



**NORTHERN DISTRICT
13 & OVER CHAMPIONSHIP**
February 28 – March 2, 2025
SANCTION NO. VS-25-68



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-68.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-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.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 Virginia Swimming registered athletes in Northern Region registered prior to the first day of the meet. Teams in the Northern Region are: BASS, PWSC, RAYS, STAT, STLH, TORP, TSU, VSTP, WFS, and WSTUnattached athletes in the same geographical district are also eligible to attend.The qualifying period for this meet is November 1, 2023, through February 28, 2025.No on deck Virginia Swimming athlete registration will be permitted.Swimmers in the 13-14 age group may compete in any individual event or relay leg in which they have a time that is slower than the age group championship qualifying time except the 400 IM, 500 free, and the 1000 free.15 and older swimmers may compete in any individual event or relay leg in which they have a time that is slower than the Senior Champs qualifying time except the 400 IM, 500 free, and the 1000 free.Swimmers in the 13-14 age group must have at least a 13-14 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the age group championship time.15 and older swimmers must have at least a 15-16 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the senior championship qualifying time.2024-2028 NAG time standards are in effect.Age on February 28, 2025, will determine age for the entire meet.14 year old swimmers aging up from February 28 to March 12, 2025, with times too fast to qualify for this championship will be allowed to compete in an event at this meet under the following conditions:

	<ul style="list-style-type: none"> the swimmer does not have a Senior Champs qualifying time in the event. the swimmer will be seeded correctly by time however will swim exhibition only and will not be eligible to receive an award or compete in the Finals session.
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 using the Disability Accommodation Form.
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.
FORMAT:	<ul style="list-style-type: none"> All athletes will swim a combined preliminary session in the morning session. Top 16 13-14 swimmers and the top 16 15&O swimmers from preliminary events will swim the final session each day. The 1000 freestyle will be a timed final event with the top heat swimming in finals, regardless of age. All remaining heats will swim during the preliminary session. All relay events will be timed finals and will be conducted during the preliminary session Two 8-lane competition courses may be used during preliminary sessions at the discretion of the meet referee. Finals will be contested in a single 8-lane pool. "A" Final swimmers will be presented with music and their names will be announced prior to the start of the race. A Ready Room will be used at this Championship prior to each "A" final heat. Each Swimmer in the "A" Final (Final heat) should report to the Ready Room one event prior to their scheduled event and participate in the "A" Final parade. "B" Final heats will report directly to their assigned lane.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 18, 2025</p> <ul style="list-style-type: none"> Conforming and non-conforming times will be used for entry – Short Course Yards then Long Course Meters then Short Course Meters. Non-conforming times will be seeded following all conforming times. Entries must be submitted using Commlink-2 software. Teams submit entries via email. A printout of entries must be included with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. Swimmers may enter a maximum of 8 individual events, no more than 3 individual and one relay per day. Relay teams must be designated A, B, or C, if more than one per club is entered per event. Teams may submit three (3) relays per event. If a relay seed time cannot be created using the times of 4 swimmers entered in the meet, enter the relay as a NT. The Meet Director reserves the right to combine heats and events, which may require reseeding. "No Time" (NT) entries will be accepted except in the 400 medley, 500 free, and 1000 free, where a swimmers must have achieved a minimum of a "B" time in their respective age groups. Coach Times (CT) will not be accepted for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet. Email entries to: Anthony Pedersen, email: meetentries@swimrays.org, phone: 703-919-5889 Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, they will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual Events: \$11.00</p> <p>Relay Events: \$22.00</p> <p>Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline. Checks should be made payable to: RAYS

