



RAYS Intrasquad Meet
October 3, 2020
SANCTION NO. VS-21-14

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.

SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-21-14 • 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:	<p>Jeff Rouse Swim and Sport Center, 1600 Mine Rd., Stafford VA 22554</p> <ul style="list-style-type: none"> • Phone: 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, 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. • 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. • 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.
MEET DIRECTOR:	<p>Name: Danielle Euker Email: danielleeuker@gmail.com Phone: 412-913-4253</p>

ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Stingrays Swim Team athletes registered before the first day of the meet. No on deck Virginia Swimming athlete registration will be permitted. 2017-2020 NAG time standards are in effect. Age on October 3, 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"> Events will be divided into 4 different age group sessions. All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none"> 10 & U session: Warm-ups start at 7:30am; competition starts at 8:20am. 11-12 session: Warm-ups start at 10:05am; competition starts at 10:55am. 13-14 session: Warm-ups start at 12:40pm; competition starts at 1:30pm. 15 & O session: Warm-ups start at 3:15pm; competition starts at 4:05pm. Lane assignments and warm-up times will be posted on the RAYS website no later than Tuesday, September 29, 2020. If any session runs long, warm-ups will begin will begin 15 minutes after the conclusion of the previous session.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, September 25, 2020. Swimmers may enter a maximum of 3 individual events.</p> <ul style="list-style-type: none"> 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. No deck entries will be accepted.
FEES:	<ul style="list-style-type: none"> Individual events: \$8.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)
SEEDING:	<ul style="list-style-type: none"> 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 All events will be pre-seeded and swum slowest to fastest.
AWARDS:	<ul style="list-style-type: none"> No awards will be given.
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 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.
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. 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. 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. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools,

	<p>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.</p> <ul style="list-style-type: none"> • 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: Name: Michael Sizemore Email: mcsizemore@gmail.com Phone: 540-834-8120</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials as well as the names and session availability of trainees to Bill Fairfax at billf574@gmail.com no later than September 28, 2020. • Officials meetings will be held at least one hour prior to the start of each session.
SAFETY:	<ul style="list-style-type: none"> • Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • The RAYS will provide timers for all sessions, one per lane. • All timers and lap counters will be required to wear a mask. • Timers meeting will be held approximately 30 minutes prior to the start of the session.
GENERAL:	<ul style="list-style-type: none"> • Swimmer seating will be located outdoors with social distancing in place. Swimmers will line up outdoors for their heats on the service road. Only one heat will be behind the block, 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 will swim a 25 and exit the pool then leave by the aquatics door exit. • Swimmers will be asked to wear masks when going in and out of the building and to and from the bathrooms. 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. 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. • 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 Friday, October 2nd 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. • Coaches' and officials' hospitality will include light snacks and drinks. Hospitality will be hosted in the room just off the pool deck.

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 on deck unless working the meet. • No smoking is allowed on the campus. • No outside food or beverages are allowed in the facility. • No flash photography.
DIRECTIONS:	<ul style="list-style-type: none"> • Go to http://www.virginiaswimming.org/vsi/Meet/VenueDirections/JRS_SC.html for directions.

**RAYS Intrasquad Meet
Order of Events
October 3, 2020**

10 & Under – Session 1 Warm-up: 7:30 AM; Start: 8:20 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & Under 100 Freestyle	2
3	10 & Under 50 Butterfly	4
5	10 & Under 50 Back	6
7	10 & Under 50 Breast	8
9	10 & Under 50 Freestyle	10
11	10 & Under 100 IM	12

11-12 Year Old – Session 2 Warm-up: 10:05 AM; Start: 10:55 AM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	11-12 100 Freestyle	14
15	11-12 100 Butterfly	16
17	11-12 100 Back	18
19	11-12 100 Breast	20
21	11-12 50 Freestyle	22
23	11-12 200 IM	24

13-14 Year Old – Session 3 Warm-up: 12:40 PM; Start: 1:30 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	13-14 100 Freestyle	26
27	13-14 100 Butterfly	28
29	13-14 100 Back	30
31	13-14 100 Breast	32
33	13-14 50 Freestyle	34
35	13-14 200 IM	36

15 & Over – Session 4 Warm-up: 3:15 PM; Start: 4:05 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	15 & Over 100 Freestyle	38
39	15 & Over 100 Butterfly	40
41	15 & Over 100 Back	42
43	15 & Over 100 Breast	44
45	15 & Over 50 Freestyle	46
47	15 & Over 200 IM	48