STAT Winter Championships
December 4-6, 2020
SANCTION NO. VS-21-68

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-21-68** • 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., 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, 610 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. • 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:	• Open to all Virginia Swimming athletes registered before the first day of the meet from the following teams: PWSC, RAYS, STAT, WST, TSU, DC, QUEST and TORP. • No on deck Virginia Swimming athlete registration will be permitted. • 2021-2024 NAG time standards are in effect. • Age on December 4, 2020 will determine age for the entire meet.
DISABILITY SWIMMERS:	• 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:	• All 15 and Over swimmers will swim in the first morning session (Sessions 2 & 6) • All 13-14 swimmers will swim in the last morning session (Sessions 3 & 7) ○ NOTE: 13/14 and over events <u>may</u> be split into boys/girls sessions depending on the number of entries. Teams will be notified by November 28th if there are any changes to the current format • All 11-12 swimmers will swim in the first afternoon session (Sessions 4 & 8) • All 10 and Under swimmers will swim in the last afternoon session (Sessions 5 & 9) • All events will be timed finals.
WARM-UP:	• Friday Distance Session: Warm Up will begin at 4:00pm; competition will start at 5:00pm • Morning sessions: 15 and Over warm-ups start at 7:00am; competition starts at 8:00am. 13-14 warm-ups will begin immediately after the conclusion the 15 & over session, but not before 10:15am with competition start not before 11:15am. • Afternoon sessions: 11-12 Warm-ups not before 1:30 pm; competition starts not before 2:30pm. 10 and Under warm-ups will begin immediately after the conclusion of the 11-12 Session, but not before 4:45pm with competition start not before 5:45pm. • Lane assignment and warm-up times for individual clubs will be posted on the STAT website no later than Monday, November 30, 2020 and will also be emailed to the contact person of the participating clubs. • If the prior session runs late, the next sessions warm-up will begin 15 minutes after the previous session ends to allow time for cleaning.
ENTRIES:	**DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, NOVEMBER 27, 2020** • 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 **<u>must be slower than an "A" time</u>**. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of 3 ***individual event(s) per day.*** • Entries will be processed in the order received and **<u>accepted to</u>** the greatest extent possible without exceeding the **150 swimmer capacity limits per session** and the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines. • **Deck entries will be accepted** for athletes already in the meet to the extent that open lanes are available without adding extra heats. • Email entries to: Delwyn Jones djones.stat@gmail.com

FEES:	Individual events: $8.00 Swimmer surcharge: $2.50 per person (entered in the meet in any capacity. 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 2, 2020 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:	• All events will be preseeded. • Coaches will be asked to submit scratches for Friday's events. At the discretion of the meet referee, the events may 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, 11 & Over 500 Free will be run alternating girls/boys fastest to slowest. • Events 5 and 6, 13 & Over 1000 Free will be run alternating girls/boys fastest to slowest. • Events 5 and 6, 13 & Over 1000 Free will be limited to 3 heats of boys and 3 heats of girls • Swimmers in all sessions should report to the clerk of the course. Please refer to the attached pool map for details
AWARDS:	• No Awards will be given

PENALTIES:	• A fine of up to $100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as
	  • 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:	• **Athletes must arrive in their racing suits. Locker rooms will not be available.** • **All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening.** • **Coaches, officials, and volunteers must wear masks.** • **There will be no spectators allowed in the building. We will do our best to provide some sort of live stream.** • **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.** • 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 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:	Meet Referee: Kelly Warnagiris Email: kelly.warnagiris@winchesterswimteam.com Phone: 703-283-9121 • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit he names and session availability of certified officials, as well as the names and session availability of trainees to Mike Brown, STAT Officials 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:	• 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. • The number of timers required per club and their lane assignments will be posted on the STAT website no later than Monday, November 30, 2020 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.
ADDITIONAL COVID GUIDELINES	• Swimmer seating will be located in the grandstands with social distancing in place. • Swimmers will line up for their heats on the scoreboard side of the pool. Only one heat will be behind the blocks. Once that heat starts, the next heat will move into place with a maximum of two heats lined up on the deck ready. There will be a heat coordinator/marshal in place to assist the swimmers. There will be markings on the floor spaced out 10 feet apart for the eight swimmers in the second heat waiting to move behind the blocks. There will be similar markings on the floor for the third heat waiting to move into the second heats position. • Swimmers are to maintain 10 feet social distancing AT ALL TIMES and come to the staging area in their suit and goggles. No clothes behind the blocks. • Swimmers are to wear masks when going in and out of the building, to and from the restroom, and while seated in the stands. Masks are not required while walking to warm-ups or to the competition staging area. • There will be NO spectators on the pool deck • Warm up and warm down lanes will be provided and closely monitored to ensure swimmers are maintaining social distancing. No standing and resting in the pool on the at the wall will be allowed.
GENERAL:	• 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 3, 2020. • Light snacks and drinks will be available for swimmer purchase inside the venue. • All swimmers, officials, volunteers, etc. shall enter the pool area via the entrance door on the side of the pool. 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:	• No glass containers are permitted in the facility. • Lawn/deck chairs are not permitted in the grandstand. • No spectators/parents will be allowed inside the venue or on deck unless working the meet. • Smoking is NOT allowed anywhere on the campus. • No flash photography.
DIRECTIONS:	• 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:	• HAMPTON INN AND SUITES 2925 Jefferson Davis Hwy, Stafford, VA 22554 (540) 657-0999 • FAIRIELD 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 Salsbury Drive, Stafford, VA 22554 • (540) 659-3600

