



2021 Helen Wang Sunflower Classic
April 30 - May 2, 2021
SANCTION NO: VS-21-170



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-21-170. • USA Swimming, Inc., Virginia Swimming, Inc., Stingrays Swim 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., Stingrays Swim 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:	<ul style="list-style-type: none"> • Jeff Rouse Swim and Sport Center, 1600 Mine Road; Stafford, VA 22554, 804-387-1279
FACILITY:	<ul style="list-style-type: none"> • The Jeff Rouse Swim and Sport Center provides 2 indoor pools and supporting amenities including hospitality and concession stand. • Eight lanes, 25-yard 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. • No spectators will be allowed inside the facility. • 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: Danielle Euker Email: danielleeuker@gmail.com Phone: 412-913-4253
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered before the first day of the meet. No on-deck USA Swimming athlete registration will be permitted. Age on April 30, 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"> Friday evening session offers events for swimmers 11 & Over. All 10 & Under swimmers will swim in the First session Saturday and Sunday. All 11-12 swimmers will swim in the Second session Saturday and Sunday. All 13-14 swimmers will swim in the Third session Saturday and Sunday. All 15 & Over swimmers will swim in the Fourth session Saturday and Sunday. All events will be timed finals. Meet course will be LCM. The Meet Director and Meet Referee reserves the right to utilize Chase Starts in any session dependent upon the number of entries received. This will be communicated to all coaches/teams when other communications are sent out but not later than Monday, April 26, 2021.
WARM-UP:	<ul style="list-style-type: none"> Friday evening session: Warm-ups at 3:30 PM; Competition starts at 4:30 PM. 10 & Under sessions: Warm-ups at 7:00 AM; Competition starts on Saturday at 8:10 AM and Sunday at 8:00 AM. 11-12 sessions: Warm-ups not before 10:00 AM; competition starts not before 11:00 AM. 13-14 sessions: Warm-ups not before 1:00 PM; competition starts not before 2:00 PM. 15 & Over sessions: Warm-ups not before 4:00 PM; competition starts not before 5:00 PM. Lane assignment and warm-up times for individual clubs will be posted on the RAYS website www.swimrays.org, no later than Monday, April 26th, 2021, and will also be emailed to the contact person of the participating clubs. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, APRIL 20, 2021</p> <ul style="list-style-type: none"> Entries must be submitted in LCM/SCY times using Hy-Tek Team Manager. The meet will be seeded by non-conforming times. Teams must submit entries via email. Coach Time (CT) 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. NT entries accepted. Swimmers may enter a maximum of 4 individual events per day, With the exception of Friday, Friday swimmers may only swim 2 events. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit for the 12 & under swimmers or the limits as mandated by current Commonwealth of Virginia guidelines. The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events which may require reseeding. Email entries to: Anthony Pedersen, email: coachanthony@swimrays.org phone: 703-919-5889. 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:	Individual events: \$8.50 Swimmer fee: \$2.50 per person (entered in the meet in any capacity). Covid Facility Fee: \$2.50 per person (entered in the meet in any capacity).

	<ul style="list-style-type: none"> • Checks should be made payable to: RAYS. • Mail payment to: RAYS, PO BOX 866, Stafford VA 22555 • Payment must be received by Tuesday, April 27, 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"> • All events, except for 400s and above, will be pre-seeded. • Friday's events and Sunday's 1500: will be positive check-in will close at 4:00pm Friday and 12:30pm Sunday. • Each team will be given a list of their positive check-in at the beginning of the session. They will then turn them into admin ref prior to deadline. • All events will be swum slowest to fastest except for events 1-6, they will be fastest to slowest. • Events 7 & 8 (11 & Over 800 Free), 89 & 90 (13 & Over 1500 Free) and 99 & 100 (15 & Over 1500 Free) will alternate girl-boy order, they will also be swum fastest to slowest.
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 register 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. • All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening. • Coaches, officials, and spectators must wear masks • 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. • Swimmers must wear masks when going in and out of the building and to and from the bathrooms and while seated in the stands. When they are going for warmups and to race, they do not have to have their mask on. • Spectator seating will be located in the grass outside of the building on the opposite side of the grandstands. • 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. • 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 RAYS website no later than Tuesday, April 27, 2021 at 12pm. • A small table will be located at the exit end of the pool for concessions. • All swimmers, parents, officials etc. shall enter the pool area via the entrance door on the side of the pool. <u>The remainder of the facility is off limits to the swim meet participants.</u> • Bathrooms are located just outside the doors on the grandstand side of the pool. Locker rooms will be closed for use.
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. • 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

