2022 USMS Summer Nationals

Warm-up/Cool-down Locations

SwimRVA CSAC (CSAC) - Main Event Location (5050 Ridgedale Parkway, Richmond VA 23234) Indoor Pool—25 yards

SwimRVA Meadowbrook - Satellite Location (3700 Cogbill Road, Richmond VA 23234) Outdoor Pool—25 Meters

NOVA Regency - Satellite Location (100 Nova Way, Henrico VA 23229) Indoor Pools—50 Meters & 25 Yards

Please see the availability for each location below.

M = Meters Y = Yards

	SwimRVA CSAC	SwimRVA Meadowbrook	NOVA Regency
Wed (8/3)	7am-END: 6 Lanes (25Y) Pool closes 30 min after meet ends	7am-11am: 6 Lanes (25M) 11am-4pm: 3 Lanes (25M)	
Thurs (8/4)	7am-END: 6 Lanes (25Y)	7am-11am: 6 Lanes (25M)	3 Lanes (25 Y)
	Pool closes 30 min after meet ends	11am-4pm: 3 Lanes (25M)	8am-12pm: 4 Lanes (50M)
Fri (8/5)	7am-END: 6 Lanes (25Y)	7am-11am: 6 Lanes (25M)	3 Lanes (25 Y)
	Pool closes 30 min after meet ends	11am-4pm: 3 Lanes (25M)	8am-12pm: 4 Lanes (50M)
Sat (8/6)	7am-END: 6 Lanes (25Y)	7am-11am: 6 Lanes (25M)	3 Lanes (25 Y)
	Pool closes 30 min after meet ends	11am-4pm: 3 Lanes (25M)	8am-12pm: 4 Lanes (50M)
Sun (8/7)	7am-END: 6 Lanes (25Y) Pool closes 30 min after meet ends	7am-12pm: 6 Lanes (25M) 12pm-4pm: 3 Lanes (25M)	









