



**2018 JEFF ROUSE INVITATIONAL**  
**May 4-6, 2018**  
**SANCTION NO. VS-18-89**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., <b>SANCTION NO: VS-18-89.</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 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.</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: Chrissy Urian Email: <a href="mailto:chrissyurian@me.com">chrissyurian@me.com</a> Phone: 410-440-1111
<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>2017-2020 NAG time standards are in effect. (as appropriate)</li><li>Age on May 4<sup>th</sup>, 2018 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 welcomed 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>Friday evening session offers events for swimmers 9 &amp; Over.</li><li>All 12 &amp; under swimmers will swim in the AM sessions Saturday and Sunday.</li><li>All 13 &amp; over swimmers will swim in the PM sessions Saturday and Sunday.</li><li>All events will be timed finals.</li><li><b>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 coach/team communications are sent out.</b></li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Friday evening session: Warm-ups at 3:30 PM; Competition starts at 4:30 PM.</li><li>Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:10 AM on Saturday and 8:00 AM Sunday.</li><li>Afternoon sessions: Warm-ups not before 11:00 AM; competition starts not before 12:00 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, May 1st, 2018, 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>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, APRIL 24, 2018</b>

	<ul style="list-style-type: none"> <li>• Entries must be submitted in SCY/LCM times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>• 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 CT <b>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 <b>4 individual events and 1 relay event per day, With the exception of Friday, Friday swimmers may only swim 2 events.</b></li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</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>• 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 actions may require reseeding. Relays may also be eliminated if necessary and relay fees will be refunded should this happen.</li> <li>• Email entries to: Anthony Pedersen, email: <a href="mailto:apedersen13@gmail.com">apedersen13@gmail.com</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 Clerk-of-Course on the provided forms.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$7.00  Relay events: \$15.00  Swimmer surcharge: \$7.50 per person entered in the meet in any capacity.</p> <ul style="list-style-type: none"> <li>• <b>Surcharge includes convenience fee for Free Access to Heat sheets: in pdf form online, in paper form at the meet and on the Meet Mobile App.</b></li> <li>• Checks should be made payable to: <b>RAYS.</b> <ul style="list-style-type: none"> <li>• Mail payment to: <b>Carol Rowlands PO BOX 866, Stafford VA 22555</b></li> </ul> </li> <li>• Payment must be received by Tuesday, May 1, 2018, 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 <b>NOT</b> 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</li> <li>• 9 &amp; Over Events will be given separate awards for 15 &amp; Over, 13-14, 11-12, and 9-10 age groups.</li> <li>• 11 &amp; Over Events will be given separate awards for 15 &amp; Over, 13-14 and 11-12 age groups.</li> <li>• 13 &amp; Over events will be given separate awards for 15 &amp; Over and 13-14 age groups.</li> <li>• 12 &amp; under events will be given separate awards for 11-12, 9-10 and 8 &amp; under age groups.</li> <li>• Relay events: Ribbons will be awarded for first through third place</li> <li>• Rosette ribbons for high points will be awarded for first through third place for 8 &amp; Under, 9-10, 11-12, 13-14, and 15 and Over</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except for 200s and above, will be pre-seeded.</li> <li>• <b>Fridays events, positive check-in will close at 4:00pm</b></li> <li>• <b>Saturday and Sunday AM, positive check-in will close at 7:30am.</b></li> <li>• <b>Saturday and Sunday PM, positive check-in will close 30 minutes after warm-ups begin.</b></li> <li>• All events will be swum slowest to fastest.</li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>• <b>Swimmer shall be marked as exhibition for the event swum illegally and the event shall be re-scored and awarded.</b></li> <li>• <b>Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results.</b></li> <li>• <b>Clubs entering swimmers not legally registered with USA Swimming before the first day of the meet may be fined \$100 per swimmer in each event(s) swum.</b></li> </ul>

	<ul style="list-style-type: none"> <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><b>Any swimmer who positively checks in for any event and fails to compete will not be allowed to swim his/her next event.</b></li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations will apply.</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>The overhead start procedure will be used for all sessions.</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.</li> <li>Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director.</li> <li>Coaches with expired or non-current credentials will be required to leave the deck.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Name: Michael Sizemore</b>  <b>Email: <a href="mailto:mcsizemore@gmail.com">mcsizemore@gmail.com</a></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.</li> <li>Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook.</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: Michael Sizemore, email: <a href="mailto:mcsizemore@gmail.com">mcsizemore@gmail.com</a> <b>no later than Tuesday, May 1, 2018</b></li> <li>Officials meetings will be held one hour prior to the start of each session.</li> <li><b>There will be a coaches meeting at 8:00 am on May 5, 2018.</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 <a href="http://www.swimrays.org">www.swimrays.org</a> no later than Tuesday, May 1, 2018, and will also be emailed to the contact person of each of the individual clubs.</li> <li>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.</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 for purchase throughout meet for \$6</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> A suite will be available for USA officials and coaches.</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>	MapQuest – Jeff Rouse Swim and Sport Center, 1600 Mine Rd; Stafford, VA 22554
<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>

**ORDER OF EVENTS**  
**Friday, May 4, 2018**

<b>Evening Session 1</b>		
<b>Warm-up: 3:30 PM; Start: 4:30 PM</b>		
<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 5, 2018**

<b>12 &amp; Under Session 2</b>		
<b>Warm-up: 7:00 AM; Start: 8:10 AM</b>		
<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

<b>13 &amp; Over Session 3</b>		
<b>Warm-up: 11:00 AM; Start: 12:00 PM</b>		
(Times are approximate)		
<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 Free	30
31	13 & Over 100 Fly	32
33	13 & Over 50 Free	34
35	13 & Over 200 Back	36
37	13 & Over 100 Breast	38
39	13 & Over 50 Back	40

## Sunday, May 6, 2018

<b>12 &amp; Under Session 4</b>		
<b>Warm-up: 7:00 AM; Start: 8:00 AM</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
41	10 & U 200 Free Relay	42
43	11-12 200 Free Relay	44
45	12 & Under 200 Breast	46
47	12 & Under 100 Back	48
49	12 & Under 50 Breast	50
51	12 & Under 200 Fly	52
53	12 & Under 100 Free	54
55	12 & Under 50 Fly	56

<b>13 &amp; Over Session 5</b>		
<b>Warm-up: 11:00 AM; Start: 12:00 PM</b>		
<small>(Times are approximate)</small>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
57	13-14 400 Free Relay	58
59	15 & Over 400 Free Relay	60
61	13 & Over 200 IM	62
63	13 & Over 200 Breast	64
65	13 & Over 100 Back	66
67	13 & Over 50 Breast	68
69	13 & Over 200 Fly	70
71	13 & Over 100 Free	72
73	13 & Over 50 Fly	74