Hampton Oaks at Spotswood

(Exhibition Meet)

June 16, 2021

Session 1 (10 & under) 5 pm & Session 2 (11 & over) 7:30 pm

LOCATION:	Spotswood Swim Club, 415 Lorraine Avenue, Fredericksburg, VA 22408
FACILITY:	• Spotswood Swim Club is a 5 lane, 25 meter outdoor pool with depths varying from 3.5' to 5'. • 5 lanes will be used for competition. • A manually operated Colorado Infinity Starter System will be used.
MEET PERSONNEL:	Karl Anderson (Spotswood RSL Rep) Karen Tiberio (Spotswood Swim Team President) spotswoodswimteam@gmail.com
DISABILITY SWIMMERS:	• 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:	• Each team will have 25 minutes to warm-up before each session. • 1st session (10 and under) Home team warm-ups are 4:00-4:25 pm and visiting team from 4:30-4:55 pm. • 2nd session (11 and over) Home team warm-up at 6:30-6:55 pm and visiting team from 7:00-7:25 pm.
RULES:	• 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:	• Officials will be provided as outlined in the RSL rules.
GENERAL:	• **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 outside of the pool deck in the parking lot. When entering the lot, the home team is to the left. The Visiting team is straight ahead. Signs will be out directing teams to their areas. • **Wading Pool:** The wading pool is NOT to be used at any time. • **Parking:** There is no parking in the pool lot. Parking is allowed along both sides of Lorraine Avenue. Please be aware of driveways, traffic signs, mailboxes and fire hydrants. Parking is also available in the Spotswood Elementary School parking lot. • **First Aid:** Please see the Lifeguard for assistance (located in the clubhouse). • **Swimmer Drop-off:** Parents wishing to drop their swimmers off may do so at the parking lot entrance near the food truck.
FACILITY RULES:	• Spotswood Swim Club's Rule and Regulations apply. • Please obey all posted signs. • No glass, smoking, or pets is/are allowed on the pool deck, in spectator area, or near the entrances. • No alcohol permitted on the pool deck or in spectator areas.
CONCESSIONS:	• A food truck will be present to purchase concessions. Cash or credit card accepted. • Water will be provided for coaches and meet volunteers.
COVID-19:	• Only officials, coaches, and session volunteers may remain on deck during the entire session. • Spectators are allowed in a "watch and go" format. They may enter the pool area and stand in the designated viewing area to watch their swimmer's event(s). After your swimmer has finished his/her event, please exit and return to the parking lot. • Restrooms are available (enter via the pool deck); however, changing in them is strongly discouraged. • In accordance with CDC and VDH guidelines, masks are not required for fully vaccinated persons. Those partially vaccinated or unvaccinated are encouraged to wear masks in all settings.