

	RAYS NUTCRACKER CLASSIC December 1-4, 2022 SANCTION NO. VS-23-29	Hosted by  Stingrays Swim Team
<i>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.</i>		
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-29 - 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. - 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., Stingrays Swim Team and Jeff Rouse Swim and Sport Center 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, Phone: 804-387-1279	
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. - All sessions will be run in a 25 yd course. - 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: Megan Struder Email: meetdirector@swimrays.org Phone: 540-295-2087	

ELIGIBILITY:	• Open to all USA Swimming athletes registered before the first day of the meet. • No on deck USA Swimming athlete registration will be permitted. • 2021-2024 NAG time standards are in effect. • Age on December 1, 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:	• Thursday: PM Distance Session • Friday, Saturday & Sunday ◦ AM Sessions: 13 & Over Preliminaries ◦ Afternoon Sessions: 12 & Under Preliminaries ◦ Evening Sessions: Finals for all Ages • All relays will be Timed Finals and swum in the preliminary sessions. • Events 69-70 may be limited to 32 Girls and 32 Boys depending on the timeline. Teams will be notified no later than Tuesday November 22nd, 2022 of event limitations. • Finals for 13 & Older swimmers will consist of the Top 16 15 & Over swimmers and the C final is for 15-16 swimmers then Top 16 for the 13-14 swimmers. • Finals for 13 & Over swimmers for events 17-18 and 43-44 will consist of the Top 16 swimmers. • Finals for 13 & Over swimmers for events 69-70 will consist of the Top 8 swimmers. • Finals for 12 & Under swimmers will consist of Top 8 11-12 and Top 8 10 & Unders swimmers. • Finals for 11-12 year olds for events 31-32, 49-50 and 73-74 will consist of the Top 8 swimmers. • Dependent upon the number of entries received, the meet referee may decide to utilize two courses. • Teams will be notified no later than Monday November 28th, 2022 if two courses will be used.
WARM-UP:	• Thursday: ◦ Warm-ups start at 3:30PM; competition starts at 5:00PM • Friday, Saturday & Sunday: ◦ 13 & O session: Warm-ups start at 6:30AM; competition starts at 8:15AM. ◦ 12 & U session: Warm-ups start no earlier than 11:00AM; competition starts no earlier than 12:00PM. ◦ Finals: Warm-ups start no earlier than 4:00PM; competition starts no earlier than 5:00PM. • Lane assignments and warm-up times will be posted on the RAYS website - www.swimrays.org, no later than Tuesday, November 29, 2022. • If any session runs long, warm-ups for the following session(s) will begin immediately after the final event finishes.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, November 22, 2022. • Entries must be submitted in SCY times using Commlink-2 software. teams submit entries via email. • Coach Time (CT) 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 3 <i>individual events per day but no more than 7 events for the meet.</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. • Email entries to: Anthony Pedersen, email: meetentries@swimrays.org, phone: 703-919-5889 • 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:	• Individual events: \$12.00 • Relay events: \$25.00 • Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) • Checks should be made payable to: RAYS. • Mail payment to: Debby Martinich, PO BOX 866, Stafford VA 22555 • Payment must be received by November 29, 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:	• Events 1-2 (12 & U 500 free) 3-4 (13 & O 1650 free), and 69-70 (1000 Free) will be swum fastest to slowest. All other events will be swum slowest to fastest. • Fastest heat of the 1000 free will be swum in Finals. • Positive check-in for events 1-2 (12 & U 500 free) 3-4 (13 & O 1650 free), 17-18 (13 & O 400 IM), 43-44 (13 & O 500 free) and 69-70 (1000 free). Deadline for Thursday events will be 4:30pm and Friday, Saturday and Sunday at 8:15am.
AWARDS:	• Individual and relay events: Medals will be awarded for 1st-3rd places and ribbons for 4th-8th places. • 13 & Over events will be given separate awards for 13-14 and 15-18 age groups. • 12 & Under events will given separate awards for 11-12 and 10 & Under age groups.
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.
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: Name: Mike Sizemore Email: mcsizemore@gmail.com Phone: 540-834-8120 • Officials will be needed for all positions and all sessions for this meet. Team official chairpersons should submit the names and session availability of certified officials as well as the names and session availability of trainees to: Bill Fairfax email: billf574@gmail.com no later than Monday, November 28, 2022. 2022 Nutcracker Classis Officials Sign up • Officials' meetings will be held at least one hour prior to the start of each session. • There will be a coaches' meeting at 8:00 am on Friday, December 2, 2022.
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. • Swimmers must provide their own timer and counter for the 500 Free, 1000 Free and 1650 Free.

