
	<p style="text-align: center;">WAYS NUTCRACKER CLASSIC Invitational December 4-7, 2025 SANCTION NO. VS-26-035</p>		<p style="text-align: center;">Hosted by</p> 
SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-035 USA Swimming, Inc., Virginia Swimming, Inc., Stingrays Swim 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:	<ul style="list-style-type: none"> Jeff Rouse Swim and Sport Center, 1600 Mine Rd., Stafford VA 22554, Phone: 540-318-6332 		
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. All sessions will be run in a 25 yd course. Indoor 6 lane 25-yard pool for continuous warm-up, cool-down. Non-Turbulent Lane Markers in both pools. Spectator 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 with 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: Megan Struder Email: meetdirector@swimrays.org Phone: 540-295-2087</p>		
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered before the first day of the meet from QSTS-VA, ECAT-VA, NCAP-PV (Alexandria, Claude Moore and Dulles South), STAT-VA, HNVR-VA, TIDE-VA, NOVA-VA, PSDN-VA, WST-VA and RAYS-VA. Additional teams will be allowed into the meet at the discretion of the Head Coach and Meet Director. 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. 12 & Under Athletes: no "NT" will be accepted for events 200 Yards or longer. 2024-2028 NAG time standards are in effect. Age on December 4, 2025 will determine age for the entire meet. 		
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 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"> Thursday: PM Distance Session – all events will be swum as Timed Finals. Friday, Saturday & Sunday <ul style="list-style-type: none"> AM Sessions: 13 & Over Preliminaries Afternoon Sessions: 12 & Under Preliminaries Evening Sessions: Finals for all Ages All events Friday, Saturday, and Sunday will be swum in prelims/finals format with the exception of the 13 & Over 1000 freestyle. All relays will be Timed Finals and swum in the preliminary sessions. There will be a 5 min break after the relays and before relay events. There will also be a 5 min break prior to the start of the 1000 Free. 13 & Over 1000 Free and 13 & Over 1650 Free may be limited to the 32 fastest Girls and 32 fastest Boys depending on the timeline. Teams will be notified no later than Monday December 1, 2025 of event limitations. All 400 IM and 500 Free events may be limited to the 48 fastest Girls and 48 fastest Boys depending on the timeline. Teams will be notified no later than Monday December 1, 2025 of event limitations. Dependent upon the number of entries received, the meet referee may decide to utilize two courses. Teams will be notified no later than Monday, December 1, 2025 if two courses will be used. <p>FINALS:</p> <ul style="list-style-type: none"> 13-14 Events – Top 16 (two heats). 15 & Over Events – Top 24 (3 heats) with the C final limited to 15-16 swimmers only. 13 & Over Events (400 IM and 500 Free) – Top 16 (two heats) regardless of age. 13 & Over 1000 Free Top 8 swimmers swim in finals. 12 & Under events Top 8 11-12 and Top 8 10 & Unders swimmers. 11-12 Events (200 Breast, Fly, and Back) - Top 8 Only.
WARM-UP:	<ul style="list-style-type: none"> Thursday: <ul style="list-style-type: none"> Warm-ups start at 3:00PM; competition starts at 4:00PM. Friday, Saturday & Sunday: <ul style="list-style-type: none"> 13 & O session: Warm-ups start at 6:30AM; competition starts at 8:15AM. 12 & U session: Warm-ups start no earlier than 11:00AM; competition starts no earlier than 12:00PM. Finals: Warm-ups start no earlier than 4:00PM; competition starts no earlier than 5:00PM. Lane assignments and warm-up times will be posted on the RAYS website - www.swimrays.org, no later than Sunday, November 30, 2025. If any session runs long, warm-ups for the following session(s) will begin immediately after the final event of the preceding session finishes.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, November 25, 2025.</p> <ul style="list-style-type: none"> Entries must be submitted in SCY times using 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 3 individual events per day but no more than 7 events for the meet. 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: Anthony Pedersen: meetentries@swimrays.org, phone: 703-919-5889. Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional 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: \$12.50 Relay events: \$25.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity). Checks should be made payable to: RAYS. Mail payment to: Debby Martinich, PO BOX 866, Stafford VA 22555. Payment must be received by December 1, 2025 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:	<ul style="list-style-type: none"> • Preliminary events will be pre-seeded. • Thursday's 12 & Under 500 Free and 1650 Free will be swum fastest to slowest • All 1000 Free and 1650 Free will be swum fastest to slowest. • 13 & Over Prelims for the 500 Free and 400 IM will be swum fastest to slowest. • All other events will be swum slowest to fastest. • Fastest heat of the 13 & Over 1000 free will be swum in Finals. • <u>There will be no positive check in for this meet. Events 400 and longer in which a swimmer is not scratched by the deadline and not swum will result in the swimmer being barred from his/her next individual event unless they pay a \$10 re-entry fee.</u> • Scratch deadlines <ul style="list-style-type: none"> ○ Thursday's Events by 6:00pm Wednesday 12/03/2025. ○ Friday's Events by 6:00pm Thursday 12/04/2025. ○ Saturday's Events by 6:00pm Friday 12/05/2025. ○ Sunday's Events by 6:00pm Saturday 12/06/2025. • Scratches for Thursday must be emailed to meetentries@swimrays.org. • All other scratches will be handled by the scratch table.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Medals will be awarded for 1st-3rd places and ribbons for 4th-8th places. • Relay events: Medals will be awarded for 1st-3rd places. • Awards will be given for 15 & Over, 13-14, 11-12, and 10 & Under.
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. • The following scratch rule regarding finals will be in effect: Any swimmer initially announced as qualifying for an event in finals who fails to scratch from the event and fails to compete in the event at finals will be barred from competing in any additional events in that session. Additionally, the athlete will be barred from competing in his/her next individual event in a subsequent session unless they pay a \$10 re-entry fee. If they pay the fee, they will be able to compete in their events in a subsequent session. Alternates will be announced along with final qualifiers but shall not be penalized if unavailable to compete in the finals. Rule 207.11.6.E 1-3, Exceptions for Failure to Compete, will be followed. • 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.
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.

