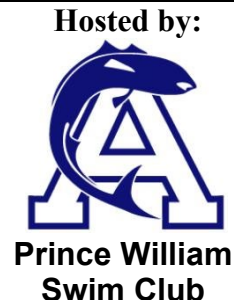




**NORTH DISTRICT 12 & UNDER
CHAMPIONSHIP**
February 12 – 14, 2021
SANCTION NO. VS-21-128



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 the 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:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-21-128. • USA Swimming, Inc., Virginia Swimming, Inc., Jeff Rouse Swim and Sport Center, and Prince William Swim Club 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. • USA Swimming, Inc., Virginia Swimming, Inc., and Prince William Swim Club 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 Rd., Stafford, VA 22554 – 804.387.1279
FACILITY:	<ul style="list-style-type: none"> • 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 <i>USA Swimming Rules and Regulations</i>, 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: Annemarie Juhlin / Michelle Walden Phone: 571.264.6265 / 703.470.0573 Email: ajuhlin@msn.com / emwddw@cs.com
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Swimming registered athletes 12 years old and younger on first day of the meet in the North District which includes <ul style="list-style-type: none"> ○ North: PWSC, RAYS, STAT, TORP, TSU, VSTP, WFS and WST

	<ul style="list-style-type: none"> • Unattached athletes in the same geographical district are also eligible to attend. • No on deck Virginia Swimming athlete registration will be permitted. • The qualifying period for this meet is January 1, 2019 through February 13, 2021 • 8 & U athletes may participate regardless of classification in any event. • Athletes 9 to 12 years of age may compete in any individual event in which they do NOT have a VSI Age Group Championship qualifying time. • 10 and 12 year-old swimmers aging up from February 12 to March 11, 2021 with times too fast to qualify for this championship will be allowed to compete in an event at this meet under the following conditions: <ul style="list-style-type: none"> ○ The swimmer does not qualify for the event in his/her new age group at Age Group Champs. ○ The swimmer will be seeded correctly by time but will swim Exhibition only and will not be eligible to receive an award. • Age on February 12, 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 events will be swum as timed finals. • No relays will be swum. • The 500 Freestyle and 400 IM will be swum fastest to slowest, alternating girls then boys.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, FEBRUARY 5, 2021</p> <ul style="list-style-type: none"> • Entries must be submitted in Short Course Yards times using Commlink-2 software. • Teams submit entries via e-mail. • A printout of entries must be included with the name, email address, and phone number of the person to contact in case of questions must accompany the entries. • "No Time" (NT) entries will be accepted for individual events. Coach Times (CT) are <u>not allowed</u> for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet. • 8 & Under swimmers may enter a maximum of 9 individual events, no more than 4 individual events per day. • Swimmers 9-10 and 11-12 years old may enter a maximum of 8 individual events for the meet, no more than 3 individual events per day. • The Meet Director reserves the right to combine heats and events, which may require reseeding. • Email entries to: Luis Caballero at colorao1@yahoo.com • Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual Events: \$8.50 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity) COVID Facility Management Fee: \$5.00 per swimmer</p> <p>Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> • Checks should be made payable to: Prince William Swim Club • Mail payment to: Luis Caballero 12513 Manchester Way Woodbridge, VA 22192 • Payment must be received by Tuesday, February 9, 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.

WARM-UP:	<ul style="list-style-type: none"> • Friday session: Open warm-ups start at 4:15pm and competition starts at 5:00pm • Saturday Sessions: <ul style="list-style-type: none"> ○ 11/12 Girls and Boys Session: 20 minute warm-ups start at 7:05am; competition starts at 8am. ○ 8 and Under Girls and Boys Session: 15 minute warm-ups start not before 10:15am; competition starts not before 11:00am. ○ 9/10 Girls and Boys Session: 20 minute warm-ups start not before 12:25pm; competition starts not before 1:20pm. • Sunday Sessions: <ul style="list-style-type: none"> ○ 11/12 Girls and Boys Session: 20 minute warm-ups start at 7:05am; competition starts at 8am. ○ 8 and Under Girls and Boys Session: 15 minute warm-ups start not before 10:10am; competition starts not before 10:55am. ○ 9/10 Girls and Boys Session: 20 minute warm-ups start not before 12:10pm; competition starts not before 1:05pm. • Lane assignments and warm-up times for individual clubs will be posted on the Prince William Swim Club website, pwscamberjax.org no later than Monday, Feb. 8, 2021 and will also be emailed to the contact person of the participating clubs. • If the previous session runs late, the next session warm-ups will begin immediately after the previous session ends after adequate time for cleaning and preparation.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded. • Coaches will be asked to submit scratches for the 500 free and the 400 IM. If sufficient scratches are received, the meet referee reserves the right to reseed the events. • Swimmers will report to Clerk of Course prior to swimming their events.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be scored and awarded medals for first through third place, and ribbons fourth through sixteenth place. • 10 & Under events will be given separate awards for 8 & Under and 9-10 age groups. • Team Awards will be given. Teams placing first through third will receive a plaque. • Scoring will be as follows: <ul style="list-style-type: none"> ○ Individual: 20-17-16-15-14-13-12-11 - 9-7-6-5-4-3-2-1 ○ All events will be scored to 16 places
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.
COVID RULES:	<ul style="list-style-type: none"> • Athletes must arrive in their suits. Locker rooms will not be available. Restroom facilities are for EMERGENCY USE ONLY and shall not be used for changing. Restrooms are located in the hallway between the grandstands. • 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 at all times while inside and outside of the venue. • Swimmers are to wear masks when not actively swimming, which includes going in and out of the building, to and from the restroom, and while seated in the stands. Masks are required while walking to warm-ups or to the competition staging area. Swimmers may desire to bring an individual use plastic bag to store their mask while swimming or warming up. Mask stands may be available for use during competition. • No spectators are permitted.

