights will be swum slowest to fastest. The "B" flight 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 the following morning. 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 Day 1 will swim fastest to slowest, alternating women and men. 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 Sunday finals morning session, alternating women and men, with the fastest seeded heat in each gender swimming in event order during 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

LATE ENTRIES

If the entry cap has not been reached, any team or athlete missing the entry deadline will be permitted to enter through the Late Entry process, 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 11:59pm 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.

SEEDING

Events shall be seeded in order of LCM, SCY, LCM Bonus, SCY Bonus.

RELAYS

There will be no relays at these meets.

SCORING & PRIZE MONEY

All events at the six stops of the 2021 TYR Pro Swim Series are eligible for prize money.

The TYR Pro Swim Series prize money is based on first-, second-, and third-place performances at each meet in the Championship final only. The prize money system is as follows:

- First place = \$1,500
- Second place = \$1,000
- Third place = \$500

Meet Performance Bonus:

In addition, one athlete, per gender, who has the best performance, per FINA power points ranking, will be eligible to receive a \$2500 prize at each meet. The swimmer must; (i) be a U.S. citizen, eligible to represent the U.S. in international competition (ii) be a USA Swimming member, and (iii) no longer be NCAA eligible. There will be no end of series prize money. If the athlete who wins the meet performance prize money is still NCAA eligible, USA Swimming will not distribute the meet performance prize money to the next eligible athlete.

In the event of a tie in the \$2500 meet performance prize, the swimmers will share the \$2500 prize.

SCRATCHES

For the Richmond, Irvine, and Mission Viejo events, scratches and positive check-in for Day 1 events are due to the Administrative Referee no later than 6:00 p.m. the day prior to the start of competition and may be submitted by email to Bob Matlack at bob@swmeets.com. All subsequent day's events scratches are due 30 minutes after the start of the previous finals session. 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 Macie McNichols at mmcnichols@usaswimming.org or 719-866-4578 (this should be completed prior to the opening of OME).

- 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
- 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 Macie McNichols at mmcnichols@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.

CREDENTIALS

Deck access credentials for coaches, managers and team support shall be issued to those persons listed on the submitted team entry forms according to the following team size formula. Managers and Team Support personnel must be included in this formula and on the entry form to receive a credential. If athletes are scratched from the meet, teams may be asked to surrender Coach,

Manager, or Team Support credentials in order to maintain compliance with the credential formula. Athletes entered in the meet will receive a deck pass credential as part of their entry fee. For clubs that wish to bring one certified massage therapist with their teams, a \$100 surcharge will apply if the massage therapist exceeds the deck pass credential 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, including no hospitality access. The replacement fee for a lost credential is \$100, payable to the event host.

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

OFFICIALS' INFO	Applications to officiate are available on the USA Swimming website at https://www.usaswimming.org/officials/national-meet-applications . You must be logged into your account to apply. Applications generally close 120 days prior to the meet. 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.
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). 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
November 5-8 (Thu-Sun), 2020
Please note this meet will have “flipped” sessions (evening prelims and morning finals) to mimic the Tokyo Olympic Schedule.
This meet will be capped at approximately 400 swimmers

ENTRIES Entries can be made through USA Swimming's Online Meet Entry System (usaswimming.org/ome) beginning Tuesday, October 6, 2020 at 10:00am Mountain Time. 2019-2020 U.S. National Team Members and 2019-2020 U.S. National Junior Team Members and their clubs will be allowed to enter one week prior to this date (beginning Tuesday, September 29, 2020 at 10:00am Mountain Time). The entry deadline for all participants is 11:59pm Mountain Time on Tuesday, October 27, 2020, or as soon as the entry cap is reached. There will be no refunds once entries are accepted.

HOST Swim RVA and Visit Richmond

SCHEDULE

Thursday:	<i>Timed finals for the distance Freestyle events will begin at 10:00am.</i>
Thu-Sat Prelims:	5:00pm
Fri-Sun Finals:	10:00am

The venue will be available for practice 8:00am – 8:00pm on Wednesday, and 7:00am – until one hour after the conclusion of the evening session Thursday through Sunday.

