



**NORTH DISTRICT 12 & UNDER CHAMPIONSHIP**  
**February 14-16, 2020**  
**SANCTION NO. VS-20-80**



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-20-80</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., Prince William Swim Club, 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>	Jeff Rouse Swim and Sport Center (JRSSC), 1600 Mine Road, Stafford, VA (540) 318-6332
<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, a swim shop, and concession stand.</li> <li>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 one or two 25-yard competition pool(s) configured for 8 lanes.</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). A copy of the certification is on file with USA Swimming.</li> </ul>
<b>MEET DIRECTOR:</b>	Name: Annemarie Juhlin / Michelle Walden Phone: 571-264-6265 Email: ajuhlin@msn.com
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming registered athletes 12 years old and younger by the first day of the meet in the <u>North</u> District. Teams are separated by Districts as follows: PWSC, RAYS, STAT, STLH, TORP, TSU, VSTP, WFS and WST.</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>The qualifying period for this meet is January 1, 2019 through February 13, 2020.</li> <li><b>8 &amp; Younger swimmers may participate regardless of classification.</b></li> <li><b>Swimmers 9 to 12 years of age may compete in any individual event or relay leg in which they do not have a VSI Age Group Championship qualifying time.</b></li> <li>10 and 12 year-old swimmers aging up from February 14 to March 12, 2020 with times too fast to qualify for this championship will be allowed to compete under the following conditions: <ul style="list-style-type: none"> <li>The swimmer does not qualify for an event in his/her new age group at Age Group Championships.</li> <li>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.</li> </ul> </li> <li>Age on February 14, 2020 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 welcome 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>11-12 year old swimmers will swim prelim/finals in all individual events except the 400 IM and the 500 free, which will be contested as timed finals in the Friday evening session. On Saturday and Sunday, the</li> </ul>

	<p>top 16 swimmers from the 11-12 prelims will come back to compete in finals, except for the 200 Fly, 200 Back, and 200 Breast where only the top 8 swimmers will compete in finals.</p> <ul style="list-style-type: none"> <li>• 9-10 year old swimmers will swim prelim/finals in all individual events except the 200IM and 500 free, which will be contested as timed finals in the Friday evening session. On Saturday and Sunday, the top 8 swimmers in each other individual event will come back to compete in finals.</li> <li>• 8 &amp; Under swimmers will swim all events as timed finals. 8 and under swimmers are not eligible for final events. All 25 yard events will be swum from the turn end of the pool.</li> <li>• <b>Ready Room:</b> A Ready Room will be used at this Championship prior to each “A” final heat. Each swimmer in the “A” final (final heat) should report to the Ready Room 10 minutes preceding the event and participate in the “A” final parade. <ul style="list-style-type: none"> <li>○ “A” Final swimmers will be presented with music and their names will be announced prior to the start of the race.</li> </ul> </li> <li>• “B” Final heats will report directly to the assigned lane.</li> <li>• All relays will be swum as timed finals during the prelim sessions.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 4, 2020</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in Short Course Yards times using Hy-Tek Team Manager and Commlink-2 software.</li> <li>• Teams submit entries via e-mail.</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> <li>• “No Time” (NT) entries will be accepted for individual and relay events. Coach Times (CT) are <b><u>not allowed</u></b> for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet.</li> <li>• 8 &amp; Under swimmers may enter a maximum of <b>9 individual events</b>, no more than <b>4</b> individual events per day and 1 relay event per day.</li> <li>• Swimmers 9-10 and 11-12 years old may enter a maximum of <b>8 individual events</b> for the meet, no more than <b>3</b> individual events per day and 1 relay event per day.</li> <li>• If a relay seed time cannot be created using the times of 4 swimmers entered in the meet, enter the relay with a NT.</li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Relay entry times must be slower than the combined “AG Championship” times for the corresponding relay. See the “slower than” relay times chart on page 5.</li> <li>• Entries will be processed in the order received.</li> <li>• The Meet Director reserves the right to combine heats and events, which may require reseeding.</li> <li>• Email entries to: <b>Luis Caballero at colorao1@yahoo.com</b></li> <li>• Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.</li> </ul>
<b>FEES:</b>	<p><b>Individual Events: \$7.75</b>  <b>Relay Events: \$15.00</b>  <b>Swimmer Fee: \$2.50</b> per person (entered in the meet in any capacity)  <b>Late Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: PWSC</li> <li>• Mail payment to: Luis Caballero, 12513 Manchester Way, Woodbridge, VA 22192</li> <li>• Payment must be received by Tuesday, February 11, 2020 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.</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.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Friday Session (distance): Warm-ups start not before 4:15pm and competition starts not before 5:00pm.</li> </ul>

