

2009 NORTHERN REGION SWIM/DIVE MEET

Updated
10/22/08

Dates	Tuesday, February 10, 2009, 5:30 PM – Boys' Diving Wednesday, February 11, 2009, 5:30 PM – Girls' Diving Thursday, February 12, 2009, 5:30 PM – Boys' Swimming Preliminaries Friday, February 13, 2009, 5:30 PM – Girls' Swimming Preliminaries Saturday, February 14, 2009, 5:30 PM – Swimming Finals (Both)
Director(s)	Melody Modell, TJHSST, 703-750-8330 - Swim Dan Checkosky, Woodson, 703-503-4682 - Dive
Location	Oak Marr Recreation Center
Admission	General Admission is \$7.00 and programs \$3.00 each night. The standard regional and state passes and working press passes will be honored at the gate.
Pre-Season	Tuesday, October 14, 2008 @ TJHSST, Lecture Hall, 6:00 PM - MANDATORY (Followed by State Rules)
Coaches Meetings	Clinic 7:00 PM School attendance required by VHSL.)
Officials Meeting	Tuesday, October 14, 2008 Swim/Dive Officials @ Thomas Jefferson HS Lecture Hall 7:00 PM Thursday, November 20, 2008 Swim/Dive Officials @ Thomas Jefferson HS Lecture Hall 7:00 PM
Rules/Appeals	2008-09 Edition, National Federation and the 2008-09 VHSL Handbook Any appeal must be brought forward within 10 minutes of the ruling. At that time, an appeals committee comprised of the referee, the tournament director, and three head coaches of teams other than that of the appellant (and not competing in the event, if possible) will meet, hear the appeal, and make a final decision.
Entries Due	Team entry forms, to include diving, must be submitted to the <u>District Meet Director after the District Meet</u> . Late entries will only be accepted with the principals signature and will be assessed an automatic \$50.00 fine.
Scratch Meeting	The scratch meeting will be held on Monday, February 10, 2009 7:00 PM at TJHSST in the Library.
Qualifying To The Region Meet	<ol style="list-style-type: none">1. A swimmer must place in the top six places in the District Meet, or meet the Regional qualifying time at the District Meet or at any regular season meet by the Northern Region Scheduling Committee.2. Relay teams must place in the top six places in the District Meet or meet the Regional qualifying times at any regular season meet scheduled by the Northern Region Scheduling Committee.3. If a swimmer or relay team achieves a Northern Region Qualifying Standard and plans to use the faster time to change event(s) for regional entry, the coach must verify that time/score to the regional meet director by submitting the score sheet from the regular season dual meet.4. A diver must place in the top six at the District Meet, meet the regional qualifying standard at the District meet, or score 200 points at a regular season dual meet.
Limitations	A team shall be permitted a maximum of four entries in an individual event and one team in a relay event. Individuals may enter a maximum of four events; no more than two shall be individual.

Spectator Seating Awards: Doors will not open to spectators until 5:00 pm and reserved seating is **NOT PERMITTED**.
Trophy for Championship and runner-up teams.

Medals for First through Eighth places for individual events and First through Fourth Places for relays.

Scoring: Scoring will be through 16 places
Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2
Individuals: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Warm-Ups: Swimming Warm-ups will start at 4:00 pm each day according to the following Schedule:
4:00 – 4:30 – General Warm-ups both pools
4:30 – 4:45 – Sprint Lanes 2 & 7 Open (Competition Pool)
Pacing Lanes 1 & 8 Open (Competition Pool)
4:45 – 5:00 – Additional Sprint Lanes 3 & 6 Open (Competition Pool)
5:00 – 5:15 – Additional Sprint Lanes 4 & 5 Open (Competition Pool)
General Warm-ups confined to the Non-Competition Pool
The Non-Competition Pool will remain open for continuous Warm-up and Warm-down throughout the meet.

Coaches Meeting: 5:00 – one coach from each school participating must attend

Events & Breaks:	<u>Preliminary Sessions (Girls & Boys)</u>	<u>Final Session (Both)</u>
	200 Medley Relay	200 Medley Relay
	200 Freestyle	200 Freestyle
	200 Individual Medley	200 Individual Medley
	50 Freestyle	50 Freestyle
	----- 10 Minute Break-----	----- 10 Minute Break-----
	100 Butterfly	100 Butterfly
	100 Freestyle	100 Freestyle
	500 Freestyle	500 Freestyle
	200 Freestyle Relay	200 Freestyle Relay
	100 Backstroke	----- 10 Minute Break-----
	100 Breaststroke	100 Backstroke
	400 Freestyle Relay	100 Breaststroke
		400 Freestyle Relay

Qualifying To Swimming Finals: The eight fastest swimmers in the prelims will qualify for the finals. The next eight fastest swimmers qualify for the consolation finals.

Diving Finals: The diving competition shall consist of **five** voluntary dives and **six** optional dives. The five voluntary dives shall come from each of the five groups, with their assigned DD and have a sum total of 9.0 or less. The six optional dives shall include at least one chosen from each of the five groups. No more than one optional dive from the same group is permitted through semifinals. The dives to be performed during each round of Championship competition shall be as follows:
Preliminaries: Any 2 voluntary and 3 optional
Semifinals: Any 2 voluntary and 1 optional
Finals: Any 1 voluntary and 2 optional
After preliminaries, the number of qualifiers may be cut to twenty. After semifinals, the number of qualifiers shall be cut to sixteen.

