
	<p style="text-align: center;"><b>2025 Helen Wang Sunflower Classic</b>  <b>April 25-27, 2025</b>  <b>SANCTION NO. VS-25-76</b></p>	<p style="text-align: center;">Hosted by:</p> 
<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-25-76</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., Stingrays Swim Team, 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.</li> <li>In applying for this sanction, the Host, Stingrays Swim Team, 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.</li> </ul>	
<b>LOCATION:</b>	<ul style="list-style-type: none"> <li>Jeff Rouse Swim and Sport Center, 1600 Mine Rd., Stafford VA 22554 Phone: 804-387-1279</li> </ul>	
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>The Jeff Rouse Swim and Sport Center provides 2 indoor pools and supporting amenities including hospitality and concession stand.</li> <li>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.</li> <li>All sessions will be run in a 50 meter course.</li> <li>Indoor a 6 lane 25-yard pool for continuous warm-up, cool-down.</li> <li>Competitor Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.</li> <li>Spectators seating for 700 plus.</li> <li>The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.</li> <li>There will be lifeguards and additional Aquatics staff along with 2 AED located on the opposite sides of the pool deck.</li> <li>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.</li> </ul>	
<b>MEET DIRECTOR:</b>	<p>Name: Megan Struder  Email: <a href="mailto:meetdirector@swimrays.org">meetdirector@swimrays.org</a>  Phone: 540-295-2087</p>	
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming athletes registered before the first day of the meet.</li> <li>No on deck USA Swimming athlete registration will be permitted.</li> <li>2024-2028 NAG time standards are in effect.</li> <li>Age on April 25, 2025 will determine age for the entire meet.</li> </ul>	
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition using the <a href="#">Disability Accommodation Form</a>.</li> </ul>	
<b>ATHLETES WITH A SERIOUS MEDICAL CONDITION</b>	<ul style="list-style-type: none"> <li>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 meet entry) is encouraged to allow for any needed planning or logistical support.</li> <li>This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion.</li> <li>The swimmer/coach shall provide a Personal Assistant(s) as needed.</li> </ul>	
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>Friday evening session offers events for 11 &amp; Over swimmers.</li> <li>All 12 &amp; Under Swimmers will swim in the first session on Saturday and Sunday.</li> <li>All 13 &amp; Over Swimmers will swim in the second session on Saturday and Sunday.</li> <li>All events will be timed finals.</li> <li>Meet course will be LCM.</li> </ul>	

	<ul style="list-style-type: none"> <li>• <b>The Host reserves the right to utilize Chase starts in any session dependent on the number of entries received. This will be communicated to all coaches/teams when other communications are out but no later than Monday, April 21, 2025</b></li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Friday evening session: Warm-ups at 3:30 PM; Competition Starts at 4:30 PM.</li> <li>• 12 &amp; Under Sessions: Warm-ups at 7:00 AM; Competition starts on Saturday at 8:10 AM and Sunday at 8:00 AM.</li> <li>• 13 &amp; Older sessions: Warm-ups not before 11:00 AM; Competition starts not before 12:00 PM.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the RAYS website <a href="http://www.swimrays.org">www.swimrays.org</a>, no later than Monday, April 21, 2025, and will also be emailed to the contact person of the participating clubs.</li> <li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, APRIL 15, 2025.</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in LCM times using Commlink-2 software.</li> <li>• Teams must submit entries via email.</li> <li>• Coach Time (CT) 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.</li> <li>• Swimmers may enter a maximum of 4 individual events per day and with the exception of Friday. Friday swimmers may only swim 2 events.</li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines.</li> <li>• Email entries to: Anthony Pedersen, email: <a href="mailto:meetentries@swimrays.org">meetentries@swimrays.org</a>, phone: 703-919-5889.</li> <li>• 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.</li> </ul>
<b>FEES:</b>	<ul style="list-style-type: none"> <li>• <b>Individual events:</b> \$10.50</li> <li>• <b>Swimmer surcharge:</b> \$2.50 per person (entered in the meet in any capacity)</li> <li>• <b>Checks should be made payable to: RAYS.</b></li> <li>• Mail payment to: <b>Debby Martinich, PO BOX 866, Stafford VA 22555</b></li> <li>• Payment must be received by Tuesday, April 22, 2025, for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except the 400s and above will be pre-seeded.</li> <li>• Friday's events and Sunday's 1500: will be positive check-in which will close at 4:00pm for Friday's events and 30 minutes after warm-ups begin on Sunday.</li> <li>• All events will be swum slowest to fastest except events 1-8 which will be fastest to slowest.</li> <li>• Events 7 &amp; 8 (11 &amp; Over 800 Free), 53 &amp; 54 (13 &amp; Over 1500 Free) will alternate girl-boy, they will also be swum fastest to slowest.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through eighth place for 12 &amp; U Swimmers.</li> <li>• 9-12 events will be given separate awards for 11-12 and 9-10.</li> <li>• 12 &amp; U events will be given separate awards for 11-12, 9-10 and 8 &amp; under.</li> <li>• 13 &amp; over and Open events will not be awarded.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Michael C. Sizemore</b>  <b>Email: <a href="mailto:MCSizemore@gmail.com">MCSizemore@gmail.com</a></b>  <b>Phone: 540-834-8120</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook.</li> <li>• Officials are asked to sign up to support the meet at the following link by Sunday, April 20, 2025:  <a href="#">Officials Sign-up Link</a></li> <li>• Questions should be directed to <b>Bill Fairfax</b> - <a href="mailto:billf574@gmail.com">billf574@gmail.com</a></li> <li>• Officials' meetings will be held at least one hour prior to the start of each session.</li> <li>• <b>There will be a coaches' meeting at 8:00 am on Saturday, April 26, 2025.</b></li> </ul>

