East Coast WinterFest

December 10-13, 2026
Section No: VS-27-028

Hosted by:

SANCTION:	• Held Under the sanction of USA Swimming/Virginia Swimming, Inc. **Sanction No. VS-27-028** • USA Swimming, Inc., Virginia Swimming, Inc and Greater Richmond Aquatics Partnership, doing business as SwimRVA, shall be held Free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.	
LOCATION:	• SwimRVA-CSAC, 5050 Ridgedale Parkway, Richmond, VA 23234 Phone: (804) 271-8271 (Pool front desk)	
FACILITY:	• SwimRVA-CSAC Provides 2 indoor pools and supporting amenities including hospitality, a swim shop, and concession stand. • 50-meter competition pool with bulkhead offers 2 eight-lane, 25-yard competition pools with a depth of 7' 7" to 8' 1" end to end. Competition lanes are 8' 3" wide. • All sessions will be run in the 25-yard competition pool set up for 8 lanes. • Myrtha track start blocks and Backstroke wedges. • Colorado System 7 timing, Dolphin watches and Colorado 31' video board. • Indoor 6-lane 25-yard pool for continuous warm-up, cool-down. • The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations • American Red Cross certified lifeguards will be on duty for the duration of the contest. The facility is also equipped with first aid supplies, 2 AEDs and emergency oxygen. • In order to provide parents/guardians who are outside of the facility with the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.	
MEET DIRECTOR:	**Adam Kennedy – Meet Director** **adam.kennedy@swimrichmond.org** **Phone: (804) 334-7669**	**Jacob Wallin – Meet Director** **Jacob.wallin@swimrichmond.org** **Phone: (804) 334-7669**
ELIGIBILITY:	• Open to all USA Swimming athletes from SRVA-VA, BASS-VA, BAY-MD, CA-Y-VA, CCA-VA, ESFIN-VA, LIAC-MR, LAC-VA, MERC-MA, NAAC-MD, OCCS-PV, ODAC-VA, TIDE-VA, UMLY-MA, and WAC-VA, who are registered before the first day of the competition. Additional teams may be allowed based on timelines, with the permission of the Meet Director. • No on deck athlete registration will be permitted. • All 18 & Over athletes must have completed the appropriate Athlete Protection Training (APT) prior to the first day of competition. Athletes whose 18th birthday occurs during competition must complete the APT prior to that date. • Athletes listed as UNAT must check in with the meet director and be assigned a supervising coach to warm up and to compete. • Age on December 10th, 2026, will determine age for the entire meet.	
ATHLETES WITH A SERIOUS MEDICAL CONDITION	• The swimmer (or swimmer's coach) is responsible for notifying the Meet Referee prior to the competition of the medical condition, that is potentially life-threatening while swimming and of any requested accommodations/modifications. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. • This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion. • The swimmer/coach shall provide a Personal Assistant(s) as needed.	
ATHLETES WITH A DISABILITY:	• Athletes with disabilities are welcome and shall provide advance notice of desired accommodations/modifications to the Meet Director. • The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition using the Disability Accommodation Form..	

