



**NORTHERN REGION 13 & OVER
CHAMPIONSHIP**
February 22-24, 2019
SANCTION NO. VS-19-82



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO. VS-19-82• USA Swimming, Inc., Virginia Swimming, Inc., RAYS 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 Road; Stafford, VA 22554. 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, a swim shop, and concession stand.• The 50-meter competition pool with bulkhead offers 2 eight lane 25 yard competition pools with a depth of 6' 6" to 12' 6" from end to end. Competition lanes are a minimum of 8' 6" wide. All sessions will be run in the 25-yard competition pool set up for 8 lanes.• 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.• Spectator seating for 700 plus.• The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming
MEET DIRECTOR:	Name: Chrissy Urian Email: chrissyurian@me.com Phone: 410-440-1111
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all Virginia Swimming registered athletes in North Region registered by the first day of the meet. Teams in the North Region are: NOVA, PSDN, PWSC, RAYS, STAT, STLH, TORP, TSU, VSTP, WFS, and WST• The qualifying period for this meet is January 1, 2018 through February 21, 2019.• No on deck Virginia Swimming athlete registration will be permitted.• Swimmers in the 13-14 age group may compete in any individual event or relay leg in which they have a time that is slower than the age group championship qualifying time except the 400 IM, 500 free, and 1000 free.• 15 and older swimmers may compete in any individual event or relay leg in which they have a time that is slower than the senior championship qualifying time except the 400 IM, 500 free, and 1000 Free.• 13-14 swimmers must have at least a 13-14 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the age group championship time.• 15 and older swimmers must have at least a 15-16 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 Free. The time for either event entered must be slower than the senior championship qualifying time.• 2017-2020 NAG time standards are in effect.• Age on February 22, 2019 will determine age for the entire meet.• 14 year old swimmers aging up from February 23 to March 7, 2019 with times too fast to qualify for this championship will be allowed to compete under the following conditions:<ul style="list-style-type: none">○ The swimmer does not qualify to swim the event at Senior Champs may swim the event at this meet.○ The Swimmer will be seeded correctly by time, however, will swim exhibition only and will not be eligible to receive an award or compete in the finals session.

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.
FORMAT:	<ul style="list-style-type: none"> All 13 & Older swimmers will swim a combined preliminary session in the morning session. Top 16 13-14 swimmers and the top 16 15&O swimmers regardless of division will swim the final session each day. Two 8-lane competition courses will be used during preliminary sessions at the discretion of the meet referee. Finals will be contested in a single 8-lane pool. Only the top heat of the 1000 will swim in finals, regardless of age. All relay events will be timed finals and will be conducted during the preliminary session.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 12, 2019</p> <ul style="list-style-type: none"> Conforming and Non-conforming times will be used for entry – Short Course Yards then Long Course Meters then Short Course Meters. Non-conforming times will be seeded following all conforming times. Entries must be submitted using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. Teams submit entries via email. A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiaswimming.org) with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. Swimmers may enter a maximum of 8 individual events, no more than 3 per day, and one relay per day. Relay teams must be designated A, B, or C, if more than one per club is entered per event. Teams may submit three (3) relays per event. The Meet Director reserves the right to combine heats and events, which may require reseeding. “No Time” (NT) entries will be accepted <u>except</u> in the 400 IM, 500 free, and 1000 free, where 13-14 swimmers must have achieved a minimum of a 13-14 “B” time, and 15 & older swimmers must have achieved a minimum of a 15-16 “B” time. Email entries to: Anthony Pedersen - rayscoachanthony@gmail.com Late entries will be accepted. All late entries must submit proof of time. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, they will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual events: \$8.00 Relay events: \$15.00 Swimmer surcharge: \$2.50 per person entered in the meet in any capacity</p> <ul style="list-style-type: none"> Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline. Checks should be made payable to: RAYS. Mail payment to: Carol Rowlands PO BOX 866, Stafford VA 22555 Payment must be received by Tuesday, February 19, 2019, 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. <p>IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the acceptance of your entries.</p>
SEEDING:	<ul style="list-style-type: none"> The 400 IM, 500 Freestyle, and 1000 Freestyle will require a positive check-in to swim. All other events will be pre-seeded. Positive check-in for events #11-12 – 400 IM, will close at 8:40 am Friday. Positive check-in for events #25-26 – 500 Free, will close at 8:40 am Saturday. Positive check-in for events #37-38 – 1000 Free, will close at 8:40 am Sunday.

