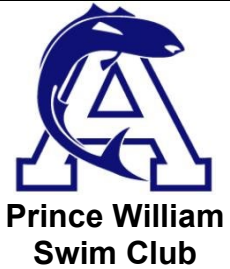




NORTH DISTRICT 12&U CHAMPIONSHIP
February 17 - 19, 2023
SANCTION NO. VS-23-70



SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-70. • USA Swimming, Inc., Virginia Swimming, Inc., and Prince William Swim Club 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. • In applying for this sanction, the Host, Prince William Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and Stafford County. 		
LOCATION:	Jeff Rouse Swim and Sport Center, 1600 Mine Rd., Stafford, VA		
FACILITY:	<ul style="list-style-type: none"> • The Jeff Rouse Swim and Sport Center provides two indoor pools and supporting amenities which may include hospitality and concession stand. • The 50-meter competition pool with bulkhead offers two eight lane 25-yard competition pools with a depth of 6.7 feet to 12 feet from end to end with overflow gutters with non-turbulent lane lines. • All sessions will be run in a 25-yard competition pool configured for eight lanes. Two courses may be used based on number of entries. • Indoor six lane, 25 yard pool for continuous warm-up, cool-down. • Competitor starting blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. • The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4). A copy of the certification is on file with USA Swimming. • Jeff Rouse Swim and Sport Center provides appropriate medical supervision through the use of lifeguards available at the facility. • In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming. 		
MEET DIRECTOR:	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> Peggy Giovinazzo giovinmm@pwcs.edu 718-986-3042 </td> <td style="width: 50%; vertical-align: top;"> Wendy McGraels mcgraels@verizon.net 703-508-1934 </td> </tr> </table>	Peggy Giovinazzo giovinmm@pwcs.edu 718-986-3042	Wendy McGraels mcgraels@verizon.net 703-508-1934
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ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Swimming 12 &U athletes registered prior to the first day of the meet in the North District which includes PWSC, RAYS, STAT, STLH, TORP, TSU, VSTP, WFS and WST • Unattached athletes in the same geographical district are also eligible to attend. • No on deck Virginia Swimming athlete registration will be permitted. • The qualifying period for this meet is January 1, 2022 through February 16, 2023. • 8 & U athletes may participate in any event regardless of classification. • 9–12-year-old athletes may compete in any individual event or relay leg in which they do NOT have a VSI Age Group Championship qualifying time. • 10- and 12-year-old swimmers aging up from February 17 to March 9, 2023 with times too fast to qualify for this championship will be allowed to compete in an event at this meet under the following conditions: <ul style="list-style-type: none"> ○ The swimmer does not qualify for the event in his/her new age group at Age Group Champs. ○ The swimmer will be seeded correctly by time but will swim Exhibition only and will not be eligible to receive an award or compete in the finals session. • Age on February 17, 2023 will determine age for the entire meet. 		
DISABILITY	<ul style="list-style-type: none"> • Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. 		

SWIMMERS:	<ul style="list-style-type: none"> 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"> 11–12-year-old swimmers will swim prelim/finals in all individual events except the 400 IM and the 500 free which will be swum as timed finals in the Friday evening session. On Saturday and Sunday, the top 16 swimmers in the 11-12 age group from prelims will come back to compete in finals, except for the 200 fly, 200 back, and 200 breast where only the top 8 swimmers will compete in finals. 9–10-year-old swimmers will swim prelim/finals in all individual events except the 200 IM and 500 Free which will be contested as timed finals in the Friday evening session. On Saturday and Sunday, the top 8 swimmers in every other event from prelims will come back to compete in finals. 8 & Under swimmers will swim all events as timed finals. 8 and under swimmers are not eligible for final events. All 25-yard events will be swum from the turn end of the pool. Ready Room: A Ready Room will be used at this Championship prior to each “A” final heat. Each Swimmer in the “A” Final (Final heat) should report to the Ready Room 10 minutes preceding the event and participate in the “A” Final parade. <ul style="list-style-type: none"> “A” Final swimmers will be presented with music and their names will be announced prior to the start of the race. “B” Final heats will report directly to their assigned lane. All heats of the 11–12-year-old 400 Free Relay will be swum during the Friday distance session.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 7, 2023</p> <ul style="list-style-type: none"> Entries must be submitted in Short Course Yards times using Commlink-2 software. Teams submit entries via e-mail. A printout of entries must be included with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. “No Time” (NT) entries will be accepted for individual and relay events. Coach Times (CT) are not allowed for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet. 8 & Under swimmers may enter a maximum of 9 individual events, no more than 4 individual events per day and 1 relay event per day. Swimmers 9-10 and 11-12 years old may enter a maximum of 8 individual events for the meet, no more than 3 individual events per day and 1 relay event per day. If a relay seed time cannot be created using the times of 4 swimmers entered in the meet, enter the relay with a NT. Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Relay entry times must be slower than the combined “AG Championship” times for the corresponding relay. See the “slower than” relay times chart on page 5. The Meet Director reserves the right to combine heats and events, which may require reseeding. Email entries to: Lorena Caballero at colore5@comast.net Late entries will be accepted. 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.
FEES:	<p>Individual Events: \$10 Relay Events: \$20 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <p>Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 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"> Checks should be made payable to: Prince William Swim Club Mail payment to: Prince William Swim Club, 12513 Manchester Way, Woodbridge, VA 22192 Payment must be received by Tuesday, February 14, 2023 for all entries. Failure to pay entry fees by this deadline may 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.

