



**The Duck Bowl  
A/BB/B/C  
January 26-27, 2019  
SANCTION NO. VS-19-58**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-19-58</b>.</li><li>• USA Swimming, Inc., Virginia Swimming, Inc., Poseidon Swimming and Jeff Rouse Swim and Sports 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.</li></ul>
<b>LOCATION:</b>	<ul style="list-style-type: none"><li>• Jeff Rouse Swim and Sport Center, 1600 Mine Rd., Stafford VA 22554</li><li>• Phone:804-387-1279</li></ul>
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• The Jeff Rouse Swim and Sport Center provides 2 indoor pools and supporting amenities including hospitality and concession stand.</li><li>• 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.</li><li>• Indoor 6 lane 25 yard pool for continuous warm-up, cool-down.</li><li>• Non-Turbulent Lane Markers in both pools.</li><li>• Competitor Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.</li><li>• Spectator seating for 700 plus.</li><li>• The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.</li></ul>
<b>MEET DIRECTOR:</b>	Name: Nikki Deal Email: <a href="mailto:psdnhanover@gmail.com">psdnhanover@gmail.com</a> Phone: 804-387-1279
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming athletes registered before the first day of the meet.</li><li>• No on-deck USA Swimming athlete registration will be permitted.</li><li>• 2017-2020 NAG time standards are in effect</li><li>• Age on January 26, 2019 will determine age for the entire meet.</li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li><li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>• All 12 &amp; younger swimmers will swim in the morning sessions.</li><li>• All 13 &amp; older swimmers will swim in the afternoon sessions.</li><li>• All events will be timed finals.</li><li>• Dual courses may be run for part or the entire meet to accommodate the number of swimmers and still not create too lengthy a session.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:00 AM.</li><li>• Afternoon sessions: Warm-ups not before 12:30 PM; competition starts not before 1:30 PM.</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the Poseidon website (<a href="http://www.psdnhanover.com">www.psdnhanover.com</a>) no later than Tuesday, January 22, 2019, and will also be emailed to the contact person of the participating clubs.</li><li>• Warm-up and meet start times may change based on the time line of the meet after receiving all entries. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, JANUARY 17, 2019.</b> <ul style="list-style-type: none"><li>• Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software. Teams submit entries via email.</li><li>• A Team Manager 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.</li></ul>

	<ul style="list-style-type: none"> <li>• <b>Except for events #27 &amp; 28 (13 &amp; O 400 IM) and #63 &amp; 64 (13 &amp; O 500 Free</b>, 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 <b>must be slower than an “A” time</b>. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• Swimmers may enter a maximum of <b>4 individual event(s) and 1 relay event(s) per day</b>.</li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding. Relays may also be eliminated if necessary and relay fees will be refunded should this happen.</li> <li>• Email entries to: Juanita Wilson, <a href="mailto:psdnhanover@gmail.com">psdnhanover@gmail.com</a></li> <li>• 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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$6.50  Relay events: \$10.00  Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: Hanover Aquatics, Inc.</li> <li>• Mail payment to: PO Box 1886, Mechanicsville, VA 23116</li> <li>• Payment must be received by the start of the meet, January 27, 2018 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• <b>IMPORTANT:</b> 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.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Each heat winner will receive an award.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events except #27, 28 (400 IM) and # 63, 64 (500 free) will be pre-seeded.</li> <li>• Swimmers should report directly to the blocks for their events.</li> <li>• Events #27, 28, 63, 64 will require a positive check-in.</li> <li>• Positive check-in for the 400 IM and 500 Free will close 30 minutes prior to the start of the session.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• All events will be swum slowest to fastest. There will be a 10 minute break following event #28 on Saturday and event #64 on Sunday.</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• 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"> <li>• Entries using fraudulent or non-verifiable times.</li> <li>• Athlete competed in the incorrect age group.</li> <li>• Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>• 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.</li> <li>• Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• 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.</li> <li>• Any swimmer entered in the meet must be 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.</li> <li>• 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>.</li> </ul>