	<ul style="list-style-type: none"> <li>• Saturday and Sunday Morning sessions (11-12 prelims): Warm-ups start at 7:00am; Competition starts at 8:00am.</li> <li>• Saturday and Sunday Midday sessions (10 and under prelims): Warm-ups start not before 11:15am; Competition starts no earlier than 12:15pm.</li> <li>• Saturday and Sunday Evening sessions (finals): Warm-ups start not before 4:30pm; Competition starts no earlier than 5:30pm.</li> <li>• If the morning session runs late, subsequent warm-ups will begin immediately after the prior session ends.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the PWSC website at <a href="http://pwscamberjax.org">pwscamberjax.org</a> no later than Monday, February 10, 2020 and will also be emailed to the contact person of the participating clubs.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except the 9-10 500 Free, 11-12 500 Free, <b>and</b> 11-12 400 IM will be pre-seeded.</li> <li>• A Clerk of Course will be provided for 8 and under swimmers entered into 25 yard events. They will be escorted to the blocks from that point by meet staff.</li> <li>• All 9/10 and 11/12/ swimmers should report directly to the blocks for all preliminary and “B” Final events.</li> <li>• Positive check-in for the 9-10 500 Free, 11-12 500 Free, and 11-12 400 IM, will close 15 minutes prior to the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the administrative table.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED</b></li> <li>• <b>A swimmer who positively checks-in and does not show up to compete will not be able to swim his/her <i>next</i> event.</b></li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events will be scored and awarded medals for first through third place, and ribbons fourth through sixteenth place.</li> <li>• Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place.</li> <li>• 10 &amp; Under events will be given separate awards for 8 &amp; Under and 9-10 age groups.</li> <li>• Team Awards will be given. Teams placing first through third will receive a plaque.</li> <li>• Scoring will be as follows: <ul style="list-style-type: none"> <li>○ Individual: 20-17-16-15-14-13-12-11 - 9-7-6-5-4-3-2-1.</li> <li>○ Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.</li> <li>○ All events will be scored to 16 places.</li> <li>○ Only the top two relay entries per team may score.</li> </ul> </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 is defined as: <ul style="list-style-type: none"> <li>○ Penalties for entries using fraudulent and/or non-verifiable entry times:</li> <li>○ Athlete competed in the incorrect age groups</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 re-scored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy (MAAPP) will govern this meet.</li> <li>• All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP and understand compliance with the MAAP policy is a condition of participation in the conduct of this competition.</li> <li>• 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’s legal guardian to ensure compliance with this requirement.</li> </ul>

	<ul style="list-style-type: none"> <li>• Operation of a drone, or any 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.</li> <li>• 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 apply to all heats of individual events held on Saturday and Sunday. Swimmers not adhering to these modified rules shall be barred from further competition for the remainder of the meet.</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> <li>• Changing in whole or in part, into or out of swimsuits when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.</li> <li>• In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>• Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</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: Tony Martinich</b>  <b>Email: <a href="mailto:tonymartinich@gmail.com">tonymartinich@gmail.com</a></b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook.</li> <li>• Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to <b>Luis Caballero, <a href="mailto:colorao1@yahoo.com">colorao1@yahoo.com</a></b> and Tony Martinich, <a href="mailto:tonymartinich@gmail.com">tonymartinich@gmail.com</a> no later than Tuesday, February 11, 2020.</li> <li>• Officials will meet one hour prior to the start of each session.</li> <li>• Officials attire for Saturday and Sunday Preliminaries is white shirt over blue and Finals Sessions will be blue oxford shirt w/ long blue pants or skirt.</li> <li>• Officials who sign up to work 4 sessions or more may receive a free Meet Shirt (*while supplies last.)</li> <li>• <b>There will be a coaches meeting held at 7:45am on February 15, 2020. An assistant coach or team representative may attend in the case the head coach is still conducting warm-ups.</b></li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• <b>For the Friday evening Timed Finals session, swimmers supply their own timers and lap counters for the 500 Free and timers for the 400IM.</b></li> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each prelim session and for the Friday evening 200IM and 400 Free Relay. Volunteer timers will be needed for the Saturday and Sunday finals session.</li> <li>• The number of timers required per club and their lane assignments will be posted on the PWSC website, <a href="http://pwscamberjax.org">pwscamberjax.org</a> no later than Monday, February 10, 2020, and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Heat Sheets will not be sold, but available for FREE download on the PWSC website and on the Meet Mobile app.</li> <li>• Hospitality will be provided for USA-S officials and coaches.</li> <li>• Swim items will be available through Sport Fair.</li> <li>• Food and drinks are available at the venue for sale by JRSSC.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• All athletes, coaches, and spectators shall follow the posted rules of the Jeff Rouse Swim and Sport Center as well as directions given by lifeguards and other facility staff.</li> <li>• Only Officials, Volunteers, Timers, Coaches and Swimmers are allowed on the Pool Deck during the meet.</li> </ul>

	<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 smoking is allowed on the campus</li> <li>• Doors are not to be propped open and the front door is the only entry/exit door from the facility</li> <li>• All walkways and emergency exits must always remain clear.</li> <li>• Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please chaperone them closely.</li> <li>• No shaving allowed anywhere in the venue.</li> <li>• Clean up your area after each session.</li> </ul>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li>• Directions to the pool can be found by going to: <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a> Click on "Meets".</li> </ul>

