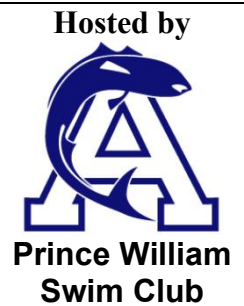




**2020 FALL AQUA-FEST**  
**November 14-15, 2020**  
**SANCTION NO. VS-21-46**



*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-21-46</b></li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., Prince William Swim Club 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., Prince William Swim Club 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>	Jeff Rouse Swim and Sport Center, 1600 Mine Rd., Stafford, VA 22554 – 804.387.1279
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• The Jeff Rouse Swim and Sport Center provides two indoor pools and supporting amenities which may include hospitality and concession stand.</li> <li>• The 50-meter competition pool with bulkhead offers two eight lane 25-yard competition pools with a depth of 6.7 feet to 12.6 feet from end to end with overflow gutters with non-turbulent lane markers.</li> <li>• All sessions will be run in one 25-yard competition pool configured for eight lanes with a depth of 12 feet at the start end and 6.7 feet at the turn.</li> <li>• Indoor six lane, 25- yard pool for continuous warm-up, cool-down.</li> <li>• Competitor starting blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.</li> <li>• The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). A copy of the certification is on file with USA Swimming.</li> </ul>
<b>MEET</b>	Name: Annemarie Juhlin / Michelle Walden Email: <a href="mailto:ajuhlin@msn.com">ajuhlin@msn.com</a> / <a href="mailto:emwddw@cs.com">emwddw@cs.com</a>

<b>DIRECTOR:</b>	Phone: 571.264.6265 / 703.470.0573
<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: PWSC, RAYS, STAT, VSTP, WST, TSU, and HNVR.</li> <li>• No on deck Virginia Swimming athlete registration will be permitted.</li> <li>• 2021 - 2024 NAG time standards are in effect.</li> <li>• Age on November 14, 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 15 and Over swimmers will swim in the first morning session</li> <li>• All 13-14 swimmers will swim in the last morning session</li> <li>• All 11-12 swimmers will swim in the first afternoon session</li> <li>• All 10 and Under swimmers will swim in the last afternoon session</li> <li>• All events will be timed finals.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Morning sessions: First warm-ups start at 7:00am; competition starts at 8:00am. Next Session warm-ups will begin thereafter, after adequate cleaning time is provided, but not before 10:00am with competition start not before 11:00am.</li> <li>• Afternoon sessions: Warm-ups not before 1:00 pm; competition starts not before 2:00pm. Next Session warm-ups will begin thereafter, after adequate cleaning time is provided, but not before 4:00pm with competition start not before 5:00pm.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the Prince William Swim Club website no later than Tuesday, November 10, 2020 and will also be emailed to the contact person of the participating clubs.</li> <li>• If the prior session runs late, the next sessions warm-up will begin thereafter, after adequate cleaning time is provided.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, NOVEMBER 6, 2020</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in SCY times using Commlink-2 software.</li> <li>• 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) entries will be accepted for events in which a swimmer does not have a time of record. CT <b>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 event(s) 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 <b>150 swimmer capacity limits per session</b> and the 4-hour/session timeline limit.</li> <li>• Email entries to: Luis Caballero at <a href="mailto:colorao1@yahoo.com">colorao1@yahoo.com</a></li> <li>• <b>No deck entries will be accepted.</b></li> </ul>
<b>FEES:</b>	<p>Individual events: \$8.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: PWSC.</li> <li>• Mail payment to: Luis Caballero, 12513 Manchester Way, Woodbridge, VA 22192</li> <li>• Payment must be received by Wednesday, November 11, 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.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</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</li> </ul>

