



The Duck Bowl Invitational
January 17-18, 2026
SANCTION NO. VS-260062



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-062• USA Swimming, Inc., Virginia Swimming, Inc., Hanover Aquatics 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 Rd., Stafford VA 22554
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.• Eight lanes, 50-meter competition pool, 12 feet deep at the start end and 6.7 feet at the turn end; overflow gutters with non-turbulent lane markers. The competition course for this meet will be 8 lanes, 25 yard pool.• Aquatics director, lifeguards, head lifeguards, and pool operators will be on duty during the meet and the facility includes 1 AED on deck, and 2 throughout the facility. A local EMT station is 1.8 miles away.• Indoor 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.• The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.
MEET DIRECTOR:	Name: Nikki Deal Email: hnvrrhurr@gmail.com Phone: 804-267-9494
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming athletes registered before the first day of the meet.• No on deck USA Swimming athlete registration will be permitted.• All 18 & over athletes must have completed the appropriate Athlete Protection Training (APT) prior to the first day of competition. Athletes whose 18th birthday occurs during competition must complete the APT prior to that date.• Age on January 17, 2026 will determine age for the entire meet.• 2024-2028 NAG time standards are in effect.
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 using the Disability Accommodation Form.
ATHLETES WITH A SERIOUS MEDICAL CONDITION:	<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.• This provision does not apply to medical conditions that are not life-threatening while

	<p>swimming including injuries that limit range of motion.</p> <ul style="list-style-type: none"> The swimmer/coach shall provide a Personal Assistant(s) as needed.
FORMAT:	<ul style="list-style-type: none"> All 13&Over swimmers will swim in the first session of the day. All 12&Under swimmers will swim in the afternoon session each day. There will be a distance session on Saturday at the end of the first session for 13&Over swimmers. All events will be timed finals. Based on the number of entries the Meet Director reserves the right to utilize two courses. If so, teams will be notified by Thursday, January 8, 2026.
WARM-UP:	<ul style="list-style-type: none"> 13&over sessions: Warm-ups not before 6:30AM, competition starts at 8:00AM 12&under sessions: Warm-ups not before 11:00AM, competition not before 12:00PM Saturday distance session: warmups will begin immediately following the conclusion of the morning 13&over session. Competition will begin 20 minutes following the morning session. Lane assignment and warm-up times for individual clubs will be posted on the Hanover Aquatics website no later than Tuesday, January 13, 2026 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 sessions ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, January 6, 2026.</p> <ul style="list-style-type: none"> Entries must be submitted in SCY times Commlink-2 software. Teams submit entries via email. Coach Time (CT) and “No Time” (NT) 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 4 individual events per day plus 13 & over swimmers may enter 1 event in the distance session on Saturday. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4 hour session timeline limit. Email entries to: hvnrhurr@gmail.com Deck entries are available for athletes already entered in the meet to the extent that open lanes are available. No heats will be added. Deck entries must be submitted to the Administrative Official on the provided forms.
FEES:	<ul style="list-style-type: none"> Individual events: \$12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Checks should be made payable to: Hanover Aquatics, Inc. Mail payment to: PO Box 1886, Mechanicsville, VA 23116 Payment must be received by the start of the meet, January 17, 2026 for all entries. Failure to pay entry fees by this deadline could result in the team 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"> • Sessions 1, 3, 4, and 5 will be pre-seeded. • Events 15 and 16 (1000 Free) in Session 2 will require positive check in. Check in is due by 9:30 Saturday morning. These events will be seeded fastest to slowest alternating heats of girls and boys. • Depending on the timeline Events 15 and 16 may be limited to 4 heats of girls and 4 heats of boys. Teams will be notified no later than Wednesday, January 8, 2025 if entries are limited.
AWARDS:	<ul style="list-style-type: none"> • Awards will be given to each heat winner, all age groups.
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.
MEET 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 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. • In accordance with VSI Best Practices, swimmers 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: Will Murphy

