



**RAYS GREAT PUMPKIN SPLASH**  
**October 17-18, 2020**  
**SANCTION NO. VS-21-19**

**Hosted by**



**Stingrays Swim Team**

*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.*

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-21-19</b>.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> </ul>
<b>LOCATION:</b>	<p>Jeff Rouse Swim and Sport Center, 1600 Mine Rd., Stafford VA 22554</p> <ul style="list-style-type: none"> <li>• Phone: 804-387-1279</li> </ul>
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• The Jeff Rouse Swim and Sport Center provides 2 indoor pools and supporting amenities including hospitality and concession stand.</li> <li>• 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.</li> <li>• Indoor 6 lane 25 yard pool for continuous warm-up, cool-down.</li> <li>• Non-Turbulent Lane Markers in both pools.</li> <li>• Competitor Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.</li> <li>• Spectator seating for 700 plus.</li> <li>• 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.</li> </ul>
<b>MEET DIRECTOR:</b>	<p>Name: Danielle Euker          Email: <a href="mailto:danielleeuker@gmail.com">danielleeuker@gmail.com</a>          Phone: 412-913-4253</p>

<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to RAYS, Hanover, VSTP, and PWSC athletes registered before the first day of the meet.</li> <li>• No on deck Virginia Swimming athlete registration will be permitted.</li> <li>• 2017-2020 NAG time standards are in effect.</li> <li>• Age on October 17, 2020 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 13 &amp; over swimmers will swim in the AM sessions.</li> <li>• All 8 &amp; Under Swimmers will swim in a session immediately following the 9-12 Session on Saturday.</li> <li>• All 9-12 Year Old swimmers will swim in the AM/PM session.</li> <li>• All events will be timed finals.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Saturday <ul style="list-style-type: none"> <li>○ 13 &amp; O session: Warm-ups start at 7:00am; competition starts at 7:50am.</li> <li>○ 11-12 session: Warm-ups start at 10:30am; competition starts at 11:30am.</li> <li>○ 8 &amp; U session: Warm-ups start at 2:00pm; competition starts at 2:45pm.</li> </ul> </li> <li>• Sunday <ul style="list-style-type: none"> <li>○ 13 &amp; O session: Warm-ups start at 7:00am; competition starts at 8:00am.</li> <li>○ 12 &amp; U session: Warm-ups start at 10:30am; competition starts at 11:30am.</li> </ul> </li> <li>• Lane assignments and warm-up times will be posted on the RAYS website - <a href="http://www.swimrays.org">www.swimrays.org</a>, no later than Tuesday, October 13, 2020.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, OCTOBER 8, 2020.</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in SCY times using Commlink-2 software. teams submit entries via email.</li> <li>• 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.</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>• Swimmers may enter a maximum of 3 <b>individual events per day.</b></li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines.</li> <li>• Email entries to: Josh Friedel, email: <a href="mailto:jfried3408@yahoo.com">jfried3408@yahoo.com</a>, phone: 540-455-3408.</li> <li>• 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.</li> </ul>
<b>FEES:</b>	<ul style="list-style-type: none"> <li>• <b>Individual events:</b> \$8.00</li> <li>• <b>Swimmer surcharge:</b> \$2.50 per person (entered in the meet in any capacity)</li> <li>• Checks should be made payable to: RAYS.</li> <li>• Mail payment to: <b>Carol Rowlands, PO BOX 866, Stafford VA 22555</b></li> <li>• Payment must be received by October 13, 2020 for all entries. Failure to pay entry fees by this deadline could result in teams 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>• Only one heat of swimmers can be standing behind the starting heat, keeping 10 feet apart, there will be a heat coordinator to help place the swimmers</li> <li>• 8 &amp; Under events only will have clerk of course</li> <li>• All events will be pre-seeded and swum slowest to fastest.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• No awards will be given.</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> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Athlete is not registered with USA Swimming prior to the first day of the meet.</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>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>● 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: Name: Pete O'Hara</b>  <b>Email: <a href="mailto:pwoharajr@verizon.net">pwoharajr@verizon.net</a></b>  <b>Phone: 540-379-4670</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>Bill Fairfax at <a href="mailto:billf574@gmail.com">billf574@gmail.com</a></b> no later than <b>Monday, October 12, 2020</b>.</li> <li>● Officials meetings will be held at least one hour prior to the start of each session.</li> <li>● <b>There will be a coaches' meeting at 8:00 am on October 17, 2020.</b></li> </ul>
<b>SAFETY:</b>	<ul style="list-style-type: none"> <li>● Virginia Swimming Meet Safety Procedures will be in effect.</li> </ul>
<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 RAYS <a href="http://www.swimrays.org">www.swimrays.org</a> no later than Tuesday October 13, 2020, 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 meeting will be held approximately 30 minutes prior to the start of the session.</li> </ul>

