



**The Duck Bowl Invitational**  
**January 23-24, 2021**  
 SANCTION NO. VS-21-97



*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-21-97.
- 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.
- 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.
- 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 2 included in the video-streaming

<b>MEET DIRECTOR:</b>	Name: Nikki Deal Email: <a href="mailto:hokieswimmom@comcast.net">hokieswimmom@comcast.net</a> Phone: 804-267-9494
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all Virginia Swimming athletes registered before the first day of the meet from the following teams: HNVR, RAYS, TSU, WST, VSTP, PWSC and their respective unattached swimmers.</li> <li>• Teams not listed wishing for an invite must receive confirmation from the Meet Director prior to entries being accepted.</li> <li>• No on deck Virginia Swimming athlete registration will be permitted.</li> <li>• Age on January 23, 2021 will determine age for the entire meet.</li> </ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>• Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>• All 15&amp;Over swimmers will swim in the first <del>morning</del> session.</li> <li>• All 13-14 swimmers will swim in the second session of the day.</li> <li>• All 11-12 swimmers will swim in the third session of the day.</li> <li>• All 10&amp;Under swimmers will swim in the final session of the day.</li> <li>• Based on entries we reserve the right to modify the sessions if needed to accommodate up to 150 swimmers per session. If changes are made, teams will be notified by Saturday, January 16<sup>th</sup>.</li> <li>• All events will be timed finals.</li> <li>• No session will exceed 150 swimmers.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• 15&amp;Over sessions: Warm-ups at 7:00AM, competition starts at 8:00AM</li> <li>• 13-14 sessions: Warm-ups not before 10:00AM, competition not before 11:00AM</li> <li>• 11-12 sessions: Warm-ups not before 12:30PM, competition not before 1:30PM</li> <li>• 10&amp;Under sessions: Warm-ups not before 3:00PM, competition not before 3:30PM</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the Hanover Aquatics website no later than Tuesday, January 19, 2021 and will also be emailed to the contact person of the participating clubs.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, January 14, 2021.</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in SCY times Commlink-2 software. Teams submit entries via email.</li> <li>• 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.</li> <li>• Coach Time (CT) and “No Time” (NT) will be accepted for events in which a swimmer does not have a time of record. <b>CT must be slower than an “A” time.</b> All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• 2021-2024 NAG time standards are in effect.</li> <li>• Swimmers may enter a maximum of <b>3 individual events per day and 6 individual events for the meet.</b></li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding 150 swimmers per session limit, the 4-hour/session timeline limit for the 12&amp;under swimmers or the limits as mandated by current Commonwealth of Virginia guidelines.</li> <li>• Email entries to: <a href="mailto:hnrhurr@gmail.com">hnrhurr@gmail.com</a></li> <li>• Deck entries are available for athletes already entered in the meet to the extent that open lanes are available. No heats will be added.</li> </ul>
<b>FEES:</b>	<ul style="list-style-type: none"> <li>• <b>Individual events: \$8.00</b></li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Swimmer surcharge:</b> \$2.50 per person (entered in the meet in any capacity)</li> <li>• <b>COVID-19 Facility Management Fee:</b> \$5.00 per swimmer</li> <li>• Checks should be made payable to: Hanover Aquatics, Inc.</li> <li>• Mail payment to: PO Box 1886, Mechanicsville, VA 23116</li> <li>• Payment must be received by the start of the meet, January 22, 2021 for all entries. Failure to pay entry fees by this deadline could result in the team being barred from the meet.</li> <li>• <b>IMPORTANT:</b> 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.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> <li>• Events 11, 12 (13-14 1000 Free) and events 23, 24 (15 &amp; O 1000 Free) will be seeded fastest to slowest with a maximum of 3 heats per event. Coaches will be asked to submit scratches for these events. At the discretion of the meet referee, these events may be reseeded if sufficient scratches are received.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Awards will be given to each heat winner, all age groups.</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• 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"> <li>○ Entries using fraudulent or non-verifiable times.</li> <li>○ Athlete competed in the incorrect age group.</li> <li>○ Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>• 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.</li> <li>• Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>COVID-19 RULES:</b>	<ul style="list-style-type: none"> <li>• <b>Athletes must arrive in their suits. Locker rooms will not be available.</b></li> <li>• <b>All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening.</b></li> <li>• <b>Coaches, officials, and spectators must wear masks.</b></li> <li>• 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 2 heats lined up on the deck ready. There will be a meet marshal in place to assist the swimmers. There will be markings on the floor spaced out 10 feet apart for 8 swimmers for the 2nd heat waiting to move behind the blocks. There will be similar markings on the floor for the 3rd heat waiting to move into the 2nd heat position. We ask that swimmers maintain 10 feet social distancing at all times and come to the staging area in their suit with cap and goggles. No clothes behind the blocks. Please see the map for flow.</li> <li>• <b>Swimmers must wear masks when going in and out of the building and to and from the bathrooms and while seated in the stands. They will wear their masks behind the blocks where a stand will be available for them to hang their mask on and will be asked to put it back on before leaving from behind the block after their swim.</b></li> <li>• Spectator seating will be located in the grass outside of the building on the opposite side of the grandstands.</li> <li>• Warm Up and Warm Down lanes will be provided and monitored closely to make sure swimmers are maintaining social distancing. No standing and resting in the pool will be allowed.</li> <li>• 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 HNVR website no later than Friday, January 22, 2021.</li> <li>• A small table will be located at the exit end of the pool for concessions.</li> <li>• All swimmers, parents, officials 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 the swim meet participants.</li> <li>• Bathrooms are located just outside the doors on the grandstand side of the pool. Locker rooms will be closed for use.</li> </ul>

