



**STAT Winter Champs
December 10-12, 2021
SANCTION NO. VS-22-45**



We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting Jeff Rouse Swim and Sport Center. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.

SANCTION:

- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: **VS-22-45**
- 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.
- An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- USA Swimming, Inc., Virginia Swimming, Inc., and Stafford Aquatic Team and Jeff Rouse Swim and Sport Center cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
- BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION THEREWITH.

LOCATION: Jeff Rouse Swim and Sport Center, 1600 Mine Road, Stafford, VA 22554
Phone: (540) 318-6332

FACILITY:

- The Jeff Rouse Swim and Sport Center provides two indoor pools and supporting amenities which may include hospitality and concession stand.
- The 50-meter competition pool with bulkhead offers two eight lane 25-yard competition pools with a depth of 6.7 feet to 12.6 feet from end to end with overflow gutters with non-turbulent lane markers.
- All sessions will be run in one 25-yard competition pool configured for eight lanes with a depth of 12 feet at the start end and 6.7 feet at the turn. Two pools will be used for competition if needed depending on attendance. Participating teams will be notified no later than 12/3/21 if two pools will be used.
- Indoor six lane, 25- yard pool for continuous warm-up, cool-down.
- Competitor starting blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.
- The competition course has been certified in accordance with current *USA Swimming Rules and Regulations*, Article 104.2.2C(4). A copy of the certification is on file with USA Swimming.
- In order to provide parents/guardians who are outside of the facility 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:	Name – Delwyn Jones Email – djones.stat@gmail.com Phone – (540) 207-2527
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming athletes registered before the first day of the meet. • No on deck Virginia Swimming athlete registration will be permitted. • 2021-2024 NAG time standards are in effect. • Age on December 10, 2021 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 13 and Over swimmers will swim a preliminary session in the Morning session. • All 11-12 swimmers will swim a preliminary session in the afternoon session. • All 10 and Under swimmers will swim a timed finals session in the late afternoon session. • All 25 yard (meter) events will start from the turn end of the pool. • Finals will be Top 24 for 13 and Over Swimmers with the C final being for 13-14 Swimmers only, and Top 8 for all 11-12 Swimmers • Events 57 and 58, 13 & over 500 Free will be run alternating girls/boys fastest to slowest and will be a Timed Finals with all heats swimming in prelims • Event 21 and 22 11/12 200 Breast will be Timed Finals • Event 29 and 30 11/12 200 Fly will be Timed Finals • Event 69 and 70 11/12 200 Free will be Timed Finals • Event 73 and 74 11/12 200 Back will be Timed Finals
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Thursday December 2, 2021</p> <ul style="list-style-type: none"> • Entries must be submitted in SCY times using Commlink-2 software. • Teams submit entries via email. • A 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. • Swimmers may enter a maximum of 4 individual event(s) per session. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines. • Email entries to: Delwyn Jones - Djones.stat@gmail.com • Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. No extra heats will be added.
FEES:	<p>Individual events: \$10.50 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: Stafford Aquatics Team • Mail payment to: STAT Treasurer, P.O. Box 836, Stafford, VA 22555 • Payment must be received by December 6, 2021 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.
SEEDING:	<ul style="list-style-type: none"> • A Clerk of Course will be provided for 8 & Younger events only

	<ul style="list-style-type: none"> Swimmers in all other events will report directly to the blocks. All events will be pre-seeded. Coaches will be asked to submit scratches for distance events (400 IM, 500 Free, 1650 Free). At the discretion of the meet referee, the events will be reseeded if sufficient scratches are received. 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.
WARM-UP:	<ul style="list-style-type: none"> Friday Distance: Warm Ups 3:30PM competition starts at 4:30PM Morning sessions: Warm-ups at 7:00AM; competition starts at 8:00AM Afternoon sessions: Warm-ups not before 11:30AM; competition starts not before 12:00PM. Mid Afternoon Sessions: Warm ups not before 2:30PM; competition not before 3:30PM Finals Sessions: Warm Ups not before 5PM; Competition not before 5:40PM If the morning session runs late, afternoon warm-ups will begin immediately after the session ends.
AWARDS:	<ul style="list-style-type: none"> Individual events: Ribbons will be awarded for 1st through 8th Place for 12 and under swimmers Heat winner ribbons will be awarded for all 12 & Under individual events.
COVID RULES	<ul style="list-style-type: none"> Athletes must arrive in their racing suits. Locker rooms will not be available. ALL Coaches, officials, and volunteers must wear masks. There will be no spectators allowed in the building. Streaming will be available Restroom facilities are for EMERGENCY USE ONLY Other COVID-19 logistics must be adhered to include social distancing, facility flow requirements, and other COVID-19 requirements as determined by the JRSSC, the Meet Referee, or the Meet Director. Swimmer seating will be located in the grandstands. All swimmers are to wear masks when going in and out of the building, to and from the restroom, and while seated in the stands and behind the blocks.
RULES:	<ul style="list-style-type: none"> The current USA Swimming Rules and Regulations including the Minor Athlete Abuse 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. 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. An 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 Virginia Swimming Best Practices, all athletes should shower before entering the pool. In accordance with Virginia Swimming 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:	<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. <p>Any event in which an athlete participated illegally will be rescored and re-awarded.</p>
OFFICIALS:	<p>Meet Referee: Ralph Jones Email: Ralph.jones@vdot.virginia.com 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 Mike Brown, STAT Official's Chairman, Phone 301-401-1170 or Email: gostatswim.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"> • Clubs will be required to provide timers 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 posted on the STAT website no later than Monday, Monday December 6, 2021 and will also be emailed to the contact person of each of the individual clubs. • All timers will be required to wear a mask. • Timers meeting will be held approximately 30 minutes prior to the start of the session. • Swimmers will provide their own timers and counters for distance events.
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be available on Meet Mobile and posted in the grand stand area for swimmer access. Heat sheets will also be posted at www.swimstat.org, no later than Thursday December 9, 2021. • Light snacks and drinks will be available for swimmer purchase inside the venue. • All swimmers, officials, volunteers, etc. shall enter the pool area through the front door of the facility. The remainder of the facility is off limits to all swim meet attendees. • Restrooms FOR EMERGENCY USE ONLY are located just outside the doors on the grandstand side of the pool. Locker rooms will be closed for use. • Coaches and officials hospitality will include light snacks and drinks hosted in the room just off the pool deck.
FACILITY RULES:	<ul style="list-style-type: none"> • No glass containers are permitted in the facility. • Lawn/deck chairs are not permitted in the grandstand. • Smoking is NOT allowed anywhere on the campus. • No flash photography.
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