STAT Winter Invite
ORDER OF EVENTS

Friday December 4, 2020

Session #1
15 and Over
Warm Up: 4:00pm; Start 5:00pm

Girls	Events	Boys
1	11 and Over 500 Free	2
3	11 and Over 400 IM	4
5	13 and Over 1000 Free	6

Saturday, December 5, 2020

Session #2
15 and Over
Warm Up: 7:00am; Start 8:00am

Girls	Events		Boys
7	15 & Over	200 Freestyle	8
9	15 & Over	100 Butterfly	10
11	15 & Over	200 IM	12
13	15 & Over	200 Backstroke	14
15	15 & Over	100 Breaststroke	16

Session #3
13-14
Warm Up: 10:15am; Start 11:15am
(Times are approximate)

Girls	Events		Boys
17	13-14	200 Freestyle	18
19	13-14	100 Butterfly	20
21	13-14	200 IM	22
23	13-14	200 Backstroke	24
25	13-14	100 Breaststroke	26

Session #4
11-12
Warm Up: 1:30pm; Start 2:30pm
(Times are approximate)

Girls	Events		Boys
27	11-12	100 Freestyle	28
29	11-12	50 Butterfly	30
31	11-12	200 IM	32
33	11-12	50 Breaststroke	34
35	11-12	100 Backstroke	36
37	11-12	200 Breaststroke	38

Session #5
10 and Under
Warm Up: 4:45pm; Start 5:45pm
(Times are approximate)

Girls	Events		Boys
39	10 & Under	50 Freestyle	40
41	10 & Under	100 Butterfly	42
43	10 & Under	100 IM	44
45	10 & Under	50 Breaststroke	46
47	10 & Under	100 Backstroke	48
49	10 & Under	200 Freestyle	50

Sunday, December 6, 2020

Session #6
15 and Over
Warm Up: 7:00am; Start 8:00am

Girls	Events		Boys
51	15 & Over	100 Freestyle	52
53	15 & Over	200 Butterfly	54
55	15 & Over	100 Back	56
57	15 & Over	200 Breast	58
59	15 & Over	50 Freestyle	60

Session #7
13-14
Warm Up: 10:15am; Start 11:15am
(Times are approximate)

Girls	Events		Boys
61	13-14	100 Freestyle	62
63	13-14	200 Butterfly	64
65	13-14	100 Back	66
67	13-14	200 Breast	68
69	13-14	50 Freestyle	70

Session #8
11-12
Warm Up: 1:30pm; Start 2:30pm
(Times are approximate)

Girls	Events		Boys
71	11-12	200 Freestyle	72
73	11-12	100 Butterfly	74
75	11-12	100 IM	76
77	11-12	100 Breast	78
79	11-12	50 Back	80
81	11-12	50 Free	82
83	11-12	200 Back	84

Session #9
10 and Under
Warm Up: 4:45pm; Start 5:45pm
(Times are approximate)

Girls	Events		Boys
85	10 & Under	100 Freestyle	86
87	10 & Under	50 Butterfly	88
89	10 & Under	200 IM	90
91	10 & Under	100 Breast	92
93	10 & Under	50 Back	94