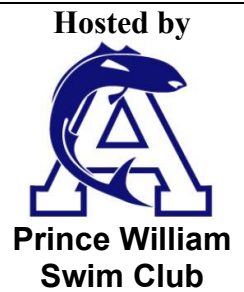




2023 Fall Aqua-Fest Open
November 11-12, 2023
SANCTION NO. VS-24-29



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-29 USA Swimming, Inc., Virginia Swimming, Inc., Prince William Swim Club and Jeff Rouse Swim and Sport Center shall be held free and harmless from all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. In applying for this sanction, the Host, Prince William Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia, and Stafford County. 	
LOCATION:	Jeff Rouse Swim and Sport Center, 1600 Mine Rd., Stafford, VA 22554 – 804.387.1279	
FACILITY:	<ul style="list-style-type: none"> 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 There will be lifeguards and additional Aquatics staff along with 2 AED located on the opposite sides of the pool deck. 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:	Name: Peggy Giovinazzo Email giovinmm@pwcs.edu Phone 718.986.3042	Lorena Caballero colore5@comcast.net 703.473.5676
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. For the 11-12 400 IM and 9-12 500 Free, the top 24 girls and top 24 boys with the fastest verifiable times will be seeded first. Additional entries may be accepted if time allows. Teams will be notified no later than November 4, 2023, if their swimmers are not able to be seeded. 2021-2024 NAG time standards are in effect. Age on November 11, 2023 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"> All 13 and over swimmers will swim in the AM session for Saturday and Sunday. All 8 and under swimmers will swim in the mid-session on Saturday. All 9-12 swimmers will swim in the PM session on Saturday. All 12 and under swimmers will swim in the PM session on Sunday. 	

	<ul style="list-style-type: none"> • All events will be timed finals. • All 25-yard (meter) events will start from the turn end of the pool. • Based on the number of entries received, the Meet Director reserves the right to configure the pool in two-25-yard course. Teams will be notified by no later than Saturday, November 4, 2023 if two courses will be used.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, OCTOBER 31, 2023.</p> <ul style="list-style-type: none"> • Entries must be submitted in SCY (course) times using 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. • 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 competition. • Swimmers may enter a maximum of <i>Four individual events per Day. There is an exception for the 8 and Under session on Saturday, which will be capped at 5 events.</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. • Email entries to: Lorena Caballero at 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:	<p>Individual events: \$10 Relay events: \$20 Deck Entries: \$15 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Checks should be made payable to: Prince William Swim Club.</p> <ul style="list-style-type: none"> • Mail payment to Prince William Swim Club, 12513 Manchester Way, Woodbridge, VA 22192 • Payment must be received by Tuesday, November 7, 2023, 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:	<ul style="list-style-type: none"> • A Clerk of Course will be provided for 8 & Younger swimmers at the Saturday Session. • A member of Clerk of Course will walk the 8 and under swimmers to their appropriate lane behind the blocks for their event. • Swimmers in the morning sessions should report directly to the blocks for their events. • Swimmers in the afternoon sessions should report directly to the blocks for their events. • All events will be pre-seeded. • Coaches will be asked to submit scratches for events #13, #14, #41, #42, #55, #56, #73, and #74 (400 IM and 500 Free) no later than 30 minutes prior to the start of the session. At the discretion of the meet referee, the events will be reseeded if sufficient scratches are received. • Events #13, #14, #41, #42, #55, #56, #73, and #74 (400 IM and 500 Free) will be swum fastest to slowest and alternating heats of girls and boys unless two pools are used. If two pools are used, such events will still be swam fastest to slowest.
WARM-UP:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups no earlier than 7:00am; competition starts at 8:10am. on Saturday and 8:00 am on Sunday • Mid-session 8 and under: Warm up will start no earlier than 11:30am; competition will start no earlier than 12:00pm • Afternoon session: Saturday Warm-ups will start no earlier than 1:00pm; competition starts not earlier than 2pm. • Afternoon session: Sunday Warm-ups will start no earlier than 11:30am; competition starts not before 12:30pm. • 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

	<p>competitions starting not less than 5 minutes thereafter or the estimated time posted, whichever is later.</p> <ul style="list-style-type: none"> • 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 7, 2023 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:	<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 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 MAAPP 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. • In accordance with Virginia Swimming Best Practices, all athletes should shower before entering the pool. • 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 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:	<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 re-scored and re-awarded.
OFFICIALS:	<p>Meet Referee: Annemarie Juhlin Email: Annemarie.a.juhlin@gmail.com Phone: 571.264.6265</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 Annemarie Juhlin, annemarie.a.juhlin@gmail.com, or 571-264-6265 no later than Tuesday, November 7, 2023 • Announcements will be made for any meetings. The place and time will also be announced. Official's meetings will begin one hour prior to the start of each session. • Uniform is white polo shirt and navy shorts/skirts/pants/skorts with white socks and shoes.

SAFETY:	MEET SAFETY OFFICER: Lorena Caballero Email: colore5@comcast.net Phone: 703.473.5676 Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • 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 7, 2023 and will also be emailed to the contact person of each of the individual clubs. • A 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:	<ul style="list-style-type: none"> • Heat sheets will be available on Meet Mobile and posted at www.pwscamberjax.org no later than Thursday, November 9, 2023. • 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 11, 2023.
FACILITY RULES:	<ul style="list-style-type: none"> • 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 (virginiawimming.org)
HOTELS:	<ul style="list-style-type: none"> • 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

2023 Fall Aqua-Fest

ORDER OF EVENTS

Saturday, November 11, 2023					
Morning Session Warm-up: not before 7am Start: not before 8:10 am			Afternoon Session Warm-up: not before 1pm Start: not before 2pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 100 Freestyle	2	25	9-12 200 Freestyle	26
3	13 & Over 200 Butterfly	4	27	9-12 50 Breaststroke	28
5	13 & Over 100 Backstroke	6	29	9-12 100 Backstroke	30
7	13 & Over 50 Freestyle	8	31	11-12 200 Breaststroke	32
9	13 & Over 200 Breaststroke	10	33	9-12 50 Butterfly	34
11	13 & Over 200 Freestyle Relay	12	35	9-12 100 Individual Medley	36
13	13 and Over 400 IM	14	37	11-12 200 Butterfly	38
			39	9-12 200 Freestyle Relay	40
	Mid- Afternoon Session Warm-up: not before 11:30am Start: not before 12:00pm		41	11-12 400 Individual Medley	42
15	8 & Under 25 Freestyle	16			
17	8 & Under 25 Butterfly	18			
19	8 & Under 25 Backstroke	20			
21	8 & Under 25 Breaststroke	22			
23	8 & Under 100 IM	24			
Sunday, November 12, 2023					
Morning Session Warm-up: not before 7am Start: not before 8am			Afternoon Session Warm-up: not before 11:30am Start: not before 12:30pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
43	13 & Over 200 Freestyle	44	57	12 & Under 100 Freestyle	58
45	13 & Over 100 Butterfly	46	59	9-12 200 Individual Medley	60
47	13 & Over 200 Backstroke	48	61	12 & Under 50 Backstroke	62
49	13 & Over 100 Breaststroke	50	63	9-12 100 Butterfly	64
51	13 & Over 200 IM	52	65	11-12 200 Backstroke	66
53	13 & Over 200 Medley Relay	54	67	9-12 100 Breaststroke	68
55	13 and Over 500 Freestyle	56	69	12 & Under 50 Freestyle	70
			71	9-12 200 Medley Relay	72
			73	9-12 500 Freestyle	74