	<ul style="list-style-type: none"> • Mail payment to: Debby Martinich, PO BOX 866, Stafford VA 22555 • Payment must be received by Tuesday, February 25, 2025, for all entries. Failure to pay entry fees by this deadline may result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. • 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"> • The 400 IM, 500 free, and 1000 free will require a positive check-in to be seeded. All other events will be pre-seeded. • Positive check-in will close at 9:00 AM, Friday for event #11 and 12 (400 medley). • Positive check-in will close at 9:00 AM, Saturday for event #25 and 26 (500 free). • Positive check-in will close at 9:00 AM, Sunday for event #37 and 38 (1000 free). • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED. • A swimmer who positively checks-in for a distance event and does not show up to compete will not be able to swim his/her next event. • The 400 IM and the 500 free will be swum in preliminaries with the four fastest heats of girls swimming first, slow to fast, followed by the four fastest heats of boys, swimming slow to fast. The remaining heats will be swum fast to slow, alternating girls and boys. • The 1000 free will be swum fastest to slowest, and alternating heats of girls and boys. <ul style="list-style-type: none"> ○ Any athlete entered in the 1000 free will be asked to indicate a preference for swimming with preliminaries or with finals. The preliminaries/finals preference must be declared by the appropriate positive check-in deadline ○ The fastest 8 swimmers who wish to swim during the evening finals will swim during the evening finals.
WARM-UP:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:30 AM. There will be two 30 minute warm-up sessions with a 15 minute session for specific warm-ups. • Afternoon sessions: Warm-ups not before 4:30 PM; competition starts not before 5:30 PM • 1000 free (Sunday): The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the 200 IM, with the 1000 free starting 5 minutes thereafter. <ul style="list-style-type: none"> ○ The approximate start time for the 1000 will be posted on the XXXXXX website no later than Monday, February 24, 2025 and will also be emailed to the contact person of the participating clubs. ○ The distance sessions will start no earlier than the estimated times. • Lane assignment and warm-up times for individual clubs will be posted on the RAYS website - www.swimrays.org, no later than Monday, February 24, 2025, and will also be emailed to the contact person of the participating clubs.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be scored and awarded first through eighth place for 13-14 and 15 & over age groups. Medals will be awarded for first through third place, ribbons for fourth through eighth place. • Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place. • Team awards will be given, first through third place. • Scoring will be as follows: <ul style="list-style-type: none"> ○ Individual: Finals - 20-17-16-15-14-13-12-11; Consolations - 9-7-6-5-4-3-2-1. ○ Relay: Finals - 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2. ○ Only the top two relays for one team may score in an event.
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. 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. Any swimmer initially announced as qualifying for an event in finals who fails scratch from the event and fails to compete in the event at finals will be barred from competing in any additional events in that session. Additionally, the athlete will be barred from competing in his/her next individual event in a subsequent session. Alternates will be announced along with final qualifiers but shall not be penalized if unavailable to compete in the finals. Rule 207.11.6.E 1-3, Exceptions for Failure to Compete, will be followed. 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 the requirement. 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>. In accordance with VSI best practices, all swimmers should shower before entering the pool. 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. 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.
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. Team Officials Chairpersons should submit the names and session availability of certified officials no later than Tuesday, February 18, 2025. 2025 Northern District 13 & Over Champs Sign-up. Questions should be directed to Bill Fairfax, billf574@gmail.com There will be an official's meeting in hospitality one hour prior to the start of each session. There will be coaches meeting at 8:15 am on Friday February 28, 2025.
SAFETY:	<p>MEET SAFETY DIRECTOR Name: Megan Struder Email: meetdirector@swimrays.org Phone: 540-295-2087 Virginia Swimming Meet Safety Procedures will be in effect.</p>
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 www.swimrays.org website, no later than Monday, February 24, 2025 and will also be emailed to the contact person of each of the individual clubs. Swimmers competing in the 400 medley, 500 free, and 1000 free are responsible for providing their own timers. Swimmers competing in the 1000 free and 500 free are responsible for providing their own lap counters.

GENERAL:	<ul style="list-style-type: none"> • Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of it 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:	<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 http://www.virginiaswimming.org/vsi/Meet/VenueDirections/JRS_SC.html

RELAY "SLOWER THAN TIMES" CHART

Age Group	Gender	Free		Medley
13-14	Girls	1:43.56 (200)	3:43.16 (400)	4:13.46
	Boys	1:37.96 (200)	3:31.96 (400)	4:01.16
13 & Over	Girls	1:41.16 (200)	3:39.16 (400)	4:06.46
	Boys	1:31.16 (200)	3:17.96 (400)	3:42.86

2025 Northern District 13 & Older Championship

ORDER OF EVENTS

Friday, February 28, 2025

Morning Prelims Warm-ups: 7:00 AM; Start: 8:30 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 100 Breast	2
3	13 & Over 200 Free	4
5	13 & Over 100 Fly	6
7	13-14 400 Free Relay	8
9	13 & Over 400 Free Relay	10
11	13 & Older 400 IM	12

Evening Finals Warm-ups: 4:30 PM; Start: 5:30 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 100 Breast	2
3	13 & Over 200 Free	4
5	13 & Over 100 Fly	6
11	13 & Over 400 IM	12

Saturday, March 1, 2025

Morning Prelims Warm-ups: 7:00 AM; Start: 8:30 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	13 & Over 200 Fly	14
15	13 & Over 50 Free	16
17	13 & Over 200 Breast	18
19	13 & Over 100 Back	20
21	13-14 400 Medley Relay	22
23	13 & Over 400 Medley Relay	24
25	13 & Over 500 Free	26

Evening Finals Warm-ups: 4:30 PM; Start: 5:30 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	13 & Over 200 Fly	14
15	13 & Over 50 Free	16
17	13 & Over 200 Breast	18
19	13 & Over 100 Back	20
25	13 & Over 500 Free	26

Sunday, March 2, 2025

Morning Prelims Warm-ups: 7:00 AM; Start: 8:30 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	13 & Over 200 Back	28
29	13 & Over 100 Free	30
31	13 & Over 200 IM	32
33	13-14 200 Free Relay	34
35	13 & Over 200 Free Relay	36
37	13 & Over 1000 Free (*)	38

Evening Finals Warm-ups: 4:30 PM; Start: 5:30 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	13 & Over 1000 Free (*)	38
27	13 & Over 200 Back	28
29	13 & Over 100 Free	30
31	13 & Over 200 IM	32

(*) Timed Final Event – final heat to swim at Finals session