



2019 JEFF ROUSE INVITATIONAL

May 3-5, 2019
SANCTION NO. VS-19-95



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-95.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 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 50-Meter 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 May 3, 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">Friday evening session offers events for swimmers 9 & Over.All 12 & under swimmers will swim in the AM sessions Saturday and Sunday.All 13 & over swimmers will swim in the PM sessions Saturday and Sunday.All events will be timed finals.The Meet Director reserves the right to utilize Chase Starts in any session dependent upon the number of entries received. This will be communicated to all coaches/teams when other communications are sent out but not later than Monday, April 29, 2019.
WARM-UP:	<ul style="list-style-type: none">Friday evening session: Warm-ups at 3:30 PM; Competition starts at 4:30 PM.Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:10 AM on Saturday and 8:00 AM Sunday.Afternoon sessions: Warm-ups not before 11:00 AM; competition starts not before 12:00 PM.Lane assignment and warm-up times for individual clubs will be posted on the RAYS website www.swimrays.org, no later than Monday, April 29th, 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.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, APRIL 23, 2019 <ul style="list-style-type: none">Entries must be submitted in LCM/SCY times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.Teams must submit entries via email.

	<ul style="list-style-type: none"> 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. 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 and 1 relay event per day, With the exception of Friday, Friday swimmers may only swim 2 events. Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. 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 may require reseeding. Relays may also be eliminated if necessary and relay fees will be refunded should this happen. 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 Relay events: \$15.00 Swimmer fee: \$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 Tuesday, April 30, 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. 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 & Over and 9-12 Events will be given separate awards for 11-12, and 9-10 age groups. 11 & Over Events will be given separate awards for 11-12 age groups. 12 & under events will be given separate awards for 11-12, 9-10 and 8 & under age groups. Relay events: Ribbons will be awarded for first through third place
SEEDING:	<ul style="list-style-type: none"> All events, except for 200s and above, will be pre-seeded. Friday's events: positive check-in will close at 4:00pm Saturday and Sunday AM: positive check-in will close at 7:30am. Saturday and Sunday PM: positive check-in will close 30 minutes after warm-ups begin. All events will be swum slowest to fastest except for events 1-6, they will be fastest to slowest. Events 7 & 8 (11 & Over 800 Free) will alternate girl-boy order, they will also be swum fastest to slowest.
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 register 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 not permitted.

	<ul style="list-style-type: none"> 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.
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. Please sign up with the following link to officiate no later than Wednesday, May 1, 2019 - 2019 Jeff Rouse Meet Official's Sign Up 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 Saturday, May 4, 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, April 29th, 2019, and will also be emailed to the contact person of each of the individual clubs. Swimmers in any events on Friday (Events 1-8) must provide their own timer. Swimmers in event 7-8 the 800 freestyle, must also provide their own 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 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 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 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:	Directions to the pool can be found by going to: www.virginiaswimming.org Click on "Meets". Go to "RAYS Jeff Rouse Invitational" 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, May 3, 2019

Evening Session 1		
Warm-up: 3:30 PM; Start: 4:30 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	9 - 12 200 IM	2
3	11 & Over 400 IM	4
5	9 & Over 400 Free	6
7	11 & Over 800 Free	8

Saturday, May 4, 2019

12 & Under Session 2		
Warm-up: 7:00 AM; Start: 8:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
9	10 & U 200 Medley Relay	10
11	11-12 200 Medley Relay	12
13	12 & Under 200 Free	14
15	12 & Under 100 Fly	16
17	12 & Under 50 Free	18
19	12 & Under 200 Back	20
21	12 & Under 100 Breast	22
23	12 & Under 50 Back	24

13 & Over Session 3		
Warm-up: 11:00 AM; Start: 12:00 PM		
<i>(Times are approximate)</i>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	13-14 400 Medley Relay	26
27	15 & Over 400 Medley Relay	28
29	13 & Over 200 Fly	30
31	13 & Over 50 Free	32
33	13 & Over 200 Back	34
35	13 & Over 100 Breast	36
37	13 & Over 200 Free	38

Sunday, May 5, 2019

12 & Under Session 4		
Warm-up: 7:00 AM; Start: 8:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
39	10 & U 200 Free Relay	40
41	11-12 200 Free Relay	42
43	12 & Under 200 Fly	44
45	12 & Under 100 Back	46
47	12 & Under 50 Fly	48
49	12 & Under 200 Breast	50
51	12 & Under 100 Free	52
53	12 & Under 50 Breast	54

13 & Over Session 5		
Warm-up: 11:00 AM; Start: 12:00 PM		
<i>(Times are approximate)</i>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
55	13-14 400 Free Relay	56
57	15 & Over 400 Free Relay	58
59	13 & Over 200 Breast	60
61	13 & Over 100 Back	62
63	13 & Over 100 Fly	64
65	13 & Over 200 IM	66
67	13 & Over 100 Free	68