



STAT LC INVITATIONAL
A/BB/B/C
May 17-19, 2019
SANCTION NO. VS-19-102



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-102USA Swimming, Inc., Virginia Swimming, Inc., the Stafford Aquatics Team, and the 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.
LOCATION:	Jeff Rouse Swim and Sports Center (JRSSC), 1600 Mine Road Stafford, VA 22554. Phone number: (540) 318-6332.
FACILITY:	<ul style="list-style-type: none">8 lanes, 50 meter indoor pool, 12 feet deep at the start end and 6.7 feet at the turn end; overflow gutters, with non-turbulent lane markers; and 6 lanes, 25 yard warm up/cool down pool. Colorado Timing System.The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).
MEET DIRECTOR:	Name: Katarina Whelan Email: gostatswim.meetdirector@gmail.com Phone: 571-643-9179
ELIGIBILITY:	<ul style="list-style-type: none">Open to all Virginia Swimming athletes registered before the first day of the meet.Out of LSC teams requesting to enter the meet should contact the Meet Director.No on-deck USA Swimming athlete registration will be permitted.Age on May 17, 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">Morning sessions: All 12 & Younger swimmers will compete in the morning session on Friday, Saturday and Sunday.Afternoon sessions: All 13 & Older swimmers will compete in the afternoon session on Friday, Saturday and Sunday.All athletes entered and positively checked-in for events 23 & 24 (13 & Over 1500 Free), 51 & 52 (13 & Over 400 IM), 53 & 54 (13 & Over 800 Free), 83 & 84 (13 & Over 400 Free) will compete in the distance sessions.All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">Morning Session: Warm-ups start at 6:50 am; Competition starts at 8:00 am.Afternoon Session: Warm-ups start NOT BEFORE 12:00 pm; Competition starts NOT BEFORE 1:00 pm.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.Distance Sessions: The pool will open for 15 minutes for warm up immediately following the finish of the afternoon session with the competition starting 5 minutes thereafter.Specific warm-up lane assignments will be e-mailed to the contact person of the participating clubs on MONDAY, MAY 13, 2019.Lane assignments and warm-up information for individual clubs will also be posted on the STAT website, www.swimstat.org.

ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Thursday, MAY 9, 2019.</p> <ul style="list-style-type: none"> • Entries must be submitted in long course meter times using Hy-Tek Team Manager, 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 meet checklist/summary sheet with the name, email address, and phone number of the person of to contact in case of questions must accompany the entries. • Additional entries may be allowed at the discretion of the Meet Director. To add a swimmer after the meet has been seeded, there must be room in an existing heat. No new heats will be added. • Coach's Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record, except for events 23 and 24 (13 & Over 1500 Free), and 53 and 54 (13 & Over 800 Free) which must have a CT. CT <u>must be slower than an "A" time.</u> 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 event(s) per day. • Entries will be processed in the order received and accepted to the greatest extend possible without exceeding the 4-hour/session timeline limit. • 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. • Email entries to: Debby Martinich at deb.martinich@gmail.com
FEES:	<p>Individual events: \$7.00 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: Stafford Aquatics Team • <u>Mail payment to:</u> STAT Treasurer, P.O. Box 836, Stafford, VA 22555 • Payment must be received by May 13, 2019 for all entries. An entry fee summary printout from Team Manager must accompany the entry fee payment. Failure to pay entry fees by this deadline will 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 swimmer 12 and under. <ul style="list-style-type: none"> ○ 12 & Under events will be given separate awards for 11/12 and 10 & under age groups. ○ Heat winner awards will be awarded for all individual events.
SEEDING:	<ul style="list-style-type: none"> • All events, except the distance events 23 & 24 (13 & Over 1500 Free), 51 & 52 (13 & Over 400 IM), 53 & 54 (13 & Over 800 Free), 83 & 84 (13 & Over 400 Free) will be pre-seeded. • Events 39 & 40 (11-12 400 IM) and 73 & 74 (11-12 400 Free) will be swum in the 12 & under morning sessions. These events will be pre-seeded. There will be one (two) heats per event. The fastest verifiable times will be seeded. No coaches' times or No Times are allowed. Additional heats may be added as allowed within the 4-hour rule • Swimmers should report directly to the blocks for their events. • Positive check-in for events will close at the end of the afternoon session warm ups on the day that the event is swum. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Events 23 & 24 (13 & Over 1500 Free), 51 & 52 (13 & Over 400 IM), 53 & 54 (13 & Over 800 Free), 83 & 84 (13 & Over 400 Free) will be swum fastest to slowest and alternating heats of girls and boys.

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 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. • The overhead start procedure will be used for the afternoon sessions unless otherwise directed by the meet referee and may be used for the morning sessions at the discretion of the Referee. • 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. • 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. • Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED. • In accordance with VSI best practices, all 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: Tony Martinich Email: tonymartinich@gmail.com Phone: 540 2738362</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Don Han (STAT Officials' Chair), gostatswim.officials@gmail.com or (540) 710-4040 (phone) no later than Tuesday, May 7, 2019. • An officials' meeting will be held one hour prior to the start of each session. • There will be a coaches meeting at 7:45 am on May 17, 2019. An assistant coach or team representative may attend in case the head coach is not available.
SAFETY:	Virginia Swimming Meet Safety 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. • Swimmers will be required to provide their own timers and lap counters for the distance events 23 & 24 (13 & Over 1500 Free), 51 & 52 (13 & Over 400 IM), 53 & 54 (13 & Over 800 Free), 83 & 84 (13 & Over 400 Free) • The number of timers required per club and their lane assignments will be posted on the STAT website no later than Monday, May 13, 2019 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. • Any swimmer / spectator who violates Aquatic Center rules (posted at the pool and included in the Programs) will be removed from the meet and escorted from the facility. • Swim gear will be available through Sport Fair Inc. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the walls/ropes while moving to/from their seats. • Team Areas: Team seating will be available in the pool area. • Spectator seating: Bleacher seating will be available for spectators.