FORMAT:	**AM Sessions – 13 & Over Preliminary:** ● The Meet Director, in consultation with the meet referee, may choose to swim in dual course for any event depending on the timeline and entries received. **Teams will be notified by Monday, December 7th if dual courses are used.** ● All Individual events, EXCEPT the 1650 Freestyle, will be swum as prelims and finals. ● 1650 Freestyle will be swum AFTER the 12 & Under session and will have a 15-minute warmup period, followed by a 5 min course reset. ○ The 1650 Freestyle will be swum in TWO courses, slowest to fastest as a timed final event. ○ The Meet Director may reduce this to ONE course based on the number of entries. If one course is used, the 1650 Freestyle heats will alternate girls, then boys. ○ Teams will be notified not later than **Monday, December 7th** if a single course is used. ● The 400 Individual Medley and the 500 Freestyle will be swum in ONE course and will alternate women and men. If the events are swum in TWO courses, the pools will be separated by gender. Teams will be notified not later than **Monday, December 7th** if dual course is used. ● In both scenarios: ○ The four fastest heats of each gender will be swum first, slowest to fastest. ○ The remaining heats will be swum fastest to slowest. **12 & Under Sessions:** ● The Meet Director, in consultation with the Meet Referee, may choose to swim in dual course for any session depending on the timeline and entries received. Teams will be notified by Monday, December 8th if dual courses will be used and for which events. ○ All 8 & Under events will be swum as timed finals. ○ All 9-10 50s & 100s events will be swum as prelim/finals, with the top 16 qualifying for finals. ○ All 11-12 50s & 100s events will be swum as prelim/finals, with the top 16 qualifying for finals ○ 12 & Under 200s, 400 IM, & 500 Free will be swum as timed finals. ○ All 25-yard events will start from the movable bulkhead at the turn end of the pool. ○ All 12 & Under events will be swum slowest to fastest. ● Entries will be limited to ensure no session is longer than four hours. Entries will be taken in order of receipt until session fills. Teams will be notified if entries are not accepted. **Finals Sessions:** ● Finals events will be swum in a single course as 9-10, 11-12, 13-14 & 15 & Over finals. ○ The top **16** 9–10-year-old swimmers will qualify in the 50s and 100s ○ The top **16** 11–12-year-old swimmers will qualify in the 50s and 100s ○ The top **16** 13–14-year-old swimmers will qualify. Except the 400 IM and 500 Freestyle which will qualify the top 8 only. ○ The top **24** 15 & Over will qualify. Except the 400 IM and 500 Freestyle which will qualify the top 8 only. **Relay events:** ● All Relay events will be timed finals and be swum slowest to fastest in both prelims and finals. ● Teams are limited to entering only three relays for each event ● All 400-yard Relays and 12 & Under Relays will be swum in their respective preliminary sessions ● The two fastest seeded heats of all 13 & Over 200-yard Relays will be swum during the finals session with any other heats swum during the preliminary session.
FEES:	**Individual events- 13 & Over: $17.00** **Individual events- 12 & Under: $13.00** **Relay events: $25.00** ● Swimmer fee: $2.50 per person (entered in the meet at any capacity) ● Checks should be made payable to SwimRVA. Payment must be received by Thursday, December 10th. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
ENTRIES:	**ENTRY DEADLINE: 5:00 PM, TUESDAY DECEMBER 1, 2026** ● Entries must be submitted using Commlink-2 software. ● Teams must submit entries via e-mail to: entries@swimrichmond.org ○ Make sure to include the meet name and your team's name in the subject line. **ENTRY LIMITS**: (per swimmer)

	● Individual Events: Athletes will be limited to three (3) events per day. ● Relay Events: Each swimmer is allowed to enter one (1) Relay per day. ● RELAYS: Each Team is allowed a maximum of three (3) Relays per Event ● The Meet Director reserves the right to limit entries for any event, based on the number of entries received and the timelines. ● The Meet Referee reserves the right to combine heats and events, which may require reseeding. ● Deck entries will be accepted for athletes already entered the meet to the extent that open lanes are available. No extra heats will be added. ● Coach Times (CT) will be accepted for events in which a swimmer does not have a time-of-record. CT must be slower than an "A" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.
WARM-UPS:	**13 & Over Preliminary:** ● No earlier than 6:30 am; Competition begins no earlier than 7:45 am **12 & Under Preliminary:** ● Immediately following the 13 & Over preliminary session. No earlier than 11:00 am **Finals:** ● No earlier than 4:00 pm; Competition begins no earlier than 5:00 pm ● Warm up assignments will be sent to teams no later than **Sunday, December 7th** ● All Finals sessions will be open for general warm-up for the first 35 minutes. For the final 15 minutes the meet director and referee will open pace and sprint lanes based on demand.
SEEDING:	● All events will be pre-seeded except the 1650 Free, 500 Free and 400 Individual Medley. ● Positive check-in deadline for the 500 Free and 13 & Over 400 IM will be 40 minutes prior to the start of the AM session. ● Positive check-in deadline for the 1650 Free will be at the conclusion of Thursday's 13 & Over Preliminary session. ● **The following scratch rules regarding finals are in effect:** Any swimmer, initially announced as qualifying for an event in finals, who fails to scratch from the event and fails to compete in it at finals will be barred from competing in any additional events that session. Additionally, the athlete will be barred from competing in his/her next Individual event in a subsequent session. Alternates will be announced with final qualifiers but shall not be penalized if unavailable to compete in the finals. Rule 207.11.6.E 1-3, Exceptions for Failure to Compete, will be followed.

