



**Mid-Atlantic Age Group Invitational
November 6-8, 2020
SANCTION NO. VS-21-40**

Hosted by:
NOVA
SWIMMING
NOVA of Virginia Aquatics

We have taken enhanced health and safety measures for all attending this event. However, we cannot guarantee that you will not become infected with COVID-19. You must follow all posted instructions while visiting Jeff Rouse Swim & 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 of COVID-19.

SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-21-40 USA Swimming, Inc., Virginia Swimming, Inc., NOVA and Jeff Rouse Swim & 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 Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., Virginia Swimming, Inc., Jeff Rouse Swim & Sport Center and NOVA of Virginia Aquatics cannot prevent you (or your children) from becoming exposed to, contracting or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. 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, VIRGINIA SWIMMING, JEFF ROUSE SWIM & SPORT CENTER AND NOVA OF VIRGINIA AQUATICS 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 & Sport Center (JRSSC), 1600 Mine Road, Stafford, VA 22554 (540-318-6332)
FACILITY:	<ul style="list-style-type: none"> 8 lanes, 50 meter indoor pool, 12 feet deep at the start end and 6.7 feet at the turn end; overflow gutters, with non-turbulent lane markers; and 6 lanes, 25 yard warm up/cool down pool. Colorado Timing System The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.
MEET DIRECTOR:	Name: Lori Hopewell Email: novabusinesoffice@novaswim.org Phone: (804) 750-1183
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes from NOVA, NCAP and LISC registered before the first day of the meet. LISC may be participating in the meet virtually. Teams are limited to 75 swimmers per session. No on deck athlete registration will be permitted. 2021-2024 NAG motivational time standards are in effect. Age on November 6, 2020 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"> The distance events will be swum Friday evening.

	<ul style="list-style-type: none"> • All 13-15 year old swimmers will compete in the Saturday and Sunday morning sessions. • All 11-12 year old swimmers will compete in the Saturday and Sunday mid-day sessions. • All 10 & Under swimmers will compete in the Saturday and Sunday afternoon sessions. • All events will be timed finals. • Breaks will be added if session lengths do not ensure proper rest periods between events.
WARM-UP:	<ul style="list-style-type: none"> • Friday session: Warm-ups 4:00 pm; competition starts not before 5:15 pm • Morning 13-15 sessions: Warm-ups not before 7:30am; competition starts not before 9:00am. • Mid Day 11-12 sessions: Warm-ups not before 11:00am; competition not before 12:15pm • Afternoon 10 & U sessions: not before 2:30pm; competition not before 3:45pm. • Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Monday, November 2, 2020, and will also be emailed to the contact person of the participating clubs. • JRSSC Social Distancing for Swimming Polices will be used to facilitate main warm-up and in the warm-up /down pool once competition begins. <ul style="list-style-type: none"> ○ Warm ups will be assigned by pool and lane and will be limited to 6 swimmers per lane / 3 per side, providing 10 feet of social distance in the lanes when practicable. ○ No parents will be allowed in the facility during general warm-up periods. • If the morning session runs late, mid-day warm-ups will begin 15 minutes after the morning session ends to provide for disinfecting and cleaning between sessions. If the mid-day session runs late, afternoon warm-ups will begin 15 minutes after the mid-day session to provide for disinfecting and cleaning between sessions.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM, FRIDAY, OCTOBER 30, 2020.</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yard times using Commlink-2 software- • Teams must submit entries via e-mail • A printout of entries must be included with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of <i>1 individual event Friday and 3 individual events each on Saturday and Sunday.</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: novabusinessoffice@novaswim.org • NO DECK ENTRIES WILL BE ACCEPTED (Per USA Swimming Return to Competition Guidelines)
FEES:	<p>Individual Event Entry Fee: \$7.00* Swimmer Surcharge per person: \$2.50 *Includes:</p> <ul style="list-style-type: none"> • Free Access to Heat Sheet <ul style="list-style-type: none"> ○ Meet Mobile ○ PDF version posted on NOVA website • Enhanced COVID-19 Facility Expenses
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded • Coaches will be asked to submit scratches for distance events (Event 1,2, 3, 4, 5 and 6). At the discretion of the meet referee, these events may be reseeded if sufficient scratches are received.
AWARDS	<ul style="list-style-type: none"> • No awards will be provided. • Scoring will be as follows: <ul style="list-style-type: none"> ○ Individual: 9-7-6-5-4-3-2-1 ○ All events will be scored to 8 places.
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.

