



STAT Winter Championships
December 6-8, 2019
SANCTION NO. VS-20-38



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-38. USA Swimming, Inc. Virginia Swimming, Inc., Stafford Aquatic Team, and Jeff Rouse Swim and Sport Center 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:	<p>Jeff Rouse Swim and Sport Center, 610 Mine Road, Stafford, VA 22554 Phone: (540) 318-6332</p>
FACILITY:	<ul style="list-style-type: none"> 8 lanes, 25-yard indoor pool, 12 feet deep at the start end and 6.7 feet at the turn end; overflow gutters, with non-turbulent lane markers; and 6 lanes, 25 yard warm up/cool down pool. Colorado Timing System The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4)
MEET DIRECTOR:	<p>Name – Delwyn Jones Email – djones.stat@gmail.com Phone – (540) 207-2527</p>
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming registered athletes by the first day of the meet No on deck Virginia Swimming athlete registration will be permitted. Age on December 6, 2019 (first day of the meet) will determine age for the entire meet
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcome and shall provide advance notice of desired accommodations 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.
FORMAT:	<ul style="list-style-type: none"> All Friday Events will be swum as Timed Finals On Saturday and Sunday all 13 & over swimmers will swim in a preliminary Morning Session. The finals will be an Evening Session and consist of 2 heats of 13-14 (A and B Final) and 2 heats for 15 & Over (A and B final) per event. The order of heats for finals will be B and then A. The 13-14 and 15 & Over 500 free will be swum as timed finals 11-12 swimmers will swim in preliminary mid-day session. The top 8 swimmers in the 11-12 age group from prelims will come back to compete in a single finals heat. Events 23 & 24 (200 Breast), 31 & 32 (200 Fly), 69 & 70 (200 Free), and 73 & 74 (200 Back) for the 11-12 swimmers will be swum as timed finals. Events 5 & 6 (1650 free) are limited to the fastest 16 times. Those swimmers outside of the top 16 times will have the event fee refunded. All 13 & over and 11-12 relays will be timed finals and will be conducted in the preliminary sessions. All 10 and under relays will be timed finals and will be conducted in the Afternoon Sessions. All 10 & under swimmers will swim in the Afternoon Session. All 10 & under events and all 8 & under events will be Timed Finals. The Meet Director reserves the right to utilize either one or two pools in any session dependent upon the number of entries received. This will be communicated to all coaches/teams when no later than Monday, December 2, 2019. The Meet Referee reserves the right to include breaks if any session runs to quickly. This information will be communicated to the coaches dependent on the number of entries and session timelines and session progression.
WARM-UP:	<ul style="list-style-type: none"> Friday Distance Session: Warm-ups: 4:00 P.M. competition starts 5:00 P.M.

	<ul style="list-style-type: none"> • 13 & Over Morning Sessions: Warm-ups at 7:00 AM; competition starts at 8:10 AM. • 11-12 Afternoon Sessions: Warm-ups: not before 11AM; competition starts not before 12:00 P.M. • 10 & Under Afternoon Sessions: Warm-Ups: not before 2 P.M.; competition starts not before 3 P.M. • Evening Finals Session: Warm-ups: not before 5:00 PM; competition starts not before 5:40 PM. • Lane assignment and warm-up times for individual clubs will be posted on the STAT website (www.swimstat.org) no later than Monday, December 2, 2019 and will also be emailed to the contact person of the participating clubs. • If any session runs late, the subsequent session's warm-ups will begin immediately after the prior session ends.
ENTRIES:	<ul style="list-style-type: none"> • DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, NOVEMBER 25, 2019 • Entries must be submitted in Short Course Yards times using Hy-Tek Team Manager and Commlink-2 software. • Teams submit entries via email • A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries. • Coach Time (CT) and "No Time" (NT) entries 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. • 10 & under swimmers may enter a maximum of 4 individual events and 1 relay per day. • 11-12 swimmers may enter a maximum of 3 individual events and 1 relay event per day. • 13 & Over Swimmers may enter a maximum of 3 individual events and 1 relay event per day. • Relay teams must be designated A, B, C, etc., if more than one relay team per club is entered per event. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit including the Friday Timed Finals Session. Relays may also be eliminated and fees returned if this is necessary. • Email entries to Debby Martinich at deb.martinich@gmail.com and djones.stat@gmail.com • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Meet Director for approval by the Referee.
FEES:	<p>Individual events: \$8.00 Relay Events \$17.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity. Checks should be made payable to: Stafford Aquatics Team.</p> <ul style="list-style-type: none"> • Mail payment to: STAT Treasurer, P.O. Box 836, Stafford, VA 22555 • Payment must be received by December 6, 2019 for all entries. Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the acceptance of your entries.
SEEDING:	<ul style="list-style-type: none"> • On Friday, all Events will require a Positive Check-in. • Positive Check-in for Friday's events will close at 4:30 PM on Friday • Events 1 and 2, 11 & Over 400 IM will be run alternating girls/boys fastest to slowest. • Events 3 and 4, 12 & Under 500 Free will be run alternating girls/boys fastest to slowest. • Events 5 and 6, 11 & Over 1650 Free will be run alternating girls/boys fastest to slowest. • On Saturday & Sunday all events, except #57 & #58 (13 & over 500 Free) will be Pre-seeded. • Events #57 & #58 (13 & over 500 Free) will require a Positive Check-in. • Positive Check-in for events #57 & #58 (13 & over 500 Free) will close at 7:30 Sunday morning