	<ul style="list-style-type: none"> Any event in which an athlete participated illegally will be rescored and re-awarded.
OFFICIALS:	<p>MEET REFEREE: Michael Sizemore Email: mcsizemore@gmail.com Phone: 540-834-8120</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Training for Officials will be offered in accordance current USA Swimming and Virginia Swimming Training Policies/Guidelines Officials are asked to sign up to support the meet at the following link by Sunday, November 30, 2025. 2025 Nutcracker Officials Sign-up link Questions should be directed to Bill Fairfax at billf574@gmail.com, or to the Meet Referee. 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 Friday, December 5, 2025.
SAFETY:	<p>MEET SAFETY OFFICER: Megan Struder Email: meetdirector@swimrays.org Phone: 540-295-2087</p> <p>VSI Safety and Warm-up 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. Athletes must supply their own timer for all events Thursday and the 1000 Free on Sunday (except in finals). Athletes must supply their own counter for 500 Free, 1000 Free and 1650 Free. The number of timers required per club and their lane assignments will be posted on the www.swimrays.org website, no later than Monday, December 1, 2025 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 each session.
GENERAL:	<ul style="list-style-type: none"> Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Deck Access: Limited to athletes, coaches with their credentials, officials, timers and individuals helping work the meet. Team Areas: Seating is available on deck for the swimmers. Heat Sheets: Will be posted on our website, around the facility and on Meet Mobile. Snack Bar: Concessions will be available for purchase through JRSSC. Swim Supplies: Sport Fair will be available for swim supply purchases. Fine Design will be available for meet t-shirts. First Aid: See Lifeguard for assistance. Lost and Found: Check with the front desk for lost and found items. Hospitality will be available through the weekend
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. All pool rules are posted pool side. No flash photography.
DIRECTIONS:	<ul style="list-style-type: none"> Go to http://www.virginiaswimming.org/vsi/Meet/VenueDirections/JRS_SC.html.

NUTCRACKER CLASSIC

ORDER OF EVENTS

Thursday and Friday Events

Thursday Distance Session 1 Warm-up: 3:00PM; Competition Start 4:00pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12 & Under 500 Free	2
3	13 & Over 1650 Free 5 Min Break	4
5	13 & Over 800 Free Relay	6