	The number of timers required per club and their lane assignments will be posted on the RAYS website, no later than Monday, November 28, 2022 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.
GENERAL:	Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Deck Access: Limited to athletes, coaches with their credentials, officials, timers and individuals helping work the meet. Team Areas: Seating is available on deck for the swimmers. Heat Sheets: Will be posted on our website, around the facility and on Meet Mobile. Snack Bar: Concessions will be available for purchase through JRSSC. Swim Supplies: Sport Fair will be available for swim supply purchases. Fine Design will be available for meet t-shirts. First Aid: See Lifeguard for assistance. Lost and Found: Check with the front desk for lost and found items. Hospitality: Will not open until warm ups begin each day. Will stop serving breakfast ½ hour after competition starts, snacks available, lunch from 11:30AM-1:30PM, snacks and drinks available until ½ hour before conclusion of afternoon session.
FACILITY RULES:	- No glass containers of any kind are permitted in the facility. - Lawn/deck chairs are not permitted in the grandstand - Spectators/parents will be allowed to view their swimmer's race and then leave the facility. - No smoking is allowed on the campus. - All pool rules are posted pool side. - No flash photography.
DIRECTIONS:	Go to http://www.virginiaswimming.org/vsi/Meet/VenueDirections/JRS_SC.html for directions.

NUTCRACKER CLASSIC ORDER OF EVENTS

Thursday Distance – Session 1 Warm-up: 3:30pm; Start 5:00pm		
1	12 & Under 500 Free	2
3	13 & Over 1650 Free	4
5	13 & Over 800 Free Relay	6

Friday 13 & Over Prelims – Session 2 Warm-up: 6:30am; Start 8:15am		
7	13 & Over 400 Medley Relay	8
9	13 & Over 200 Free	10
11	13 & Over 100 Breast	12
13	13 & Over 100 Fly	14
15	13 & Over 200 Free Relay	16
17	13 & Over 400 IM	18

Friday Finals Session – Session 4 Warm-up: 4:00pm; Start 5:00pm		
23	12 & Under 200 Free	24
9	13 & Over 200 Free	10
25	12 & Under 50 Breast	26
11	13 & Over 100 Breast	12
27	12 & Under 100 Fly	28
13	13 & Over 100 Fly	14
29	12 & Under 50 Back	30
17	13 & Over 400 IM	18
31	11-12 200 Breast	32

Saturday 13 & Over Prelims – Session 5 Warm-up: 6:30am; Start: 8:15am		
33	13 & Over 400 Free Relay	34
35	13 & Over 200 Fly	36
37	13 & Over 50 Free	38
39	13 & Over 200 Breast	40
41	13 & Over 100 Back	42
43	13 & Over 500 Free	44

Friday 12 & Under Prelims – Session 3 Warm-up: 11:00am; Start 12:00pm		
19	9-10 200 Medley Relay	20
21	11-12 400 Medley Relay	22
23	12 & Under 200 Free	24
25	12 & Under 50 Breast	26
27	12 & Under 100 Fly	28
29	12 & Under 50 Back	30
31	11-12 200 Breast	32

Saturday 12 & Under Prelims – Session 6 Warm-up: 11:00am; Start: 12:00pm		
45	10 & Under 200 Free Relay	46
47	11-12 400 Free Relay	48
49	11-12 200 Fly	50
51	12 & Under 50 Free	52
53	12 & Under 100 Breast	54
55	12 & Under 100 Back	56
57	12 & Under 100 IM	58
59	11-12 200 Medley Relay	60

Saturday Finals Session – Session 7 Warm-up: 4:00pm; Start: 5:00pm		
49	11-12 200 Fly	50
35	13 & Over 200 Fly	36
51	12 & Under 50 Free	52
37	13 & Over 50 Free	38
53	12 & Under 100 Breast	54
39	13 & Over 200 Breast	40
55	12 & Under 100 Back	56
41	13 & Over 100 Back	42
57	12 & Under 100 IM	58
43	13 & Over 500 Free	44

Sunday 13 & Over Prelims – Session 8 Warm-up: 6:30am; Start: 8:15am		
61	13 & Over 200 Medley Relay	62
63	13 & Over 200 Back	64
65	13 & Over 100 Free	66
67	13 & Over 200 IM	68
69	13 & Over 1000 Free	70

Sunday 12 & Under Prelims – Session 9 Warm-up: 11:00am; Start: 12:00pm		
71	11-12 200 Free Relay	72
73	11-12 200 Back	74
75	12 & Under 100 Free	76
77	12 & Under 50 Fly	78
79	12 & Under 200 IM	80

Sunday Finals Session – Session 10 Warm-up: 4:00pm; Start: 5:00pm		
69	13 & Over 1000 Free	70
73	11-12 200 Back	74
63	13 & Over 200 Back	64
75	12 & Under 100 Free	76
65	13 & Over 100 Free	66
77	12 & Under 50 Fly	78
67	13 & Over 200 IM	68
79	12 & Under 200 IM	80