



**NORTH DISTRICT  
13 & OVER CHAMPIONSHIP  
February 26 – February 28, 2021  
SANCTION NO. VS-21-123**



*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-21-123</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>• <b>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.</b></li> </ul>
<b>LOCATION:</b>	Jeff Rouse Swim and Sport Center, 1600 Mine Rd., Stafford VA 22554 Phone: 804-387-1279
<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, 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.</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). A copy of the certification is on file with USA Swimming.</li> <li>• 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.</li> </ul>
<b>MEET DIRECTOR:</b>	Name: Danielle Euker Email: <a href="mailto:danielleeuker@gmail.com">danielleeuker@gmail.com</a> Phone: 412-913-4253

<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all Virginia Swimming registered athletes in North Region registered prior to the first day of the meet. Teams in the North Region are: PWSC, RAYS, STAT, TORP, TSU, VSTP, WFS and WST</li> <li>• Unattached athletes in the same geographical district are also eligible to attend.</li> <li>• The qualifying period for this meet is January 1, 2019 through February 25, 2021.</li> <li>• No on deck Virginia Swimming athlete registration will be permitted.</li> <li>• Swimmers in the 13-14 age group may compete in any individual event or relay leg in which they have a time that is slower than the age group championship qualifying time except the 400 IM, 500 free, and the 1000 free.</li> <li>• 15 and older swimmers may compete in any individual event or relay leg in which they have a time that is slower than the Senior Champs qualifying time except the 400 IM, 500 free, and the 1000 free.</li> <li>• Swimmers 13-14 must have at least a 13-14 “B” time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the age group championship time.</li> <li>• 15 and older swimmers must have at least a 15-16 “B” time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the senior championship qualifying time.</li> <li>• 2020-2024 NAG time standards are in effect.</li> <li>• Age on February 26, 2021 will determine age for the entire meet.</li> <li>• 14 year old swimmers aging up from February 26 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"> <li>○ the swimmer does not qualify for the event at Senior Champs</li> <li>○ the swimmer will be seeded correctly by time however will swim exhibition only and will not be eligible to receive an award or compete in the Finals session.</li> </ul> </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 events will be swum as <b>timed finals</b>.</li> <li>• Girls will swim in the AM and boys in the PM each day.</li> <li>• <b>No relays will be swum.</b></li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 16, 2021</b></p> <ul style="list-style-type: none"> <li>• Conforming and Non-conforming times will be used for entry – Short Course Yards then Long Course Meters then Short Course Meters. Non-conforming times will be seeded following all conforming times.</li> <li>• Entries must be submitted using Commlink-2 software.</li> <li>• Teams submit entries via email.</li> <li>• 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, regardless of how they are submitted.</li> <li>• Swimmers may enter a maximum of 8 individual events, no more than 3 per day.</li> <li>• The Meet Director reserves the right to combine heats and events, which may require reseeding.</li> <li>• “No Time” (NT) entries will be accepted <b>except</b> in the 400 medley, 500 free, and 1000 free, where 13-14 swimmers must have achieved a minimum of a 13-14 “B” time, and 15 &amp; older swimmers must have achieved a minimum of a 15-16 “B” time.</li> <li>• Coach Times (CT) will <b>not</b> be accepted for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet.</li> <li>• Email entries to: <b>Anthony Pedersen, email: coachanthony@swimrays.org phone: 703-919-5889.</b></li> <li>• <b>Late entries will be accepted.</b> If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, they will go in the slowest heat in an empty lane. If needed, a heat will be added.</li> </ul>

<b>FEES:</b>	<p><b>Individual Events: \$8.50 per event</b></p> <p><b>Swimmer Fee: \$2.50 per person</b> (entered in the meet in any capacity)</p> <p><b>COVID Facility Management Fee: \$10 per swimmer</b></p> <ul style="list-style-type: none"> <li>• <b>Late Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</li> <li>• <b>Checks should be made payable to: RAYS</b></li> <li>• Mail payment to: <b>Carol Rowlands, PO BOX 866, Stafford VA 22555</b></li> <li>• Payment must be received by Tuesday, February 23, 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.</li> <li>• <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is <b>NOT</b> required for delivery.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• Coaches will be asked to submit scratches for the 400 IM, 500 free, and 1000 free. Depending on the number of scratches received, the meet referee reserves the right to reseed those events.</li> <li>• Swimmers will report to Clerk of Course prior to swimming their events.</li> <li>• The 1000 free will be swum fastest to slowest.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Morning sessions for girls: Warm-ups at 8:00 AM; competition starts at 9:10 AM on Friday and 9:00AM on Saturday and Sunday. There will be two 25 minute warm-up sessions for specific warm-ups.</li> <li>• Afternoon sessions for boys: Warm-ups not before 12:00 PM; competition starts not before 1:00 PM. There will be two 25 minute warm-up sessions for specific warm-ups.</li> <li>• 1000 free (Sunday): The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the 200 IM, with the 1000 free starting 5 minutes thereafter. <ul style="list-style-type: none"> <li>○ The approximate start time for the 1000 will be posted on the RAYS website, <a href="http://www.swimrays.org">www.swimrays.org</a>, no later than Monday, February 22, 2021 and will also be emailed to the contact person of the participating clubs.</li> <li>○ The distance sessions will start no earlier than the estimated times.</li> </ul> </li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the RAYS website, <a href="http://www.swimrays.org">www.swimrays.org</a>, no later than Monday, February 22, 2021, and will also be emailed to the contact person of the participating clubs.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events will be scored and awarded first through sixteenth place for 13-14 and 15 &amp; over age groups. Medals will be awarded for first through third place, ribbons for fourth through sixteenth place.</li> <li>• Team awards will be given, first through third place. The teams placing will receive a plaque. Scoring will be as follows: Individual: 20-17-16-15-14-13-12-11- 9-7-6-5-4-3-2-1.</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 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 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</li> </ul>