HOTELS The event online hotel reservation system can be found here: ***Available soon!***

EVENT PERSONNEL

Referee:	Clark Hammond	clarkhammond2797@gmail.com
Admin Referee	Tbd	
Meet Directors:	Adam Kennedy	adam.kennedy@swimrichmond.org
	Brad Burton	brad.burton@swimrichmond.org

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.

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.

PARKING

There is a large parking lot outside the facility. Street parking is also available.

TICKETS

Ticket information can be found at usaswimming.org/tickets

EVENT ORDER

WOMEN'S EVENT #	TYR PRO SWIM SERIES Richmond	MEN'S EVENT #
Thursday/Friday November 5-6		
1	800m Freestyle^	2
3	200m Freestyle	4
5	100m Breaststroke	6
7	100m Butterfly	8
9	400m Individual Medley	10
Friday/Saturday November 6-7		
11	200m Butterfly	12
13	50m Freestyle	14
15	100m Backstroke	16
17	200m Breaststroke	18
19	400m Freestyle	20
Saturday/Sunday November 7-8		
21	1500m Freestyle*	22
23	200m Individual Medley	24
25	200m Backstroke	26
27	100m Freestyle	28

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

*Preliminary heats for events 21 and 22 will be swum fastest to slowest, alternating Women and Men after event 28 (i.e these heats will be the last events swum on Sunday). The fastest 8 seeded athletes in each gender will swim in the Finals session at the beginning of the day.



TIME STANDARDS 2020-21

PRO SWIM SERIES

TYR PRO SWIM SERIES



WOMEN		EVENT	MEN	
SCY	LCM		LCM	SCY
22.29	25.99	50 Freestyle	23.19	19.79
48.89	56.39	100 Freestyle	50.49	43.09
1:45.89	2:01.79	200 Freestyle	1:51.39	1:35.59
4:43.79	4:16.89	400/500 Freestyle	3:57.79	4:19.39
9:48.09	8:48.09	800/1000 Freestyle	8:12.99	9:04.99
16:18.09	16:49.19	1650/1500 Freestyle	15:44.89	15:10.09
53.29	1:02.99	100 Backstroke	56.79	46.79
1:55.39	2:15.59	200 Backstroke	2:03.29	1:44.79
1:00.69	1:10.99	100 Breaststroke	1:03.29	53.39
2:11.69	2:33.79	200 Breaststroke	2:18.09	1:58.29
52.99	1:00.89	100 Butterfly	54.49	47.29
1:57.79	2:14.59	200 Butterfly	2:01.69	1:45.09
1:58.29	2:17.99	200 Individual Medley	2:04.69	1:45.19
4:12.09	4:53.19	400 Individual Medley	4:26.89	3:46.99

BONUS

WOMEN		EVENT	MEN	
LCM	SCY		SCY	LCM
26.89	23.39	50 Freestyle	20.79	24.29
58.19	50.69	100 Freestyle	45.39	52.89
2:04.99	1:49.29	200 Freestyle	1:39.39	1:55.69
4:23.79	4:53.09	500 Freestyle	4:30.49	4:05.29
9:06.69	10:06.79	1000 Freestyle	9:25.49	8:33.79
17:25.59	16:51.29	1650 Freestyle	15:46.99	16:14.99
1:04.79	55.39	100 Backstroke	49.99	58.89
2:19.59	2:00.19	200 Backstroke	1:49.49	2:08.49
1:13.79	1:03.19	100 Breaststroke	56.59	1:06.59
2:38.59	2:18.29	200 Breaststroke	2:03.79	2:24.99
1:02.69	55.09	100 Butterfly	49.59	57.09
2:18.99	2:02.09	200 Butterfly	1:50.79	2:06.89
2:22.09	2:02.69	200 Individual Medley	1:50.69	2:09.79
5:00.99	4:22.39	400 Individual Medley	3:58.79	4:36.99