

	STORM Into Fall AA/A/BB/B/C Meet September 17-18, 2022 SANCTION NO. VS-23-01	Hosted By: 
<i>We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting the Rockbridge Aquatic Center). An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.</i>		
SANCTION:	• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-01 • USA Swimming, Inc., Virginia Swimming, Inc., and Rockbridge Aquatic Center shall be held free and harmless from any and all liabilities or damages claims arising by reason of injuries to anyone during the conduct of this event. • An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. • USA Swimming, Inc., Virginia Swimming, Inc., and the Rockbridge Aquatic Center cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. • BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION THEREWITH.	
LOCATION:	Rockbridge Aquatic Center, 194 Wallace Street Lexington, VA 24450	
FACILITY:	• 25 yard, 6 lane domed indoor municipal pool; Paragon blocks; 6.5 feet deep at the start end and 3.5 feet deep at the turn end of the pool; Colorado Timing fully automatic system including 6 lane scoreboard. • Bleacher seating is available; however, competitors and spectators can bring folding chairs which may be set up on the deck • 25 Yard Outdoor Pool adjacent to the dome pool will be available for warm-up / warm down weather permitting • The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). • 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:	Name: Craig Charley Email: craigryancharley@gmail.com Phone: 540-447-0326	

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. • Age on September 17, 2022 (first day of the meet) 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 swimmers will swim in the morning session. • All events will be timed finals.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS: Wednesday, September 7, 2022 • Entries must be submitted in short course yard 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. • "No Time" (NT) entries will be accepted. • 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. • Email entries to: Craig Charley, craigryancharley@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: \$4.00 Relay events: \$14.00 per relay team Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Checks should be made payable to: Rockbridge Storm Swim Team. • Mail payment to: Rockbridge Storm P.O Box 1552 Lexington, VA 24450 • Payment must be received by Thursday, September 15th 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:	• A Clerk of Course will be provided for swimmers 12 & Under. • Swimmers 13 & Over will report directly to the blocks. • All events 200 yards or shorter will be pre-seeded. • All 400 yard or longer events will require a positive check-in to swim. Positive check-in for distance events will close at 11:00am the day of the event.
WARM-UP:	• Morning sessions: Warm-ups not before 7:30am; competition starts not before 9:00am. • Distance sessions: Afternoon sessions "approximate Warm-ups not before 11:00am; competition starts not before 11:20am. The pool will be opened for 20 minutes of open warm-ups immediately following the morning session(s), with the distance session competition starting 10 minutes thereafter. • A break of not more than 10 minutes may be inserted between certain events, depending upon entries and timeline. These will be communicated to the coaches and only added if they do not cause any session the maximum allowed time. If mid-session breaks are added, the pool will be open and will follow regular warm-up rules. • The approximate start time for the distance sessions will be posted on the www.rockbridgeswims.org website no later than Tuesday, September 12th, 2022 and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times.

	- Lane assignment and warm-up times for individual clubs will be posted on the www.rockbridgeswims.org website no later than Tuesday, September 12th, 2022 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:	Individual events: Ribbons will be awarded for first through six place. 13 & Over events will be given separate awards for 13-14 and 15 & over age groups. 11 & Over events will be given separate awards for 11-12, 13-14, and 15 & over age groups. 10 & Under events will be given separate awards for 9-10, 7- 8 & 6 under age groups.
COVID RULES	Please follow all posted COVID Rules. Masks are highly recommended for all spectators inside the RAC, and may be required depending on COVID prevalence in the area.
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 a 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: Steve Woolfolk Email: woolfolks@aol.com Phone: (540) 312-1259 - Officials will be needed for all positions and all sessions of 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 Craig Charley, craigryancharley@gmail.com no later than 09/12/2022. - Officials meetings must be at least one hour prior to the start of each session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.

TIMERS:	- The number of timers required per club and their lane assignments will be posted on the Rockbridge Swims website (www.rockbridgeswims.org) no later than Tuesday, September 13th, 2022, and will also be emailed to the contact person of each of the individual clubs. - Swimmers must provide timers for the Distance Session(s).
GENERAL:	- Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. - There will be a variety of refreshments available at the meet. - Heat Sheets will be available for purchase. - Overflow parking is provided at Maury River Middle School adjacent to the facility
FACILITY RULES:	- Please obey lifeguards and staff at all times. - Caps are required. - Please obey posted facility rules. - Please be courteous in sharing the locker rooms and bathrooms by keeping them neat
DIRECTIONS:	Directions to ROCKBRIDGE AQUATICS CENTER: Take 81 south to exit 191 (64 west). Take 1st exit 55. At the end of the ramp turn left on Route 11 south. Stay on Route 11 for approximately 1 mile. Cross bridge. Stay left on Route 11 bypass. Follow Route 11 bypass for approximately 2 miles to the 1st stop light. Turn Right on Main St (route 11). Take the 1st right turn on Waddell St. at the Rockbridge Farmers' Coop. Go straight at the stop sign by Maury River Middle School. Turn left into Pool parking lot
HOTELS:	Holiday Inn Express: 880 North Lee Highway, Phone: (540) 463-7351 - Econo-Lodge: US Route 11, Phone: (540) 463-7371 - Comfort Inn: US Route 11, Phone: (540) 463-7311

**STORM Into Fall
ORDER OF EVENTS**

Saturday, Sept. 17th

Morning Session Warm-up: Not before 7:30am; Start: Not before 9am			Afternoon Session Warm-up: Not before 11:00AM Start: Not before 11:20am (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12 & Under 200 Freestyle	2	29	12 & Under 400 IM	30
3	13 & Over 200 Freestyle	4	31	13 & Over 400 IM	32
5	8 & Under 25 Breaststroke	6			
7	12 & Under 100 Breaststroke	8			
9	13 & Over 100 Breaststroke	10			
11	12 & Under 50 Butterfly	12			
13	13 & Over 200 Butterfly	14			
15	8 & Under 25 Backstroke	16			
17	12 & Under 100 Backstroke	18			
19	13 & Over 100 Backstroke	20			
21	12 & Under 50 Freestyle	22			
23	13 & Over 50 Freestyle	24			
25	12 & Under 200 Medley Relay	26			
27	13 & Over 200 Medley Relay	28			

Sunday, Sept. 18th

Morning Session Warm-up: Not before 7:30am; Start: 9am			Afternoon Session Warm-up: Not Before 11am; Start: Not Before 11:20am (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	12 & Under 100 IM	34	61	12 & Under 500 Freestyle	62
35	13 & Over 200 IM	36	63	13 & Over 500 Freestyle	64
37	8 & Under 25 Butterfly	38			
39	12 & Under 100 Butterfly	40			
41	13 & Over 100 Butterfly	42			
43	12 & Under 50 Breaststroke	44			
45	13 & Over 200 Breaststroke	46			
47	8 & Under 25 Freestyle	48			
49	12 & Under 100 Freestyle	50			
51	13 & Over 100 Freestyle	52			
53	12 & Under 200 Backstroke	54			
55	13 & Over 200 Backstroke	56			
57	12 & Under 200 Free Relay	58			

59	13 & Over 200 Free Relay	60				