

	2024 VSI NORTHERN REGIONAL SUMMER AWARDS July 11-14, 2024 SANCTION NO. VS-24-104		Hosted by 
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-104. - 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. - Indoor a 6 lane 25-yard pool for continuous warm-up, cool-down. - Non-Turbulent Lane Markers in both pools. - Competitor Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. - 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. (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 DIRECTORS:	Name: Megan Struder Email: meetdirector@swimrays.org Phone: 540-295-2087		
ELIGIBILITY:	- Open to all Virginia Swimming athletes registered prior to the first day of the meet from the following teams: BASS, DC, NOVA, PWSC, RAYS, RCR, STAT, STLH, TORP, TSU, VSTP, WFS, WST - The qualifying period for this meet is November 1, 2022 through July 10, 2024. - No on deck Virginia Swimming athlete registration will be permitted. 8 and younger swimmers may compete in any 10 & U event regardless of their time except the 400 Freestyle where they must have a 10 & U B time. 14 and younger swimmers may compete in any event or relay leg in which they have a time that is slower than the Age Group Championship qualifying time except for the 400 IM, 400 Freestyle, or 800 Freestyle must have at least a B time in their respective age group. 15 and older swimmers may compete in any event or relay leg in which they have a time that is slower than the Senior Championship qualifying time except for the 400 IM, 400 Freestyle, or 800 Freestyle must have at least a B time in their respective age group. - Age on July 11, 2024 will determine age for the entire meet. 10 & 12 year-old swimmers aging up from July 11 to July 25, 2024 and 14 year-old swimmers aging up from July 11 to July 18, 2024 with times too fast to qualify for this championship will be allowed to compete under the following conditions: - Any 10 or 12 year-old swimmer who does not qualify in his/her new age group at Age Group Champs may enter the event.		

	○ Any 14 year-old swimmer who does not qualify for Senior Champs may enter the event. ○ The swimmers will be seeded correctly by time but will swim exhibition only and will not be eligible to receive an award or compete in the Finals session.
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 10 & under athletes will swim: ○ timed final events. ○ 400 freestyle on Thursday afternoon. • 11–12-year-old athletes will swim: ○ 400 freestyle on Thursday afternoon. ○ Prelim/finals in all 50 and 100 m individual events with top 8 from prelims swimming in finals. ○ All 200 m individual events and the 400 m IM as timed finals with the top 8 swimming in finals. • 13 & over athletes will swim: ○ 800 freestyle on Thursday afternoon. ○ All 400 m individual events as timed finals with the top heat of 13/14 and top heat of 15 & over swimming in finals. ○ Prelims/finals in all 50, 100, and 200 m individual events with top 16 13/14 athletes and top 16 15 & over athletes from prelims swimming in finals. • Chase starts may be utilized at the discretion of the meet referee. Teams will be notified NLT Monday, July 8, 2024, if chase starts will be used. • "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:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, July 2, 2024 • Conforming and non-conforming times will be used for entry – LCM, SCM, then SCY. • Teams submit entries via e-mail using Commlink-2 software. • Athletes may enter a maximum of 8 individual events for the meet, no more than 3 individual events per day and the relay events offered each day • "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record with the following exceptions: any athlete entered in the 400 IM, the 400 Freestyle, or the 800 Freestyle must have at least a B time in their respective age group. • Coach Times (CT) are not allowed. • All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • If a relay seed time cannot be created using the times of 4 swimmers entered in the meet, enter the relay with a NT • Each club may enter 2 relay teams per relay event. • Relay teams must be designated A or B if more than one per club is entered per event. Relay entry times must be slower than the combined "AG Championship" or Senior Champs times for the corresponding relay. • Email entries to: coachanthony@swimrays.orgmeetentries@swimrays.org, phone: 703-919-5889.

	• Late entries will be accepted. All late entries must submit proof of time. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added. • The Meet Referee reserves the right to combine heats and events, which may require reseeding.
FEES:	Individual events: \$13.00 Relay events: \$25.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) 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 • Mail payment to: Debby Martinich, PO BOX 866, Stafford VA 22555 • Payment must be received by July 11, 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:	• All events, except those requiring a positive check-in (400 and 800 freestyles, and the 400 IM) will be pre-seeded. • Positive check-in deadlines: The events listed below will require a positive check-in. ○ 2:30pm Thursday: Events #1 – 6 ○ 8:30am Friday: Events #31 & 32 (13-14 400 IM) ○ 1:00pm Friday: Events #33 & 34 (11-12 400 IM) ○ 1:00pm Sunday: Events #89 & 90 (13 & O 400 Free) • A swimmer who positively checks-in to swim for distance event and does not show up to compete, will not be able to swim his/her next event. • Events #5 & 6 (800 Freestyle) will be swum fastest to slowest and alternating heats of girls and boys. • All relays will be swum in prelims/timed final sessions.
WARM-UP:	• Thursday distance session: Warm-ups not before 2PM ○ 800 Free: ▪ The pool will be open for 15 min. of open warm-ups immediately following the finish of the 11/12 400m Freestyle with competition starting 5 min. thereafter. ▪ The approximate start for individual clubs will be posted on the RAYS website – www.swimrays.org, no later than Sunday, July 7, 2024 and will also be emailed to the contact person of the participating clubs. • Lane assignment and warm-up times for individual clubs will be posted on the RAYS website – www.swimrays.org, no later than Monday, July 2, 2023 and will also be emailed to the contact person of the participating clubs. • Morning sessions: Warm-ups at 7:00am; Friday competition starts not before 8:20am. Saturday and Sunday – not before 8:10am. • Afternoon sessions: Warm-ups not before 11:00am; competition starts not before 12:10pm. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. • Finals Sessions: Warm-ups – 4:00pm; Competition starts – 5:00pm
AWARDS:	• Individual events: ○ 12 & U: will be awarded medals 1st through 3rd place and ribbons 4th through 16th place. ○ 13 & O: will be awarded medals 1st through 3rd place and ribbons 4th through 8th place. • 10 & under events will be awarded as 9-10 and 8 & under. • 13 & over events will be awarded as 13-14 and 15 & over. • All Relay events will be awarded medals 1st through 3rd place and ribbons 4th through 8th place. • Scoring will be as follows:

