



| | | |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
|  | RAYS Stinger Meet January 12-13, 2019 SANCTION NO. VS-19-53 | Hosted  by |
| SANCTION: | <ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-53. 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 USA Swimming athletes registered before the first day of the meet. No on-deck USA Swimming athlete registration will be permitted. Age on January 12th, 2019 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. | |
| FORMAT: | <ul style="list-style-type: none"> All 9-12 swimmers will swim in the AM sessions except on Sunday. Events 39 & 40 (200 IM), 41 & 42 (50 Free), and 47 & 48 (50 Backstroke) will be 12 & Under Events. 8 & Under swimmers will swim in a PM session on Saturday. 8 & Under session will be a Pentathlon where the swimmers can swim all 5 events. All 13 & over swimmers will swim in the PM sessions with the exception of events #25-26 (400 IM), #27-28 (500 Free) & #63-64 (1000 Free), which are open events with minimum entry times required. Please refer to the Order of Events table for those minimum times. There will be a separate distance session on Saturday for events #25-26(400 IM), #27-28(500 Free). All events will be timed finals. The Meet Director reserves the right to utilize either one or two pools in any session dependent upon the number of entries received. This will be communicated to all coaches/teams no later than Tuesday, January 8, 2019. | |
| WARM-UP: | <ul style="list-style-type: none"> Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:10 AM on Saturday and 8:00 AM on Sunday. Afternoon sessions: Warm-ups not before 11:00 AM; competition starts not before 12:00 PM. Distance session and 8 & Under session (Saturday): Warm-ups not before 2:30 PM; competition starts not before 3:00 PM. Lane assignment and warm-up times for individual clubs will be posted on the RAYS website www.swimrays.org, no later than Tuesday, January 8, 2019, 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. | |

| | |
|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <ul style="list-style-type: none"> If the afternoon session on Saturday runs late, Distance and 8 & Under warm-ups will begin immediately after the afternoon session ends. There will be a 10 Minute warm-up period before events 63 & 64 (1000 Free) |
| ENTRIES: | <p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, January 2nd, 2019</p> <ul style="list-style-type: none"> Entries must be submitted in SCY times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. Teams must submit entries via email. 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. Coach Time (CT) will be accepted for events in which a swimmer does not have a time of record with the exception of events 25 & 26 (400 IM), 27 & 28 (500 Free) and 63 & 64 (1000 Free) which are open events with minimum entry times required. 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 and 8 individual events for the meet except for 8 & Unders may enter all 5 events in Saturday's 8 & Under session. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit for the 12 & under swimmers. 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. Email entries to: Anthony Pedersen, email: rayscoachanthony@gmail.com 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: | <p>Individual events: \$8.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Checks should be made payable to: RAYS. Mail payment to: Carol Rowlands, PO BOX 866, Stafford VA 22555 Payment must be received by January 10th, 2019 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 as this will delay the acceptance of your entries. |
| AWARDS: | <ul style="list-style-type: none"> Individual events: Ribbons will be awarded for first through eighth place for 12 & U Swimmers. 9-12 events will be given separate awards for 11-12 and 9-10. 12 & U events will be given separate awards for 11-12, 9-10 and 8 & under. 13 & over and Open events will not be awarded. |
| SEEDING: | <ul style="list-style-type: none"> All events, except #25-26 (400 IM), #27-28 (500 Free) and #65-66 (1000 Free) will be pre-seeded. Events #25-26 (400 IM), #27-28 (500 Free) and #63-64 (1000 Free) require a positive check-in to swim. Positive check-in will close at 2:30PM on Saturday and 12:30PM on Sunday. These events will be swum fastest to slowest and alternating heats of girls and boys. |
| OFFICIALS: | <p>Meet Referee: Name: 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. Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to: George Hunter, email: bigjerky72@gmail.com no later than Wednesday, January 9th, 2019. There will be an officials' meeting approximately 1 hour prior to the start of each session. Officials should follow this link to apply to officiate no later than Wednesday, January 9, 2019 – 2019 Stinger Invitational. There will be a coaches' meeting at 8:00 am on January 12, 2019. |
| 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. 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 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. 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 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. 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. |
| 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 Tuesday, January, 8, 2019, and will also be emailed to the contact person of each of the individual clubs. Swimmers in event 25 & 26 (400 IM), must provide their own timer. Swimmers in event 27 & 28 (500 Free) and 63-64 (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 on Meet Mobile and posted around the facility. 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: Will not open until warm ups begin each day. Will stop serving breakfast ½ hour after competition starts, snacks available, lunch from 11:30AM-1:30PM, snacks and drinks available until ½ hour before conclusion of afternoon session. |
| FACILITY | <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.virginiaswimming.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. |