	<p>participation is defined as</p> <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> <ul style="list-style-type: none"> <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 racing 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>● <b>There will be no spectator seating inside the facility. There may be a “watch and go” section. The JRSSC, Meet Referee, or Meet Director may limit spectator access due to COVID concerns. In the case of spectators being able to view swimmers, they will enter the facility at the designated entry, watch their swimmer’s heat, and flow in one direction to the spectator exit. ONE spectator PER SWIMMER will be allowed entry to the “watch and go” area.</b></li> <li>● <b>Restroom facilities are for EMERGENCY USE ONLY</b></li> <li>● <b>Other COVID-19 logistics must be adhered to include social distancing, facility flow requirements, and other COVID-19 requirements as determined by the JRSSC, the Meet Referee, or the Meet Director.</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: George Hunter</b>  <b>Email: <a href="mailto:bigjerky72@gmail.com">bigjerky72@gmail.com</a></b>  <b>Phone: 540-656-3464</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 Luis Caballero at <a href="mailto:colorao1@yahoo.com">colorao1@yahoo.com</a> or 703.473.5675.</li> <li>● Officials meetings to be held 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 may be required to provide timers in proportion to the number of swimmers they have entered in each session. One timer per lane.</li> <li>• The number of timers required per club and their lane assignments will be posted on the PWSC website, <a href="http://www.pwscamberjax.org">www.pwscamberjax.org</a> no later than Tuesday, November 10, 2020, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• All timers 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>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Swimmer seating will be located in the grandstands with social distancing in place.</li> <li>• Swimmers will line up for their heats on the 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 two heats lined up on the deck ready. There will be a heat coordinator/marshal in place to assist the swimmers. There will be markings on the floor spaced out 10 feet apart for the eight swimmers in the second heat waiting to move behind the blocks. There will be similar markings on the floor for the third heat waiting to move into the second heats position.</li> <li>• Swimmers are to maintain 10 feet social distancing AT ALL TIMES and come to the staging area in their suit and goggles. No clothes behind the blocks.</li> <li>• After the conclusion of each race, the swimmers will swim a 25 yard cool down and exit the pool on the bulkhead and return to their seats (or enter the warm down lanes with space available).</li> <li>• Swimmers are to wear masks when going in and out of the building, to and from the restroom, and while seated in the stands. Masks may be required while walking to warm-ups or to the competition staging area.</li> <li>• Spectators will remain outside of the venue, but one spectator per swimmer may queue up in a staging area run as a “parent clerk of course” outside of the building (subject to change per facility COVID requirements). In this case, spectators will be lead in to watch their swimmer, and then will immediately exit out the other end of the building at the conclusion of the heat. Spectators shall not linger in an effort to have the next group of spectators see their swimmer. The meet shall not be delayed for spectators.</li> <li>• Warm up and warm down lanes will be provided and closely monitored to ensure 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 in the grand stand area for swimmer access. Heat sheets will also be posted at <a href="http://www.pwscamberjax.org">www.pwscamberjax.org</a>, no later than Friday, November 13, 2020.</li> <li>• Light snacks and drinks will be available for swimmer purchase inside the venue.</li> <li>• All swimmers, officials, spectators, 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 all swim meet attendees.</li> <li>• Restrooms FOR EMERGENCY USE ONLY 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 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>	<a href="https://www.virginiawimming.org/vsi/Meet/VenueDirections/JRS_SC.html">https://www.virginiawimming.org/vsi/Meet/VenueDirections/JRS_SC.html</a>

**FALL AQUA-FEST  
ORDER OF EVENTS**

**Saturday, November 14, 2020**

<b>Session #1 15 and Over Warm Up: 7:00am; Start 8:00am</b>			
<b>Girls</b>	<b>Events</b>		<b>Boys</b>
1	15 & Over	100 Freestyle	2
3	15 & Over	200 Butterfly	4
5	15 & Over	200 IM	6
7	15 & Over	200 Breaststroke	8
9	15 & Over	100 Backstroke	10

<b>Session #2 13-14 Warm Up: 10:00am; Start 11:00am (Times are approximate)</b>			
<b>Girls</b>	<b>Events</b>		<b>Boys</b>
11	13-14	100 Freestyle	12
13	13-14	200 Butterfly	14
15	13-14	200 IM	16
17	13-14	200 Breaststroke	18
19	13-14	100 Backstroke	20

<b>Session #3 11-12 Warm Up: 1:00pm; Start 2:00pm (Times are approximate)</b>			
<b>Girls</b>	<b>Events</b>		<b>Boys</b>
21	11-12	100 Freestyle	22
23	11-12	50 Butterfly	24
25	11-12	200 IM	26
27	11-12	50 Breaststroke	28
29	11-12	100 Backstroke	30
31	11-12	200 Breaststroke	32

<b>Session #4 10 and Under Warm Up: 4:00pm; Start 5:00pm (Times are approximate)</b>			
<b>Girls</b>	<b>Events</b>		<b>Boys</b>
33	10 & Under	50 Freestyle	34
35	10 & Under	100 Butterfly	36
37	10 & Under	100 IM	38
39	10 & Under	50 Breaststroke	40
41	10 & Under	100 Backstroke	42
43	10 & Under	200 Freestyle	44

**FALL AQUA-FEST  
ORDER OF EVENTS**

**Sunday, November 15, 2020**

<b>Session #5 15 and Over Warm Up: 7:00am; Start 8:00am</b>			
Girls	Events		Boys
45	15 & Over	200 Freestyle	46
47	15 & Over	100 Butterfly	48
49	15 & Over	100 Breast	50
51	15 & Over	200 Back	52
53	15 & Over	50 Freestyle	54

<b>Session #6 13-14 Warm Up: 10:00am; Start 11:00am (Times are approximate)</b>			
Girls	Events		Boys
55	13-14	200 Freestyle	56
57	13-14	100 Butterfly	58
59	13-14	100 Breast	60
61	13-14	200 Back	62
63	13-14	50 Freestyle	64

<b>Session #7 11-12 Warm Up: 1:00pm; Start 2:00pm (Times are approximate)</b>			
Girls	Events		Boys
65	11-12	200 Freestyle	66
67	11-12	100 Butterfly	68
69	11-12	100 IM	70
71	11-12	100 Breast	72
73	11-12	50 Back	74
75	11-12	200 Back	76
77	11-12	50 Freestyle	78

<b>Session #8 10 and Under Warm Up: 4:00pm; Start 5:00pm (Times are approximate)</b>			
Girls	Events		Boys
79	10 & Under	100 Freestyle	80
81	10 & Under	50 Butterfly	82
83	10 & Under	200 IM	84
85	10 & Under	100 Breast	86
87	10 & Under	50 Back	88