SCORING & AWARDS:	**Awards: East Coast WinterFest Medals will be awarded for top 3 athletes in each event.**
	● Heat winner awards will be distributed for **ALL sessions**.
	● Ribbons for places 4th - 8th will be awarded for all age groups
	Scoring:
	● Individual events will be scored
	  ○ Top 16 for the following age groups, 8 & Under, 9-10, 11-12, 13-14, 15 & Over.
	  ○ F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1
	● Relay events will be scored
	  ○ Top 16 in the following age groups 10 & Under, 11-12 and 13 & Over.
	  ○ Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
	● Team (Overall): Women, Men, Team Combined High Point.
	● Women's High Point, Men's High Point in the following age groups 8 & Under, 9-10, 11-12, 13-14, 15 & Over. Awards will be handed out at the end of finals on Sunday except for the 8 & Under awards which will be handed out at the end of the Sunday AM session.

RULES:	● The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy, will govern this meet. ● All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they Understand that compliance with MAAPP is a condition of participation in the conduct of this competition. ● 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 without written USA swimming permission. ● Any swimmer entered in the meet must be certified by a USAS coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied

	by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. ● Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is not permitted. ● Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is **PROHIBITED**. ● In accordance with VSI best practices, swimmers should shower before entering the pool. ● Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. ● In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.
PENALTIES:	● A fine of up to $100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as ○ Entries using fraudulent or non-verifiable times. ○ Athletes competed in the incorrect age group. ○ Athletes not registered with USA Swimming prior to the first day of the meet. ● If the swimmer represents a club in the competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer. ● Any event in which an athlete participated illegally will be re-scored and re-awarded
OFFICIALS:	**Meet Referee: Floyd Young** **Email: floydyoung@gmail.com** **Admin Referee: Bob Rustin** **Email: brustin55@gmail.com** ● Officials will be needed for all positions and sessions at this meet and applications to officiate are due by Thursday, December 3, 2026 ● Certified and Apprentice Officials are welcome to apply. ● Application to officiate is linked here: 2026 East Coast WinterFest: Application to Officiate Please follow up your application with an email the Meet Referee floydyoung@gmail.com.
SAFETY:	**Meet Safety Officer: Jacob Wallin** **Email: jacob.wallin@swimrichmond.org** **Phone: (804)-647-1567** ● VSI Safety and Warm-up procedures will be in effect. ● During general warm-up, feet first entry only. There will be NO DIVING or RACING STARTS from the blocks or end of the pool during general warm-ups. ● Use of training equipment other than snorkels is not permitted during warm-ups.
TIMERS:	● Clubs will be required to provide timers for all sessions in proportion to the number of swimmers they have entered in each session. ● The number of timers required per club and their lane assignments will be sent to teams no later than **Sunday, December 6, 2026** ● Swimmers competing in the 13 & Over 1650 Free, are responsible for providing their own timers and lap counter
GENERAL:	● **Spectator Admission:** ○ All-Session Pass - $20.00 ○ Session Pass - $8.00 Tickets can be purchased online at: https://www.eventbee.com/v/2026-east-coast-winterfest/event?eid=289625563 ● **Hospitality**: Breakfast, lunch and dinner will be provided for coaches and officials. Coaches and officials who have special dietary concerns or needs should bring their own food and beverages. ● **Meet Program:** A Psych Sheet will be sent to all teams prior to the contest. Heat Sheets will be emailed prior to each session, printed for coaches and available via meet mobile. ● **Photography:** In accordance with J.3 of VSI Policies and Procedures, photography will not be permitted without the express permission of the Meet Director.