	<ul style="list-style-type: none"> • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDDED. • A swimmer who positively checks-in for a distance event and does not show up to compete will not be able to swim his/her next event. • The 400 IM and the 500 freestyle will be swum in preliminaries with the four fastest heats of girls swimming first, slow to fast, followed by the four fastest heats of boys, swimming slow to fast. The remaining heats will swim fast to slow, alternating girls and boys. • The 1000 Freestyle will be swum fastest to slowest and alternating heats of girls and boys. <ul style="list-style-type: none"> ○ Any athlete entered in the 1000 freestyle will be asked to indicate a preference for swimming with preliminaries or with finals. The preliminaries/finals preference must be declared by the appropriate positive check-in deadline. • The fastest 8 swimmers who wish to swim during the evening finals will swim during the evening finals.
WARM-UP:	<ul style="list-style-type: none"> • Prelim sessions: Warm-ups at 7:00 am; competition starts at 8:10. • Finals sessions: Warm-ups not before 4:00 pm; competition starts not before 5:00 pm. • 1000 freestyle: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the relay events, with the 1000 (Sunday) freestyle competition starting 5 minutes thereafter. <ul style="list-style-type: none"> ○ The approximate start time for the distance sessions will be posted on the Stingrays Swim Team - www.swimrays.org website no later than Monday, February 18th and will also be emailed to the contact person of the participating clubs. ○ The distance session will start no earlier than the estimated times. • Lane assignment and warm-up times for individual clubs will be posted on the Stingrays Swim Team - www.swimrays.org website no later than Monday, February 18th and will also be emailed to the contact person of the participating clubs.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be scored and awarded first through sixteenth place for 13-14 and 15 & over age groups. Medals will be awarded for first through third place, ribbons for fourth through sixteenth place. • Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place. • Team awards will be given, first through third place. The teams placing will receive a plaque. Scoring will be as follows: <ul style="list-style-type: none"> ○ Individual: Finals - 20-17-16-15-14-13-12-11; Consolations - 9-7-6 5-4-3-2-1. ○ Relay: Finals - 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2. ○ Only the top two relays for one team may score in an event.
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.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • Any swimmer entered in the meet must be dive certified by a USAS 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. • The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to both heats (final and consolation) and the 1000 Free. • 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 PROHIBITED. • Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. • In accordance with VSI Best Practices, swimmers should shower before entering the pool.

	<ul style="list-style-type: none"> 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.
OFFICIALS:	<p>Meet Referee: Pete O'Hara Email: pwoharajr@verizon.net Phone: 540-379-4670</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 with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook. Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to: Pete O'Hara - pwoharajr@verizon.net no later than February 19, 2019 Officials should follow this link to apply to officiate no later than Tuesday, February 19, 2019 – 2019 Northern Region 13&O Champs Meet. Officials meetings will be held one hour prior to the start of each session. There will be a coaches' meeting at 8:00 am on February 22, 2019.
SAFETY:	VSI Safety and Warm-up procedures will be in effect.
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 RAYS www.swimrays.org no later than Monday, February 18, 2019 and will also be emailed to the contact person of each of the individual clubs. Swimmers in events 11 & 12, the 400 IM, events 25 & 26, the 500 Free and events 37 & 38, the 1000 Free, must provide their own timer and counter.
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. Spectator Seating: May not be reserved and saving of seats is not allowed. No coolers larger than a 6 pack lunch box will be allowed in the stands. Swim bags cannot be brought into the spectator bleachers. Heat Sheets: Will be available for purchase throughout meet for \$10 Snack Bar: Concessions will be available for purchase through JRSSC. Swim Supplies: Sport Fair will be available for swim supply purchases and meet t-shirts. First Aid: See Lifeguard for assistance. Lost and Found: Check with the front desk for lost and found items. Hospitality: A suite will be available for USA officials and coaches.
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 spectators/parents will be allowed on deck unless working the meet No smoking is allowed on the campus Doors are not to be propped open (HVAC) and the front door is the only entry/exit door from the facility All pool rules are posted pool side.
DIRECTIONS:	<ul style="list-style-type: none"> Directions to the pool can be found by going to: www.virginiawimming.org Click on "Meets". Go to "RAYS Stinger Meet" and click on "JRSSC" under Venue
PARKING:	<ul style="list-style-type: none"> Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches and officials. There will be a drop off area designated. Please follow guidance of parking attendants.

ORDER OF EVENTS

Friday, February 22, 2019

Morning Prelims Warm-up: 7:00 AM; Start: 8:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 100 Breast	2
3	13 & Over 200 Free	4
5	13 & Over 100 Fly	6
7	13-14 400 Free Relay	8
9	15 & Over 400 Free Relay	10
11	13 & Over 400 IM	12

Evening Finals Warm-up: 4:00 PM; Start: 5:00 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 100 Breast	2
3	13 & Over 200 Free	4
5	13 & Over 100 Fly	6
11	13 & Over 400 IM	12

Saturday, February 23, 2019

Morning Prelims Warm-up: 7:00 AM; Start: 8:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	13 & Over 200 Fly	14
15	13 & Over 50 Free	16
17	13 & Over 200 Breast	18
19	13 & Over 100 Back	20
21	13-14 400 Medley Relay	22
23	15 & Over 400 Medley Relay	24
25	13 & Over 500 Free	26

Evening Finals Warm-up: 4:00 PM; Start: 5:00 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	13 & Over 200 Fly	14
15	13 & Over 50 Free	16
17	13 & Over 200 Breast	18
19	13 & Over 100 Back	20
25	13 & Over 500 Free	26

Sunday, February 24, 2019

Morning Prelims Warm-up: 7:00 AM; Start: 8:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	13 & Over 200 Back	28
29	13 & Over 100 Free	30
31	13 & Over 200 IM	32
33	13-14 200 Free Relay	34
35	15 & Over 200 Free Relay	36
37	13 & Over 1000 Free (*)	38

Evening Finals Warm-up: 4:00 PM; Start: 5:00 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	13 & Over 1000 Free (*)	38
27	13 & Over 200 Back	28
29	13 & Over 100 Free	30
31	13 & Over 200 IM	32

(*) Timed Final Event – final heat to swim at Finals session