



Hanover Storm Surge Open
June 4-6, 2021
 SANCTION NO. VS-



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:

- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-
- USA Swimming, Inc., Virginia Swimming, Inc., Hanover Aquatics 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., Hanover Aquatics 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: Jeff Rouse Swim and Sport Center, 1600 Mine Rd., Stafford VA 22554, Phone: 804-387-1279

FACILITY:

- 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.
- In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video-streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be 2 included in the video-streaming

MEET Name: Nikki Deal
 Email: hokieswimmom@comcast.net

DIRECTOR:	Phone: 804-267-9494
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered before the first day of the meet. No on deck Virginia Swimming athlete registration will be permitted. Age on June 4, 2021 will determine age for the entire meet. 2021-2024 NAG motivational time standards are in effect. All ages for all events will require a B time standard minimum (15/16 standard for 15&over, 13/14 standard for 13-14 events, 11/12 standard for 11-12 events and 9/10 standard for 10&under events) **for the 12&under 200 Back, Breast and Fly 10&under swimmers must have the 11/12 standard.
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"> This is a LCM meet. <p>PRELIMS:</p> <ul style="list-style-type: none"> All 15&Over swimmers will swim in the first session. All 13-14 swimmers will swim in the second session of the day. All 12&Under swimmers will swim in the third session of the day. This session is timed finals and should probably be listed in a separate section. All 13&over prelim events will be circle seeded. <p>FINALS:</p> <ul style="list-style-type: none"> The top 16 prelims swimmers for 13-14 swimmers, top 16 prelims swimmers for 15-16 swimmers and the top 24 prelims swimmers for 17&over will swim in the final session of the day. The first heat (C Final) of the 17&over finals will be reserved for swimmers 17-18 only. Swimmers older than 18 will be scratched from the C Final. 7 heats in finals? Events 7,8,15&16 (400 IM) and 33,34,41&42 (400 Free) will be timed final events only and will be limited to 3 heats of girls and 3 heats of boys per session. Based on entries we reserve the right to modify the sessions if needed to accommodate up to 250 swimmers per session and additional should the Governors advice change prior to the meet. If changes are made, teams will be notified no later than Thursday, May 27th, 2021.
WARM-UP:	<ul style="list-style-type: none"> 15&Over sessions: Warm-ups at 6:30AM, competition starts at 8:00AM 13-14 sessions: Warm-ups not before 10:00AM, competition not before 11:00AM 12&under sessions: Warm-ups not before 1:00PM, competition not before 2:00PM 13 & O Finals sessions: Warm-ups not before 5:00PM, competition not before 6:00PM Based on team entries warm up times may change for each session. Lane assignment and warm-up times for individual clubs will be posted on the Hanover Aquatics website no later than Tuesday, June 1, 2021 and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, May 25, 2021.</p> <ul style="list-style-type: none"> Entries must be submitted in LCM times Commlink-2 software. Teams submit entries via email. 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. All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition. NT or CT (coaches times) will NOT be accepted. 2021-2024 NAG time standards are in effect. Moved to Eligibility section 13&over swimmers may enter a maximum of 3 individual events per day and 8 individual events for the meet. 12&under swimmers may enter a maximum of 3 individual events per day and 9 individual events for the meet. Entries will be processed in the order received and accepted to the greatest extent possible

	<p>without exceeding 250 swimmers per session limit, the 4-hour/session timeline limit for the 12&under swimmers or the limits as mandated by current Commonwealth of Virginia guidelines.</p> <ul style="list-style-type: none"> Email entries to: hvrhurr@gmail.com Deck entries are available for athletes already entered in the meet to the extent that open lanes are available. No heats will be added.
FEES:	<ul style="list-style-type: none"> Individual events: \$8.00 for all 12&under events, \$10.00 for all 13&over events. Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) COVID-19 Facility Management Fee: \$5.00 per swimmer to help defray additional cleaning supplies, staffing and equipment due to COVID. Checks should be made payable to: Hanover Aquatics, Inc. Mail payment to: PO Box 1886, Mechanicsville, VA 23116 Payment must be received by the start of the meet, June, 4, 2021 for all entries. Failure to pay entry fees by this deadline could result in the team being barred from the meet. IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the acceptance of your entries.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. 13&over events will have the last 3 heats circle seeded.
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.
COVID-19 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. Swimmer seating will be located in the grandstands with social distancing in place. Swimmers will line up for their heats on the scoreboard side of the pool. We will be doing flyover starts, once that heat starts the next heat will move into place behind the block. 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 must wear masks when going in and out of the building and to and from the bathrooms and while seated in the stands. They will wear their masks behind the blocks where a stand will be available for them to hang their mask on and will be asked to put it back on before leaving from behind the block after their swim. Spectator seating will be located in the grass outside of the building on the opposite side of the grandstands. Are spectators allowed into the building? 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 HNVR website no later than Thursday, June 3, 2021. 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

