



RAYS JEFF ROUSE MEET
January 6-7, 2024
SANCTION NO. VS-24-45



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-45 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. 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.
LOCATION:	<ul style="list-style-type: none"> Jeff Rouse Swim and Sport Center, 1600 Mine Rd., Stafford VA 22554 Phone: 804-387-1279
FACILITY:	<ul style="list-style-type: none"> 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. Spectators seating for 700 plus. 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:	<p>Name: Megan Struder Email: meetdirector@swimrays.org Phone: 540-295-2087</p>
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all 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 January 6, 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.
FORMAT:	<ul style="list-style-type: none"> All 9-12 swimmers will swim in the AM sessions. Sunday AM session will be 12 & Under. Events 39 & 40 (200 IM), 41 & 42 (50 Free), and 47 & 48 (50 Backstroke) will be 12 & Under Events. 8 & Under events will be swum in the PM session on Saturday. 8 & Under session will be a Pentathlon where the swimmers can swim all 5 events. All 13 & Over swimmers will swim in the PM sessions (Sessions 2, 3, and 6). There will be a separate distance session on Saturday for events #25-26(400 IM), #27-28(500 Free). Please refer to the Order of Events table for qualifying times for events in the distance session as well as for the 13 & Over 1000 Free. All events will be timed finals. The Saturday Distance Session and 8 & Under Session will run concurrently in separate pools. The Meet Director reserves the right to utilize two pools for sessions 1, 2, 5 or 6 dependent upon the number of entries received. This will be communicated to all coaches/teams no later than Tuesday, January 2, 2024.

WARM-UP:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:10 AM on Saturday and 8:00 AM on Sunday. • Afternoon sessions: Warm-ups not before 11:00 AM; competition starts not before 12:00 PM. • Distance session and 8 & Under session (Saturday): Warm-ups not before 2:30 PM; competition starts not before 3:00 PM. • Lane assignment and warm-up times for individual clubs will be posted on the RAYS website www.swimrays.org, no later than Tuesday, January 2, 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. • If the afternoon session on Saturday runs late, Distance and 8 & Under warm-ups will begin immediately after the afternoon session ends. • There will be a 10 Minute warm-up period before events 63 & 64 (1000 Free).
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Wednesday, December 27, 2023.</p> <ul style="list-style-type: none"> • Entries must be submitted in SCY times using Commlink-2 software, teams must submit entries via email. • Coach Time (CT) will be accepted for events in which a swimmer does not have a time of record with the exception of events 25 & 26 (400 IM), 27 & 28 (500 Free) and 63 & 64 (1000 Free) for which minimum entry times required. Qualifying times are listed on the order of events. 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 4 individual events per day and 8 individual events for the meet except that 8 & Unders may enter all 5 events in Saturday's 8 & Under session. 8 & Unders are still limited to 8 individual events for the meet. • Entries will be processed in the order received and accepted to 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:	<ul style="list-style-type: none"> • Individual events: \$9.50 • 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 January 5, 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"> • All events, except #25-26 (400 IM), #27-28 (500 Free) and #65-66 (1000 Free) will be pre-seeded. • Events #25-26 (400 IM), #27-28 (500 Free) and #63-64 (1000 Free) require a positive check-in to swim. • Positive check-in will close at 2:30PM on Saturday and 12:30PM on Sunday. These events will be swum fastest to slowest, alternating heats of girls and boys. • A clerk of course will be used for 8 & Under events. All other athletes should report directly to the blocks
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place for 12 & U Swimmers. • 9-12 events will be given separate awards for 11-12 and 9-10. • 12 & U events will be given separate awards for 11-12, 9-10 and 8 & under. • 13 & over events will not be awarded.
OFFICIALS:	<p>Meet Referee: Michael Sizemore Email: mcsizemore@gmail.com Phone: 540-834-8120</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook.

