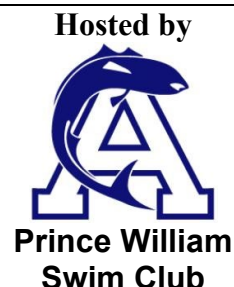




2022 FALL AQUA-FEST
November 12-13, 2022
SANCTION NO. VS-23-27



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-23-27 • 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. • 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., and Prince William Swim Club 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 – 804.387.1279
FACILITY:	• The Jeff Rouse Swim and Sport Center provides two indoor pools and supporting amenities which may include hospitality and concession stand. • The 50-meter competition pool with bulkhead offers two eight lane 25-yard competition pools with a depth of 6.7 feet to 12 feet from end to end with overflow gutters with non-turbulent lane lines. • All sessions will be run in a 25-yard competition pool configured for eight lanes. Two courses may be used based on number of entries. • Indoor six lane, 25 yard pool for continuous warm-up, cool-down. • Competitor starting blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. • 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. • 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 included in the video-streaming.
MEET DIRECTOR:	Peggy Giovinazzo giovinmm@pwcs.edu 718-986-3042 Wendy McGrael mcgrael@verizon.net 703-508-1934
ELIGIBILITY:	• Open to all USA Swimming athletes registered before the first day of the meet. • No on deck Virginia Swimming athlete registration will be permitted. • 8 and younger swimmers entering the 12 and under 200 Freestyle must have at least a provable B time in the 100Y Freestyle. • For the 9-12 500 Freestyle, the top 32 swimmers with the fastest verifiable times will be seeded first. Additional entries may be accepted if time allows. Teams will be notified no later than Friday, November 4, 2022 if their swimmers are not able to be seeded. • 2021-2024 NAG time standards are in effect. • Age on November 12, 2022 will determine age for the entire meet.
DISABILITY SWIMMERS:	• 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:	• All 13 and over swimmers will swim in the morning session. • All 12 and under swimmers will swim in the afternoon session. • All events will be timed finals. • Two courses may be utilized for all or some sessions depending on the number of entries. Teams will be notified by Friday, November 4, 2022. • All 25 yard events will start from the turn end of the pool.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, NOVEMBER 1, 2022. • Entries must be submitted in SCY times using Commlink-2 software via email. • Coach Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. <u>CT must be slower than an "A" time.</u> All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed nd. • Swimmers may enter a maximum of <i>four individual event(s) per day.</i> • Entries will be processed in the order received and <u>accepted to</u> the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines. • At the discretion of Meet Management, relays may be limited or not contested, with refunds issued, if the timeline of the session is expected to exceed 4 hours. Teams will be notified no later than Friday, November 4, 2022 if this will be necessary. • Email entries to: Lorena Caballero, colore5@comcast.net • Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. No extra heats will be added.
FEES:	Individual events: \$10.00 Relay events: \$20.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) • Checks should be made payable to: Prince William Swim Club. • Mail payment to: Prince William Swim Club, 12513 Manchester Way, Woodbridge, VA 22192 • Payment must be received by Tuesday, November 8, 2022 for all entries. Failure to pay entry fees by this deadline could result in teams 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.
SEEDING:	• A Clerk of Course will be provided for 8 & under events. • Swimmers in all other events should report directly to the blocks. • All events will be pre-seeded.

	- Coaches are asked to submit scratches for distance events. At the discretion of the meet referee, the events may be reseeded if sufficient scratches are received. 500 Free and 400 IM will be swum fastest to slowest and alternating heats of girls and boys.
WARM-UP:	- Morning sessions: Warm-ups no earlier than 7:00am; competition starts at 8:10am Saturday and 8:00am on Sunday. - Afternoon sessions: Warm-ups not before 11:00am; competition starts not before 12:00pm. - Distance events (500 Free and 400 IM): The pool will be opened for not less than 10 minutes of open warm-ups immediately following the finish of the relays, with the distance events competition starting not less than 5 minutes thereafter or the estimated time posted, whichever is later. - The approximate start time for the distance events will be posted on the Prince William Swim Club website www.pwscamberjax.org no later than Tuesday, November 8, 2022 and will also be emailed to the contact person of the participating clubs. The distance events will start no earlier than the estimated times. - Lane assignment and warm-up times for individual clubs will be posted on the Prince William Swim Club website www.pwscamberjax.org no later than Tuesday, November 8, 2022 and will also be emailed to the contact person of the participating clubs. - If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
AWARDS:	No awards will be given.
RULES:	- 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, 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 Virginia Swimming Best Practices, all athletes should shower before entering the pool. - In accordance with Virginia Swimming 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.
PENALTIES:	- A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as - 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.