	○ All events will be scored to 16 places. ○ Individual: 20-17-16-15-14-13-12-11 - 9-7-6-5-4-3-2-1 ○ Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
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.
RULES:	• The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection 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. • The following scratch rule regarding finals will be in effect: 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. • 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 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. • 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.
OFFICIALS:	Meet Referee: Michael C. 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 in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook. • Officials are asked to sign up to support the meet at the following link by Sunday, June 30, 2024: 2024 Summer Awards Official Sign-up Link 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 Friday, July 12, 2024.

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. - The number of timers required per club and their lane assignments will be posted on the RAYS website - www.swimrays.org, no later than Sunday, July 7, 2024 and will also be emailed to the contact person of each of the individual clubs. - Swimmers competing in the 800 Free – Events 5-6, must provide their own timers and counters.
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. 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

2024 VSI REGIONAL SUMMER AWARDS

ORDER OF EVENTS

Thursday, July 11, 2024

Warm-up: 2:00PM; Start: 3:00PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & U 400m Freestyle	2
3	11/12 400m Freestyle	4
5	13 & O 800m Freestyle	6

Friday, July 12, 2024

13 & O Prelim Warm-up: 7:00AM; Start: 8:20AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
11	13 & O 200m Freestyle	12
15	13 & O 100m Breaststroke	16
23	13 & O 100m Butterfly	24
31	13 & O 400m Individual Medley	32
10 minute break		
35	400 Free Relay	36

12 & U Prelims Warm-up: 11:00AM; Start: 12:10PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	11-12 200m Freestyle	8
9	10 & U 200m Freestyle	10
13	11-12 50m Breaststroke	14
17	10 & U 50m Breaststroke	18
19	11-12 200m Backstroke	20
21	10 & U 100m Butterfly	22
25	11-12 100m Butterfly	26
5 minute break		
27	10 & U 400m Free Relay	28
29	11/12 200m Free Relay	30
10 minute break		
33	400 IM	34

Finals Warm-up: 4:00PM; Start: 5:00PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	11-12 200m Freestyle	8
11	13 & O 200m Freestyle	12
13	11-12 50m Breaststroke	14
15	13 & O 100m Breaststroke	16
19	11-12 200m Backstroke	20
23	13 & O 100m Butterfly	24
25	11-12 100m Butterfly	26
31	13 & O 400m IM	32
33	11-12 400m IM	34

Saturday, July 13, 2024

13 & O Prelims Warm-up: 7:00AM; Start: 8:10AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	13 & O 200m Free Relay	38
10 minute break		
43	13 & O 200m Individual Medley	44
49	13 & O 100m Backstroke	50
55	13 & O 200m Breaststroke	56
59	13 & O 50m Freestyle	60
10 minute break		
65	13 & O 400m Medley Relay	66

12 & U Prelims Warm-up: 11:00AM; Start: 12:10M (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
39	11-12 50m Backstroke	40
41	10 & U 50m Backstroke	42
45	11-12 200m Butterfly	46
47	10 & U 100m Breaststroke	48
51	11-12 100m Breaststroke	52
53	10 & U 50m Freestyle	54
57	11-12 50m Freestyle	58
5 minute break		
61	10 & U 200 M Medley Relay	62
63	11-12 200 M Medley Relay	64

Finals		
Warm-up: 4:00PM; Start: 5:00PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
39	11-12 50m Backstroke	40
43	13 & O 200 m IM	44
45	11-12 200m Butterfly	46
49	13 & O 100 m Backstroke	50
51	11-12 100m Breaststroke	52
55	13 & O 200m Breaststroke	56
57	11-12 50 m Freestyle	58
59	13 & O 50m Freestyle	60

Sunday, July 14, 2024

13 & O Prelims Warm-up: 7:00AM; Start: 8:10AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
71	13 & O 200m Butterfly	72
77	13 & O 100m Freestyle	78
83	13 & O 200m Backstroke	84
89	13 & O 400m Freestyle	90
10 minute break		
97	13 & O 200m Medley Relay	98

12 & U Prelims Warm-up: 11:00AM; Start: 12:10PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
67	11-12 50m Butterfly	7
69	10 & U 50m Butterfly	70
73	11-12 100m Freestyle	74
75	10 & U 100m Freestyle	76
79	11-12 200m Breaststroke	80
81	10 & U 100m Backstroke	82
85	11-12 100m Backstroke	86
87	10 & U 200m Individual Medley	88
91	11-12 200m Individual Medley	92
5 minute break		
93	10 & U 200 Free Relay	94
95	11/12 400 Free Relay	96

Finals Warm-up: 4:00PM; Start: 5:00PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
67	11-12 50m Butterfly	68
71	13 & O 200m Butterfly	71
73	11-12 100m Freestyle	74
77	13 & O 100m Freestyle	78
79	11-12 200m Breaststroke	80
83	13 & O 200m Backstroke	84
85	11-12 100 Backstroke	86
89	13 & O 400m Freestyle	90
91	11-12 200m Individual Medley	92