



**2019 VSI REGIONAL SUMMER AWARDS**  
July 12-14, 2019  
SANCTION NO. VS-19-129



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-19-129</b>.</li><li>• USA Swimming, Inc., Virginia Swimming, Inc., Rappahannock RAYS and the 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 a total of eight 50-meter competition lanes with a depth of 6' 6" to 12' 6" from end to end. Competition lanes are a minimum of 8' 6" wide.</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 DIRECTORS:</b>	Name: Danielle Euker Email: danielleeuker@gmail.com Phone: 412-913-4253
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all Virginia Swimming athletes registered prior to the first day of the meet from the following teams:<ul style="list-style-type: none"><li>○ <b>BASS, HNVR, PSDN, PWSC, QSTS, RAYS, STAT, STLH, TORP, TSU, VSTP, WFS, WST</b></li></ul></li><li>• The qualifying period for this meet is January 1, 2018 through July 11, 2019.</li><li>• No on deck Virginia Swimming athlete registration will be permitted.</li><li>• <b>8 and younger swimmers may compete in any event regardless of their time.</b></li><li>• <b>14 and younger swimmers may compete in any event in which they have a time that is slower than the age group championship qualifying time.</b></li><li>• <b>15 and older swimmers may compete in any event in which they have a time that is slower than the senior championship qualifying time.</b></li><li>• Age on July 12, 2019 will determine age for the entire meet.</li><li>• 10 &amp; 12 year old swimmers aging up from July 12 to July 25, 2019 and 14 year old swimmers aging up from July 12 to July 18, 2019 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>○ Any 10 or 12-year-old swimmer who does not qualify in his/her new age group at Age Group Champs may enter the event.</li><li>○ Any 14-year old swimmer who does not qualify for Senior Champs may enter the event</li><li>○ The swimmers will be seeded correctly by time but will swim exhibition only and will not be eligible to receive an award.</li></ul></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 Events will be timed finals.</li><li>• 12 and younger swimmers will swim in the morning sessions</li></ul>

	<ul style="list-style-type: none"> <li>• 13 and older swimmers will swim in the afternoon sessions</li> <li>• Chase starts may be utilized at the discretion of the meet referee.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, July 2<sup>nd</sup>.</b></p> <ul style="list-style-type: none"> <li>• <b>Conforming and Non-Conforming times will be used for entry – Long Course Meters, Short Course Meters then Short Course Yards</b> 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 VSI meet summary sheet (available at VSI website, <a href="http://www.virginiawimming.org">www.virginiawimming.org</a>) with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>• <b>Swimmer may enter a maximum of 9 individual events, no more than 3 per day.</b></li> <li>• “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record.</li> <li>• Coach’s Times (CT) are <b>not</b> allowed.</li> <li>• All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• Email entries to: Anthony Pedersen e-mail: <a href="mailto:rayscoachanthony@gmail.com">rayscoachanthony@gmail.com</a></li> <li>• <b>Late entries will be accepted.</b> All late entries must submit proof of time. 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> <li>• The Meet Referee reserves the right to combine heats and events, which may require reseeding.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$8.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <p><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>• <b>Checks should be made payable to: RAYS</b></li> <li>• <b>Mail payment to: Carol Rowlands, PO BOX 866, Stafford, VA 22555</b></li> <li>• <b>Payment must be received by July 11, 2019 for all entries.</b> Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul> <p>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 receipt of your entries.</p>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except those requiring a positive check-in will be pre-seeded. 400 and 800 freestyles, and the 400 IM’s require a positive check-in.</li> <li>• <b>Positive check-in deadlines: The events listed below will require a positive check-in.</b> <ul style="list-style-type: none"> <li>○ <b>8:30am Friday: events #17-18 (11-12 400 IM)</b></li> <li>○ <b>1:00pm Friday: events #25-26 (13 &amp; O 400 IM)</b></li> <li>○ <b>8:30am Saturday: events #45-46 (10 &amp; U 400 Free), #47-48. (11-12 400 Free)</b></li> <li>○ <b>12:30pm Saturday: events #57-58 (13 &amp; O 400 Free)</b></li> <li>○ <b>1:00pm Sunday: events #87-88 (13 &amp; O 800 Free)</b></li> </ul> </li> <li>• <b>A swimmer who positively checks-in to swim for distance event and does not show up to compete, will not be able to swim his/her next event.</b></li> <li>• <b>Events #87 &amp; 88 (800 Freestyle) will be swum fastest to slowest and alternating heats of girls and boys.</b></li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• <b>Morning sessions: Warm-ups at 7:00am; Friday competition starts not before 8:20am. Saturday and Sunday – not before 8:20am.</b></li> <li>• <b>Afternoon sessions: Warm-ups not before 11:00am; competition starts not before 12:20pm.</b></li> <li>• 800 Free: The pool will be opened for 15 min. of open warm-ups immediately following the finish of the afternoon session with competition starting 5 min. thereafter. <ul style="list-style-type: none"> <li>○ The approximate start time for the distance sessions will be posted on the RAYS website (<a href="http://www.swimrays.org">www.swimrays.org</a>), no later than Tuesday, July 9, 2019, and will also be emailed to the</li> </ul> </li> </ul>

