



2019 Helen Wang Sunflower Classic

May 1-3 2020

SANCTION NO: VS-20-95



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-95USA 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.
LOCATION:	<ul style="list-style-type: none">Jeff Rouse Swim and Sport Center, 1600 Mine Road; Stafford, VA 22554, 540-318-6332
FACILITY:	<ul style="list-style-type: none">The Jeff Rouse Swim and Sport Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, and concession stand.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.Indoor 6 lane 25 yard pool for continuous warm-up, cool-down.Non-Turbulent Lane Markers in both pools.Competitor Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.Spectator seating for 700 plus.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.
MEET DIRECTOR:	Name: Danielle Euker Email: danielleeuker@gmail.com Phone: 412-913-4253
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming athletes registered before the first day of the meet.No on-deck USA Swimming athlete registration will be permitted.Age on May 1, 2020 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">Friday evening session offers events for swimmers 9 & Over.All 12 & under swimmers will swim in the AM sessions Saturday and Sunday.All 13 & over swimmers will swim in the PM sessions Saturday and Sunday.All events will be timed finals.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 communications are sent out but not later than Monday, April 27, 2020.
WARM-UP:	<ul style="list-style-type: none">Friday evening session: Warm-ups at 3:30 PM; Competition starts at 4:30 PM.Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:10 AM on Saturday and 8:00 AM Sunday.Afternoon sessions: Warm-ups not before 11:00 AM; competition starts not before 12:00 PM.Lane assignment and warm-up times for individual clubs will be posted on the RAYS website www.swimrays.org, no later than Monday, April 27th, 2020, and will also be emailed to the contact person of the participating clubs.If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, APRIL 21, 2020 <ul style="list-style-type: none">Entries must be submitted in LCM/SCY times using Hy-Tek Team Manager and Commlink-2 software.Teams must submit entries via email.

	<ul style="list-style-type: none"> • 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. • Coach Time (CT) will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an "A" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • NT entries accepted. • Swimmers may enter a maximum of 4 individual events per day, With the exception of Friday, Friday swimmers may only swim 2 events. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit for the 12 & under swimmers. • 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: Josh Friedel, email: jfried3408@yahoo.com, phone: 540-455-3408. • 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.
FEES:	<p>Individual events: \$8.50 Swimmer fee: \$2.50 per person (entered in the meet in any capacity).</p> <ul style="list-style-type: none"> • Checks should be made payable to: RAYS. • Mail payment to: Carol Rowlands PO BOX 866, Stafford VA 22555 • Payment must be received by Tuesday, April 30, 2019, 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. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place for 12 & U Swimmers • 9 & Over and 9-12 Events will be given separate awards for 11-12, and 9-10 age groups. • 11 & Over Events will be given separate awards for 11-12 age groups. • 12 & under events will be given separate awards for 11-12, 9-10 and 8 & under age groups. • 13 & over will not be awarded.
SEEDING:	<ul style="list-style-type: none"> • All events, except for 200s and above, will be pre-seeded. • Friday's events and Sunday's 1500: will be positive check-in will close at 4:00pm Friday and 12:30pm Sunday. • Saturday and Sunday AM: positive check-in will close at 7:30am. • Saturday and Sunday PM: positive check-in will close 30 minutes after warm-ups begin. • All events will be swum slowest to fastest except for events 1-6, they will be fastest to slowest. • Events 7 & 8 (11 & Over 800 Free) and 53 & 54(13 & Over 1500 Free) will alternate girl-boy order, they will also be swum fastest to slowest.
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 register 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, including the Minor Athlete Abuse Protection Policy, will govern this meet. • 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. • 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 • 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

	<p>unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <ul style="list-style-type: none"> • 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>. • 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. • In accordance with VSI Best Practices, swimmers should shower before entering the pool. • 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. • 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: Genny Kimbel Email: gennykimbel@gmail.com Phone: 757-876-9134</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to: Bill Fairfax, email: billf574@gmail.com no later than Wednesday, April 29, 2020 - 2020 Helen Wang Sunflower Classic Official's Sign Up • There will be an officials' meeting approximately 1 hour prior to the start of each session. • Officials should follow this link to apply to officiate no later than Wednesday, April 26, 2020 – There will be a coaches' meeting at 8:00 am on Saturday, May 2, 2020.
SAFETY:	VSI Safety and Warm-up 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. • The number of timers required per club and their lane assignments will be posted on the RAYS www.swimrays.org no later than Monday, April 27th, 2020, and will also be emailed to the contact person of each of the individual clubs. • Swimmers in any events on Friday (Events 1-8) and on Sunday (Events 53-54) must provide their own timer. Swimmers in events 7-8 the 800 freestyle and 53-54 the 1500 freestyle, must also provide their own counter.
GENERAL:	<ul style="list-style-type: none"> • Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. • Deck Access: Limited to athletes, coaches with their credentials, officials, timers and individuals helping work the meet. • Team Areas: Seating is available on deck for the swimmers. • Spectator Seating: 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. • Heat Sheets: Will be posted on our website, around the facility and on Meet Mobile. • Snack Bar: Concessions will be available for purchase through JRSSC. • Swim Supplies: Sport Fair will be available for swim supply purchases and meet t-shirts. • First Aid: See Lifeguard for assistance. • Lost and Found: Check with the front desk for lost and found items. • Hospitality: 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.
FACILITY RULES:	<ul style="list-style-type: none"> • No glass containers of any kind are permitted in the facility. • Lawn/deck chairs are not permitted in the grandstand • No spectators/parents will be allowed on deck unless working the meet • No smoking is allowed on the campus • Doors are not to be propped open (HVAC) and the front door is the only entry/exit door from the facility • All pool rules are posted pool side.
DIRECTIONS:	Directions to the pool can be found by going to: www.virginiaswimming.org Click on "Meets". Go to "RAYS Jeff Rouse Invitational" and click on "JRSSC" under Venue

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

Friday, May 1, 2020

Evening Session 1		
Warm-up: 3:30 PM; Start: 4:30 PM		
<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 2, 2020

12 & Under Session 2		
Warm-up: 7:00 AM; Start: 8:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
9	12 & Under 200 Free	10
11	12 & Under 100 Fly	12
13	12 & Under 50 Free	14
15	12 & Under 200 Back	16
17	12 & Under 100 Breast	18
19	12 & Under 50 Back	20

13 & Over Session 3		
Warm-up: 11:00 AM; Start: 12:00 PM		
<i>(Times are approximate)</i>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
21	13 & Over 200 Fly	22
23	13 & Over 50 Free	24
25	13 & Over 200 Back	26
27	13 & Over 200 IM	28
29	13 & Over 100 Breast	30
31	13 & Over 200 Free	32

Sunday, May 3, 2020

12 & Under Session 4		
Warm-up: 7:00 AM; Start: 8:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	12 & Under 200 Fly	34
35	12 & Under 100 Back	36
37	12 & Under 50 Fly	38
39	12 & Under 200 Breast	40
41	12 & Under 100 Free	42
43	12 & Under 50 Breast	44

13 & Over Session 5		
Warm-up: 11:00 AM; Start: 12:00 PM		
<i>(Times are approximate)</i>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
45	13 & Over 200 Breast	46
47	13 & Over 100 Back	48
49	13 & Over 100 Fly	50
51	13 & Over 100 Free	52
53	13 & Over 1500 Free	54