	<ul style="list-style-type: none"> <li>Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</li> <li>In accordance with VSI Best Practices, swimmers should shower before entering the pool.</li> <li>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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Will Murphy</b>  <b>Email: <a href="mailto:wimmmurphy@aol.com">wimmmurphy@aol.com</a></b>  <b>Phone: 804-301-8529</b></p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions for this meet.</li> <li>Team officials chair should sign up on the Google doc link provided to submit the names and session availability of certified officials, as well as the names and session availability of trainees or if needed then contact Scott Farrar <a href="mailto:sfarrar@bsnsports.com">sfarrar@bsnsports.com</a> no later than January 20, 2019.</li> </ul> <p>Google Doc Link:  <a href="https://docs.google.com/spreadsheets/d/1-kB-vQ17zTZetOAA0gYMm-Q2tJmYz5QTK14aYduE6Vg/edit#gid=742805814">https://docs.google.com/spreadsheets/d/1-kB-vQ17zTZetOAA0gYMm-Q2tJmYz5QTK14aYduE6Vg/edit#gid=742805814</a></p> <ul style="list-style-type: none"> <li>Officials meetings will be held one hour prior to the start of the each session.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. If your club is team traveling and you don't expect parents to attend, please let us know so we can make adjustments to the assignments prior to the start of the meet.</li> <li>The number of timers required per club and their lane assignments will be posted on the Poseidon's website (<a href="http://www.psdnhanover.com">www.psdnhanover.com</a>) no later than Tuesday, January 22, 2019, and will also be emailed to the contact person of each of the individual clubs.</li> <li>Swimmers competing in the 500 free are responsible for providing their own counters and timers will be provided.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Meet programs will be sold for \$10.</li> <li>Concessions will be available during the meet at the Jeff Rouse Swim and Sport cafeteria. Concessions will open for warm-ups and during competition each day. No outside food or drinks are allowed in the facility.</li> <li>Coaches' and officials' hospitality will include breakfast and lunch on Saturday and breakfast and lunch on Sunday. Hospitality will be hosted in the room just off the pool deck.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>No glass containers of any kind are permitted in the facility.</li> <li>Lawn/deck chairs are not permitted in the grandstand.</li> <li>No spectators/parents will be allowed on deck unless working the meet.</li> <li>No smoking is allowed on the campus.</li> <li>No outside food or beverages are allowed in the facility.</li> <li>No flash photography.</li> </ul>
<b>DIRECTIONS:</b>	Go to <a href="http://poseidonswimming.com">poseidonswimming.com</a> for directions.
<b>HOTELS:</b>	Go to <a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a> , click Meets/Events, the Visitor Hotel info.

## ORDER OF EVENTS

<b>Saturday, January 26, 2019</b>					
<b>Morning Session</b> Warm-up: 7:00 AM; Start: 8:00 AM			<b>Afternoon Session</b> Warm-up: not before 12:30 PM; Start: not before 1:30 PM (Times are approximate)		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	12 & Y 200 Free	2	27	13 & O 400 IM	28
3	10 & Y 100 IM	4		10 min break	
5	11-12 100 IM	6	29	13 & O 50 Fly	30
7	10 & Y 50 Free	8	31	13 & O 100 Breast	32
9	11-12 50 Free	10	33	13 & O 200 Fly	34
11	10 & Y 100 Back	12	35	13 & O 100 Back	36
13	11-12 100 Back	14	37	13 & O 50 Free	38
15	10 & Y 50 Breast	16	39	13 & O 200 Free	40
17	11-12 50 Breast	18			
19	10 & Y 100 Fly	20			
21	11-12 100 Fly	22			
23	10 & Y 200 Medley Relay	24			
25	11-12 200 Medley Relay	26			
<b>Sunday, January 27, 2019</b>					
<b>Morning Session</b> Warm-up: 7:00 AM; Start: 8:00 AM			<b>Afternoon Session</b> Warm-up: not before 12:30 PM; Start: not before 1:30 PM (Times are approximate)		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
41	12 & Y 200 IM	42	63	13 & O 500 Free	64
43	8 & Y 25 Free	44		10 min break	
45	12 & Y 100 Free	46	65	13 & O 100 Free	66
47	8 & Y 25 Back	48	67	13 & O 200 Back	68
49	12 & Y 50 Back	50	69	13 & O 50 Back	70
51	8 & Y 25 Breast	52	71	13 & O 100 Fly	72
53	12 & Y 100 Breast	54	73	13 & O 200 Breast	74
55	8 & Y 25 Fly	56	75	13 & O 50 Breast	76
57	12 & Y 50 Fly	58	77	13 & O 200 IM	78
59	10 & Y 200 Free Relay	60			
61	11-12 200 Free Relay	62			