	<ul style="list-style-type: none"> ○ 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 rescored and re-awarded
GENERAL:	<ul style="list-style-type: none"> ● All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening. <ul style="list-style-type: none"> ○ Athletes: Each team will be responsible for athlete screening and must provide NOVA and JRSSC documentation that athlete screening has been completed on each day of competition in accordance with Commonwealth of Virginia guidelines. ○ Non-Athletes: All non-athletes entering the facility for the first time each day at designated entrances will be presented the questions at an attended station. If answer is NO, individual will be given a wrist band that must be shown to re-enter without additional screenings. ● Athletes must arrive in their RACING suits. The Locker Rooms will be closed to swim meet participants. ● All swimmers, coaches, officials and volunteers will enter the venue via a pool entrance door. The remainder of the facility is off limits to ALL swim meet participants, including spectators. Please see the venue map for more detail. ● Swimmer seating will be located in the grandstands with social distancing in place. ● Swimmers will progress through Clerk of Course, socially distanced at all times with on deck markings, with the help of Clerk of Course volunteers and Safety Marshals. There will be 4 stages in the Clerk of Course. <ul style="list-style-type: none"> ○ Stage 1: Heat of swimmers in the water competing. ○ Stage 2: Heat of swimmers behind the blocks waiting on socially distanced deck markings. ○ Stage 3: Heat of swimmers along Lane 1 side of the competition course. ○ Stage 4: Heat of swimmers along “turn end” of Warm-up Pool ● Swimmers will swim a 25 easy after each Heat and exit the Competition Course on the Bulkhead. At this point they will either warm down or return to the grandstand bleachers. ● Swimmers will wear masks at all times with the exception of general warmup and during heat staging / competition. This includes at all times with seated in the grandstand bleachers. ● Two spectators are allowed per swimmer, per heat. ● Spectator seating will be located in the grass outside of the building opposite of the grandstands (along Lane 8 wall). There will be spectator staging outside of the building. Spectators will enter 1 heat at a time, watch the heat with their swimmer and then exit following one way directional flow. Spectators will “watch and go” in order for the next heat to enter the venue. Please see the venue map for more detail. ● The Warm-Up/Down pool will be open. Swimmers will be monitored in order to maintain social distancing. Swimmers must actively be warming up / cooling down at all times and will be removed from the meet if repeated violation is addressed. ● Athlete, coach, officials and volunteer restrooms will be located in the “wet corridor” hallway. Athletes must arrive and depart in their swimsuits. Please see the venue map for more detail. ● Spectator Restrooms will be available at the Main Entrance to JRSSC. Please see the venue map for more detail. ● Heat sheets will be available on Meet Mobile, posted in swimmer seating areas, and posted to the NOVA website no later than Wednesday, November 4, 2020. ● Hospitality will include light snacks and drinks.
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.

	<ul style="list-style-type: none"> • 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 • Any swimmer entered in the meet must be certified by a USAS member coach as proficient in performing a racing start or must start each race from within the water. When unaccompanied by a USAS member coach, the swimmer or the swimmer's legal guardian must 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. • 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: Ralph Jones Email: ralph.jones@VDOT.Virginia.gov Phone: 804-786-4034</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 Emily Fagan, Email: emilyfagan@comcast.net no later than Sunday October 25, 2020 • Officials meetings will be held in the hospitality area one hour prior to the start of the meet.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Swimmers must provide their own timers and counters for distance events. • There will be 1 timer per lane. • The head timer will assign specific lanes prior to each session. • All timers and counters must wear a face mask.
GENERAL:	<ul style="list-style-type: none"> • Heat Sheets will not be printed however will be provided 2 ways. <ul style="list-style-type: none"> ○ Meet Mobile ○ PDF versions will be posted on the NOVA website. • No glass containers, smoking or alcohol is permitted in the pool area.

2020 Mid-Atlantic Age Group Invitational ORDER OF EVENTS

Friday, November 6, 2020

Evening Session Warm-up: 4:00 pm; Start: 5:15 pm (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-15 1000 Freestyle	2
3	12 & Under 500 Freestyle	4
5	11-15 400 Individual Medley	6

Saturday, November 7, 2020 Morning Session 13-15 Year Olds Warm-up: 7:30 am; Start: 9:00 am (Times are not earlier than)			Sunday, November 8, 2020 Morning Session 13-15 Year Olds Warm-up: 7:30 am; Start: 9:00 am (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	200 Butterfly	8	45	200 Backstroke	46
9	50 Freestyle	10	47	100 Freestyle	48
11	200 Breaststroke	12	49	100 Butterfly	50
13	100 Backstroke	14	51	100 Breaststroke	52
15	200 IM	16	53	200 Freestyle	54
17	500 Freestyle	18			
Mid-Day Session 11 -12 Year Olds Warm-up: 11:00 am; Start: 12:15 pm (Times are not earlier than)			Mid-Day Session 11 -12 Year Olds Warm-up: 11:00 am Start: 12:15 pm (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
19	200 Breaststroke	20	55	100 Breaststroke	56
21	50 Butterfly	22	57	200 Backstroke	58
23	100 Freestyle	24	59	50 Freestyle	60
25	200 IM	26	61	100 IM	62
27	50 Breaststroke	28	63	50 Backstroke	64
29	100 Backstroke	30	65	200 Freestyle	66
31	200 Butterfly	32	67	100 Butterfly	68
Afternoon Session 10 & Unders Warm-up: 2:30 pm Start: 3:45 pm (Times are not earlier than)			Afternoon Session 10 & Unders Warm-up: 2:30 pm; Start: 3:45 pm (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	200 IM	34	69	100 IM	70
35	50 Freestyle	36	71	50 Butterfly	72
37	100 Butterfly	38	73	50 Breaststroke	74
39	100 Breaststroke	40	75	100 Backstroke	76
41	50 Backstroke	42	77	200 Freestyle	78
43	100 Freestyle	44			