	<ul style="list-style-type: none"> • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
WARM-UP:	<ul style="list-style-type: none"> • Friday Timed Finals Session: General warm-up starts at 4:15 pm; competition starts at 5:00 pm. • Morning / Preliminary sessions: Warm-ups start 7:00 am; Competition starts at 8:00 am. • Midday / Preliminary sessions: Warm-up start not before 11:15 am; Competition starts not before 12:15 pm. • Afternoon or Finals sessions: Warm-ups start not before 4:30 pm; Competition begins not before 5:30pm. • Lane assignments and warm-up times for individual clubs will be posted on the Prince William Swim Club website no later than Monday, February 13, 2023 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.
SEEDING:	<ul style="list-style-type: none"> • All events, except the 9-10 500 Free, 11-12 500 Free, and 11-12 400 IM, will be pre-seeded. • A Clerk of Course will be provided for 8 and under swimmers entered into 25-yard events. They will be escorted to the blocks from that point by meet staff. • All swimmers should report directly to the blocks for all preliminary and “B” Final events. • Positive check-in for the 9-10 500 free, 11-12 500 free and 11-12 400 IM will close 30 minutes prior to the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the Administrative Official’s desk. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED. • A swimmer who positively checks-in for a distance event and does not show up to compete will not be able to swim his/her next event.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be scored and awarded medals for first through third place, and ribbons fourth through sixteenth place. • Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place. • The 10 & Under 500 Free will be awarded and scored separately for 8 & under and 9-10 age groups. • Team Awards will be given. Total team points will be combined with scores from 8 & Under District Championships. Teams placing first through third will receive a plaque. • Scoring will be as follows: <ul style="list-style-type: none"> ○ All events will be scored to 16 places. ○ Individual: 20-17-16-15-14-13-12-11 - 9-7-6-5-4-3-2-1 ○ Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 ○ Only the top two relay entries per team may score.
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 registered 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 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 MAAPP is a condition of participation in the conduct of this competition. • 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

	<p>by a member coach, it is the responsibility of the swimmer's legal guardian to ensure compliance with this requirement.</p> <ul style="list-style-type: none"> • 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) anytime athletes, coaches, officials and/or spectators are present without written USA Swimming approval. • The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E.1-3 only, will be in effect and apply to all heats of individual events with the exception of timed final events. Swimmers not adhering to these modified rules shall be barred from further competition for the remainder of the meet. • 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, all athletes 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: Annemarie Juhlin annemarie.a.juhlin@gmail.com 571-264-6265</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Annemarie Juhlin at annemarie.a.juhlin@gmail.com no later than Tuesday, February 7, 2023. • Officials meetings will be held in the hospitality area or forward classroom one hour prior to the start of the meet. • General meeting for coaches and key officials will be held in the hospitality area 30 minutes prior to the start of the meet on Friday.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Swimmers supply their own timers and lap counters for the 500 Freestyle • Clubs may 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 Prince William Swim Club website no later than Monday, Feb. 14, 2022 and will also be emailed to the contact person of each of the individual clubs. • These assignments will also be posted throughout the venue.
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be available on Meet Mobile and posted at www.pwscamberjax.org • Light snacks and drinks available for swimmer purchase inside the venue. • Swim items will be available through Sport Fair and commemorative shirts will be on sale. • Grandstand seating is available for spectators. Only Officials, Volunteers, Timers, Coaches, and Swimmers are allowed on the Pool Deck during the meet. No standing / viewing from the pool deck permitted. • Coaches and officials hospitality will include light snacks and drinks hosted in the room just off the pool deck. Efforts will be made to accommodate dietary restrictions, but please come prepared in the event specialty food is required or desired. • Each swim club is responsible for supervising the conduct of their swimmers/spectators.
PARKING:	<ul style="list-style-type: none"> • Located in Front of Venue