	<p>(540) 720-1299</p> <ul style="list-style-type: none">• TOWNPLACE SUITES / MARRIOTT 2772 Jefferson Davis Hwy, Stafford, VA 22554 (540) 657-1990• WINGATE BY WYNDAM 15 Salsbury Drive, Stafford, VA 22554 (540) 659-3600
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**STAT Winter Champs
ORDER OF EVENTS**

FRIDAY, DECEMBER 10, 2021

Session 1

Timed Finals

Warm Ups 3:30PM; Meet Start 4:30PM

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

SATURDAY, DECEMBER 11, 2021

13 & Over Morning Session 2

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

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

11-12 Afternoon Session 3

Warm Ups 11:00AM; Meet Start 12PM

(Times are approximate)

Girls	Events	Boys
19	11-12 100 Free	20
21	11-12 200 Breast	22
23	11-12 50 Fly	24
25	11-12 200 IM	26
27	11-12 50 Breast	28
29	11-12 200 Fly	30
31	11-12 50 Back	32

10 and Under Afternoon Session 4

Warm Ups 2:30PM; Meet Start 3:30PM

(Times are approximate)

Girls	Events	Boys
33	8 & Under 25 Free	34
35	10 & Under 100 Free	36
37	10 & Under 50 Breast	38
39	10 & Under 200 IM	40
41	10 & Under 50 Fly	42
43	10 & Under 50 Back	44
45	8 & Under 25 Fly	46

SATURDAY, DECEMBER 11, 2021

Finals Session 5

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

Girls	Events	Boys
7	13 & Over 100 Back	8
19	11-12 100 Free	20
9	13 & Over 200 Free	10
23	11-12 50 Fly	24
11	13 & Over 100 Fly	12
25	11-12 200 IM	26
13	13 & Over 200 Breast	14
27	11-12 50 Breast	28
15	13 & Over 200 IM	16
31	11-12 50 Back	32
17	13 & Over 100 Free	18

SUNDAY, DECEMBER 12, 2021

13 & Over Morning Session 6

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

Girls	Events	Boys
47	13 & Over 100 Breast	48
49	13 & Over 200 Fly	50
51	13 & Over 50 Free	52
53	13 & Over 200 Back	54
55	13 & Over 500 Free	56

11-12 Afternoon Session 7

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

Girls	Events	Boys
57	11-12 100 Back	58
59	11-12 100 Breast	60
61	11-12 200 Free	62
63	11-12 100 IM	64
65	11-12 200 Back	66
67	11-12 100 Fly	68
69	11-12 50 Free	70

10 and Under Afternoon Session 8

**Warm Ups 2:30PM; Meet Start 3:30PM
(Times are approximate)**

Girls	Events	Boys
71	8 & Under 25 Back	72
73	10 & Under 100 Back	74
75	10 & Under 100 Breast	76
77	10 & Under 200 Free	78
79	10 & Under 100 IM	80
81	10 & Under 100 Fly	82
83	10 & Under 50 Free	84
85	8 & Under 25 Breast	86

SUNDAY, DECEMBER 12, 2021

Finals Session 9

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

Girls	Events	Boys
65	11-12 100 Back	66
47	13 & Over 100 Breast	48
67	11-12 100 Breast	68
49	13 & Over 200 Fly	50
71	11-12 100 IM	72
51	13 & Over 50 Free	52
75	11-12 100 Fly	76
53	13 & Over 200 Back	54
77	11-12 50 Free	78