	<ul style="list-style-type: none"> Any swimmer entered in the meet must be dive 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 or the swimmer's legal guardian to ensure compliance with this requirement. 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, swimmers should shower before entering the pool. 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: Genny Kimbel Email: gennykimbel@gmail.com Phone: 757-876-9134</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to: Bill Fairfax, email: billf574@gmail.com no later than Wednesday, April 28, 2021 - 2021 Helen Wang Sunflower Classic Official's Sign Up There will be an officials' meeting approximately 1 hour prior to the start of each session. Officials should follow this link to apply to officiate no later than Wednesday, April 28, 2021 – There will be a coaches' meeting at 8:00 AM on Saturday, May 1, 2021.
SAFETY:	<ul style="list-style-type: none"> VSI Safety and Warm-up 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 RAYS www.swimrays.org no later than Monday, April 26th, 2021, and will also be emailed to the contact person of each of the individual clubs. Swimmers in events 7-8, the 800 freestyle, 89-90 and 99-100, the 1500 freestyle, must provide their own counter and timers. All timers and counters must wear a mask.
GENERAL:	<ul style="list-style-type: none"> Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Deck Access: Limited to athletes, coaches with their credentials, officials, timers and individuals helping work the meet. Team Areas: Seating is available on deck for the swimmers. Heat Sheets: Will be posted on our website, around the facility and on Meet Mobile. Snack Bar: Concessions will be available for purchase through JRSSC. Swim Supplies: Sport Fair will be available for swim supply purchases. Fine Design will be available for meet t-shirts. First Aid: See Lifeguard for assistance. Lost and Found: Check with the front desk for lost and found items. Hospitality: Will not open until warm ups begin each day. Will stop serving breakfast ½ hour after competition starts, snacks available, lunch from 11:30AM-1:30PM, snacks and drinks available until ½ hour before conclusion of afternoon session.
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 inside the venue or on deck unless working the meet or as provided herein. No smoking is allowed on the campus. All pool rules are posted pool side.
DIRECTIONS:	<ul style="list-style-type: none"> Go to: MapQuest.com

PARKING:	<ul style="list-style-type: none"> • Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches and officials. • There will be a drop off area designated.
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ORDER OF EVENTS
Friday, April 30, 2021

Evening Session 1		
Warm-up: 3:30 PM; Start: 4:30 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11- 12 200 IM	2
3	13 & Over 400 IM	4
5	11 & Over 400 Free	6
7	13 & Over 800 Free	8

Saturday, May 1, 2021

10 & Under Session 2		
Warm-up: 7:00 AM; Start: 8:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
9	10 & Under 200 Free	10
11	10 & Under 100 Fly	12
13	10 & Under 50 Free	14
15	10 & Under 200 Back	16
17	10 & Under 100 Breast	18
19	10 & Under 50 Back	20

11-12 Session 3		
Warm-up: 10:00 AM; Start: 11:00 AM		
<i>(Times are approximate)</i>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
21	11-12 200 Free	22
23	11-12 100 Fly	24
25	11-12 50 Free	26
27	11-12 200 Back	28
29	11-12 100 Breast	30
31	11-12 50 Back	32

13-14 Session 4		
Warm-up: 1:00 PM; Start: 2:00 PM		
<i>(Times are approximate)</i>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	13-14 200 Fly	34
35	13-14 50 Free	36
37	13-14 200 Back	38
39	13-14 200 IM	40
41	13-14 100 Breast	42
43	13-14 200 Free	44

15 & Over Session 5		
Warm-up: 4:00 PM; Start: 5:00 PM		
<i>(Times are approximate)</i>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
45	15 & Over 200 Fly	46
47	15 & Over 50 Free	48
49	15 & Over 200 Back	50
51	15 & Over 200 IM	52
53	15 & Over 100 Breast	54
55	15 & Over 200 Free	56

Sunday, May 2, 2021

10 & Under Session 6		
Warm-up: 7:00 AM; Start: 8:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	10 & Under 200 Fly	58
59	10 & Under 100 Back	60
61	10 & Under 50 Fly	62
63	10 & Under 200 Breast	64
65	10 & Under 100 Free	66
67	10 & Under 50 Breast	68

11-12 Session 7		
Warm-up: 10:00 AM; Start: 11:00 AM		
<i>(Times are approximate)</i>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
69	11-12 200 Fly	70
71	11-12 100 Back	72
73	11-12 50 Fly	74
75	11-12 200 Breast	76
77	11-12 100 Free	78
79	11-12 50 Breast	80

13-14 Session 8		
Warm-up: 1:00 PM; Start: 2:00 PM		
<i>(Times are approximate)</i>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
81	13-14 200 Breast	82
83	13-14 100 Back	84
85	13-14 100 Fly	86
87	13-14 100 Free	88
89	13-14 1500 Free	90

15 & Over Session 9		
Warm-up: 4:00 PM; Start: 5:00 PM		
<i>(Times are approximate)</i>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
91	15 & Over 200 Breast	92
93	15 & Over 100 Back	94
95	15 & Over 100 Fly	96
97	15 & Over 100 Free	98
99	15 & Over 1500 Free	100