

		<p style="text-align: center;">2024 Fall Aqua-Fest Open November 9-10 2024 SANCTION NO. VS-25-28R</p>	<p style="text-align: center;">Hosted by Prince William Swim Club</p>
SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-28. USA Swimming, Inc., Virginia Swimming, Inc., Prince William Swim Club 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, 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 the 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 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 Aquatics staff along with 2 AED located on the opposite sides of the pool deck. 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:	<div> <div> Name: Peggy Giovinazzo Email: giovinnm@pwcs.edu Phone: 718-986-3042 </div> <div> Lorena Caballero colore5@comcast.net 703-473-5676 </div> </div>		
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 1, 2024, if their swimmers are not able to be seeded. 2024-2028 NAG time standards are in effect. Age on November 9th 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	<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 meet entry) is encouraged 		

MEDICAL CONDITION:	<p>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"> • All 13 and over swimmers will swim in the AM session. • All 12 and under swimmers will swim in the PM session • All events will be timed finals. • All 25-yard 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 November 1, 2024, if two courses will be used.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY OCTOBER 29, 2024</p> <ul style="list-style-type: none"> • Entries must be submitted in SCY 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. 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 Four individual event(s) per Day. There is an exception for the 8 and Under session on Saturday, which will be capped at 5 events. • Entries will be processed in the order received and accepted to 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: \$11 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: PWSC, 12513 Manchester Way, Woodbridge VA 22192 • Payment must be received by November 5th 2024 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 (for 25 yards events) 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 events (25 yards events only). • 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 distance 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 am; competition starts no earlier than 8:10 am on

	<p>Saturday and 8:00 am on Sunday</p> <ul style="list-style-type: none"> • Afternoon session Saturday: Warm-ups will start no earlier than 11:30 am; competition starts no earlier than 12:30 pm • Afternoon session Sunday: Warm-ups will start no earlier than 11:00 am; competition starts no earlier than 12:00 pm • Distance sessions (400 IM and 500 Free): The pool will be opened for not less than 10 minutes of open warm-ups immediately following the finish of the relay events, with the distance session competition starting 5 minutes thereafter or the estimated time posted, whichever is later. • Lane assignment and warm-up times for individual clubs will be posted on the Prince William Swim Club website no later than Tuesday November 5, 2024 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 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 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. <p>Any event in which an athlete participated illegally will be rescored and re-awarded.</p>
OFFICIALS:	<p>MEET REFEREE: Heather Crampton</p> <p>Email: Bugher1967@verizon.net</p> <p>Phone: 540-809-5492.</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet.

	<ul style="list-style-type: none"> Officials should complete the linked form to identify session availability for certified and trainee officials: https://forms.gle/hJXWTCniyUFG6Wfq6 Alternatively, team officials chair may submit the names and session availability of certified officials, as well as the names and session availability of trainees to Heather Crampton, at bugher1967@verizon.net or 540-809-5492 no later than Tuesday November 5, 2024 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. Uniforms is a white polo shirt and navy shorts/skirts/pants/skorts with white socks and white 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 no later than Tuesday November 5, 2024 and will also be emailed to the contact person of each of the individual clubs. Athletes are responsible for providing their own timer for distance events (400 IM and 500 Free). Swimmers competing in the 500 free are responsible for also providing their own lap counters.
GENERAL:	<ul style="list-style-type: none"> Heat sheets will be available on Meet Mobile and posted on the Prince William Swim Club website no later than Thursday November 7, 2024 Light snacks and drinks are 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 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 coach is responsible for supervising the conduct of their swimmers/spectators There will be a coaches' meeting at 8:00 am on Saturday November 9th 2024
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:	Go to https://www.virginiaswimming.org/vsi/Meet/VenueDirections/JRS_SC.html

**2024 Fall Aqua-Fest
ORDER OF EVENTS**

Saturday November 9th 2024

Morning Session Warm-up: not before 7am Start: not before 8:10 am			Afternoon Session Warm-up: not before 11:30 am Start: not before 12:30 pm		
<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	15	8 & Under 25 Freestyle	16
5	13 & Over 100 Backstroke	6	27	9-12 50 Breaststroke	28
7	13 & Over 50 Freestyle	8	17	8 & Under 25 Butterfly	18
9	13 & Over 200 Breaststroke	10	29	9-12 100 Backstroke	30
11	13 & Over 200 Freestyle Relay	12	19	8 & Under 25 Backstroke	20
13	13 & Over 400 IM	14	31	11-12 200 Breaststroke	32
			21	8 & Under 25 Breaststroke	22
			33	9-12 50 Butterfly	34
			35	9-12 100 IM	36
			23	8 & Under 100 IM	24
			37	11-12 200 Butterfly	38
			39	9-12 200 Freestyle Relay	40
			41	11-12 400 IM	42

Sunday November 10th 2024

Morning Session Warm-up: not before 7 am Start: not before 8 am			Afternoon Session Warm-up: not before 11 am Start: not before 12 pm		
<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 IM	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 & Over 500 Freestyle	56	69	12 & Under 50 Freestyle	70
			71	9-12 200 Medley Relay	72
			73	9-12 500 Freestyle	74