



STAT 2023 Fall Sprint Meet
September 30 – October 1, 2023
SANCTION NO. VS-24-08



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-08 USA Swimming, Inc., Virginia Swimming, Inc., Stafford Aquatic 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, Stafford Aquatic 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, VA
LOCATION:	<p>Jeff Rouse Swim and Sport Center, 1600 Mine Road, Stafford, VA 22554</p> <ul style="list-style-type: none"> Phone: (540) 318-6332
FACILITY:	<ul style="list-style-type: none"> The Jeff Rouse Swim and Sport Center provides two indoor pools and supporting amenities which may include hospitality and concession stand. The 50-meter competition pool with bulkhead offers two eight lane 25-yard competition pools with a depth of 6.7 feet to 12.6 feet from end to end with overflow gutters with non-turbulent lane markers. All sessions will be run in one 25-yard competition pool configured for eight lanes with a depth of 12 feet at the start end and 6.7 feet at the turn. Meet Director reserves the right to run any session in two courses. Teams will be informed no later than Wednesday, November 30th if two courses will be used. Indoor eight lane, 25- yard pool for continuous warm-up, cool-down. Competitor starting blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. There will be lifeguards and additional Aquatic Staff on deck to provide medical assistance as well as an AED device. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). A copy of the certification is on file with USA Swimming.
MEET DIRECTOR:	<p>Name – Delwyn Jones Email – djones.stat@gmail.com Phone – (540) 207-2527</p>
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming athletes registered before the first day of the meet. No on deck Virginia Swimming athlete registration will be permitted. 2021-2024 NAG time standards are in effect. Age on September 30, 2023 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"> Morning sessions: All 13 & Over swimmers will compete in the morning session on Saturday and Sunday. Afternoon sessions: All 12 & Under swimmers will compete in the afternoon session on Saturday and Sunday. All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none"> Morning sessions: 13 and Over warm-ups start at 7:00am; competition starts at 8:10am Afternoon sessions: 12 and Under Warm-ups not before 11:00am; competition starts not before 12:00pm.

	<ul style="list-style-type: none"> • Lane assignment and warm-up times for individual clubs will be posted on the STAT website no later than Monday, September 25, 2023 and will also be emailed to the contact person of the participating clubs. • If the prior session runs late, the next session's warm-up will begin 15 minutes after the previous session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, September 19, 2023</p> <ul style="list-style-type: none"> • Entries must be submitted in SCY times using Commlink-2 software. • Teams submit entries via email. • "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. • Swimmers may enter a maximum of 5 individual event(s) per day. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the capacity limits per session and the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines. • Deck entries will be accepted for athletes already in the meet to the extent that open lanes are available without adding extra heats. • Email entries to: Delwyn Jones djones.stat@gmail.com
FEES:	<p>Individual events: \$10.00 Relays \$20.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Deck Entries: \$15.00 Checks should be made payable to: Stafford Aquatics Team.</p> <ul style="list-style-type: none"> • Mail payment to: STAT Treasurer, P.O. Box 836, Stafford, VA 22555 • Payment must be received by Tuesday, September 26, 2023, for all entries. Failure to pay entry fees will result in teams being barred from the meet. Swimmers will be permitted to participate in the meet as unattached providing they pay the appropriate entry fees • Payments for Deck Entries must be submitted at the time the entry is requested • 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 will be pre-seeded.
AWARDS:	<ul style="list-style-type: none"> • No Awards will be given
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 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. • 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.

	<ul style="list-style-type: none"> • 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 keeping 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 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: Kelly Warnagiris Email: kelly.warnagiris@winchesterswimteam.com Phone: 703-283-9121</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • An Officials Meeting will be held 1 hour before the start of each session. • Please email Kelly Warnagiris directly to sign up to officiate
SAFETY:	<p>MEET SAFETY OFFICER Name: Delwyn Jones Email: djones.stat@gmail.com Phone: 540-207-2527</p> <ul style="list-style-type: none"> • Virginia Swimming Meet Safety Procedures will be in effect.
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 STAT website no later than Monday, Monday September 25, 2023 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 the session.
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be available on Meet Mobile and posted in the grand stand area for swimmer access. Heat sheets will also be posted at www.swimstat.org, and emailed to all coaches no later than Thursday September 28, 2023. • Light snacks and drinks will be available for swimmer purchase inside the venue. • All swimmers, officials, volunteers, etc. shall enter the pool area through the front door of the facility. The remainder of the facility is off limits to all swim meet attendees. • Restrooms are located just outside the doors on the grandstand side of the pool. The locker rooms will be open for all swimmers. • Coaches and officials hospitality will include light snacks and drinks hosted in the room just off the pool deck.
FACILITY RULES:	<ul style="list-style-type: none"> • No glass containers are permitted in the facility. • Lawn/deck chairs are not permitted in the grandstand. • Smoking is NOT allowed anywhere on the campus. • No flash photography.
DIRECTIONS:	<ul style="list-style-type: none"> • From I95 North, take Exit 140, Stafford. Take a left on Courthouse Road, go approximately one mile and turn right on Mine Road. Facility will be on your left. • From I95 South, take Exit 140, Stafford. Take a right on Courthouse Road, go approximately one mile and turn right on Mine Road. Facility will be on your left
HOTELS:	<ul style="list-style-type: none"> • HAMPTON INN AND SUITES 2925 Jefferson Davis Hwy, Stafford, VA 22554

	(540) 657-0999
	<ul style="list-style-type: none"> FAIRFIELD INN AND SUITES / MARRIOTT 2884 Jefferson Davis Hwy, Stafford, VA 22554 (540) 720-1299 TOWNPLACE SUITES / MARRIOTT 2772 Jefferson Davis Hwy, Stafford, VA 22554 (540) 657-1990 WINGATE BY WYNDAM 15 Salisbury Drive, Stafford, VA 22554 (540) 659-3600

STAT 2023 Fall Sprint Meet - Order of Events

Saturday 13 & Over Morning Session 1

Warm Ups 7:00AM; Meet Start 8:10AM

Girls	Events	Boys
1	13 & Over 100 Back	2
3	13 & Over 50 Breast	4
5	13 & Over 100 Fly	6
7	13 & Over 50 Free	8
9	13 & Over 100 IM	10
11	13 & Over 200 Medley Relay	12

Saturday 12 and Under Afternoon Session 2

Warm Ups not earlier than 11:00PM; Meet Start not earlier than 12:00PM

Girls	Events	Boys
13	8 & Under 25 Free	14
15	12 & Under 100 Free	16
17	12 & Under 50 Breast	18
19	12 & Under 100 IM	20
21	12 & Under 50 Fly	22
23	12 & Under 100 Back	24
25	8 & Under 25 Fly	26
27	12 & Under 200 Medley Relay	28

Sunday 13 & Over Morning Session 3

Warm Ups 7:00AM; Meet Start 8:10AM

Girls	Events	Boys
29	13 & Over 100 Breast	30
31	13 & Over 50 Fly	32
33	13 & Over 200 IM	34
35	13 & Over 50 Back	36
37	13 & Over 100 Free	38
39	13 & Over 200 Free Relay	40

Sunday 12 and Under Afternoon Session 4

Warm Ups not earlier than 11:00AM; Meet Start not earlier than 12:00PM

Girls	Events	Boys
41	8 & Under 25 Back	42
43	12 & Under 100 Breast	44
45	12 & Under 50 Back	46
47	12 & Under 100 Fly	48
49	12 & Under 50 Free	50
51	8 & Under 25 Breast	52
53	12 & Under 200 Free Relay	54