



STAT LC Invite
May 12-14, 2023
SANCTION NO. VS-23-84



SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-84 - 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:	Jeff Rouse Swim and Sport Center, 1600 Mine Road, Stafford, VA 22554 Phone: (540) 318-6332
FACILITY:	- 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. If we need to run a session in two courses, teams will be informed no later than Wednesday, November 30th. - 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 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:	Name – Delwyn Jones Email – djones.stat@gmail.com Phone – (540) 207-2527
ELIGIBILITY:	- 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 May 12, 2023 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.
FORMAT:	- Friday afternoon will be Distance Session - 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:	- Friday Distance Session: Warm Up will begin at 3:30pm; competition will start at 4:30pm - 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 11:30am; competition starts not before 12:30pm.

	- Lane assignment and warm-up times for individual clubs will be posted on the STAT website no later than Monday, May 8, 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 to allow time for cleaning.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, May 2nd, 2023 - Entries must be submitted in SCY times using Commlink-2 software. - Teams submit entries via email. - Coach Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. <u>CT must be slower than an "A" time.</u> 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 event(s) per day. - Entries will be processed in the order received and <u>accepted to</u> the greatest extent possible without exceeding 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:	Individual events: \$10.00 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. - Mail payment to: STAT Treasurer, P.O. Box 836, Stafford, VA 22555 - Payment must be received by Tuesday, May 9, 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:	- All events will be pre-seeded except for Events 1 & 2 (400 IM), Events 3 & 4 (400 free) and Events 5 & 6 (1500 Free). - Positive check in will be required for Events 1 & 2 (400 IM), Events 3 & 4 (400 free) and Events 5 & 6 (1500 Free). Positive check in will close at 4PM on Friday May 12. - Events 1 and 2, 11 & Over 400 IM will be run alternating girls/boys fastest to slowest. - Events 3 and 4, 11 & Over 400 Free will be run alternating girls/boys fastest to slowest. - Events 5 and 6, 13 & Over 1500 Free will be run alternating girls/boys fastest to slowest. - Events 5 and 6, 13 & Over 1500 Free will be limited to 3 heats of boys and 3 heats of girls. - Teams will be notified NLT Friday May 6, which swimmers will be allowed to swim the 1500.
AWARDS:	No Awards will be given
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. - 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 <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:	Meet Referee: Ralph Jones Email: ralph.jones@vdot.virginia.gov Phone: 804-786-4034 - Officials will be needed for all positions and all sessions for this meet. - Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to STAT Officials Chairman, Email: gostatswim.officials@gmail.com - An Officials Meeting will be held 1 hour before the start of each session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	- Swimmers will supply their own timers for events 1-6 on Friday. Swimmers will also supply their counters 1500 free. - 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, May 8, 2023, and will also be emailed to the contact person of each of the individual clubs. - All timers and counters will be required to wear a mask. - Timer's meeting will be held approximately 30 minutes prior to the start of the session.
GENERAL:	- Heat sheets will be available on Meet Mobile and posted in the grandstand area for swimmer access. Heat sheets will also be posted at www.swimstat.org, and emailed to club coaches no later than Thursday, May 11, 2023. - Light snacks and drinks will be available for swimmer purchase inside the venue. - Restrooms are located just outside the doors on the grandstand side of the pool. - Coaches and officials' hospitality will include light snacks and drinks hosted in the room just off the pool deck.
FACILITY RULES:	- 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:	• 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:	• HAMPTON INN AND SUITES 2925 Jefferson Davis Hwy, Stafford, VA 22554 (540) 657-0999 • 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 LC Invite
ORDER OF EVENTS
(All Warm Up Times are Approximate)**

Session #1 5/12/2023 15 and Over Warm Up: 3:30pm; Start 4:30pm		
Girls	Events	Boys
1	11 and Over 400 Free	2
3	11 and Over 400 IM	4
5	13 and Over 1500 Free	6

Session #2 5/13/2023 13 & Over Warm Up: 7:00am; Start 8:10am			
Girls	Events		Boys
7	13 & Over	200 Freestyle	8
9	13 & Over	100 Butterfly	10
11	13 & Over	200 IM	12
13	13 & Over	200 Backstroke	14
15	13 & Over	100 Breaststroke	16

Session #3 5/13/2023 12 & Under Warm Up: 11:30 am; Start 12:30 pm (Times are approximate)			
Girls	Events		Boys
17	12 & Under	200 Freestyle	18
19	12 & Under	100 Butterfly	20
21	12 & Under	200 IM	22
23	12 & Under	50 Breaststroke	24
25	12 & Under	100 Backstroke	26
27	12 & Under	200 Breaststroke	28

Session #4 5/14/2023 13 & Over Warm Up: 7:00am; Start 8:10am			
Girls	Events		Boys
29	13 & Over	100 Freestyle	30
31	13 & Over	200 Butterfly	32
33	13 & Over	100 Back	34
35	13 & Over	200 Breast	36
37	13 & Over	50 Freestyle	38

Session #5 5/14/2023 12 & Under Warm Up: 11:30 am; Start 12:30 pm (Times are approximate)			
Girls	Events		Boys
39	12 & Under	100 Freestyle	40
41	12 & Under	50 Butterfly	42
43	12 & Under	100 Breast	44
45	12 & Under	50 Backstroke	46
47	12 & Under	200 Butterfly	48
49	12 & Under	50 Freestyle	50
51	12 & Under	200 Backstroke	52