



Dahlgren at Hampton Oaks (HOST)

(Exhibition Meet)

July 7, 2021



LOCATION:	Hampton Oaks Pool, 80 Northampton Blvd, Stafford, VA 22554						
FACILITY:	<ul style="list-style-type: none"> The Hampton Oaks Clubhouse Pool is a 6 lane, 25 meter outdoor pool with depths varying from 3' to 5'. 6 lanes will be used for competition. A manually operated Colorado Infinity Starter System will be used. Data for the meet will be run using the MeetMaestro/SwimTopia platform 						
MEET PERSONNEL:	<table border="0"> <tr> <td>Megan Hubbard (RSL) Rep</td> <td>Jeffrey Gran (HOST President)</td> </tr> <tr> <td>Email: ho.hurricanes.swim@gmail.com</td> <td>Email: jeffrey.e.gran@gmail.com</td> </tr> <tr> <td>540-907-1673</td> <td>760-717-0452</td> </tr> </table>	Megan Hubbard (RSL) Rep	Jeffrey Gran (HOST President)	Email: ho.hurricanes.swim@gmail.com	Email: jeffrey.e.gran@gmail.com	540-907-1673	760-717-0452
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DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcomed and shall provide notice of desired accommodations to the home team meet personnel. The athlete (or athlete's coach) is also responsible for notifying the Head Referee of any disability or accommodation prior to the start of the meet. 						
WARM-UP:	<ul style="list-style-type: none"> Each team will have 15 minutes to warm-up before each session. 1st session (10 and under) Home team warm-ups are 5:00-5:15pm and visiting team from 5:15-5:30pm. 1st session meet start time 5:30pm. 2nd session (11 and over) Home team warm-up at 6:30-6:45pm and visiting team from 6:45-7:00pm. 2nd session meet start time 7:00pm. 						
RULES:	<ul style="list-style-type: none"> All rules of the Rappahannock Swim League (RSL) are in effect. No photos or videos of any kind permitted behind the blocks at any time. 						
OFFICIALS:	<ul style="list-style-type: none"> Officials will be provided as outlined in the RSL rules. HOST uses Admin Refs. The visiting team is requested to provide an Admin Ref if possible. 						
GENERAL:	<ul style="list-style-type: none"> Swimmer/Spectator Conduct: Each team is responsible for supervising the conduct of coaches, swimmers and spectators. Raise any concerns to the RSL Rep or Head referee. Team Areas: Home and Away team areas will be located inside the pool deck. Home team seating on the diving well side. Away team seating on the toddler pool side. Toddler Pool: the toddler pool is NOT to be used at any time. NO WALKING BEHIND THE STARTER/REF AT ANY TIME Parking: There is limited parking at the Hampton Oaks Clubhouse and Pool. Parking is allowed along both side of Northampton Blvd, however, it is asked that you <u>please be respectful of driveways, mailboxes and fire hydrants</u>. Parents may drop their swimmers off in front of the clubhouse before parking. First Aid: Please see the Lifeguard for assistance. SwimTopia: Live Event/Heat and results should be available via the mobile app. 						
FACILITY RULES:	<ul style="list-style-type: none"> Hampton Oaks Homeowner's Association Rule and Regulations apply. Please obey all posted signs. No glass, smoking or pets inside the clubhouse, fenced pool area or near the entrances. No alcohol permitted in the pool or spectator areas. No entry to upper level of Clubhouse. Lower level for concessions and bathroom use only. 						
CONCESSIONS:	<ul style="list-style-type: none"> 50/50 Raffle: Bring \$1/\$1 for 50/50 raffle tickets. Concessions are available for purchase. Cash or credit card accepted. Coaches will receive ticket for one free meal (entrée, side and drink). Please provide total coach count to HOST RSL rep prior to the meet. Items may include (but not limited to): Chick-Fil-A, Pizza, prepackaged snacks, yogurts, fresh fruit, chips, candy and drinks (soda, water, sports drinks) 						
COVID-19:	<ul style="list-style-type: none"> For safety reasons related to lighting and respect of facility property, the meet will be held inside the pool fence. Limited seating is available outside the fence along the tennis courts for those wishing more distancing. In accordance with CDC/VDH guidelines, masks are not required for fully vaccinated persons. Those partially vaccinated/unvaccinated are encouraged to wear masks in all settings. Restrooms are available for use, however, changing in them is strongly discouraged. 						