**Stinger Invitational
ORDER OF EVENTS**

Saturday, January 12, 2019

| 9-12 Year Old Session 1 Warm-up: 7:00 AM; Start: 8:10 AM | | |
|--------------------------------------------------------------------|-----------------------|-------------|
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 1 | 9-12 200 Butterfly | 2 |
| 3 | 9-12 50 Breaststroke | 4 |
| 5 | 9-12 100 Backstroke | 6 |
| 7 | 9-12 50 Butterfly | 8 |
| 9 | 9-12 100 Freestyle | 10 |
| 11 | 9-12 100 IM | 12 |
| 13 | 9-12 200 Breaststroke | 14 |

| 13 & Over Session 2 Warm-up: 11:00 AM; Start: 12:00 PM (Times are approximate) | | |
|-------------------------------------------------------------------------------------------------|----------------------------|-------------|
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 15 | 13 & Over 200 Freestyle | 16 |
| 17 | 13 & Over 100 Breaststroke | 18 |
| 19 | 13 & Over 200 Butterfly | 20 |
| 21 | 13 & Over 100 Backstroke | 22 |
| 23 | 13 & Over 100 Freestyle | 24 |

| Open Distance Session 3 Warm-up: 2:30 PM; Start: 3:00 PM (Times are approximate) | | |
|-----------------------------------------------------------------------------------------------|---------------------------------|-------------|
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 25* | 5:39.69 - Open 400 IM - 5:17.39 | 26* |
| 27* | 6:20.09- Open 500 Free -5:58.99 | 28* |

| 8 & Under Session 4 Warm-up: 2:30 PM; Start: 3:00 PM (Times are approximate) | | |
|-----------------------------------------------------------------------------------------------|-----------------------|-------------|
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 29 | 8 & U 25 Freestyle | 30 |
| 31 | 8 & U 25 Butterfly | 32 |
| 33 | 8 & U 25 Backstroke | 34 |
| 35 | 8 & U 25 Breaststroke | 36 |
| 37 | 8 & U 100 IM | 38 |

Sunday, January 13, 2019

| 9-12 Year Old Session 5 Warm-up: 7:00 AM; Start: 8:00 AM | | |
|--------------------------------------------------------------------|-----------------------|-------------|
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 39 | 12 & U 200 IM | 40 |
| 41 | 12 & U 50 Freestyle | 42 |
| 43 | 9-12 200 Backstroke | 44 |
| 45 | 9-12 100 Breaststroke | 46 |
| 47 | 12 & U 50 Backstroke | 48 |
| 49 | 9-12 100 Butterfly | 50 |
| 51 | 9-12 200 Freestyle | 52 |

| 13 & Over Session 6 Warm-up: 11:00 AM; Start: 12:00 PM (Times are approximate) | | |
|-------------------------------------------------------------------------------------------------|------------------------------------|-------------|
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 53 | 13 & Over 200 IM | 54 |
| 55 | 13 & Over 50 Freestyle | 56 |
| 57 | 13 & Over 200 Backstroke | 58 |
| 59 | 13 & Over 100 Butterfly | 60 |
| 61 | 13 & Over 200 Breaststroke | 62 |
| | 10 Minute Warm-up | |
| 63* | 13:01.79- Open 1000 Free -12:23.89 | 64* |

*Positive check in for events 25 & 26 (400 IM) and 27 & 28 (500 Free) will close at 2:30PM on Saturday.

*Positive check in for events 63 and 64 will close at 12:30PM on Sunday.