The Commonwealth Cup

November 6-8, 2026
Sanction No. VS-27-014

Hosted by: SwimRVA

SANCTION:	• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: **VS-27-014** • USA Swimming, Inc., Virginia Swimming, Inc., SwimRVA, and Greater Richmond Aquatics Partnership, DBA 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. • 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. • The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations • Meet Director reserves the right to utilize two courses once entries are received. Teams will be notified no later than Monday, November 2nd, 2026, if two courses are used. • 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:	Jacob Wallin jacob.wallin@swimrichmond.org Phone: (804) 647-1567 Adam Kennedy adam.kennedy@swimrichmond.org Phone: (804) 334-7669
ELIGIBILITY:	• Open to all 13 & Over USA Swimming athletes registered before the first day of the competition that meet the qualifying time in each event entered. • 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. • Swimmers must have a valid qualifying time for all individual events for this meet. The qualification period is April 1, 2025, through November 6, 2026. ○ Athletes who achieve the qualifying time in the 1000 Freestyle are eligible to swim the 1650 Freestyle. Coaches should enter their fastest 1650 time. • Age on November 6, 2026, will determine age for the entire meet.
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.

ATHLETES WITH SERIOUS MEDICAL CONDITION	● The swimmer (or the 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 accommodation. 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.
FORMAT:	**Preliminary Sessions:** ● Individual events, **EXCEPT the 1650 Yard Freestyle**, will be swum as prelims and finals. ● The **1650 Yard Freestyle** will be swum in **TWO courses**, slowest to fastest as a timed final event. The director may reduce this to ONE course based on number of entries. If one course is used, the 1650 Freestyle heats will alternate women, then men. ○ The starting time for the first heat will be scheduled so that the fastest heat will conclude at the start of the finals warm-up period. ● If swum in one course, the 400 Individual Medley and the 500 Freestyle will be swum alternating women and men. If the events are swum in two courses, the pools will be separated by gender. ○ The four fastest heats of each gender will be swum first, slowest to fastest. ○ The remaining heats will be swum fastest to slowest. **Finals Sessions:** ● The top 40 qualifiers in the preliminaries of each event will compete in each day's final session in the following order **E, D, C, B, then A** for all 200, 100, and 50 yard events. ○ **E final will be reserved for 13–14-year-old athletes.** ○ All **E - D - C – B** Final swimmers will report directly to their assigned starting block. ○ **A** - Final swimmers will report to the ready room and be marched out with music, their names and team affiliation announced prior to the start of the race. ● For the 500 Freestyle and 400 IM, the top 24 qualifiers in the preliminary of each event will compete in the final session in the following order **C, B, then A.** ○ **In those events, C final will be reserved for 13–14-year-old athletes.** ○ All **C & B** Final swimmers will report directly to their assigned starting block. ○ **A** - Final swimmers will report to the ready room and be marched out with music, their names and team affiliation announced prior to the start of the race. ● **Relay events:** All relays will be timed finals and swum slowest to fastest in both prelims & finals. ○ The fastest 2 heats of the 400 Y Freestyle Relay and the 400 Y Medley Relay will be swum during the finals session with any other heats swum during the prelim session. ○ The fastest heat of the 800 Y Freestyle Relay will be swum during the finals session with any other heats swum during the preliminary. ○ All 200 Y Relay events will be swum in the Preliminary sessions.
ENTRIES:	● **ENTRY DEADLINE: 5:00 PM, Tuesday, October 27, 2026** ○ Entries must be submitted using Commlink-2 software. ○ All SCY will be seeded first followed by LCM times, SCM times, then Bonus times ○ Teams must submit entries via e-mail to: entries@swimrichmond.org ● **ENTRY LIMITS:** ○ **Individual Events:** Athletes may swim no more than **three (3)** individual events a day. ○ **Relays:** Two (2) per team per event. Use coach times for 200 Y Medley relays. ○ **Bonus Events:** Swimmer may swim bonus events based on the number of events they are qualified to swim. The following are the bonus event qualifications: ○ 1 Qualifying Time: 5 bonus events ○ 2 Qualifying Times: 4 bonus events ○ 3-5 Qualifying Times: 3 bonus events ○ 6 Qualifying Times: 2 bonus events ● "No Time" relay entries will not be accepted. ● The Meet Referee reserves the right to combine heats & events, which require reseeding.