	<ul style="list-style-type: none"> Swimmers are to maintain 10 feet social distancing AT ALL TIMES and come to the staging area in their suit and goggles with a face covering. Swimmers will line up for their heats on the side of the pool. Only one heat will be behind the blocks with one heat in the water. Once the heat behind the blocks starts, the next heat will move into place with a maximum of three 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. 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 will be allowed. 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.
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 USAS 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'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) anytime 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. Any 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:	<p>Meet Referee: Name: Michael Sizemore Email: mcsizemore@gmail.com Phone: 540.834.8120</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Luis Caballero at colorao1@yahoo.com no later than Tuesday, February 9, 2021. Officials meetings will be held in the hospitality area one hour prior to the start of the meet. General meeting for coaches and key officials will be held on Saturday at 7:50am.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> Swimmers supply their own timers and lap counters for the 500 Freestyle and timers for the Friday evening 400IM and 200IM events. All timers and lap counters must wear a mask. 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 Prince William Swim Club website, pwscamberjax.org no later than Monday, February 8, 2021 and will also be emailed to the contact person of each of the individual clubs. • These assignments will also be posted throughout the venue.
GENERAL:	<ul style="list-style-type: none"> • Heat Sheets will be available for FREE download on the PWSC website, pwscamberjax.org and on the Meet Mobile app. • Hospitality with light beverages and snacks will be provided for USA-S officials and coaches. • Swim items will be available for sale through Sport Fair. • No glass containers permitted inside the facility
PARKING:	<ul style="list-style-type: none"> • Parking is available at the facility and in surrounding areas
DIRECTIONS:	<ul style="list-style-type: none"> • https://www.virginiawimming.org/vsi/Meet/VenueDirections/JRS_SC.html

Order of Events

Friday, February 12, 2021

Session 1: 12 & Under Timed Finals Warm Ups: 4:15pm Start: 5:00pm		
Girls		Boys
1	9-10 200 IM	2
3	10 & U 500 Free	4
5	11-12 500 Free	6
7	11-12 400 IM	8

Saturday, February 13, 2021

Session 2: 11-12 Timed Finals Warm Ups: 7:05am Start: 8:00am		
Girls		Boys
9	11-12 100 Free	10
11	11-12 50 Fly	12
13	11-12 50 Breast	14
15	11-12 200 Breast	16
17	11-12 100 Back	18
19	11-12 200IM	20
21	11-12 200 Fly	22

Session 3: 8 & Under Timed Finals Warm Ups: Not Before 10:15am Start: Not Before 11:00am		
Girls		Boys
23	8 & U 100 Free	24
25	8 & U 25 Free	26
27	8 & U 50 Fly	28
29	8 & U 25 Fly	30
31	8 & U 100 Back	32
33	8&U 50 Breast	34
35	8 & U 100 IM	36
37	8 & U 200 Free	38

Session 4: 9-10 Timed Finals Warm Ups: Not Before 12:25pm Start: Not Before 1:20pm		
Girls		Boys
39	9-10 100 Free	40
41	9-10 50 Fly	42
43	9-10 100 Back	44
45	9-10 50 Breast	46
47	9-10 100 IM	48

Sunday, February 14, 2021

Session 5: 11-12 Timed Finals Warm Ups: 7:05am Start: 8:00am		
Girls		Boys
49	11-12 200 Free	50
51	11-12 50 Back	52
53	11-12 100 Fly	54
55	11-12 100 Breast	56
57	11-12 200 Back	58
59	11-12 100 IM	60
61	11-12 50 Free	62

Session 6: 8 & Under Timed Finals Warm Ups: Not Before 10:10am Start: Not Before 10:55pm		
Girls		Boys
63	8 & U 25 Back	64
65	8 & U 50 Back	66
67	8 & U 100 Fly	68
69	8 & U 100 Breast	70
71	8 & U 25 Breast	72
73	8 & U 200 IM	74
75	8 & U 50 Free	76

Session 7: 9-10 Timed Finals Warm Ups: Not Before 12:10pm Start: Not Before 1:05pm		
Girls		Boys
77	9-10 200 Free	78
79	9-10 50 Back	80
81	9-10 100 Fly	82
83	9-10 100 Breast	84
85	9-10 50 Free	86