	<ul style="list-style-type: none"> • SWIMMERS FAILING TO POSITIVELY CHECK-IN FOR FRIDAY'S EVENTS OR EVENTS #57 & #58 (13 & over 500 Free) WILL NOT BE SEEDED IN THE EVENT • Swimmers in the all sessions should report directly to the blocks for their events
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for 1st through 8th Place for 12 and under swimmers <ul style="list-style-type: none"> ○ 10 & Unders will be given separate awards for (9-10, 7-8, and 6 & Unders). • Relay events: Ribbons will be awarded for 1st through 8th Place.
PENALTIES:	<ul style="list-style-type: none"> • A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> • Entries using fraudulent or non-verifiable times. • Athlete competed in the incorrect age group. • Athlete is not registered with USA Swimming prior to the first day of the meet. • If the swimmer is representing 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 rescored and re-awarded.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations including the Minor Athlete Abuse and Protection Policy, will govern this meet. • All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition. • Any swimmer entered in the meet must be certified by a USA-S member 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. • 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 approval • The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to all heats of the Finals Sessions • 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 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, all swimmers should shower before entering the pool. • 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.
OFFICIALS:	<p>Meet Referee: Ralph Jones Email: ralph.jones@VDOT.Virginia.gov Phone: (804) 786-4034</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Don Han, STAT Officials Chairman, Phone: 540-710-4040 or Email: gostatsswim.officials@gmail.com • An Officials Meeting will be held 1 hour before the start of each session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Swimmers will supply their own timers for events 1-6 on Friday. Swimmers will supply their own timers and lap counters for the 500 free and 1650 free. • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.

	<ul style="list-style-type: none"> The number of timers required per club and their lane assignments will be posted on the STAT website no later than Monday, December 2, 2019 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<p>Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators</p> <ul style="list-style-type: none"> A brief coaches meeting will be held in the hospitality room Saturday morning at 8:00. Please be sure to have at least one representative from your club in attendance. Any swimmer / spectator who violate JRSSC rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility. Deck Access: Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the walls/ropes while moving to/from their seats Team Areas: Team seating will be available in the pool area Spectator Seating: Bleacher seating will be available for spectators First Aid: There will be a first aid station on the premises Hospitality: STAT will operate a hospitality room for all coaches and officials during the meet
FACILITY RULES:	<ul style="list-style-type: none"> Enter the pool area through the locker room or through the double doors via the wet corridor. No smoking allowed on the campus Spectators are not allowed on the deck for any reason unless they are working at the meet Swimmers are to use the locker rooms for the bathrooms and changing and should not use the bathrooms in the lobby Coaches are to use the bathrooms in the lobby and should not use the locker rooms
DIRECTIONS:	<ul style="list-style-type: none"> From I95 North, take Exit 140, Stafford. Take a left on Courthouse Road, go approximately one mile and turn right on Mine Road. Facility will be on your left. From I95 South, take Exit 140, Stafford. Take a right on Courthouse Road, go approximately one mile and turn right on Mine Road. Facility will be on your left
HOTELS:	<ul style="list-style-type: none"> HAMPTON INN AND SUITES 2925 Jefferson Davis Hwy, Stafford, VA 22554 (540) 657-0999 FAIRFIELD INN AND SUITES / MARRIOTT 2884 Jefferson Davis Hwy, Stafford, VA 22554 (540) 720-1299 TOWNPLACE SUITES / MARRIOTT 2772 Jefferson Davis Hwy, Stafford, VA 22554 (540) 657-1990 WINGATE BY WYNDAM 15 Salisbury Drive, Stafford, VA 22554 (540) 659-3600