	<p>the pool. The remainder of the facility is off limits to the swim meet participants.</p> <ul style="list-style-type: none"> • Bathrooms are located just outside the doors on the grandstand side of the pool. Locker rooms will be closed for use. • Information will be provided to the teams about video streaming prior to the meet.
MEET 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. • 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. • The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.12.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to all heats (final, consolation, and bonus, as appropriate). • 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. • 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: Kelly Warnagiris Email: kelly@warnagiris.org</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 Bob Bauer at bobba1973@gmail.com no later than May 28, 2021. • Officials meetings will be held at least one hour prior to the start of each session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • We will need 1 timer per lane per session. If we need timers and/or other workers from other clubs we will communicate that no later than Tuesday, June 1, 2021, and will also be emailed to the contact person of each of the individual clubs. • All timers will be required to wear a mask. • Timers will be asked to time for the entirety of the session. • Timers meeting will be held approximately 30 minutes prior to the start of the session.
GENERAL:	<ul style="list-style-type: none"> • 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 inside the venue or on deck unless working the meet or as

	provided herein. <ul style="list-style-type: none">• No smoking is allowed on the campus. No flash photography.
DIRECTIONS:	Go to http://www.virginiaswimming.org/vsi/Meet/VenueDirections/JRS_SC.html for directions.

Hanover Storm Surge Open

ORDER OF EVENTS

Friday, June 4, 2021

15& Over Session 1		
GIRLS	Events	BOYS
1	15&Over 200 Free	2
3	15&Over 100 Back	4
5	15&Over 200 Fly	6
7	15&Over 400 IM	8

13-14 Session 2		
GIRLS	Events	BOYS
9	13-14 200 Free	10
11	13-14 100 Back	12
13	13-14 200 Fly	14
15	13-14 400 IM	16

12&under Session 3		
GIRLS	Events	BOYS
17	12&Under 200 IM	26
19	12&Under 50 Free	28
21	12&Under 100 Breast	30
23	12&Under 100 Free	32
25	12&Under 200 Fly	34

13&Over Finals Session 4		
GIRLS	Events	BOYS
9	13-14 200 Free	10
1	15&Over 200 Free	2
11	13-14 100 Back	12
3	15&Over 100 Back	4
13	13-14 200 Fly	14
5	15&Over 200 Fly	6

Saturday, June 5, 2021

15& Over Session 1		
GIRLS	Events	BOYS
27	15&Over 100 Free	28
29	15&Over 200 IM	30
31	15&Over 100 Breast	32
33	15&Over 400 Free	34

13-14 Session 2		
GIRLS	Events	BOYS
35	13-14 100 Free	36
37	13-14 200 IM	38
39	13-14 100 Breast	40
41	13-14 400 Free	42

12&under Session 3		
GIRLS	Events	BOYS
43	12&Under 200 Free	44
45	12&Under 100 Fly	46
47	12&Under 50 Back	48
49	12&Under 200 Back	50

13&Over Finals		
GIRLS	Events	BOYS
35	13-14 100 Free	36
27	15&Over 100 Free	28
37	13-14 200 IM	38
29	15&Over 200 IM	30
39	13-14 100 Breast	40
31	15&Over 100 Breast	32

Sunday, June 6, 2021

15& Over Session 1		
GIRLS	<u>Events</u>	BOYS
51	15&Over 100 Fly	52
53	15&Over 200 Back	54
55	15&Over 50 Free	56
57	15&Over 200 Breast	58

13-14 Session 2		
GIRLS	<u>Events</u>	BOYS
59	13-14 100 Fly	60
61	13-14 200 Back	62
63	13-14 50 Free	64
65	13-14 200 Breast	66

12&under Session 3		
GIRLS	<u>Events</u>	BOYS
67	12&Under 100 Back	68
69	12&Under 50 Breast	70
71	12&Under 50 Fly	72
73	12&Under 200 Breast	74

13&Over Finals		
GIRLS	<u>Events</u>	BOYS
35	13-14 100 Fly	36
27	15&Over 100 Fly	28
37	13-14 200 Back	38
29	15&Over 200 Back	30
39	13-14 50 Free	40
31	15&Over 50 Free	32
41	13-14 200 Breast	42
33	15&Over 200 Breast	34