<p><b>GENERAL:</b></p>	<ul style="list-style-type: none"> <li>● Swimmer seating will be located in the grandstands with social distancing in place. Swimmers will line up for their heats on the grandstand 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 2<sup>nd</sup> heat waiting to move behind the blocks. There will be similar markings on the floor for the 3<sup>rd</sup> heat waiting to move into the 2<sup>nd</sup> 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 will swim a 25 and exit the pool on the bulkhead and return to their seats.</li> <li>● <b>Swimmers will be asked to wear masks when going in and out of the building, 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.</b></li> <li>● Spectator seating will be located in the grass outside of the building on the opposite side of the grandstands. There will be a parent clerk of course located outside of the building and parents will filter in to watch their swimmer and then head down to the other end of the building and back outside. We ask that parents do not linger so that the next heat of parents can get in to see their swimmer. Please see the map for flow.</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 RAYS website – <a href="http://www.swimrays.org">www.swimrays.org</a>, no later than Friday, October 16<sup>th</sup> at 12pm.</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. <u>The remainder of the facility is off limits to the swim meet participants.</u></li> <li>● Bathrooms are located just outside the doors on the grandstand side of the pool. Locker rooms will be closed for use.</li> <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>
<p><b>FACILITY RULES:</b></p>	<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 on deck unless working the meet.</li> <li>● No smoking is allowed on the campus.</li> <li>● No outside food or beverages are allowed in the facility.</li> <li>● No flash photography.</li> </ul>
<p><b>DIRECTIONS:</b></p>	<ul style="list-style-type: none"> <li>● Go to <a href="http://www.virginiaswimming.org/vsi/Meet/VenueDirections/JRS_SC.html">http://www.virginiaswimming.org/vsi/Meet/VenueDirections/JRS_SC.html</a> for directions.</li> </ul>

**Great Pumpkin Splash  
ORDER OF EVENTS  
Saturday, October 17, 2020**

<b>13 &amp; Over Session 1</b>		
<b>Warm-up: 7:00 AM; Start: 8:10 AM</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 200 Freestyle	2
3	13 & Over 100 Breaststroke	4
5	13 & Over 200 Butterfly	6
7	13 & Over 100 Backstroke	8
9	13 & Over 50 Freestyle	10

<b>9-12 Year Old Session 2</b>		
<b>Warm-up: 10:30 AM; Start: 11:30 AM</b>		
<i>(Times are approximate)</i>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
11	9-12 100 IM	12
13	9-12 50 Freestyle	14
15	9-12 100 Breaststroke	16
17	9-12 200 Freestyle	18
19	9-12 50 Backstroke	20
21	9-12 100 Butterfly	22
23	9-12 200 Breaststroke	24

<b>8 &amp; Under Session 3</b>		
<b>Warm-up: 2:00 PM; Start: 2:45 PM</b>		
<i>(Times are approximate)</i>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	8 & Under 25 Freestyle	26
27	8 & Under 50 Backstroke	28
29	8 & Under 25 Breaststroke	30
31	8 & Under 50 Freestyle	32
33	8 & Under 25 Butterfly	34
35	8 & Under 25 Backstroke	36
37	8 & Under 100 IM	38

**Sunday, October 18, 2020**

<b>13 &amp; Over Session 4</b>		
<b>Warm-up: 7:00 AM; Start: 8:00 AM</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
39	13 & Over 200 IM	40
41	13 & Over 100 Freestyle	42
43	13 & Over 200 Backstroke	44
45	13 & Over 100 Butterfly	46
47	13 & Over 200 Breaststroke	48

<b>12 &amp; Under Session 5</b>		
<b>Warm-up: 10:30 AM; Start: 11:30 AM</b>		
<i>(Times are approximate)</i>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	9-12 200 IM	50
51	12 & Under 100 Freestyle	52
53	12 & Under 50 Breaststroke	54
55	9-12 200 Butterfly	56
57	12 & Under 100 Backstroke	58
59	12 & Under 50 Butterfly	60
61	9-12 200 Backstroke	62