	<ul style="list-style-type: none"> <li>Counters for the 1000 Free will be required to wear a mask.</li> <li>Information will be provided to the teams about video streaming no later than Friday, January 22, 2021.</li> </ul>
<b>MEET RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet.</li> <li>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.</li> <li>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.</li> <li>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.</li> <li>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>.</li> <li>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.</li> <li>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.</li> <li>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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Scott Farrar</b>  <b>Email: <a href="mailto:sfarrar@bsnsports.com">sfarrar@bsnsports.com</a></b>  <b>Phone: 804-937-0995</b></p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions for this meet.</li> <li>Team officials chair should submit the names and session availability of certified officials as well as the names and session availability of trainees to <b>John Stevens</b> at <a href="mailto:stevensjohna@hotmail.com">stevensjohna@hotmail.com</a> no later than January 19, 2021.</li> <li>Officials meetings will be held at least one hour prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. We will need 1 timer per lane per session.</li> <li>The number of timers required per club and their lane assignments will be posted on the HNVR no later than Tuesday, January 19, 2021, and will also be emailed to the contact person of each of the individual clubs.</li> <li>All timers and lap counters will be required to wear a mask.</li> <li>Timers will be asked to time for the entirety of the session including the 1000 Free.</li> <li>Timers meeting will be held approximately 30 minutes prior to the start of the session.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Coaches' and officials' hospitality will include light snacks and drinks. Hospitality will be hosted in the room just off the pool deck.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>No glass containers of any kind are permitted in the facility.</li> <li>Lawn/deck chairs are not permitted in the grandstand.</li> <li>No spectators/parents will be allowed inside the venue or on deck unless working the meet or as provided herein.</li> </ul>

	<ul style="list-style-type: none"> <li>No smoking is allowed on the campus.</li> <li>No flash photography.</li> </ul>
<b>DIRECTIONS:</b>	Go to <a href="http://www.virginiawimming.org/vsi/Meet/VenueDirections/JRS_SC.html">http://www.virginiawimming.org/vsi/Meet/VenueDirections/JRS_SC.html</a> for directions.

## Duck Bowl Invitational ORDER OF EVENTS Saturday, January 23, 2021

<b>15&amp; Over Session 1</b>		
<b>Warm Up: 7:00AM; Start: 8:00AM</b>		
<b>GIRLS</b>	<b>Events</b>	<b>BOYS</b>
1	15&Over 200 Free	2

<b>13-14 Session 2</b>		
<b>Warm Up: 10:00AM; Start: 11:00AM</b>		
<b>(APPROX)</b>		
<b>GIRLS</b>	<b>Events</b>	<b>BOYS</b>
13	13-14 200 Free	14

3	15&Over 100 Back	4
5	15&Over 50 Free	6
7	15&Over 200 Fly	8
9	15&Over 100 Breast	10
11	15&Over 1000 Free	

15	13-14 100 Back	16
17	13-14 50 Free	18
19	13-14 200 Fly	20
21	13-14 100 Breast	22
23	13-14 1000 Free	

<b>11-12 Session 3</b> <b>Warm Up: 12:30PM; Start: 1:30PM</b> <b>(APPROX)</b>		
<b>GIRLS</b>	<b>Events</b>	<b>BOYS</b>
25	11-12 100 Back	26
27	11-12 200 Fly	28
29	11-12 50 Fly	30
31	11-12 100 IM	32
33	11-12 100 Breast	34
35	11-12 200 Free	36
37	11-12 50 Free	38

<b>10&amp;Under Session 4</b> <b>Warm Up: 3:00PM; Start: 3:30PM</b> <b>(APPROX)</b>		
<b>GIRLS</b>	<b>Events</b>	<b>BOYS</b>
39	10&Under 200 Free	40
41	10&Under 100 Back	42
43	10&Under 50 Fly	44
45	10&Under 100 IM	46
47	10&Under 50 Free	48
49	10&Under 100 Breast	50

## Sunday, January 24, 2021

<b>15&amp; Over Session 5</b> <b>Warm Up: 7:00AM; Start: 8:00AM</b>		
<b>GIRLS</b>	<b>Events</b>	<b>BOYS</b>
51	15&Over 200 Breast	52
53	15&Over 100 Free	54
55	15&Over 200 IM	56

<b>13-14 Session 6</b> <b>Warm Up: 10:00AM; Start: 11:00AM</b> <b>(APPROX)</b>		
<b>GIRLS</b>	<b>Events</b>	<b>BOYS</b>
61	13-14 200 Breast	62
63	13-14 100 Free	64
65	13-14 200 IM	66

57	15&Over 200 Back	58
59	15&Over 100 Fly	60
	15&Over 1000 Free	12

67	13-14 200 Back	68
69	13-14 100 Fly	70
	13-14 1000 Free	24

<b>11-12 Session 7</b> <b>Warm Up: 12:30PM; Start: 1:30PM</b> <b>(APPROX)</b>		
<b>GIRLS</b>	<b>Events</b>	<b>BOYS</b>
71	11-12 200 Back	72
73	11-12 50 Back	74
75	11-12 100 Fly	76
77	11-12 200 IM	78
79	11-12 200 Breast	80
81	11-12 50 Breast	82
83	11-12 100 Free	84

<b>10&amp;Under Session 8</b> <b>Warm Up: 3:00PM; Start: 3:30PM</b> <b>(APPROX)</b>		
<b>GIRLS</b>	<b>Events</b>	<b>BOYS</b>
85	10&Under 200 IM	86
87	10&Under 50 Back	88
89	10&Under 100 Fly	90
91	10&Under 50 Breast	92
93	10&Under 100 Free	94