	• A swim shop vendor will be onsite offering full-service equipment such as goggles and swimsuits.
VIDEO SERVICE:	• SwimRVA will be using our state-of-the-art video streaming system for this contest. The athlete's name, team and time will be displayed in an Overlay of their lane, just like in the Olympics! Spectators will be able to go back and watch races Over and Over again. Visit our streaming site https://swimrva.vhx.tv/browse for product information.
FACILITY RULES:	• Access to the deck is limited to coaches, athletes, meet officials, and event staff. Spectators will not be allowed on deck unless volunteering as timers, lap counters, or other needed volunteer positions. • All air flow intake vents on deck are not to be blocked by chairs, benches, spectators or towels! • Family restrooms are reserved for coaches and officials use only. Individuals needing access should make arrangements with the Meet Director. • No glass containers of any kind are allowed in the facility. • No lawn/deck chairs allowed in the grandstand. • Objects are not to be passed Over the grandstand railing. • No smoking on the campus. • Shoes are suggested to be worn in all areas outside the pool deck including locker rooms. • Doors must not to be propped open (HVAC). • No tape of any kind is to be used inside to hang signs, banners or decorations.
PARKING:	Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches and officials.
HOTELS:	• SwimRVA has a travel team ready to support you and your needs. The 288 Travel Group is a Richmond-based housing specialist standing by to help secure team blocks! Contact: Tina Bland tbland@288travel.com 804.505.3005 ext. 704

SCHEDULE OF EVENTS
East Coast WinterFest – 2026

Thursday 13 & Over Preliminary		
Women	**December 10**	**Men**
1	13 & Over 200 Medley Relay‡	**2**
	5 min. Break	
3	13 & Over 200 Indiv. Medley	**4**
5	13 & Over 50 Butterfly	**6**
7	13 & Over 100 Freestyle	**8**
9	13 & Over 200 Breaststroke	**10**
‡ top 16 seeded Relays will be swum in finals		

Friday 13 & Over preliminary		
Women	**December 11**	**Men**
35	13 & Over 400 Free Relay‡	**36**
	5 min. Break	
37	13 & Over 50 Breaststroke	**38**
39	13 & Over 200 Butterfly	**40**
41	13 & Over 100 Backstroke	**42**
43	13 & Over 500 Freestyle	**44**
‡ all heats will be swum in prelims		

Thursday 12 & Under		
Girls	**December 10**	**Boys**
11	10 & Under 200 Medley Relay	**12**
13	11-12 200 Medley Relay	**14**
	5 min. Break	
15	8 & Under 25 Freestyle	**16**
17	12 & Under 200 Freestyle	**18**
19	8 & Under 100 Butterfly	**20**
21	9-10 100 Butterfly	**22**
23	11-12 100 Butterfly	**24**
25	8 & Under 50 Breaststroke	**26**
27	9-10 50 Breaststroke	**28**
29	11-12 50 Breaststroke	**30**
31	12 & Under 400 Indiv. Medley	**32**

Friday 12 & Under		
Girls	**December 11**	**Boys**
45	10 & Under 200 Free Relay	**46**
47	11-12 200 Free Relay	**48**
	5 min. Break	
49	8 & Under 25 Butterfly	**50**
51	12 & Under 200 Butterfly	**52**
53	8 & Under 100 Freestyle	**54**
55	9-10 100 Freestyle	**56**
57	11-12 100 Freestyle	**58**
59	8 & Under 50 Backstroke	**60**
61	9-10 50 Backstroke	**62**
63	11-12 50 Backstroke	**64**
65	12 & Under 500 Freestyle	**66**

Thursday distance session		
Girls	**December 10**	**Boys**
33	13 & Over 1650 Freestyle	**34**
Swimmers must provide their own timer and lap counter		

