



The Hanover Happy Open
September 24-25, 2022
SANCTION NO. VS-23-10



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-23-10
- USA Swimming, Inc., Virginia Swimming, Inc., Hanover Aquatics 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 Hanover Aquatics 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 Rd., Stafford VA 22554
 • Phone: 804-387-1279

FACILITY:

- The Jeff Rouse Swim and Sport Center provides 2 indoor pools and supporting amenities including hospitality and concession stand.
- Eight lanes, 50-meter competition pool, 12 feet deep at the start end and 6.7 feet at the turn end; overflow gutters with non-turbulent lane markers.
- A 25 yard course will be used for this meet.
- Indoor 6 lane 25 yard pool for continuous warm-up, cool-down.
- Non-Turbulent Lane Markers in both pools.
- Competitor Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.
- Spectator seating for 700 plus.
- The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4). The copy of the certification is on file with USA Swimming.

MEET Name: Nikki Deal

DIRECTOR:	Email: hokieswimmom@comcast.net Phone: 804-267-9494
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 September 24, 2022 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 age swimmers will swim in the morning session. • 13&over swimmers can swim in the distance session following the morning session. • All events will be timed finals. • All 25 yard events will start from the turn end of the pool.
WARM-UP:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups will begin no earlier than 6:30am; competition starts at 8:00am. • Distance sessions: The pool will be opened for 20 minutes of open warm-ups immediately following the finish of the morning session(s), with the distance session competition starting 5 minutes thereafter. • The approximate start time for the distance sessions will be posted on the Hanover Aquatics website no later than Tuesday, September 20, 2022 and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times. • Lane assignment and warm-up times for individual clubs will be posted on the Hanover Aquatics website no later than Tuesday, September 20, 2022 and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, September 13, 2022.</p> <ul style="list-style-type: none"> • Entries must be submitted in SCY times using Commlink-2 software. Teams submit entries via email. • Coach Time (CT) and “No Time” (NT) 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 <i>individual events in the morning session on Saturday and Sunday plus 1 event in the distance session each day.</i> • 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: hvrrhurr@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 Administrative Official on the provided forms.
FEES:	<ul style="list-style-type: none"> • Individual events: \$9.00 • Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) • Checks should be made payable to: Hanover Aquatics, Inc. • Mail payment to: PO Box 1886, Mechanicsville, VA 23116 • Payment must be received by the start of the meet, September 24, 2022 for all entries. Failure to pay entry fees by this deadline could result in the team being barred from the meet. • 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"> All events will be pre-seeded. Coaches will be asked to submit scratches for distance events. At the discretion of the meet referee, the events will be reseeded if sufficient scratches are received. 400 IM and 500 Free may be limited to 4 heats of girls and 4 heats of boys depending on number of entries. Teams will be notified of swimmers accepted into these events no later than Saturday, September 17, 2022. Events 25, 26, 51, and 52 (400 IM and 500 Free) will be swum fastest to slowest and alternating heats of girls and boys.
AWARDS:	<ul style="list-style-type: none"> No awards will be given.
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 rescinded and re-awarded.
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. In accordance with VSI best practices, all swimmers should shower before entering the pool. 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:	<p>Meet Referee: Bob Rustin Email: brustin55@gmail.com</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 John Stevens stevensjohna@hotmail.com no later than September 17, 2022. Officials meetings will be held at least one hour prior to the start of each session.

SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • We will need 2 timers per lane per session. If we need timers and/or other workers from other clubs we will communicate that no later than Tuesday, September 20, 2022, and will also be emailed to the contact person of each of the individual clubs. • Timers meeting will be held approximately 30 minutes prior to the start of the session. • Swimmers must provide their own timer for the 500 Free and 400 IM events and their own lap counter for the 500 Free.
GENERAL:	<ul style="list-style-type: none"> • Warm Up and Warm Down lanes will be provided. • Heat sheets will be available on Meet Mobile and posted around the grandstand area for the swimmers to access. We will also post heat sheets to the Hanover Aquatics website no later than Friday, September 23rd at 12pm. • Coaches' and officials' hospitality will include light snacks and drinks. Hospitality will be hosted in the room just off the pool deck.
FACILITY RULES:	<ul style="list-style-type: none"> • No glass containers of any kind are permitted in the facility. • Lawn/deck chairs are not permitted in the grandstand. • No spectators/parents will be allowed on deck unless working the meet. • No smoking is allowed on the campus. • No outside food or beverages are allowed in the facility. • No flash photography.
DIRECTIONS:	Go to http://www.virginiawimming.org/vsi/Meet/VenueDirections/JRS_SC.html for directions.

Hanover Happy

ORDER OF EVENTS

Saturday, September 24th

Morning Session Warm-up: no earlier than 6:30am; Start: 8am			Distance Session Warm-up: Immediately following the morning session (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12&Under 200 Free	2	25	13&Over 400 IM	26
3	13&Over 200 Free	4			
5	8&Under 25 Fly	6			
7	12&Under 100 Fly	8			
9	13&Over 100 Fly	10			
11	12&Under 50 Breast	12			
13	13&Over 200 Breast	14			
15	8&Under 25 Back	16			
17	12&Under 100 Back	18			
19	13&Over 100 Back	20			
21	12&Under 50 Free	22			
23	13&Over 50 Free	24			

Sunday, September 25th

Morning Session Warm-up: no earlier than 6:30am; Start: 8am			Afternoon Session Warm-up: Immediately following the morning session (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	12&Under 100 IM	28	51	13&Over 500 Free	52
29	13&Over 200 IM	30			
31	8&Under 25 Breast	32			
33	12&Under 100 Breast	34			
35	13&Over 100 Breast	36			
37	12&Under 50 Fly	38			
39	13&Over 200 Fly	40			
41	8&Under 25 Free	42			
43	12&Under 100 Free	44			
45	13&Over 100 Free	46			
47	12&Under 50 Back	48			
49	13&Over 200 Back	50			