

	The Duck Bowl Invitational January 21-22, 2023 SANCTION NO. VS-23-51		Hosted by 
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-51 - 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.		
LOCATION:	Jeff Rouse Swim and Sport Center, 1600 Mine Rd., Stafford VA 22554		
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. - Spectator seating for 700 plus. - 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 included in the video-streaming.		
MEET DIRECTOR:	Name: Nikki Deal Email: hnvrrhurr@gmail.com Phone: 804-267-9494		
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. - Age on January 21, 2023 will determine age for the entire meet. 2021-2024 NAG time standards are in effect.		
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 12&Under swimmers will swim in the first session. - All 13&Over swimmers will swim in the second session of the day. - There will be a distance session on Saturday at the end of the day for 13&Over swimmers. - All events will be timed finals.		
WARM-UP:	12&under sessions: Warm-ups at 7:00AM, competition starts at 8:00AM 13&over sessions: Warm-ups not before 11:00AM, competition not before 12:00PM - Saturday distance session: warmups will begin 10 minutes following the conclusion of the 13&over session. Timeline will be communicated to teams on Tuesday, January 17, 2023. - Lane assignment and warm-up times for individual clubs will be posted on the Hanover Aquatics website no later than Tuesday, January 17, 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.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, January 10, 2023. • Entries must be submitted in SCY 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. • Coach Time (CT) and "No Time" (NT) 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 4 individual events per day plus 1 event in the distance session on Saturday. • 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 and as mandated by current Commonwealth of Virginia guidelines. • Email entries to: hnavrhurr@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:	• Individual events: \$10.00 • 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, January 20, 2023 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:	• Sessions 1 and 4 will be pre-seeded. • Sessions 2 and 5 will be deck seeded with scratches due to the admin table no later than 30 minutes prior to the start of the session. • Events 39 and 40 (1000 Free) in Session 3 will be positive check in. Check in is due by 2pm on Saturday. The events will be seeded fastest to slowest alternating heats of girls and boys. • Depending on the timeline Events 39 and 40 may be limited to 4 heats of girls and 4 heats of boys. Teams will be notified no later than Wednesday, January 11, 2023 if entries are limited.
AWARDS:	• Awards will be given to each heat winner, all age groups.
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.
MEET 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. • In accordance with VSI Best Practices, 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:	Meet Referee: Ralph Jones Email: ralphvaswim@gmail.com Phone: 804-559-1175 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 at stevensjohna@hotmail.com no later than January 17, 2023. • Officials meetings will be held at least one hour prior to the start of each session.
	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 HNVR website no later than Tuesday, January 17, 2023, 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:	• Coaches' and officials' hospitality will include light snacks and drinks. Hospitality will be hosted in the room just off the pool deck. • Warm up and Warm Down lanes will be provided. • 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, January 20, 2023 at 12pm.
FACILITY RULES:	• 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. • No smoking is allowed on the campus. No flash photography.
DIRECTIONS:	Go to http://www.virginiawswimming.org/vsi/Meet/VenueDirections/JRS_SC.html for directions.

Duck Bowl Invitational ORDER OF EVENTS

Saturday, January 21, 2023

12&Under Session 1 Warm Up: 7:00AM; Start: 8:00AM		
GIRLS	<u>Events</u>	BOYS
1	12&U 200 Free	2
3	10&U 100 IM	4
5	11-12 100 IM	6
7	10&U 50 Free	8
9	11-12 50 Free	10
11	10&U 100 Back	12
13	11-12 100 Back	14
15	10&U 50 Breast	16
17	11-12 50 Breast	18
19	11-12 200 Breast	20
21	10&U 100 Fly	22
23	11-12 100 Fly	24

13&Over Session 2 Warm Up: 12:00PM; Start: 1:00PM (APPROX)		
GIRLS	<u>Events</u>	BOYS
25	13&O 400 IM	26
27	10 Minute Break	28
29	13&O 50 Free	30
31	13&O 100 Breast	32
33	13&O 200 Fly	34
35	13&O 100 Back	36
37	13&O 50 Fly	38
39	13&O 200 Free	40

11&Over Distance Session 3 Warm Ups approx 10 min after Session 2		
GIRLS	<u>Events</u>	BOYS
41	13&Over 1000 Free	42

Sunday, January 22, 2023

12&Under Session 4 Warm Up: 7:00AM; Start: 8:00AM		
GIRLS	<u>Events</u>	BOYS
43	12&U 200 IM	44
45	8&U 25 Free	46
47	12&U 100 Free	48
49	8&U 25 Breast	50
51	12&U 50 Back	52
53	11-12 200 Back	54
55	8&U 25 Back	56
57	12&U 100 Breast	58
59	8&U 25 Fly	60
61	12&U 50 Fly	62
63	11-12 200 Fly	64

13&Over Session 5 Warm Up: not before 11:00AM; not before Start: 12:00PM		
GIRLS	<u>Events</u>	BOYS
65	13&O 500 Free	66
	10 Minute Break	
67	13&O 100 Free	68
69	13&O 200 Back	70
71	13&O 50 Back	72
73	13&O 100 Fly	74
75	13&O 200 Breast	76
77	13&O 50 Breast	78
79	13&O 200 IM	80