	<ul style="list-style-type: none"> • Official are asked to sign up to support the meet at the following link by Monday, January 1, 2024. 2024 Jeff Rouse Invite 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 January 6, 2024.
SAFETY:	<p>MEET SAFETY OFFICER: Megan Struder Email: meetdirector@swimrays.org Phone: 540-295-2087</p> <ul style="list-style-type: none"> • Virginia Swimming Meet Safety Procedures will be in effect.
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 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 not permitted. • 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.
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 RAYS website - www.swimrays.org no later than Tuesday, January 2, 2024, 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. • Athletes will need to provide timers and counters for distance events (Events 25-26 – 400 IM (timers only), Events 27-28 500 Free and Events 63-64 1000 Free).
GENERAL:	<ul style="list-style-type: none"> • 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

	<p>for meet t-shirts.</p> <ul style="list-style-type: none"> ● First Aid: See Lifeguard for assistance. ● Lost and Found: Check with the front desk for lost and found items. ● Hospitality: Will be open throughout the days.
FACILITY RULES:	<ul style="list-style-type: none"> ● No glass containers of any kind are permitted in the facility. ● Lawn/deck chairs are not permitted in the grandstand. ● No smoking is allowed on the campus. ● All pool rules are posted pool side. ● No flash photography.
DIRECTIONS:	<ul style="list-style-type: none"> ● Go to MapQuest.com for directions.

**2024 RAYS Jeff Rouse Meet
ORDER OF EVENTS
Saturday, January 6, 2024**

9-12 Year Old Session 1 Warm-up: 7:00 AM; Start: 8:10 AM			13 & Over Session 2 Warm-up: 11:00 AM; Start: 12:00 PM (Times are approximate)		
Girls	Events	Boys	Girls	Events	Boys
1	9-12 200 Butterfly	2	15	13 & Over 200 Freestyle	16
3	9-12 50 Breaststroke	4	17	13 & Over 100 Breaststroke	18
5	9-12 100 Backstroke	6	19	13 & Over 200 Butterfly	20
7	9-12 50 Butterfly	8	21	13 & Over 100 Backstroke	22
9	9-12 100 Freestyle	10	23	13 & Over 100 Freestyle	24
11	9-12 100 IM	12			
13	9-12 200 Breaststroke	14			

Distance Session 3 Warm-up: 2:30 PM; Start: 3:00 PM (Times are approximate)			8 & Under Session 4 Warm-up: 2:30 PM; Start: 3:00 PM (Times are approximate)		
Girls	Events	Boys	Girls	Events	Boys
25*	5:39.69 – 13 & Over 400 IM – 5:17.39	26*	29	8 & Under 25 Freestyle	30
27*	6:20.09 – 13 & Over 500 Free – 5:58.99	28*	31	8 & Under 25 Butterfly	32
			33	8 & Under 25 Backstroke	34
			35	8 & Under 25 Breaststroke	36
			37	8 & Under 100 IM	38

Sunday, January 7, 2024

12 & Under Session 5 Warm-up: 7:00 AM; Start: 8:00 AM			13 & Over Session 6 Warm-up: 11:00 AM; Start: 12:00 PM (Times are approximate)		
Girls	Events	Boys	Girls	Events	Boys
39	12 & Under 200 IM	40	53	13 & Over 200 IM	54
41	12 & Under 50 Freestyle	42	55	13 & Over 50 Freestyle	56
43	9-12 200 Backstroke	44	57	13 & Over 200 Backstroke	58
45	9-12 100 Breaststroke	46	59	13 & Over 100 Butterfly	60
47	12 & Under 50 Backstroke	48	61	13 & Over 200 Breaststroke	62
49	9-12 100 Butterfly	50		10 Minute Warm-up	
51	9-12 200 Freestyle	52	63	13:01.79 – 13 & Over 1000 Free – 12:23.89	64

*Positive check in for events 25 & 26 (400 IM) and 27 & 28 (500 Free) will close at 2:30PM on Saturday.

*Positive check in for events 63 and 64 will close at 12:30PM on Sunday.