**STAT Winter Invite
ORDER OF EVENTS**

FRIDAY, DECEMBER 6, 2019

Session 1

Timed Finals

Warm Ups 4:00PM; Meet Start 5:00PM

Girls	Events	Boys
1	11 & Over 400 IM	2
3	12 & Under 500 Free	4
5	11 & Over 1650	6

SATURDAY, DECEMBER 7, 2019

13 & Over Morning Session 2

Warm Ups 7:00AM; Meet Start 8:10AM

Girls	Events	Boys
7	13 & Over 100 Back	8
9	13 & Over 200 Free	10
11	13 & Over 100 Fly	12
13	13 & Over 200 Breast	14
15	13 & Over 200 IM	16
17	13 & Over 100 Free	18
19	13 & Over 200 Medley Relay	20

11-12 Afternoon Session 3

Warm Ups 11:00AM; Meet Start 12PM

(Times are approximate)

Girls	Events	Boys
21	11-12 100 Free	22
23	11-12 200 Breast	24
25	11-12 50 Fly	26
27	11-12 200 IM	28
29	11-12 50 Breast	30
31	11-12 200 Fly	32
33	11-12 50 Back	34
35	11-12 200 Medley Relay	36

10 and Under Afternoon Session 4

Warm Ups 2:00PM; Meet Start 3:00PM

(Times are approximate)

Girls	Events	Boys
37	8 & Under 25 Free	38
39	10 & Under 100 Free	40
41	10 & Under 50 Breast	42
43	10 & Under 200 IM	44
45	10 & Under 50 Fly	46
47	10 & Under 50 Back	48
49	8 & Under 25 Fly	50
51	10 & Under Medley Relay	52

SUNDAY, DECEMBER 8, 2019

13 & Over Morning Session 6

Warm Ups 7:00AM; Meet Start 8:10AM

Girls	Events	Boys
53	13 & Over 100 Breast	54
55	13 & Over 200 Fly	56
57	13 & Over 500 Free	58
59	13 & Over 50 Free	60
61	13 & Over 200 Back	62
63	13 & Over 200 Free Relay	64

11-12 Afternoon Session 7

**Warm Ups 11:00AM; Meet Start 12PM
(Times are approximate)**

Girls	Events	Boys
65	11-12 100 Back	66
67	11-12 100 Breast	68
69	11-12 200 Free	70
71	11-12 100 IM	72
73	11-12 200 Back	74
75	11-12 100 Fly	76
77	11-12 50 Free	78
79	11-12 200 Free Relay	80

10 and Under Afternoon Session 8

**Warm Ups 2:00PM; Meet Start 3:00PM
(Times are approximate)**

Girls	Events	Boys
81	8 & Under 25 Back	82
83	10 & Under 100 Back	84
85	10 & Under 100 Breast	86
87	10 & Under 200 Free	88
89	10 & Under 100 IM	90
91	10 & Under 100 Fly	92
93	10 & Under 50 Free	94
95	8 & Under 25 Breast	96
97	10 & Under 200 Free Relay	98

SATURDAY, DECEMBER 7, 2019

Finals Session 5

**Warm Ups 5:00PM Meet Start 5:40
(Times are approximate)**

Girls	Events	Boys
21	11-12 100 Free	22
7	13-14 100 Back	8
	15 & Over 100 Back	
25	11-12 50 Fly	26
9	13-14 20 Free	10
	15 & Over 200 Free	
27	11-12 200 IM	28
11	13 & Over 100 Fly	12
	15 & Over 100 Fly	
29	11-12 50 Breast	30
13	13-14 200 Breast	14
	15 & Over 200 Breast	
33	11-12 50 Back	34
15	13-14 200 IM	16
	15 & Over 200 IM	
17	13-14 100 Free	18
	15 & Over 100 Free	

SUNDAY, DECEMBER 8, 2019

Finals Session 9

**Warm Ups 5:00PM Meet Start 5:40PM
(Times are approximate)**

Girls	Events	Boys
65	11-12 100 Back	66
53	13-14 100 Breast	54
	15 & Over 100 Breast	
67	11-12 100 Breast	68
55	13- 14 200 Fly	56
	15 & Over 200 Fly	
71	11-12 100 IM	72
59	13-14 50 Free	60
	15 & Over 50 Free	
75	11-12 100 Fly	76
61	13-14 200 Back	62
	15 & Over 200 Back	
77	11-12 50 Free	78