FEES:	**Individual events: $16.50** **Relay events: $25.00** **Swimmer surcharge: $2.50 per person** (entered in the meet at any capacity) ● Payment must be received by Friday, November 7, 2025. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
WARM-UPS:	● **Prelims:** ○ **Friday:** Warm-up not before 6:30am, Competition not before 8:00am ○ **Saturday:** Warm-up not before 6:30am, Competition not before 8:00am ○ **Sunday:** Warm-up not before 6:30am, Competition not before 8:00am ● **Finals:** ○ **Friday-Saturday:** Warm-up not before 3:30pm, Competition not before 5:00pm ○ **Sunday:** Warm-up not before 3:00pm, Competition not before 4:30pm ● **Additional information about lane designations for warm-ups is included on the Warm-up Schedule and Instructions sheet at the end of the meet announcement.**
SEEDING:	● All events will be pre-seeded except the 1650 Yard Free. ● All Short Course Yards will be seeded first followed by Long Course Meters times, Short Course Meters, then Bonus times. ● **No penalty will be applied for missing a preliminary or timed final event. The scratch deadline for those events will be 6:15pm the night before.** ● **SUNDAY AM/PM Designations for relays must be submitted by the scratch deadline.**
SCORING and AWARDS:	● Scoring ○ Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1. ○ Relays: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2 ● Team (Overall): Women, Men, Team Combined High Point. ● Women's High Point, Men's High Point ● Women's 13-14 High Point, Men's 13-14 High Point
RULES:	● **The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E.1-.3 only, will be in effect and apply to all heats of individual events with the exception of timed final events. Swimmers not adhering to these modified rules shall be barred from further competition for the remainder of the meet.** ● 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 <u>not permitted.</u> ● Changing, in whole or in part, into or out of a 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 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: Bryan Wallin** **Email: thewallin5@comcast.net** **Phone: (804)389-2438** • Officials will be needed for all positions and all sessions for this meet. • Certified and Apprentice Officials interested in serving should fill out the Commonwealth Cup Application to Officiate **and** email the Meet Referee (thewallin5@comcast.net) with name, email address, certifications, and session availability **by Sunday, November 1, 2026 or as soon as possible thereafter**.
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:	• There will be two (2) timers per lane. 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 Monday, November 2, 2026. • **Swimmers competing in the 1650 Freestyle, 500 Freestyle, and 400 Individual Medley must provide their own timers and lap counters (where appropriate).**
GENERAL:	• **Hospitality:** A light 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. • **Results:** The results will be available on the Meet Mobile app. The results will also be posted to the Virginia Swimming website after the conclusion of the meet. • **Meet Event Apparel:** A vendor will be on site selling The Commonwealth Cup t-shirt and sweatshirts. • **A swim shop vendor will be** onsite offering full-service equipment such as goggles and swimsuits. • **Concession:** Full Rapids Café menu available in the community room
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 at 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 are 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.
Streaming:	• SwimRVA will be using our state-of-the-art video streaming system for this contest. 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.

The Commonwealth Cup - 2026 Qualifying Times

WOMEN			EVENTS	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
:30.29	:28.89	:26.09	50 Free	:23.49	:26.09	:27.49
1:05.79	1:02.89	:56.49	100 Free	:50.99	:57.29	1:00.09
2:21.99	2:15.99	2:02.59	200 Free	1:51.89	2:04.99	2:10.79
4:54.59	4:42.39	5:28.79	400/500 Free	5:04.79	4:26.19	4:38.09
10:31.49	10:06.29	11:35.99	800/1000 Free	10:46.89	9:27.99	9:52.49
20:36.09	19:47.79	19:43.49	1500/1650 Free	18:06.79	18:13.81	18:52.49
:35.39	:32.39	:29.29	50 Backstroke	:26.09	:28.79	:31.89
1:13.79	1:11.09	1:02.89	100 Backstroke	:57.29	1:06.59	1:09.09
2:39.49	2:33.99	2:16.29	200 Backstroke	2:04.89	2:23.79	2:29.09
:39.39	:37.79	:34.19	50 Breaststroke	:29.99	:33.19	:34.79
1:26.79	1:23.09	1:12.69	100 Breaststroke	1:05.29	1:15.49	1:19.09
3:06.89	2:59.29	2:39.29	200 Breaststroke	2:23.69	2:46.09	2:52.89
:33.09	:32.29	:29.19	50 Butterfly	:25.89	:28.69	:29.89
1:11.79	1:08.99	1:02.09	100 Butterfly	:56.09	1:02.09	1:04.69
2:43.59	2:37.59	2:22.39	200 Butterfly	2:06.29	2:22.59	2:28.29
2:42.59	2:36.19	2:18.59	200 Medley	2:06.39	2:22.69	2:28.79
5:42.49	5:29.29	4:56.69	400 Medley	4:33.99	5:04.05	5:16.69

SCHEDULE OF EVENTS

Commonwealth Cup - 2026

(Qualifying period: April 1, 2025, to November 5, 2026)

Women	FRIDAY November 6th	Men
1	13 & Over 200 Y Freestyle	2
3	13 & Over 50 Y Backstroke	4
5	13 & Over 100 Y Breaststroke	6
7	13 & Over 100 Y Butterfly	8
10 min Break		
9	13 & Over 400 Y Ind. Medley	10
11	13 & Over 800 Y Free Relay‡	12

‡ May designate AM or PM preference; top 8 PM designees will swim at finals.

Order of Finals: Events 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 (Break: 5 min) 11, 12

Women	Sunday November 8th	Men
27	13 & Over 200 Y Medley Relay†	28
10 min. Break		
29	13 & Over 200 Y Backstroke	30
31	13 & Over 50 Y Breaststroke	32
33	13 & Over 100 Y Freestyle	34
35	13 & Over 200 Y Ind. Medley	36
37	13 & Over 50 Y Butterfly	38
10 min. Break		
39	13 & Over 400 Y Free Relay‡	40

‡ May designate AM or PM preference; top 16 PM designees will swim at finals.

† All Heats swim in prelims, enter using 400 Medley Relay time

Order of Finals: Events 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, (Break: 5 min), 39, 40

Women	SATURDAY November 7th	Men
13	13 & Over 200 Y Free Relay†	14
10 min. Break		
15	13 & Over 200 Y Butterfly	16
17	13 & Over 50 Y Freestyle	18
19	13 & Over 200 Y Breaststroke	20
21	13 & Over 100 Y Backstroke	22
10 min. Break		
23	13 & Over 500 Y Freestyle	24
25	13 & Over 400 Y Medley Relay‡	26

† All heats will swim in prelims

‡ May designate AM or PM preference; top 16 PM designees will swim at finals.

Order of Finals: 15, 16, 17, 18, 19, 20, 21, 22, 23, 24 (Break: 5 min) 25, 26

Women	Sunday November 8th	Men
41	13 & Over 1650 Freestyle	42