	<p>Email: wamurphycrna@gmail.com</p> <p>Phone: 804-301-8529</p> <p>Officials will be needed for all positions and all sessions for this meet.</p> <ul style="list-style-type: none"> • Team officials chair should submit the names and session availability of certified officials as well as the names and session availability of trainees to Matt Bugin no later than January 13, 2026 via Google Form HERE. • Officials meetings will be held one hour prior to the start of each session.
SAFETY:	<p>MEET SAFETY OFFICER: Nikki Deal</p> <p>Email: hnvrrhurr@gmail.com</p> <p>Phone: 804-267-9494</p> <ul style="list-style-type: none"> • Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • We will need 2 timers per lane per session. If we need timers and/or other workers from other clubs we will communicate that no later than Tuesday, January 13, 2026, 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"> • Warm Up and Warm Down lanes will be provided and are available for use throughout the meet. • Heat sheets will be available on Meet Mobile and posted around the grandstand area for the swimmers to access. We will also post heat sheets to the Hanover Aquatics website no later than Friday, January 16th at 12pm. • Coaches' and officials' hospitality will include breakfast, light snacks and drinks. Hospitality will be hosted in the room just off the pool deck.
FACILITY RULES:	<ul style="list-style-type: none"> • No glass containers of any kind are permitted in the facility. • Lawn/deck chairs are not permitted in the grandstand. • No smoking is allowed on the campus. • No outside food or beverages are allowed in the facility. • No spectators/parents will be allowed on deck unless working the meet. <p>No flash photography.</p>
DIRECTION:	<p>Go to http://www.virginiawimming.org/vsi/Meet/VenueDirections/JRS_SC.html for directions.</p>

Duck Bowl Invitational ORDER OF EVENTS

Saturday, January 17, 2026

13&Over Session 1		
Warm Up: not before 6:30AM;		
Competition at 8:00AM		
GIRLS	Events	BOYS
1	13&O 400 IM	2
	10 Minute Break	
3	13&O 50 Free	4
5	13&O 100 Breast	6
7	13&O 200 Fly	8
9	13&O 100 Back	10
11	13&O 50 Fly	12
13	13&O 200 Free	14

12&Under Session 3		
Warm Up: not before 11:00AM;		
Competition not before: 12:00PM		
GIRLS	Events	BOYS
17	9-12 200 Free	18
19	10&U 100 IM	20
21	11-12 100 IM	22
23	10&U 50 Free	24
25	11-12 50 Free	26
27	10&U 100 Back	28
29	11-12 100 Back	30
31	10&U 50 Breast	32
33	11-12 50 Breast	34
35	11-12 200 Breast	36
37	10&U 100 Fly	38
39	11-12 100 Fly	40

13&Over Distance Session 2		
15 minute warm up immediately after morning session.		
Competition 20 minutes after completion of morning session.		
GIRLS	Events	BOYS
15	13&Over 1000 Free	16

Sunday, January 18, 2026

13&Over Session 4 Warm Up: not before 6:30AM; Competition at 8:00AM		
GIRLS	Events	BOYS
41	13&O 500 Free	42
	10 Minute Break	
43	13&O 100 Free	44
45	13&O 200 Back	46
47	13&O 50 Back	48
49	13&O 100 Fly	50
51	13&O 200 Breast	52
53	13&O 50 Breast	54
55	13&O 200 IM	56

12&Under Session 5 Warm Up: not before 11:00AM; Competition not before: 12:00PM		
GIRLS	Events	BOYS
57	9-12 200 IM	58
59	8&U 25 Free	60
61	9-12 100 Free	62
63	8&U 100 Free	64
65	8&U 25 Breast	66
67	9-12 50 Back	68
69	8&U 50 Back	70
71	11-12 200 Back	72
73	8&U 25 Back	74
75	9-12 100 Breast	76
77	8&U 100 Breast	78
79	8&U 25 Fly	80
81	9-12 50 Fly	82
83	8&U 50 Fly	84
85	11-12 200 Fly	86