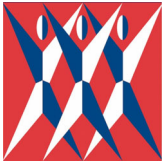


Virginia Senior Games

Henrico County, VA ♦ May 15-18, 2019 ♦ (804) 652-1411
www.virginiaseniorgames.org ♦ Email: VSG@henrico.us



Sport	<i>Swimming</i>
Events	Backstroke: 50-, 100-, 200-Yard. Breaststroke: 50-, 100-, 200-Yard. Butterfly: 50-, 100-, 200-Yard. Freestyle: 50-, 100-, 200-, 500-Yard. Individual Medley: 100-, 200-, 400-Yard (Four Strokes)
Dates & Times	Thursday, May 16 & Friday, May 17; Warm-Ups start at 8:00 a.m. each day; competition begins at 9:00 a.m.
Location	NOVA of Virginia Aquatics 12207 Gayton Road Richmond, VA 23238 https://www.teamunify.com/Home.jsp?tabid=0&team=vsnva
Contact Person	Michael McCormack Phone: (804) 501-5156 Email: mcc125@henrico.us
Format of Event	<ol style="list-style-type: none">1. All swimming events will be timed finals.2. Warm-up time will be available. <p>The organizer reserves the right to change the format for any age division based on entry numbers, space restrictions, or any other circumstances.</p> <p>Game start times are subject to change if ahead of schedule.</p>
Rules	<ol style="list-style-type: none">1. This meet will be conducted in accordance with United States Masters Swimming rules, except as modified herein. For a copy of these rules, please write or call: United States Masters Swimming, Inc. 655 North Tamiami Trail Sarasota, FL 34236 (941) 256-8767 or (800) 550-7946 http://www.usms.org/rules/2. The major points of the rules include:<ol style="list-style-type: none">a. Starts: The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The backstroke start is taken from the wall. A false start will result in disqualification.b. Turns: The breaststroke and butterfly turns must be done with both hands touching the wall simultaneously. The backstroke and freestyle events require some part of the body to touch the wall.c. Backstroke: There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall.d. Breaststroke: The appropriate stroke is required.



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	<ul style="list-style-type: none"> e. Butterfly: The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly. f. Freestyle: Swimmers must touch the wall at each turn and at the finish. Any stroke may be used, and swimmers may switch strokes whenever they wish, except in an individual medley event, freestyle means any stroke other than butterfly, breaststroke, or backstroke. g. Medley: The order of strokes in the individual medley is butterfly, backstroke, breaststroke and freestyle. Rules for the individual strokes govern strokes and turns. h. General: Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.
Awards	Gold, Silver, and Bronze Medals will be given for Men’s, Women’s, and Mixed Divisions in each age category (50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; 100+). All medal winners will be recognized immediately following competition.
Entry Regulations	Swimmers may enter as many events as they would like. Individuals age 50 or older by December 31 of the competition year are eligible to participate, if properly registered. The Virginia Senior Games are considered “open” games, meaning participants from other states are permitted and encouraged to compete in the Virginia Senior Games. The Senior Games strongly recommends that each participant consult his or her physician in regard to practice and participation in this program or any similar physical activity program.
Equipment	Swimmers must provide their own suits, caps, goggles, towels, etc. All swim suits must conform to United States Masters Swimming Rule Article 102, 102.12 Swimwear for Pool Competition.
Athlete Check-In	<p>Athlete Check-in is where athletes can pick up their information packet, VSG 2019 t-shirt, participant bag, and name tag. Multiple pick-ups are permitted.</p> <p>Athletes DO NOT need to visit Athlete Check-in prior to their events in order to participate. However, shipping charges will apply to athletes who are not onsite to pick up their registration packets or medals and would like them later.</p> <p>BELMONT RECREATION CENTER 1600 Hilliard Rd, Henrico, VA 23228, (804) 652-1410 Tue, May 144:00pm-6:00pm Wed, May 157:00am-2:00pm Thu, May 167:00am-2:00pm Fri, May 177:00am-7:00pm Sat, May 187:00am-10:00am</p>