
	<p align="center">The Hanover Happy Open September 28-29, 2024 SANCTION NO. VS-25-06</p>	<p align="center">Hosted by</p> 
SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-06. 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. In applying for this sanction, the Host, Hanover Aquatics, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia, and the county of Stafford, VA. 	
LOCATION:	Jeff Rouse Swim and Sport Center, 1600 Mine Rd., Stafford VA 22554, Phone: 804-387-1279	
FACILITY:	<ul style="list-style-type: none"> 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. The competition course for this meet will be 8 lanes, 25 yard pool. Aquatics director, lifeguards, head lifeguards, and pool operators will be on duty during the meet and the facility includes 1 AED on deck, and 2 throughout the facility. A local EMT station is 1.8 miles away. 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 meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. There will be lifeguards and additional Aquatic Staff on deck as well as an AED device. 	
MEET DIRECTOR:	Name: Nikki Deal Email: hnvrhurr@gmail.com 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. 2021-2024 NAG time standards are in effect. Age on September 28, 2024 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. 	
ATHLETES WITH A SERIOUS MEDICAL CONDITION:	<ul style="list-style-type: none"> The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g, concurrent with the 	

	<p>meet entry) is encouraged to allow for any needed planning or logistical support.</p> <ul style="list-style-type: none"> • This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion. • The swimmer/coach shall provide a Personal Assistant(s) as needed.
FORMAT:	<ul style="list-style-type: none"> • 12&under swimmers will swim in the morning session. • 13&over swimmers will swim in the afternoon session. • All events will be timed finals. • All 25 yard events will start from the turn end of the pool.
WARM-UP:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups will begin no earlier than 7:30am; competition starts at 9:00am. • Afternoon sessions: Warm-ups will begin no earlier than 12:00pm; competition starts no earlier than 1:00pm. • Lane assignment and warm-up times for individual clubs will be posted on the Hanover Aquatics website no later than Tuesday, September 24, 2024 and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, September 17, 2024.</p> <ul style="list-style-type: none"> • Entries must be submitted in SCY times using Commlink-2 software. Teams submit entries via email. • Coach Time (CT) and “No Time” (NT) will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an “A” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of 4 individual events in each session on Saturday and Sunday. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding a 3 hour time limit in each the morning and afternoon sessions. • Email entries to: hnavrhurr@gmail.com • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Administrative Official on the provided forms.
FEES:	<ul style="list-style-type: none"> • Individual events: \$11.00 • Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) • 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, September 28, 2024 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.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-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.

	<p>Illegal participation is defined as</p> <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. <ul style="list-style-type: none"> • 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.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention 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 VSI best practices, all swimmers 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 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: Ralph Jones</p> <p>Email: ralphvaswim@gmail.com</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 John Stevens stevensjohna@hotmail.com no later than September 20, 2024. • Officials meetings will be held at least one hour prior to the start of each session.
SAFETY:	MEET SAFETY OFFICER

	<p>Name: Nikki Deal</p> <p>Email: hnavrhurr@gmail.com</p> <p>Phone: 804-267-9494</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> • We will need 2 timers per lane per session. If we need timers and/or other workers from other clubs we will communicate that no later than Tuesday, September 24, 2024, and will also be emailed to the contact person of each of the individual clubs. • Timers meeting will be held approximately 30 minutes prior to the start of the session.
GENERAL:	<ul style="list-style-type: none"> • Warm Up and Warm Down lanes will be provided and are available for use throughout the meet. • 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 Hanover Aquatics website no later than Friday, September 27th at 12pm. • Coaches' and officials' hospitality will include breakfast, 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 on deck unless working the meet. • No smoking is allowed on the campus. • No outside food or beverages are allowed in the facility. • No flash photography.
DIRECTIONS:	Go to http://www.virginiasswimming.org/vsi/Meet/VenueDirections/JRS_SC.html for directions.

**Hanover Happy
ORDER OF EVENTS**

Saturday, September 28th						
Morning Session				Afternoon Session		
Warm-up: no earlier than 7:30am; Start: 9am				Warm-up: no earlier than 12:00pm; Start: 1:00pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>		<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12&Under 200 Free	2		15	13&Over 200 Free	16
3	8&Under 25 Fly	4		17	13&Over 100 Fly	18
5	12&Under 100 Fly	6		19	13&Over 200 Breast	20
7	12&Under 50 Breast	8		21	13&Over 100 Back	22
9	8&Under 25 Back	10		23	13&Over 100 Free	24
11	12&Under 100 Back	12				
13	12&Under 50 Free	14				
Sunday, September 29th						
Morning Session				Afternoon Session		
Warm-up: no earlier than 7:30am; Start: 9am				Warm-up: no earlier than 12:00pm; Start: 1:00pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>		<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	12&Under 100 IM	26		39	13&Over 200 IM	40
27	8&Under 25 Breast	28		41	13&Over 100 Breast	42
29	12&Under 100 Breast	30		43	13&Over 200 Fly	44
31	8&Under 25 Free	32		45	13&Over 50 Free	46
33	12&Under 100 Free	34		47	13&Over 200 Back	48
35	12&Under 50 Back	36				
37	12&Under 50 Fly	38				