	<p>contact person of the participating clubs.</p> <ul style="list-style-type: none"> <li>○ The event will start no earlier than the estimated start time.</li> <li>● Lane assignment and warm-up times for individual clubs will be posted on the RAYS website, no later than Monday, July 8<sup>th</sup> and will also be emailed to the contact person of the participating clubs.</li> <li>● If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>● Individual events will be scored and awarded medals 1<sup>st</sup> through 3<sup>rd</sup> place and ribbons 4<sup>th</sup> through 16<sup>th</sup> place.</li> <li>● 10 and under events will be awarded as 9-10 and 8 and under.</li> <li>● 13 &amp; over events will be awarded as 13-14 and 15 &amp; over.</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>● 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 into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</li> <li>● In accordance with VSI Best Practices, swimmers should shower before entering the pool.</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: Name: Michael Sizemore</b>  <b>Email: mcsizemore@gmail.com</b>  <b>Phone:540-834-8120</b></p> <ul style="list-style-type: none"> <li>● Officials will be needed for all positions and all sessions for this meet. Please sign up with the following link to officiate <b>no later than Wednesday, July 10, 2019 – <a href="#">2019 VSI Summer Awards Officials Sign-up</a></b></li> <li>● There will be an officials' meeting approximately 1 hour prior to the start of each session.</li> <li>● <b>There will be a coaches' meeting at 8:10 am on July 12, 2019.</b></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 website, no later than Monday, July 8<sup>th</sup>, and will also be emailed to the contact person of each of the individual clubs.</li> <li>● Swimmers competing in the 800 FR must provide their own timers and counters.</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</li> </ul>

	<p>swimmers/spectators.</p> <ul style="list-style-type: none"> <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 for purchase throughout meet for \$10</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 warmups 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 RULES:</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 on “Summer Awards RAYS” 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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## ORDER OF EVENTS

Friday, July 12, 2019

<b>Morning Session</b>		
<b>Warm-up: 7:00 AM; Start: not before 8:20 AM</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 200m Backstroke	2
3	9-10 50m Breaststroke	4
5	11-12 50m Breaststroke	6
7	8 & U 50m Breaststroke	8
9	11-12 200m Freestyle	10
11	10 & U 200m Freestyle	12
13	11-12 100m Butterfly	14
15	10 & U 100m Butterfly	16
17	11-12 400m Individual Medley	18

<b>Afternoon Session</b>		
<b>Warm-up: 11:00 AM; Start: not before 12:20 PM</b>		
<b>(Times are approximate)</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
19	13&O 200m Freestyle	20
21	13&O 100m Breaststroke	22
23	13&O 100m Butterfly	24
25	13&O 400m Individual Medley	26

Saturday, July 13, 2019

<b>Morning Session</b>		
<b>Warm-up: 7:00 AM; Start: not before 8:20 AM</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	11-12 200m Butterfly	28
29	8& U 50m Freestyle	30
31	9-10 50m Freestyle	32
33	11-12 50m Freestyle	34
35	10&U 100m Breaststroke	36
37	11-12 100m Breaststroke	38
39	8 & U 50m Backstroke	40
41	9-10 50m Backstroke	42
43	11-12 50m Backstroke	44
45	10&U 400m Freestyle	46
47	11-12 400m Freestyle	48

<b>Afternoon Session</b>		
<b>Warm-up: 11:00 AM; Start: not before 12:20 PM</b>		
<b>(Times are approximate)</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	13&O 200m Butterfly	50
51	13&O 50m Freestyle	52
53	13&O 200m Breaststroke	54
55	13&O 100m Backstroke	56
57	13&O 400m Freestyle	58

Sunday, July 14, 2019

<b>Morning Session</b>		
<b>Warm-up: 7:00 AM; Start: not before 8:20 AM</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
59	11-12 200m Breaststroke	60
61	10 & U 100m Backstroke	62
63	11-12 100m Backstroke	64
65	8 & U 100m Freestyle	66
67	9-10 100m Freestyle	68
69	11-12 100m Freestyle	70
71	8&U 50m Butterfly	72
73	9-10 50m Butterfly	74
75	11-12 50m Butterfly	76
77	10&U 200m Individual Medley	78
79	11-12 200m Individual Medley	80

<b>Afternoon Session</b>		
<b>Warm-up: 11:00 AM; Start: not before 12:20 PM</b>		
<b>(Times are approximate)</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
81	13&O 200m Backstroke	82
83	13&O 100m Freestyle	84
85	13&O 200m Individual Medley	86
	<b>15 min warm-up</b>	
87	13&O 800m Freestyle	88