

	RAYS Jeff Rouse Meet January 4-5, 2025 SANCTION NO. VS-25-50		Hosted by 
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-50 - 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:	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-yard course. - Indoor 6 lane 25-yard pool for continuous warm-up, cool-down. Non-Turbulent Lane Markers in both pools. - Spectator 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. (USA-S Rule change.) - 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:	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. 2024-2028 NAG time standards are in effect. - Age on January 4, 2025 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.		
ATHLETES WITH A SERIOUS MEDICAL CONDITION:	- 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.		
FORMAT:	All 13 & over swimmers will swim in the AM sessions.		

	- All 8 & Under Swimmers will swim in a session immediately following the 9-12 Session on Saturday. - All 9-12 Year Old swimmers will swim in the PM session. - All events will be timed finals. 2 courses may be utilized for all or some sessions depending on the number of entries. Teams will be notified NLT Monday December 30, 2024 if two courses will be used.
WARM-UP:	- Saturday 13 & O session: Warm-ups start at 7:00am; competition starts at 8:10am. 9-12 session: Warm-ups start no earlier than 10:30am; competition starts no earlier than 11:30am. 8 & U session: Warm-ups start no earlier than 2:00pm; competition starts no earlier than 2:45pm. - Sunday 13 & O session: Warm-ups start at 7:00am; competition starts at 8:00am. 12 & U session: Warm-ups start no earlier than 10:30am; competition starts no earlier than 11:30am. - Lane assignments and warm-up times will be posted on the RAYS website - www.swimrays.org, no later than Monday, December 30, 2024. - If any sessions run long, warm-ups for the following session will begin 5 minutes after the final event finishes from the prior session.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, December 24 2024. - Entries must be submitted in SCY times using Commlink-2 software. teams submit entries via email. - Coach Time (CT) and "No Time" (NT) 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 4 individual events per day. - 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:	Individual events: \$10.50 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 December 30, 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 as this will delay the acceptance of your entries.
SEEDING:	8 & Under events only will have clerk course. - All events will be pre-seeded.
AWARDS:	- 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 age groups. 12 & Under events will be given separate awards for 11-12, 9-10 and 8 & Under age groups. 8 & Under events will be given awards for first through eighth place. - Specialty awards will be awarded to heat winners for all 9-12, 12 & U, 8 & U individual events. - No awards for 13 & Overs
RULES:	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 USAS member coach as being proficient in performing a racing start or must start each race from within the water without the use of a backstroke ledge. 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. • 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. • 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: Michael Sizemore Email: mcsizemore@gmail.com Phone: 540-834-8120 • Officials will be needed for all positions and all sessions for this meet. • Training for Officials will be offered to the extent possible and in accordance with VSI Officials Training at the following link Virginia Swimming - Official's Training (gomotionapp.com). • Officials are asked to sign up to support the meet at the following link by Monday, December 30, 2024. 2025 Jeff Rouse Invite Officials Sign-up. Questions should be directed to Bill Fairfax, billf574@gmail.com • 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 4, 2025.
SAFETY:	MEET SAFETY DIRECTOR: Megan Struder Email: meetdirector@swimrays.org Phone: 540-295-2087 VSI Safety and Warm-up 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. • Athletes must supply their own timers and counters for the 1000 Free. • The number of timers required per club and their lane assignments will be posted on the www.swimrays.org website, no later than Monday, October 7, 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.
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. Jolyn will supply suits. • First Aid: See Lifeguard for assistance. • Lost and Found: Check with the front desk for lost and found items. • Hospitality will be available through the weekend.
FACILITY RULES:	• 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:	• Go to http://www.virginiaswimming.org/vsi/Meet/VenueDirections/JRS_SC.html

Jeff Rouse Invite
ORDER OF EVENTS
Saturday, January 4, 2025

13 & Over – Session 1 Warm-up: 7:00 AM; Start: 8:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 200 Freestyle	2
3	13 & Over 100 Breaststroke	4
5	13 & Over 200 Butterfly	6
7	13 & Over 100 Backstroke	8
9	13 & Over 50 Freestyle	10
11	13 & Over 400 IM	12

9-12 Year Old – Session 2 Warm-up: Not Before 10:30 AM; Start: Not Before 11:30 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	9-12 100 IM	14
15	9-12 50 Freestyle	16
17	9-12 100 Breaststroke	18
19	9-12 200 Freestyle	20
21	9-12 50 Backstroke	22
23	9-12 100 Butterfly	24
25	9-12 200 Breaststroke	26

8 & Under – Session 3 Warm-up: Not Before 2:00 PM; Start: Not Before 2:45 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	8 & Under 25 Freestyle	28
29	8 & Under 50 Backstroke	30
31	8 & Under 25 Breaststroke	32
33	8 & Under 50 Freestyle	34
35	8 & Under 25 Butterfly	36
37	8 & Under 25 Backstroke	38
39	8 & Under 100 IM	40

Sunday, January 5, 2025

13 & Over – Session 4 Warm-up: 7:00 AM; Start: 8:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	13 & Over 200 IM	42
43	13 & Over 100 Freestyle	44
45	13 & Over 200 Backstroke	46
47	13 & Over 100 Butterfly	48
49	13 & Over 200 Breaststroke	50
51	13 & Over 1000 Free	52

12 & Under – Session 5 Warm-up: Not Before 10:30 AM; Start: Not Before 11:30 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	9-12 200 IM	54
55	12 & Under 100 Freestyle	56
57	12 & Under 50 Breaststroke	58
59	9-12 200 Butterfly	60
61	12 & Under 100 Backstroke	62
63	12 & Under 50 Butterfly	64
65	9-12 200 Backstroke	66