



2024 STAT Sprint Meet
October 5-6, 2024
SANCTION NO. VS-25-23



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-23. 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 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. • 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. 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. 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 – 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 October 5, 2024 will determine age for the entire meet. Based on the number of entries received, the Meet Director reserves the right to configure the pool in two-25 yard courses. Teams will be notified by Wednesday September 25, 2024, if two courses will be used.
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.
ATHLETES WITH A SERIOUS	<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.

MEDICAL CONDITION:	<ul style="list-style-type: none"> 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"> 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. Meet course will be SCY All events will be timed finals.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, September 24, 2024</p> <ul style="list-style-type: none"> Entries must be submitted in SCY times using CommLink-2 software. Teams submit entries via email. A printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries. 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 5 <i>individual event(s) per day.</i> 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. Email entries to: Delwyn Jones djones.stat@gmail.com Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. No extra heats will be added.
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 October 1, 2024 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:	<ul style="list-style-type: none"> All events will be pre-seeded
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. Lane assignment and warm-up times for individual clubs will be posted on the STAT website no later than Monday, September 30, 2024 and will also be emailed to the contact person of the participating clubs. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
AWARDS:	<ul style="list-style-type: none"> No Awards will be given
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. 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.

	<ul style="list-style-type: none"> • 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 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 the Virginia Swimming 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:	<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. <p>Any event in which an athlete participated illegally will be rescored and re-awarded.</p>
OFFICIALS:	<p>Meet Referee: Ralph Jones Email: ralph.jones@vdot.virginia.gov Phone: 804-786-4034</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • 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 Saturday, October 5, 2024.
SAFETY:	<p>MEET SAFETY OFFICER: Delwyn Jones Email: Delwyn Jones Phone: 540-207-2527</p> <p>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 STAT website no later than Monday, Monday September 30, 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 the session.
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be available on Meet Mobile and will also be posted at www.swimstat.org, and emailed to all coaches no later than Thursday, October 2, 2024 • 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.

	<ul style="list-style-type: none"> 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 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 2024 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
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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