



4 Weems Lane #178 • Winchester, VA 22601  
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Winchester Swim Team Supplemental Return to Competition Information  
Winchester Swim Team Invitational Closed Meet, Jeff Rouse Swim and Sport Center  
October 24-25, 2020

All local and state protocols will be followed per Moving Virginia Forward - Phase 3 Guidance, [Safer at Home: phase three guidelines for all business sectors.](#)

In applying for this sanction, Winchester Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, the Commonwealth of Virginia, and Stafford County.

Capacity Limits:

Swimmers and families will be staged outside the Jeff Rouse Swim and Sport Center in the grassy area adjacent to the service road. Tents/canopies/chairs will be used in the grass area with social distancing.

The following capacity limitations will be in place inside the Jeff Rouse Swim and Sport Center at all times utilizing Phase 3 Moving Virginia Forward guidance of no more than 250 people in the facility.

- During warm ups, swimmers (15-20 minute, 3-4 warm-up sessions): < 32
- During competition, swimmers: 18-20
- Coaches: 10
- Meet Management: 10
- Timers: 7-9 (Head Timer and one timer per lane)
- Officials: 6
- Spectators: 12-16 "watch and go" (per heat)

Service Road/ Swimmer and Spectator Staging in grassy area