Friday 13 & Over Prelims Session 2 Warm-up 6:30am; Start 8:15am			Friday 12 & Under Prelims Session 3 Warm-up no earlier than 11:00am; Start no earlier than 12:00pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	13 & Over 400 Medley Relay 5 Min Break	8	29	9-10 200 Medley Relay	30
9	13-14 200 Free	10	31	11-12 400 Medley Relay 5 Min Break	32
11	15 & Over 200 Free	12	33	12 & Under 200 Free	34
13	13-14 100 Breast	14	35	12 & Under 50 Breast	36
15	15 & Over 100 Breast	16	37	12 & Under 100 Fly	38
17	13-14 100 Fly	18	39	12 & Under 50 Back	40
19	15 & Over 100 Fly	20	41	11-12 200 Breast	42
21	13-14 50 Back	22			
23	15 & Over 50 Back 5 Min Break	24			
25	13 & Over 400 Free Relay 5 Min Break	26			
27	13 & Over 400 IM	28			

Friday Finals Session Session 4 Warm-up no earlier than 4:00pm; Start no earlier than 5:00pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	12 & Under 200 Free	34
9	13-14 200 Free	10
11	15 & Over 200 Free	12
35	12 & Under 50 Breast	36
13	13-14 100 Breast	14
15	15 & Over 100 Breast	16
37	12 & Under 100 Fly	38
17	13-14 100 Fly	18
19	15 & Over 100 Fly	20
39	12 & Under 50 Back	40
21	13-14 50 Back	22
23	15 & Over 50 Back	24
41	11-12 200 Breast	42
27	13 & Over 400 IM	28

Saturday Events

Saturday 13 & Over Prelims Session Session 5 Warm-up: 6:30am Start: 8:15am			Saturday 12 & Under Prelim Session Session 6 Warm-up no earlier than 11:00am; Start no earlier than 12:00pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
43	15 & Over 200 Free Relay 5 Min Break	44	63	10 & Under 200 Free Relay	64
45	13-14 200 Fly	46	65	11-12 400 Free Relay 5 Min Break	66
47	15 & Over 200 Fly	48	67	11-12 200 Fly	68
49	13-14 50 Free	50	69	12 & Under 50 Free	70
51	15 & Over 50 Free	52	71	12 & Under 100 Breast	72
53	13-14 200 Breast	54	73	12 & Under 100 Back	74
55	15 & Over 200 Breast	56	75	12 & Under 100 IM 5 Min Break	76
57	13-14 100 Back	58	77	11-12 200 Medley Relay	78
59	15 & Over 100 Back	60			
61	13 & Over 500 Free	62			

Saturday Finals Session Session 7 Warm-up no earlier than 4:00pm; Start no earlier than 5:00pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
67	11-12 200 Fly	68
45	13-14 200 Fly	46
47	15 & Over 200 Fly	48
69	12 & Under 50 Free	70
49	13-14 50 Free	50
51	15 & Over 50 Free	52
71	12 & Under 100 Breast	72
53	13-14 200 Breast	54
55	15 & Over 200 Breast	56
73	12 & Under 100 Back	74
57	13-14 100 Back	58
59	15 & Over 100 Back	60
75	12 & Under 100 IM	76
61	13 & Over 500 Free	62

Sunday Events

Sunday 13 & Over Prelim Session Session 8 Warm-up 6:30am; Start: 8:15am			Sunday 12 & Under Prelim Session Session 9 Warm-up no earlier than 11:00am; Start no earlier than 12:00pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
79	15 & Over 200 Medley Relay 5 Min Break	80	103	11-12 200 Free Relay 5 Min Break	104
81	13-14 50 Breast	82	105	11-12 200 Back	106
83	15 & Over 50 Breast	84	107	12 & Under 100 Free	108
85	13-14 200 Back	86	109	12 & Under 50 Fly	110
87	15 & Over 200 Back	88	111	12 & Under 200 IM	112
89	13-14 100 Free	90			
91	15 & Over 100 Free	92			
93	13-14 50 Fly	94			
95	15 & Over 50 Fly	96			
97	13-14 200 IM	98			
99	15 & Over 200 IM 5 Min Break	100			
101	13 & Over 1000 Free	102			

Sunday Finals Session Session 10 Warm-up no earlier than 4:00pm Start no earlier than 5:00pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
101	13 & Over 1000 Free	102
81	13-14 50 Breast	82
83	15 & Over 50 Breast	84
105	11-12 200 Back	106
85	13-14 200 Back	86
87	15 & Over 200 Back	88
107	12 & Under 100 Free	108
89	13-14 100 Free	90
91	15 & Over 100 Free	92
109	12 & Under 50 Fly	110
93	13-14 50 Fly	94
95	15 & Over 50 Fly	96
111	12 & Under 200 IM	112
97	13-14 200 IM	98
99	15 & Over 200 IM	100