



**The Duck Bowl  
A/BB/B/C  
January 25-26, 2020  
SANCTION NO. VS-20-57**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-20-57</b>.</li><li>• USA Swimming, Inc., Virginia Swimming, Inc., Hanover Aquatics, Inc. 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>	<ul style="list-style-type: none"><li>• Jeff Rouse Swim and Sport Center, 1600 Mine Rd., Stafford VA 22554</li><li>• Phone:804-387-1279</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 and concession stand.</li><li>• Eight lanes, 50-meter competition pool, 12 feet deep at the start end and 6.7 feet at the turn end; overflow gutters with non-turbulent lane markers.</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). The copy of such certification is on file with USA Swimming.</li></ul>
<b>MEET DIRECTOR:</b>	Name: Nikki Deal Email: hokieswimmom@comcast.net Phone: 804-267-9494
<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</li><li>• Age on January 25, 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 12 &amp; younger swimmers will swim in the morning sessions.</li><li>• All 13 &amp; older swimmers will swim in the afternoon sessions.</li><li>• All events will be timed finals.</li><li>• Dual courses may be run for part or the entire meet to accommodate the number of swimmers and still not create too lengthy a session.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:00 AM.</li><li>• Afternoon sessions: Warm-ups not before 12:30 PM; competition starts not before 1:30 PM.</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the Hanover website (<a href="http://www.hanoveraquatics.com">www.hanoveraquatics.com</a>) no later than Tuesday, January 21, 2020 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>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, JANUARY 16, 2020.</b> <ul style="list-style-type: none"><li>• Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software. Teams submit entries via email.</li><li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with</li></ul>

	<p>the name of the person to contact in case of questions must accompany the entries.</p> <ul style="list-style-type: none"> <li>• <b>11-12 200 yd events as well as the 500 free must be entered with “BB” times.</b></li> <li>• <b>Except for events #29 &amp; 30 (13 &amp; O 400 IM), #71 &amp; 72 (13 &amp; O 500 Free) and #87 &amp; 88 (13 &amp; O 1000 Free),</b> Coach Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. <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>• <b>Events #87 &amp; 88 (13 &amp; O 1000 Free) will be limited to 4 heats of boys and 4 heats of girls.</b></li> <li>• Swimmers may enter a maximum of <b>4 individual event(s) and 1 relay event(s) per day.</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.</li> <li>• Relays may also be eliminated if necessary and relay fees will be refunded should this happen.</li> <li>• Email entries to: <a href="mailto:hnavrhurr@gmail.com">hnavrhurr@gmail.com</a></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  Relay events: \$12.00  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: Hanover Aquatics, Inc.</li> <li>• Mail payment to: PO Box 1886, Mechanicsville, VA 23116</li> <li>• Payment must be received by the start of the meet, January 25, 2020 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</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 as this will delay the acceptance of your entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Each heat winner will receive an award.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• Swimmers should report directly to the blocks for their events.</li> <li>• Events # 29 &amp; 30(13 &amp; O 400 IM), 69 &amp; 70 (11-12 500 Free), 71 &amp; 72(13 &amp; O 500 Free) 87 &amp; 88 (13 &amp; O 1000 Free) will require a positive check-in.</li> <li>• Positive check-in for the 400 IM, 500 Free and 1000 Free will close 30 minutes prior to the start of the session.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• All events will be swum slowest to fastest except #87 &amp; 88 (13 &amp; O 1000 free) which will swim fastest to slowest.</li> <li>• There will be a 10 minute break following events #30 and 42 on Saturday and events #68, 72 and 86 on Sunday.</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 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>OFFICIALS:</b>	<p><b>Meet Referee: Will Murphy</b>  <b>Email: <a href="mailto:wimmmurphy@aol.com">wimmmurphy@aol.com</a></b>  <b>Phone: 804-301-8529</b></p> <ul style="list-style-type: none"> <li>• 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 no later than January 19, 2020 to:  <b>John Stevens email: <a href="mailto:stevensjohna@hotmail.com">stevensjohna@hotmail.com</a></b></li> <li>• Officials meetings will be held one hour prior to the start of the each session.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety 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. If your club is team traveling and you don't expect parents to attend, please let us know so we can make adjustments to the assignments prior to the start of the meet.</li> <li>• The number of timers required per club and their lane assignments will be posted on Hanover's website (<a href="http://www.hanoveraquatics.com">www.hanoveraquatics.com</a>) no later than Tuesday, January 21, 2020, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Swimmers competing in the 13 &amp; O 500 free are responsible for providing their own counters and timers will be provided.</li> <li>• Swimmers competing in the 11-12 500 free and 13 &amp; O 1000 free are responsible for providing their own counters and timers.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Heat sheets will be available on Meet Mobile and posted around the facility</li> <li>• Concessions will be available during the meet at the Jeff Rouse Swim and Sport cafeteria. Concessions will open for warm-ups and during competition each day. No outside food or drinks are allowed in the facility.</li> <li>• Coaches' and officials' hospitality will include breakfast and lunch on Saturday and breakfast and lunch on Sunday. Hospitality will be hosted in the room just off the pool deck.</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> </ul>

