

	STAT Winter Champs December 9-11, 2022 SANCTION NO. VS-23-46		
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-46 - 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.		
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. - 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 USA 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 December 9, 2022 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:	- All 13 and Over swimmers will swim a preliminary session in the Morning. - All 11-12 swimmers will swim a preliminary session in the afternoon session. - All 10 and Under swimmers will swim a timed finals session in the late afternoon session. - All 25 yard events will start from the turn end of the pool. - Finals will be Top 24 for 13 and Over Swimmers with the C final being for 13-14 Swimmers only, and Top 8 for all 11-12 Swimmers - Events 55 and 56, 13 & over 500 Free will be run alternating girls/boys fastest to slowest and will be a Timed Finals with all heats swimming in prelims - Event 21 and 22 11/12 200 Breast will be Timed Finals with all heats swimming in prelims - Event 29 and 30 11/12 200 Fly will be Timed Finals with all heats swimming in prelims - Event 69 and 70 11/12 200 Free will be Timed Finals with all heats swimming in prelims - Event 73 and 74 11/12 200 Back will be Timed Finals with all heats swimming in prelims		
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, November 29, 2022 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. CT must be slower than an "A" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. - Swimmers may enter a maximum of 3 individual event(s) per session. - Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines. - 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:	Individual events: \$10.50 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) - 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 December 9, 2022 for all entries. Failure to pay entry fees by this deadline will 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:	- A Clerk of Course will be provided for 8 & Younger events only - Swimmers in all other events will report directly to the blocks. - All events will be pre-seeded. - Swimmers may swim a total of 2 individual events for the distance session Coaches will be asked to submit scratches for distance events (400 IM, 500 Free, 1650 Free). At the discretion of the meet referee, the events will be reseeded if sufficient scratches are received. Scratches are due by 3:00 PM - Events 1 and 2, 11 & Over 400 IM will be run alternating girls/boys fastest to slowest. - Events 3 and 4, 12 & Under 500 Free will be run alternating girls/boys fastest to slowest. - Events 5 and 6, 11 & Over 1650 Free will be run alternating girls/boys fastest to slowest.
WARM-UP:	- Friday Distance: Warm Ups 3:30PM competition starts at 4:30PM - Morning sessions: Warm-ups at 7:00AM; competition starts at 8:00AM - Afternoon sessions: Warm-ups not before 11:00AM; competition starts not before 12:00PM. - Mid Afternoon Sessions: Warm ups not before 2:00PM; competition not before 3:00PM - Finals Sessions: Warm Ups not before 4:30PM; Competition not before 5:10PM - If the morning session runs late, afternoon warm-ups will begin immediately after the session ends.
AWARDS:	- Individual events: Ribbons will be awarded for 1st through 8th Place for 12 & Under swimmers - Heat winner ribbons will be awarded for all 12 & Under individual events.
RULES:	- The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet. - All applicable 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 the MAAPP policy 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. • 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 Virginia Swimming Best Practices, all athletes should shower before entering the pool. • In accordance with 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:	• 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.
OFFICIALS:	Meet Referee: Ralph Jones Email: Ralph.jones@vdot.virginia.com 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 the Meet Ref Ralph.jones@vdot.virginia.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:	• 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 December 5, 2022 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. • Swimmers will provide their own timers and counters for distance events.
GENERAL:	• 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, no later than Thursday, December 8, 2022. • 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 FOR EMERGENCY USE ONLY are located just outside the doors on the grandstand side of the pool. Locker rooms will be closed for use. • 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 Salsbury Drive, Stafford, VA 22554 (540) 659-3600

**STAT Winter Champs
ORDER OF EVENTS**

FRIDAY, DECEMBER 9, 2022

Session 1

Timed Finals

Warm Ups 3:30PM; Meet Start 4:30PM

Girls	Events	Boys
1	11 & Over 400 IM	2
3	12 & Under 500 Free	4
5	11 & Over 1650	6

SATURDAY, DECEMBER 10, 2022

13 & Over Morning Session 2

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

Girls	Events	Boys
7	13 & Over 100 Back	8
9	13 & Over 200 Free	10
11	13 & Over 100 Fly	12
13	13 & Over 200 Breast	14
15	13 & Over 200 IM	16
17	13 & Over 100 Free	18

11-12 Afternoon Session 3

Warm Ups 11:00AM; Meet Start 12PM

(Times are approximate)

Girls	Events	Boys
19	11-12 100 Free	20
21	11-12 200 Breast	22
23	11-12 50 Fly	24
25	11-12 200 IM	26
27	11-12 50 Breast	28
29	11-12 200 Fly	30
31	11-12 50 Back	32

10 and Under Afternoon Session 4

Warm Ups 2:00PM; Meet Start 3:00PM

(Times are approximate)

Girls	Events	Boys
33	8 & Under 25 Free	34
35	10 & Under 100 Free	36
37	10 & Under 50 Breast	38
39	10 & Under 200 IM	40
41	10 & Under 50 Fly	42
43	10 & Under 50 Back	44
45	8 & Under 25 Fly	46

SATURDAY, DECEMBER 10, 2022**Finals Session 5**

Warm Ups 4:30PM Meet Start 5:10PM
(Times are approximate)

Girls	Events	Boys
7	13 & Over 100 Back	8
19	11-12 100 Free	20
9	13 & Over 200 Free	10
23	11-12 50 Fly	24
11	13 & Over 100 Fly	12
25	11-12 200 IM	26
13	13 & Over 200 Breast	14
27	11-12 50 Breast	28
15	13 & Over 200 IM	16
31	11-12 50 Back	32
17	13 & Over 100 Free	18

SUNDAY, DECEMBER 11, 2022**13 & Over Morning Session 6**

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

Girls	Events	Boys
47	13 & Over 100 Breast	48
49	13 & Over 200 Fly	50
51	13 & Over 50 Free	52
53	13 & Over 200 Back	54
55	13 & Over 500 Free	56

11-12 Afternoon Session 7

Warm Ups 11:00AM; Meet Start 12PM
(Times are approximate)

Girls	Events	Boys
65	11-12 100 Back	66
67	11-12 100 Breast	68
69	11-12 200 Free	70
71	11-12 100 IM	72
73	11-12 200 Back	74
75	11-12 100 Fly	76
77	11-12 50 Free	78

10 and Under Afternoon Session 8

Warm Ups 2:00PM; Meet Start 3:00PM
(Times are approximate)

Girls	Events	Boys
79	8 & Under 25 Back	80
81	10 & Under 100 Back	82
83	10 & Under 100 Breast	84
85	10 & Under 200 Free	86
87	10 & Under 100 IM	88
89	10 & Under 100 Fly	90
91	10 & Under 50 Free	92
93	8 & Under 25 Breast	94

SUNDAY, DECEMBER 11, 2022

Finals Session 9

Warm Ups 4:30PM Meet Start 5:10PM
(Times are approximate)

Girls	Events	Boys
65	11-12 100 Back	66
47	13 & Over 100 Breast	48
67	11-12 100 Breast	68
49	13 & Over 200 Fly	50
71	11-12 100 IM	72
51	13 & Over 50 Free	52
75	11-12 100 Fly	76
53	13 & Over 200 Back	54
77	11-12 50 Free	78