	<p>staging area in their suit with cap and goggles. No clothes behind the blocks. Please see the map for flow.</p> <ul style="list-style-type: none"> <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. 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.</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 no later than Tuesday, February 23, 2021 at 12pm.</li> <li>• A small table will be located at the exit end of the pool for concessions.</li> <li>• All swimmers, officials etc. shall enter the pool area via the entrance door on the side of the pool.</li> </ul> <p><b><u>The remainder of the facility is off limits to the swim meet participants.</u></b></p> <ul style="list-style-type: none"> <li>• Bathrooms are located just outside the doors on the grandstand side of the pool. Locker rooms will be closed for use.</li> </ul>
<b>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>• 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>• 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 the requirement.</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>• 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.</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: Michael Sizemore</b>  <b>Email: <a href="mailto:mcsizemore@gmail.com">mcsizemore@gmail.com</a></b>  <b>Phone: 540-834-8120</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook.</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials to <b>Bill Fairfax at <a href="mailto:billf574@gmail.com">billf574@gmail.com</a></b> no later than Sunday, February 21, 2021</li> <li>• There will be an official's meeting one hour prior to the start of each session. Meeting place is to be determined.</li> <li>• <b>There will be a coaches' meeting at 7:50AM on Friday, February 26, 2021.</b></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.</li> </ul>

	<ul style="list-style-type: none"> <li>• The number of timers required per club and their lane assignments will be posted on the <a href="http://www.swimrays.org">www.swimrays.org</a> no later than Monday, February 22,2021 and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Swimmers competing in the 400 medley, 500 free, and 1000 free <b>are responsible for providing their own timers.</b> Swimmers competing in the 1000 free and 500 free are responsible for providing their own lap counters.</li> <li>• All timers and counters must wear a mask.</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 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> <li>• Smoking is NOT allowed anywhere on the campus.</li> <li>• No flash photography.</li> </ul>
<b>DIRECTIONS:</b>	<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>

# 2021 North Region Short Course 13 & Older Championship

## ORDER OF EVENTS

### Friday, February 26, 2021

<b>Morning Girls Session</b> Warm-ups: 8:00 AM; Start: 9:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 100 Breast	
3	13 & Over 200 Free	
5	13 & Over 100 Fly	
11	13 & Older 400 IM	

<b>Afternoon Boys Session</b> Warm-ups: 12:00 PM; Start: 1:00 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
	13 & Over 100 Breast	2
	13 & Over 200 Free	4
	13 & Over 100 Fly	6
	13 & Over 400 IM	12

### Saturday, February 27, 2021

<b>Morning Girls Session</b> Warm-ups: 8:00 AM; Start: 9:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	13 & Over 200 Fly	
15	13 & Over 50 Free	
17	13 & Over 200 Breast	
19	13 & Over 100 Back	
25	13 & Over 500 Free	

<b>Afternoon Boys Session</b> Warm-ups: 12:00 PM; Start: 1:00 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
	13 & Over 200 Fly	14
	13 & Over 50 Free	16
	13 & Over 200 Breast	18
	13 & Over 100 Back	20
	13 & Over 500 Free	26

### Sunday, February 28, 2021

<b>Morning Girls Session</b> Warm-ups: 8:00 AM; Start: 9:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	13 & Over 200 Back	
29	13 & Over 100 Free	
31	13 & Over 200 IM	
37	13 & Over 1000 Free (*)	

<b>Afternoon Boys Session</b> Warm-ups: 12:00 PM; Start: 1:00 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
	13 & Over 1000 Free	38
	13 & Over 200 Back	28
	13 & Over 100 Free	30
	13 & Over 200 IM	32
	13 & Over 1000 Free (*)	38