Saturday 13 & Over preliminary		
Women	**December 12**	**Men**
67	13 & Over 400 Medley Relay ‡	**68**
	5 min. Break	
69	13 & Over 50 Backstroke	**70**
71	13 & Over 200 Freestyle	**72**
73	13 & Over 100 Butterfly	**74**
75	13 & Over 400 Indiv. Medley	**76**
‡ all heats will be swum in prelims		

Sunday 13 & Over preliminary		
Women	**December 13**	**Men**
99	13 & Over 200 Free Relay ‡	**100**
	5 min. Break	
101	13 & Over 100 Breaststroke	**102**
103	13 & Over 50 Freestyle	**104**
105	13 & Over 200 Backstroke	**106**
‡ top 16 seeded relays will be swum in finals		

	Saturday 12 & Under	
Girls	**December 12**	**Boys**
77	8 & Under 100 Backstroke	**78**
79	9-10 100 Backstroke	**80**
81	11-12 100 Backstroke	**82**
83	8 & Under 25 Breaststroke	**84**
85	12 & Under 200 Breaststroke	**86**
87	8 & Under 50 Butterfly	**88**
89	9-10 50 Butterfly	**90**
91	11-12 50 Butterfly	**92**
93	8 & Under 100 Indiv. Medley	**94**
95	9-10 100 Indiv. Medley	**96**
97	11-12 100 Indiv. Medley	**98**

Sunday 12 & Under		
Girls	**December 13**	**Boys**
107	8 & Under 25 Backstroke	**108**
109	12 & Under 200 Backstroke	**110**
111	8 & Under 100 Breaststroke	**112**
113	9-10 100 Breaststroke	**114**
115	11-12 100 Breaststroke	**116**
117	8 & Under 50 Freestyle	**118**
119	9-10 50 Freestyle	**120**
121	11-12 50 Freestyle	**122**
123	12 & Under 200 Indiv. Medley	**124**

	THURSDAY FINALS	
Women	**December 10**	**Men**
1	13 & Over 200 MEDLEY RELAY	**2**
	5-minute break	
3	13 & Over 200 INDIVIDUAL MEDLEY	**4**
21	9-10 100 BUTTERFLY	**22**
23	11-12 100 BUTTERFLY	**24**
5	13 & Over 50 BUTTERFLY	**6**
27	9-10 50 BREASTSTROKE	**28**
29	11-12 50 BREASTSTROKE	**30**
7	13 & Over 100 FREESTYLE	**8**
9	13 & Over 200 BREASTSTROKE	**10**

	FRIDAY FINALS	
Women	**December 11**	**Men**
37	13 & Over 50 BREASTSTROKE	**38**
55	9-10 100 FREESTYLE	**56**
57	11-12 100 FREESTYLE	**58**
39	13 & Over 200 BUTTERFLY	**40**
61	9-10 50 BACKSTROKE	**62**
63	11-12 50 BACKSTROKE	**64**
41	13 & Over 100 BACKSTROKE	**42**
43	13 & Over 500 FREESTYLE	**44**

	SATURDAY FINALS	
Women	**December 12**	**Men**
69	13 & Over 50 BACKSTROKE	**70**
79	9-10 100 BACKSTROKE	**80**
81	11-12 100 BACKSTROKE	**82**
71	13 & Over 200 FREESTYLE	**72**
89	9-10 50 BUTTERFLY	**90**
91	11-12 50 BUTTERFLY	**92**
73	13 & Over 100 BUTTERFLY	**74**
95	9-10 100 INDIVIDUAL MEDLEY	**96**
97	11-12 100 INDIVIDUAL MEDLEY	**98**
75	13 & Over 400 INDIVIDUAL MEDLEY	**76**

	SUNDAY FINALS	
Women	**December 13**	**Men**
99	13 & Over 200 FREESTYLE RELAY	**100**
	5-minute break	
101	13 & Over 100 BREASTSTROKE	**102**
113	9-10 100 BREASTSTROKE	**114**
115	11-12 100 BREASTSTROKE	**116**
103	13 & Over 50 FREESTYLE	**104**
119	9-10 50 FREESTYLE	**120**
121	11-12 50 FREESTYLE	**122**
105	13 & Over 200 BACKSTROKE	**106**