
	<div>Quest – January Jumpstart Intra-Squad Meet January 10th, 2026 SANCTION NO. VS-26-073</div>	<div>Hosted by</div> 
SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-073USA Swimming, Inc., Virginia Swimming, Inc., and Quest Swimming/SwimQuest Aquatic 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:	SwimQuest Aquatic Center, 6800 Deer Run Drive, Midlothian, VA 23112	
FACILITY:	<ul style="list-style-type: none">6 lane, 25 yard pool, with depths ranging from 4 feet to 6 feet, with non-turbulent lane lines, We will not use a timing system – 3 stopwatches will be used for each lane. This is a bubbled indoor facility.One lifeguard will be on duty throughout the duration of the meet (including warm-ups). The facility is equipped with an AED.The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.	
MEET DIRECTOR:	Chad Onken CoachChad@QuestSwimming.com (804) 731-4522 office	
ELIGIBILITY:	<ul style="list-style-type: none">Open to all Quest Swimming athletes who are registered with USA Swimming before the first day of the meet.There are no qualifying times for this meet. All events will be mixed gender.No on deck USA Swimming registration.Age on January 10th, 2026 will determine age for the entire meet.All 18 & Over athletes must have completed the Athlete Protection Training (APT) prior to the first day of competition. Athletes whose 18th birthday occurs during competition must complete the APT prior to that date.	
ATHLETES WITH A DISABILITY:	<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 using the Disability Accommodation Form.	
FORMAT:	<ul style="list-style-type: none">All Novice, Age Group and Homeschool athletes will swim in one combined session of this meetAll events will be timed finals.	
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 meet entry) is encouraged to allow for any needed planning or logistical support.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.	
ENTRIES:	<ul style="list-style-type: none">The deadline for the receipt of entries is Sunday, January 4th at midnight.Swimmers may enter a maximum of 4 individual event(s).Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. No deck entries will be accepted.	
FEES:	Individual events: A blanket charge of \$30 for all entries will be charged per athlete. Relay events: There are no relays in this meet Swimmer surcharge: There is no swimmer surcharge for this meet.	
SEEDING:	<ul style="list-style-type: none">There is no clerk of course at this meet. Athletes will report behind the blocks based on their heat/lane in the heat sheet.	

	<ul style="list-style-type: none"> All events will be pre-seeded.
WARM-UP:	<ul style="list-style-type: none"> Warm-ups will begin at 8:00 am Meet will start at 9:00 am
AWARDS:	Ribbons and/or medals will not be awarded at this meet. All heat winners will receive an award.
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. 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 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 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.
OFFICIALS:	<p>Meet Referee: Daniel Brown Email: danielpbrown02@gmail.com Phone: 804-837-8024</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. There will be an official meeting 45 minutes before the start of each session behind the starting blocks at the southwest corner of the facility. There will be a timer meeting 30 minutes before the start of each session behind the starting blocks at the southwest corner of the facility.
SAFETY:	<p>Virginia Swimming Meet Safety Procedures will be in effect. VSI Meet Safety Officer – Chad Onken Email: CoachChad@QuestSwimming.com</p>
TIMERS:	<ul style="list-style-type: none"> We will be using 3 stopwatches per lane for this swim meet.
GENERAL:	There will NOT be a concession stand at this meet. Families are encouraged to bring their own snacks, drinks, and chairs. All athletes MUST remain inside the bubble throughout the meet. The

	Midlothian Swim Shop will be open throughout this meet.
FACILITY RULES:	All SwimQuest Aquatic Center facility rules will be in place.

**Quest – January Jumpstart Intrasquad Meet
ORDER OF EVENTS**

Saturday, January 10th
AM Session
Warm-ups: 8:00 am Meet Starts 9:00 am

Event #	Event
1	Mixed Open 400 IM
2	Mixed 8 & Under 25 Free
3	Mixed 10 & Under 50 Free
4	Mixed Open 100 Free
5	Mixed 8 & Under 25 Back
6	Mixed 10 & Under 50 Back
7	Mixed Open 100 Back
8	Mixed 8 & Under 25 Breast
9	Mixed 10 & Under 50 Breast
10	Mixed Open 100 Breast
11	Mixed 8 & Under 25 Fly
12	Mixed 10 & Under 50 Fly
13	Mixed Open 100 Fly
14	Mixed 10 & Under 100 IM
15	Mixed Open 200 IM
16	Mixed Open 500 Free