



**Winchester Swim Team**  
**October COVID Quad**  
**October 24-25, 2020**  
**SANCTION NO. VS-21-31**



*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 Sports 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-21-31</b></li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., Winchester 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., Winchester 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>• 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
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• The Jeff Rouse Swim and Sport Center will provide 1 indoor pool, 8 lanes, 25-yard competition pool. Depending on the number of entries, 6 or 8 lanes will be used for competition. If 6 lanes are used there will be a warm-up lane, if 8 lanes there will not be a warm up lane.</li> <li>• 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.</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>• 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 DIRECTOR:</b>	Name: Emily Simko Email: emily.simko@winchesterswimteam.com Phone: 540-247-9888
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to WST, STAT, TORP and TSU athletes registered before the first day of the meet.</li> <li>• No on deck Virginia Swimming athlete registration will be permitted.</li> <li>• 2017-2020 NAG time standards are in effect.</li> </ul>

	<ul style="list-style-type: none"> <li>• Age on October 24, 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 age groups will swim in the Saturday afternoon session and Sunday morning session</li> <li>• All events will be timed finals.</li> <li>• All 25-yard events will start from the turn end of the pool.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Saturday session: Warm-ups at 12:15 pm; competition starts at 1:15pm.</li> <li>• Sunday session: Warm-ups at 8:00 am; competition starts at 9:00 am.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the Winchester Swim Team website no later than October 19, 2020 and will also be emailed to the contact person of the participating clubs.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, OCTOBER 16, 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 Times (CT) 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>• "No Time" (NT) entries will not be accepted.</li> <li>• Swimmers may enter a maximum of 4 <b>individual event(s)</b>.</li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines.</li> <li>• Email entries to: Emily Simko, <a href="mailto:emily.simko@winchesterswimteam.com">emily.simko@winchesterswimteam.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) You may choose not to charge this fee.</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: <b>Winchester Swim Team</b></li> <li>• Mail payment to: <b>4 Weems Lane #178, Winchester, VA 22601</b></li> <li>• Payment must be received by October 21, 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>• Only one heat of swimmers can be standing behind the starting blocks, maintaining 10 feet of distance between swimmers, a clerk of course will organize and direct swimmers.</li> <li>• All events will be swum slowest to fastest.</li> <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 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>RULES:</b>	<ul style="list-style-type: none"> <li>• <b>Athletes must arrive in their suits. Locker rooms will not be available.</b></li> </ul>

	<ul style="list-style-type: none"> <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>• 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: Kelly Warnagiris</b>  <b>Email: <a href="mailto:kelly.warnagiris@winchesterswimteam.com">kelly.warnagiris@winchesterswimteam.com</a></b>  <b>Phone: (703)283-9121</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 Kelly Warnagiris, <a href="mailto:Kelly.warnagiris@winchesterswimteam.com">Kelly.warnagiris@winchesterswimteam.com</a> no later than Monday, October 19, 2020.</li> <li>• Officials meetings will be held at least 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 will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• All timers will be required to wear a mask.</li> <li>• One timer per lane.</li> <li>• The number of timers required per club and their lane assignments will be posted on the Winchester Swim Team website no later than October 20, 2020 and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• 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 clerk of course 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. Please see the map for flow. Swimmers will exit the pool by ladder on the scoreboard side of pool.</li> <li>• 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 to warm-up or race, they do not have to have their mask on.</li> <li>• Spectator seating will be located in the grass outside of the building on the opposite side of the</li> </ul>

	<p>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.</p> <ul style="list-style-type: none"> <li>• Heat sheets will be available on Meet Mobile and posted on the Winchester Swim Team website no later the Friday, October 23, 2020.</li> <li>• Get event and heat alerts via: <a href="https://www.remind.com/join/87ba26">https://www.remind.com/join/87ba26</a></li> <li>• There will be no concessions.</li> <li>• All swimmers, parents, officials etc. shall enter the pool area via the entrance door on the side of the pool. <b>The remainder of the facility is off limits to the swim meet participants.</b></li> <li>• Bathrooms 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 be located in the room just off the pool deck.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• No glass containers of any kind are permitted in the facility.</li> <li>• Lawn/deck chairs are not permitted in the grandstand.</li> <li>• No spectators/parents will be allowed on deck unless working the meet.</li> <li>• No smoking is allowed on the campus.</li> <li>• No outside food or beverages are allowed in the facility.</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>
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>• HAMPTON INN AND SUITES 2925 Jefferson Davis Hwy, Stafford, VA 22554 (540) 657-0999</li> <li>• FAIRFIELD INN AND SUITES/MARRIOTT 2884 Jefferson Davis Hwy, Stafford, VA 22554 (540) 720-1299</li> <li>• TOWNEPLACE SUITES/MARRIOTT 2772 Jefferson Davis Hwy, Stafford, VA 22554 (540) 657-1990</li> <li>• WINGATE BY WYNDHAM 15 Salisbury Drive, Stafford, VA 22554 (540) 659-3600</li> </ul>

**Winchester Swim Team  
October COVID Quad  
ORDER OF EVENTS**

<b>Saturday, October 24, 2020</b>		
<b>Afternoon Session</b>		
<b>Warm-up: 12:15 pm; Start: 1:20 pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	12 & under 200 Freestyle	2
3	13 & over 200 Freestyle	4
5	8 & under 25 Butterfly	6
7	12 & under 100 Butterfly	8
9	13 & over 100 Butterfly	10
11	12 & under 50 Breaststroke	12
13	13 & over 200 Breaststroke	14
15	8 & under 25 Backstroke	16
17	12 & under 100 Backstroke	18
19	13 & over 100 Backstroke	20
21	12 & under 50 Freestyle	22
23	13 & over 50 Freestyle	24
<b>Sunday, October 25, 2020</b>		
<b>Morning Session</b>		
<b>Warm-up: 8:00 am; Start: 9:05 am</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
25	12 & under 200 Individual Medley	26
27	13 & over 200 Individual Medley	28
29	8 & under Breaststroke	30
31	12 & under 100 Breaststroke	32
33	13 & over 100 Breaststroke	32
35	12 & under 50 Butterfly	34
37	13 & over 200 Butterfly	36
39	8 & under 25 Freestyle	38
41	12 & under 100 Freestyle	40
43	13 & over 100 Freestyle	42
45	12 & under 50 Backstroke	44
47	13 & over 200 Backstroke	48