<b>PENALTIES</b>	<ul style="list-style-type: none"> <li>• 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"> <li>◦ Entries using fraudulent or non-verifiable times.</li> <li>◦ Athlete competed in the incorrect age group.</li> <li>◦ Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>• 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.</li> <li>• Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policies, will govern this meet.</li> <li>• 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 Policies (MAAPP) and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</li> <li>• 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.</li> <li>• 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 the requirement.</li> <li>• 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>.</li> <li>• In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>• 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.</li> <li>• Any 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.</li> <li>• 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.</li> </ul>
<b>SAFETY:</b>	<p><b>MEET SAFETY DIRECTOR</b></p> <p>Name: Megan Struder</p> <p>Email: <a href="mailto:meetdirector@swimrays.org">meetdirector@swimrays.org</a></p> <p>Phone: 540-295-2087</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be posted on the RAYS website - <a href="http://www.swimrays.org">www.swimrays.org</a> no later than Monday, April 21, 2025, 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 each session.</li> <li>• Athletes will need to provide timers and counters for distance events (Events 7-8 – 800 Free, Events 53-54 - 1500 Free).</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Swimmer/Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers/spectators.</li> <li>• <b>Deck Access:</b> Limited to athletes, coaches with their credentials, officials, timers and individuals helping work the meet.</li> <li>• <b>Team Areas:</b> Seating is available on deck for the swimmers.</li> <li>• <b>Heat Sheets:</b> Will be posted on our website, around the facility and on Meet Mobile.</li> <li>• <b>Snack Bar:</b> Concessions will be available for purchase through JRSSC.</li> <li>• <b>Swim Supplies:</b> Sport Fair will be available for swim supply purchases. Fine Design will be available for meet t-shirts.</li> </ul>

	<ul style="list-style-type: none"> <li>● <b>First Aid:</b> See Lifeguard for assistance.</li> <li>● <b>Lost and Found:</b> Check with the front desk for lost and found items.</li> <li>● <b>Hospitality will be available through the weekend</b></li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>● No glass containers of any kind are permitted in the facility.</li> <li>● Lawn/deck chairs are not permitted in the grandstand.</li> <li>● No smoking is allowed on the campus.</li> <li>● All pool rules are posted pool side.</li> <li>● No flash photography.</li> </ul>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li>● Go to <a href="http://www.virginiawimming.org/vsi/Meet/VenueDirections/JRS_SC.html">http://www.virginiawimming.org/vsi/Meet/VenueDirections/JRS_SC.html</a> for directions.</li> </ul>

## 2024 Helen Wang Sunflower Classic

### ORDER OF EVENTS

<b>Friday, April 25, 2025</b> <b>Evening Session 1</b> <b>Warm-ups: 3:30pm;</b> <b>Competition Starts at 4:30pm</b>		
<b><u>Girls</u></b>	<b><u>Event</u></b>	<b><u>Boys</u></b>
1	11-12 200 IM	2
3	13 & Over 400 IM	4
5	11 & Over 400 Free	6
7	11 & Over 800 Free	8

<b>Saturday, April 26, 2025</b>								
<b>12 &amp; Under Session 2</b> <b>Warm-up: 7:00am;</b> <b>Competition Starts 8:10am</b>				<b>13 &amp; Over Session 3</b> <b>Warm-up: not before 11:00am;</b> <b>Competition: not before 12:00pm</b> <i>(Times are approximate)</i>				
Girls	Event	Boys		Girls	Event	Boys		
9	12 & Under 200 Free	10		21	13 & Over 200 Fly	22		
11	12 & Under 100 Fly	12		23	13 & Over 50 Free	24		
13	12 & Under 50 Free	14		25	13 & Over 200 Back	26		
15	12 & Under 200 Back	16		27	13 & Over 200 IM	28		
17	12 & Under 100 Breast	18		29	13 & Over 100 Breast	30		
19	12 & Under 50 Back	20		31	13 & Over 200 Free	32		

<b>Sunday, April 27, 2025</b>								
<b>12 &amp; Under Session 4</b> <b>Warm-up: 7:00am;</b> <b>Competition Start: 8:00am</b>				<b>13 &amp; Over Session 5</b> <b>Warm-up: not before 11:00am</b> <b>Competitions Start: not before 12:00pm</b> <i>(Times are approximate)</i>				
33	12 & Under 200 Fly	34		45	13 & Over 200 Breast	46		
35	12 & Under 100 Back	36		47	13 & Over 100 Back	48		
37	12 & Under 50 Fly	38		49	13 & Over 100 Fly	50		
39	12 & Under 200 Breast	40		51	13 & Over 100 Free	52		
41	12 & Under 100 Free	42		53	13 & Over 1500 Free	54		
43	12 & Under 50 Breast	44						