
	<b>RAYS Jeff Rouse Meet</b> <b>January 11-12, 2020</b> <b>SANCTION NO. VS-20-50</b>	Hosted  by
<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., <b>SANCTION NO: VS-20-50.</b></li> <li>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.</li> </ul>	
<b>LOCATION:</b>	<ul style="list-style-type: none"> <li>Jeff Rouse Swim and Sport Center, 1600 Mine Road; Stafford, VA 22554 (540) 318-6332</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, 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 the 25-yard competition pool set up 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 <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.</li> </ul>	
<b>MEET DIRECTOR:</b>	Name: Danielle Euker Email: <a href="mailto:danielleeuker@gmail.com">danielleeuker@gmail.com</a> Phone: 412-913-4253	
<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>Age on January 11<sup>th</sup>, 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>All 9-12 swimmers will swim in the AM sessions. <del>except on Sunday.</del> Events 39 &amp; 40 (200 IM), 41 &amp; 42 (50 Free), and 47 &amp; 48 (50 Backstroke) will be 12 &amp; Under Events.</li> <li>8 &amp; Under events will be swum in the PM session on Saturday.</li> <li>8 &amp; Under session will be a Pentathlon where the swimmers can swim all 5 events.</li> <li>All 13 &amp; over swimmers will swim in the PM sessions (#2, 3, and 6).</li> <li><b>Please refer to the Order of Events table for those minimum times.</b></li> <li>There will be a separate distance session on Saturday for events #25-26(400 IM), #27-28(500 Free).</li> <li>All events will be timed finals.</li> <li>The Saturday Distance Session and 8 &amp; Under Session will run currently in separate pools.</li> <li><b>The Meet Director reserves the right to utilize either one or two pools in any of the other sessions dependent upon the number of entries received. This will be communicated to all coaches/teams no later than Tuesday, January 7, 2020.</b></li> </ul>	
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:10 AM on Saturday and 8:00 AM on Sunday.</li> <li>Afternoon sessions: Warm-ups not before 11:00 AM; competition starts not before 12:00 PM.</li> <li>Distance session and 8 &amp; Under session (Saturday): Warm-ups not before 2:30 PM; competition starts not before 3:00 PM.</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the RAYS website <a href="http://www.swimrays.org">www.swimrays.org</a>, no later than Tuesday, January 7, 2020, and will also be emailed to the contact person of the participating clubs.</li> <li>If the morning session runs late, <b>afternoon</b> warm-ups will begin immediately after the morning session ends.</li> </ul>	

	<ul style="list-style-type: none"> <li>If the afternoon session on Saturday runs late, Distance and 8 &amp; Under warm-ups will begin immediately after the afternoon session ends.</li> <li>There will be a 10 Minute warm-up period before events 63 &amp; 64 (1000 Free)</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Thursday, January 2<sup>nd</sup>, 2020</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in SCY times using Hy-Tek Team Manager and Commlink-2 software. Teams must 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> <li>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 &amp; 26 (400 IM), 27 &amp; 28 (500 Free) and 63 &amp; 64 (1000 Free) which are open events with minimum entry times required. <b>CT 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 4 <i>individual events per day and 8 individual events for the meet except for 8 &amp; Unders may enter all 5 events in Saturday's 8 &amp; Under session.</i></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 for the 12 &amp; under swimmers.</li> <li>Email entries to: Anthony Pedersen, email: <a href="mailto:coachanthony@swimrays.org">coachanthony@swimrays.org</a> phone: 703-919-5889.</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: \$8.00 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: <b>RAYS.</b></li> <li>Mail payment to: <b>Carol Rowlands, PO BOX 866, Stafford VA 22555</b></li> <li>Payment must be received by January 9<sup>th</sup>, 2020 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>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.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for first through eighth place for 12 &amp; U Swimmers.</li> <li>9-12 events will be given separate awards for 11-12 and 9-10.</li> <li>12 &amp; U events will be given separate awards for 11-12, 9-10 and 8 &amp; under.</li> <li>13 &amp; over and Open events will not be awarded.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events, except #25-26 (400 IM), #27-28 (500 Free) and #65-66 (1000 Free) will be pre-seeded.</li> <li>Events #25-26 (400 IM), #27-28 (500 Free) and #63-64 (1000 Free) require a positive check-in to swim.</li> <li>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.</li> <li>A clerk of course will be available for 8 &amp; Under events. All other athletes should report directly to the blocks.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Name: George Hunter</b> <b>Email: <a href="mailto:bigjerky72@gmail.com">bigjerky72@gmail.com</a></b> <b>Phone: 540-656-3464</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 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: <a href="mailto:bigjerky72@gmail.com">bigjerky72@gmail.com</a> <b>no later than Wednesday, January 8<sup>th</sup>, 2020.</b></li> <li>There will be an officials' meeting approximately 1 hour prior to the start of each session.</li> <li>Officials should follow this link to apply to officiate no later than Wednesday, January 8, 2020 – <a href="#">2020 Jeff Rouse Meet Official's Sign Up</a>. <b>There will be a coaches' meeting at 8:00 am on January 11, 2020.</b></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, including the Minor Athlete Abuse Protection Policy, 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 Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</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 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.</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 swimsuit 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, 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>SAFETY:</b>	VSI Safety and Warm-up 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.</li> <li>• The number of timers required per club and their lane assignments will be posted on the RAYS <a href="http://www.swimrays.org">www.swimrays.org</a> no later than Tuesday, January, 7, 2020, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Swimmers in event 25 &amp; 26 (400 IM), must provide their own timer. Swimmers in event 27 &amp; 28 (500 Free) and 63-64 (1000 Free), must provide their own timer and counter.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Swimmer/Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers/spectators.</li> <li>• <b>Deck Access:</b> Limited to athletes, coaches with their credentials, officials, timers and individuals helping work the meet.</li> <li>• <b>Team Areas:</b> Seating is available on deck for the swimmers.</li> <li>• <b>Spectator Seating:</b> 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.</li> <li>• <b>Heat Sheets:</b> Will be available on Meet Mobile and posted around the facility.</li> <li>• <b>Snack Bar:</b> Concessions will be available for purchase through JRSSC.</li> <li>• <b>Swim Supplies:</b> Sport Fair will be available for swim supply purchases and meet t-shirts.</li> <li>• <b>First Aid:</b> See Lifeguard for assistance.</li> <li>• <b>Lost and Found:</b> Check with the front desk for lost and found items.</li> <li>• <b>Hospitality:</b> 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.</li> </ul>
<b>FACILITY</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>• Doors are not to be propped open (HVAC) and the front door is the only entry/exit door from the facility</li> <li>• All pool rules are posted pool side.</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". Go to "RAYS Jeff Rouse Meet" and click on "JRSSC" under Venue</li> </ul>

<b>PARKING:</b>	<ul style="list-style-type: none"> <li>• Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches and officials.</li> <li>• There will be a drop off area designated. Please follow guidance of parking attendants.</li> </ul>
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**2020 RAYS Jeff Rouse Meet**  
**ORDER OF EVENTS**  
**Saturday, January 11, 2020**

<b>9-12 Year Old Session 1</b> 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

<b>13 &amp; Over Session 2</b> 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

<b>Distance Session 3</b> 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 – 13 & O 400 IM - 5:17.39	26*
27*	6:20.09- 13 & O 500 Free –5:58.99	28*

<b>8 &amp; Under Session 4</b> 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 12, 2020**

<b>12 &amp; Under Session 5</b> 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

<b>13 &amp; Over Session 6</b> 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– 13 & O 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.