	<ul style="list-style-type: none"><li>• No outside food or beverages are allowed in the facility.</li><li>• No flash photography.</li></ul>
<b>DIRECTIONS:</b>	Go to <a href="http://www.virginiawimming.org/vsi/Meet/VenueDirections/JRS_SC.html">http://www.virginiawimming.org/vsi/Meet/VenueDirections/JRS_SC.html</a> for directions.

ORDER OF EVENTS

**Saturday, January 25, 2020**

<b>Morning Session</b> <b>Warm-up: 7:00 AM; Start: 8:00 AM</b>			<b>Afternoon Session</b> <b>Warm-up: not before 12:30 PM; Start: not before 1:30 PM</b> (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12 & Y 200 Free	2	29	13 & O 400 IM	30
3	10 & Y 100 IM	4		10 min break	
5	11-12 100 IM	6	31	13 & O 50 Fly	32
7	10 & Y 50 Free	8	33	13 & O 100 Breast	34
9	11-12 50 Free	10	35	13 & O 200 Fly	36
11	10 & Y 100 Back	12	37	13 & O 100 Back	38
13	11-12 100 Back	14	39	13 & O 50 Free	40
15	10 & Y 50 Breast	16	41	13 & O 200 Free	42
17	11-12 50 Breast	18		10 min break	
19	11-12 200 Breast	20	87	13 & O 1000 Free	
21	10 & Y 100 Fly	22			
23	11-12 100 Fly	24			
25	10 & Y 200 Medley Relay	26			
27	11-12 200 Medley Relay	28			

**Sunday, January 26, 2020**

<b>Morning Session</b> <b>Warm-up: 7:00 AM; Start: 8:00 AM</b>			<b>Afternoon Session</b> <b>Warm-up: not before 12:30 PM; Start: not before 1:30 PM</b> (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
43	12 & Y 200 IM	44	71	13 & O 500 Free	72
45	8 & Y 25 Free	46		10 min break	
47	12 & Y 100 Free	48	73	13 & O 100 Free	74
49	8 & Y 25 Back	50	75	13 & O 200 Back	76
51	12 & Y 50 Back	52	77	13 & O 50 Back	78
53	11-12 200 Back	54	79	13 & O 100 Fly	80
55	8 & Y 25 Breast	56	81	13 & O 200 Breast	82
57	12 & Y 100 Breast	58	83	13 & O 50 Breast	84
59	8 & Y 25 Fly	60	85	13 & O 200 IM	86
61	12 & Y 50 Fly	62		10 min break	
63	11-12 200 Fly	64		13 & O 1000 Free	88
65	10 & Y 200 Free Relay	66			
67	11-12 200 Free Relay	68			
	10 min break				
69	11-12 500 Free	70			