**RELAY "SLOWER THAN TIMES" CHART**

<b>Age Group</b>	<b>Gender</b>	<b>Free</b>	<b>Medley</b>
<b>8&amp;U</b>	Girls	No Standard	No Standard
	Boys	No Standard	No Standard
<b>9-10</b>	Girls	2:05.16	2:25.56
	Boys	2:03.96	2:23.86
<b>11-12</b>	Girls	1:49.96 (200) 4:01.96 (400)	2:05.56
	Boys	1:49.96 (200) 4:00.76 (400)	2:06.66

**2020 North District Short Course 12 & Under Championship**

**Friday, February 14, 2020**

<b>12 &amp; Under Timed Finals</b>		
<b>Warm Ups: 4:15pm</b>		
<b>Girls</b>	<b>Start: 5:00pm</b>	<b>Boys</b>
1	11-12 500 Free	2
3	10 & U 500 Free	4
5	11-12 400 IM	6
7	9-10 200 IM	8
9	11-12 400 Free Relay	10

**Saturday, February 15, 2020**

<b>11-12 Prelims</b>		
<b>Warm Ups: 7:00am</b>		
<b>Girls</b>	<b>Start: 8:00am</b>	<b>Boys</b>
11	11-12 200IM	12
13	11-12 100 Free	14
15	11-12 50 Fly	16
17	11-12 200 Breast	18
19	11-12 100 Back	20
21	11-12 50 Breast	22
23	11-12 200 Fly	24
25	11-12 200 Free Relay	26

<b>9-10 Prelims</b>		
<b>8 &amp; U Timed Finals</b>		
<b>Warm Ups: No earlier than 11:15am</b>		
<b>Girls</b>	<b>Start: No earlier than 12:15pm</b>	<b>Boys</b>
27	8 & U 100 IM	28
29	9-10 100 IM	30
31	8 & U 200 Free	32
33	9-10 100 Free	34
35	8 & U 25 Free	36
37	9-10 50 Fly	38
39	8 & U 50 Fly	40
41	8 & U 25 Fly	42
43	8 & U 100 Free	44
45	9-10 100 Back	46
47	8 & U 100 Back	48
49	9-10 50 Breast	50
51	8 & U 50 Breast	52
53	9-10 200 Free Relay	54
55	8 & U 100 Free Relay	56

<b>9-12 Finals</b>		
<b>Warm Ups: No earlier than 4:30pm</b>		
<b>Girls</b>	<b>Start: No earlier than 5:30pm</b>	<b>Boys</b>
11	11-12 200IM	12
29	9-10 100 IM	30
13	11-12 100 Free	14
33	9-10 100 Free	34
15	11-12 50 Fly	16
37	9-10 50 Fly	38
17	11-12 200 Breast *	18
19	11-12 100 Back	20
45	9-10 100 Back	46
21	11-12 50 Breast	22
49	9-10 50 Breast	50
23	11-12 200 Fly *	24

\* Top 8 Only

**Sunday, February 16, 2020**

<b>11-12 Prelims</b>		
<b>Warm Ups: 7:00am</b>		
<b>Girls</b>	<b>Start: 8:00am</b>	<b>Boys</b>
57	11-12 200 Free	58
59	11-12 50 Back	60
61	11-12 100 Fly	62
63	11-12 100 Breast	64
65	11-12 200 Back	66
67	11-12 100 IM	68
69	11-12 50 Free	70
71	11-12 200 Medley Relay	72

<b>9-10 Prelims</b>		
<b>8 &amp; U Timed Finals</b>		
<b>Warm Ups: No earlier than 11:15am</b>		
<b>Girls</b>	<b>Start: No earlier than 12:15pm</b>	<b>Boys</b>
73	9-10 200 Free	74
75	9-10 50 Back	76
77	8 & U 50 Back	78
79	8 & U 25 Back	80
81	9-10 100 Fly	82
83	8 & U 100 Fly	84
85	9-10 100 Breast	86
87	8 & U 100 Breast	88
89	8 & U 25 Breast	90
91	8 & U 200 IM	92
93	9-10 50 Free	94
95	8 & U 50 Free	96
97	9-10 200 Medley Relay	98
99	8 & U 100 Medley Relay	100

<b>9-12 Finals</b>		
<b>Warm Ups: No earlier than 4:30pm</b>		
<b>Girls</b>	<b>Start: No earlier than 5:30pm</b>	<b>Boys</b>
57	11-12 200 Free	58
73	9-10 200 Free	74
59	11-12 50 Back	60
75	9-10 50 Back	76
61	11-12 100 Fly	62
81	9-10 100 Fly	82
63	11-12 100 Breast	64
85	9-10 100 Breast	86
65	11-12 200 Back *	66
67	11-12 100 IM	68
93	9-10 50 Free	94
69	11-12 50 Free	70

\* Top 8 Only