DIRECTIONS: • [Directions to Jeff Rouse Swim and Sport Center \(virginiaswimming.org\)](http://virginiaswimming.org)

RELAY "SLOWER THAN TIMES" CHART

Age Group	Gender	Free		Medley
9-10	Girls	2:05.16		2:25.56
	Boys	2:03.96		2:23.86
11-12	Girls	1:49.96 (200)	4:01.96 (400)	2:05.56
	Boys	1:49.96 (200)	4:00.76 (400)	2:06.66

2023 North District Short Course 12&U Championships

Friday, February 17, 2023

12 & Under Timed Finals		
Warm Ups: 4:15pm		
Start: 5:00pm		
Girls		Boys
1	11-12 500 Free	2
3	10 & U 500 Free	4
5	11-12 400 IM	6
7	9-10 200 IM	8
9	11-12 400 Free Relay	10

Saturday, February 18, 2023

11-12 Prelims		
Warm Ups: 7:00am		
Start: 8:00am		
Girls		Boys
11	11-12 200IM	12
13	11-12 100 Free	14
15	11-12 50 Fly	16
17	11-12 200 Breast	18
19	11-12 100 Back	20
21	11-12 50 Breast	22
23	11-12 200 Fly	24
25	11-12 200 Free Relay	26

9-10 Prelims		
8 & U Timed Finals		
Warm Ups: No earlier than 11:15am		
Start: No earlier than 12:15pm		
Girls		Boys
27	8 & U 100 IM	28
29	9-10 100 Free	30
31	8 & U 200 Free	32
33	8 & U 25 Free	34
35	9-10 50 Fly	36
37	8 & U 50 Fly	38
39	8 & U 25 Fly	40
41	8 & U 100 Free	42
43	9-10 100 Back	44
45	8 & U 100 Back	46
47	9-10 50 Breast	48
49	8 & U 50 Breast	50
51	9-10 200 Free Relay	52
53	8 & U 100 Free Relay	54

9-12 Finals		
Warm Ups: No earlier than 4:30pm		
Start: No earlier than 5:30pm		
Girls		Boys
11	11-12 200IM	12
13	11-12 100 Free	14
29	9-10 100 Free	30
15	11-12 50 Fly	16
35	9-10 50 Fly	36
17	11-12 200 Breast *	18
19	11-12 100 Back	20
43	9-10 100 Back	44
21	11-12 50 Breast	22
47	9-10 50 Breast	48
23	11-12 200 Fly *	24

* Top 8 Only

Sunday, February 19, 2023

11-12 Prelims		
Warm Ups: 7:00am		
Start: 8:00am		
Girls		Boys
55	11-12 200 Free	56
57	11-12 50 Back	58
59	11-12 100 Fly	60
61	11-12 100 Breast	62
63	11-12 200 Back	64
65	11-12 100 IM	66
67	11-12 50 Free	68
69	11-12 200 Medley Relay	70

9-10 Prelims		
8 & U Timed Finals		
Warm Ups: No earlier than 11:15am		
Start: No earlier than 12:15pm		
Girls		Boys
71	9-10 200 Free	72
73	9-10 50 Back	74
75	8 & U 50 Back	76
77	8 & U 25 Back	78
79	9-10 100 Fly	80
81	8 & U 100 Fly	82
83	9-10 100 Breast	84
85	8 & U 100 Breast	86
87	8 & U 25 Breast	88
89	9-10 100 IM	90
91	8 & U 200 IM	92
93	9-10 50 Free	94
95	8 & U 50 Free	96
97	9-10 200 Medley Relay	98
99	8 & U 100 Medley Relay	100

9-12 Finals		
Warm Ups: No earlier than 4:30pm		
Start: No earlier than 5:30pm		
Girls		Boys
55	11-12 200 Free	56
71	9-10 200 Free	72
57	11-12 50 Back	58
73	9-10 50 Back	74
59	11-12 100 Fly	60
79	9-10 100 Fly	80
61	11-12 100 Breast	62
83	9-10 100 Breast	84
63	11-12 200 Back *	64
65	11-12 100 IM	66
89	9-10 100 IM	90
67	11-12 50 Free	68
93	9-10 50 Free	94

* Top 8 Only