



Gold Cup



Friday, March 22, 2019

Location: Collegiate School Aquatics Center. 5050 Ridgedale Parkway, Richmond, Virginia 23234.
Phone Number: 804-271-8271.

Facility: Indoor, 8-lane 25 yard pool

Participating Teams: Burkwood Swim and Racquet Club, Richmond Racers, SwimRVA Rapids, ACAC and Richmond Waves

Schedule: Arrive:5:454pm. Warm-ups: 6:00-6:20 Meet Start: 6:30PM

Entries: The deadline for entries is Wednesday, March 20 by 12noon.
Swimmers may compete in up to four individual events.
Coaches will determine events.

Age Groups: Mixed Gender: 8 and under, 10 & under, 11-12, 13 and over
Swimmer's age on the day of the meet will determine age group

Clerk of Course: Swimmers in all 10 & under events should report to clerk of course [TBD]. 11-12, 13 & Over and all relays should report to starting blocks.

Fee/Scoring: None

Volunteers: SwimRVA will provide majority of the volunteers and will reach out to guest teams if more are needed.

USA Swimming: Times will not be submitted to USA Swimming

General CSAC Notes:

1. Parents will sit in the spectator seating located upstairs while swimmers and coaches are on pool deck.
2. No glass containers and running will be allowed on the pool deck.
3. Please cleanup after yourself.
4. Men's and women's locker rooms are available for showering and changing.
5. Swim fast and have fun!

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Event#	Event
	8 & Under 100 yard Mixed Free Relay
2	10 & Under 200 yard Mixed Free Relay
5	8 & Under 25 yard Backstroke
6	10 & Under 50 yard Backstroke
7	11-12 50 yard Backstroke
8	13 & Over 50 yard Backstroke
10	8 & Under 25 yard Breaststroke
11	10 & Under 50 yard Breaststroke
12	11-12 50 yard Breaststroke
13	13 & Over 50 yard Breaststroke
14	13 & Over 100 yard Breaststroke
15	8 & Under 25 yard Freestyle
16	10 & Under 50 yard Freestyle
17	11-12 50 yard Freestyle
18	13 & Over 50 yard Freestyle
19	8 & Under 25 yard Butterfly
20	10 & Under 50 yard Butterfly
21	11-12 50 yard Butterfly
22	13 & Over 50 yard Butterfly
23	13 & Over 100 yard Butterfly
24	10 & Under 100 Freestyle
25	11-12 100 yard Freestyle
26	13 & Over 100 yard Freestyle