OFFICIALS:	Meet Referee: Annemarie Juhlin Email: annemarie.a.juhlin@gmail.com Phone: 571-264-6265 - 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 Annemarie Juhlin, annemarie.a.juhlin@gmail.com, or 571-264-6265 no later than Tuesday, November 8, 2022. - Officials meeting will be held one hour prior to the start of each session. - Uniform is white polo shirt over navy shorts, skirts, skorts, or pants with white shoes and socks.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	- Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. - The number of timers required per club and their lane assignments will be posted on the Prince William Swim Club website, www.pwscamberjax.org no later than Tuesday, November 8, 2022 and will also be emailed to the contact person of each of the individual clubs. - Timers meeting will be held 30 minutes prior to the start of each session. - Swimmers competing in the 400 medley and 500 free are responsible for providing their own timers. Swimmers competing in the 500 free are responsible for providing their own lap counters.
GENERAL:	- Heat sheets will be available on Meet Mobile and posted at www.pwscamberjax.org no later than Thursday, November 10, 2022. - Light snacks and drinks available for swimmer purchase inside the venue. - Grandstand seating is available for spectators. - Sport Fair, to be available at the meet for swimming needs. - Coaches and officials hospitality will include light snacks and drinks hosted in the room just off the pool deck. Efforts will be made to accommodate dietary restrictions, but please come prepared in the event specialty food is required or desired. - Each swim club is responsible for supervising the conduct of their swimmers/spectators. - There will be a coach's meeting at 8:00am on Saturday, November 12, 2022.
FACILITY RULES:	- No glass containers are permitted in the facility. - Lawn/deck chairs are not permitted in the grandstand. - Smoking is NOT allowed anywhere on the campus. - Must obey posted and instructed pool rules. - No flash photography. - Leave no trace and clean up your area and dispose of all trash.
DIRECTIONS:	Directions to Jeff Rouse Swim and Sport Center (virginiawswimming.org)
HOTELS:	- Hampton Inn and Suites 2925 Jefferson Davis Hwy, Stafford, VA 22554 (540) 657-0999 - Fairfield Inn and Suites / Marriott 2884 Jefferson Davis Hwy, Stafford, VA 22554 (540) 720-1299 - Townplace Suites / Marriott 2772 Jefferson Davis Hwy, Stafford, VA 22554 (540) 657-1990 - Wingate By Wyndham 15 Salisbury Drive, Stafford, VA 22554 (540) 659-3600

2022 FALL AQUA-FEST ORDER OF EVENTS

Saturday, November 12, 2022

Morning Session Warm-up: not before 7:00am; Start: not before 8:10am			Afternoon Session Warm-up: not before 11:00am; Start: not before 12:00pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 100 Freestyle	2	15	12 & Under 100 IM	16
3	13 & Over 200 Butterfly	4	17	12 & Under 200 Freestyle	18
5	13 & Over 200 IM	6	19	8 & Under 25 Freestyle	20
7	13 & Over 100 Breaststroke	8	21	12 & Under 100 Breaststroke	22
9	13 & Over 200 Backstroke	10	23	12 & Under 50 Freestyle	24
11	13 & Over 200 Medley Relay	12	25	12 & Under 100 Butterfly	26
13	13 and Over 500 Freestyle	14	27	11-12 200 Breaststroke	28
			29	8 & Under 25 Breaststroke	30
			31	12 & Under 50 Backstroke	32
			33	12 & Under 200 Freestyle Relay	34
			35	11-12 400 Individual Medley	36

Sunday, November 13, 2022

Morning Session Warm-up: not before 7:00am; Start: not before 8:00am			Afternoon Session Warm-up: not before 11:00am; Start: not before 12:00pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	13 & Over 200 Freestyle	38	51	9-12 200 Individual Medley	52
39	13 & Over 100 Butterfly	40	53	12 & Under 100 Freestyle	54
41	13 & Over 50 Freestyle	42	55	12 & Under 50 Breaststroke	56
43	13 & Over 200 Breaststroke	44	57	11-12 200 Butterfly	58
45	13 & Over 100 Backstroke	46	59	8 & Under 25 Butterfly	60
47	13 & Over 200 Free Relay	48	61	12 & Under 100 Backstroke	62
49	13 & Over 400 IM	50	63	12 & Under 50 Butterfly	64
			65	11-12 200 Backstroke	66
			67	8 & Under 25 Backstroke	68
			69	12 & Under 200 Medley Relay	70
			71	9-12 500 Freestyle	72