	<ul style="list-style-type: none"> • First Aid: There will be a first aid station on the premises. • Hospitality: STAT will operate a hospitality room for all coaches and officials during the meet. • Jeff Rouse Center will provide concessions. Please see facility rules for restrictions to outside food and drinks
FACILITY RULES:	Enter the pool area through the locker room or through the double doors via the wet corridor. No outside food is allowed in the facility; no coolers and drinks on pool deck and in the bleachers.
DIRECTIONS:	From I95 North, take Exit 140, Stafford. Take a left on Courthouse Road, go approximately one mile and turn right on Mine Road. Facility will be on your left. From I95 South, take Exit 140, Stafford. Take a right on Courthouse Road, go approximately one mile and turn right on Mine Road. Facility will be on your left.
HOTELS:	<p>COURTYARD BY MARRIOTT Stafford/Quantico 375 Corporate Drive Stafford, Virginia 22554 (703) 221-6293</p> <p>HAMPTON INN AND SUITES 2925 Jefferson Davis Hwy, Stafford, VA 22554 (540) 657-0999</p> <p>FAIRFIELD INN AND SUITES/MARRIOTT 2884 Jefferson Davis Hwy, Stafford, VA 22554 (540) 720-1299</p> <p>TOWNEPLACE SUITES/MARRIOTT 2772 Jefferson Davis Hwy, Stafford, VA 22554 (540) 657-1990</p> <p>Holiday Inn 15 Salisbury Drive, Stafford, VA 22554 (540) 659-3600</p>

Order of Events

**STAT 2019 Long Course Invite
May 17-19, 2019**

Session 1 - Friday Moring		
Warm Up Start: 6:50am; Meet Start: 8:00am		
Girls	Event	Boys
1	11-12 50 Freestyle	2
3	10& Under 50 Freestyle	4
5	11-12 200 Individual Medley	6
7	10 & Under 200 Individual Medley	8
9	11-12 100 Breaststroke	10
11	10 & Under 100 Breaststroke	12
13	12 & Under 200 Butterfly	14

Session 2 - Friday Afternoon		
*Warm Up Start: 12:00; Meet Start: 1:00pm		
Girls	Event	Boys
15	13 & Over 50 Freestyle	16
17	13 & Over 100 Backstroke	18
19	13 & Over 200 Individual Medley	20
21	13 & Over 200 Fly	22

Session 3 – Friday Distance		
Warm Up Start: immediately after session 2		
Meet Start: 5 minutes after warm up closes		
Girls	Event	Boys
23	13 & Over 1500 Freestyle	24

Session 4 - Saturday Moring		
Warm Up Start: 6:50am; Meet Start: 8:00am		
Girls	Event	Boys
25	11-12 50 Butterfly	26
27	10 & Under 50 Butterfly	28
29	11-12 100 Backstroke	30
31	10 & Under 100 Backstroke	32
33	11-12 200 Freestyle	34
35	10 & Under 200 Freestyle	36
37	12 & Under 200 Breaststroke	38
39	11-12 400 IM	40

Session 5 – Saturday Afternoon		
*Warm Up Start: 12:00; Meet Start: 1:00pm		
Girls	Event	Boys
41	13 & Over 50 Breast	42
43	13 & Over 100 Freestyle	44
45	13 & Over 200 Breaststroke	46
47	13 & Over 50 Butterfly	48
49	13 & Over 200 Backstroke	50

Session 6 – Saturday Distance		
Warm Up Start: immediately after session 5		
Meet Start: 5 minutes after warm up closes		
Girls	Event	Boys
51	13 & Over 400 IM	52
53	13 & Over 800 Free	54

Session 7 – Sunday Moring		
Warm Up Start: 6:50am; Meet Start: 8:00am		
Girls	Event	Boys
55	11-12 50 Backstroke	56
57	10 & Under 50 Backstroke	58
59	11-12 50 Breaststroke	60
61	10 & Under 50 Breaststroke	62
63	11-12 100 Butterfly	64
65	10 & Under 100 Butterfly	66
67	11-12 100 Freestyle	68
69	10 & Under 100 Freestyle	70
71	12 & Under 200 Backstroke	72
73	11-12 400 Free	74

Session 8 – Sunday Afternoon		
*Warm Up Start: 12:00; Meet Start: 1:00pm		
Girls	Event	Boys
75	13 & Over 100 Breaststroke	76
77	13 & Over 200 Freestyle	78
79	13 & Over 50 Backstroke	80
81	13 & Over 100 Butterfly	82

Session 9 – Sunday Distance		
Warm Up Start: immediately after session 8		
Meet Start: 5 minutes after warm up closes		
Girls	Event	Boys
83	13 & Over 400 Free	84

*All afternoon sessions: Warm Ups Start not before 12:00 and Meet Start not before 1:00pm.