State Qualifying	<ol style="list-style-type: none"> 1. A swimmer must place in the top eight places in the finals of the Regional Meet or meet the State qualifying time at the Region Meet, the District Meet or at any 2007-08 regular season high school meet. 2. Relay teams must place in the top four places in the finals of the Regional Meet or meet the State qualifying times at the Region Meet, the District Meet or any 2007-08 regular season meet. 3. A diver must place in the top eight places in the Regional Meet or meet the State qualifying score at the District Meet.
State Meet	Freedom Center Center, Manassas, Virginia, February 20-21, 2009
Teams:	Each team will provide a timer for preliminaries, a timer for finals, and a lap counter for each of its 500-yard Freestyle swimmers.
Trainer	Athletic Trainer will be present.
Whistle Start	Whistle start protocols will be used in this meet.

Northern Region
Verification of Regional Qualifying Swim/Dive Standards
2008 – 2009

TJHSST Activities Office
6560 Braddock Road
Alexandria, Virginia 22312
Office - (703) 750-8330
Fax – (703) 750-5079

Directions:

1. Complete one form for each athlete or relay team meeting the region meet entry standard in a regular season meet and attach the dual meet entry card and send to the Region Meet Director by Monday, February 10, 2009.
2. Only those athletes who place among the top six (6) and relay teams which place among the top six (6) in their district meet or who meet the region standard in a regular season high school meet as verified on this form are eligible for the region championship meet.

Name_____ School_____

Boys_____ Girls_____ Event_____

Performance (Time or Score)_____ Date_____

Location of Meet_____ Name of Meet_____

Name of Host School Director or Meet Referee_____

Home Phone_____ Business Phone_____

I certify that the above mentioned athlete or relay team achieved the time or score listed.

Host School Athletic Director or Meet Referee signature_____

Coach's Signature_____

2008 – 2009 Northern Region Swim / Dive Standards

The 2008 – 2009 Region Standards are determined by the following equation:
(2008 standard * 5 + the 2008 12th Fastest time or score) / 6.

Event #	Boys Events	2008 Standard	2008 12th Fastest	2009 Standard
1	200 Yd Medley Relay	1:46.02	1:42.98	1:45.51
3	200 Yard Freestyle	1:53.08	1:48.45	1:52.31
5	200 Yard Individual Medley	2:06.25	2:01.75	2:05.50
7	50 Yard Freestyle	22.85	22:31	22.76
9	Diving	289.78	322.35	295.21
11	100 Yard Butterfly	56.34	54.44	56.02
13	100 Yard Freestyle	50.50	49.48	50.33
15	500 Yard Freestyle	5:08.61	4:54.40	5:06.24
17	200 Yard Freestyle Relay	1:33.25	1:32.03	1:33.05
19	100 Yard Backstroke	57.58	54.89	57.13
21	100 Yard Breaststroke	1:03.85	1:02.51	1:03.63
23	400 Yard Freestyle Relay	3:30.17	3:22.38	3:28.87

Event #	Girls Events	2008 Standard	2008 12th Fastest	2009 Standard
2	200 Yd Medley Relay	1:58.17	1:54.99	1:57.64
4	200 Yard Freestyle	2:02.17	2:00.89	2:01.96
6	200 Yard Individual Medley	2:18.18	2:14.37	2:17.55
8	50 Yard Freestyle	25.60	25.43	25.57
10	Diving	282.18	308.05	286.49
12	100 Yard Butterfly	1:02.46	1:01.12	1:02.24
14	100 Yard Freestyle	56.01	55.70	55.96
16	500 Yard Freestyle	5:30.96	5:26.14	5:30.16
18	200 Yard Freestyle Relay	1:45.84	1:44.99	1:45.70
20	100 Yard Backstroke	1:03.43	1:03.56	1:03.45
22	100 Yard Breaststroke	1:11.19	1:09.12	1:10.85
24	400 Yard Freestyle Relay	3:52.74	3:48.00	3:51.95

2008 - 2009 Northern Region Swim & Dive Championship

Directions for Submitting Add/Delete Form (which will be used as your team entry form this year)

1. Complete Add/Delete Form (Note: Top **six (6)** swimmers and divers from the District Meet will advance automatically.)
 - a. If a swimmer/diver placed in the top **six (6)** at their District Meet and is not planning to participate in the event (s) at the Northern Region meet, list names and indicate deleting event on this form.
 - b. If a swimmer/diver made a Northern Region Qualifying Standard during the 2008 - 2009 Swim/Dive season and is planning to swim the event(s) at the Northern Region Tournament, add names to this form.
 - c. Please complete a line for each change.
 - d. All add entries and faster time changes (If a Northern Region Qualifying Standard) must be verified by your District Meet Director.
 - e. Each participant if qualified is allowed in a maximum of 2 individual events and 2 relays, or 1 individual event and 3 relays for a 2-day meet (maximum of 4 events)
 - f. List all relay swimmers and alternates if they are not in an individual event (please do not write down your entire roster only those who may swim).
 - g. Those swimmers who qualified in individual events by placing in the top six at the district meet will automatically be entered in those events unless otherwise indicated on this form.
2. Please print 3 copies and distribute as follows:
 - a. Keep one copy for your records.
 - b. Give two copies to your District Swim/Dive Director following the district meet, one for the District Director and one for the Region Director.

ADVERTISING AGREEMENT

Northern Region Swim & Dive Tournament 2008 -2009

Name of Vendor	
Contact Person	
Address	
Phone Number	
E-mail	

This agreement is between _____ and the Program committee of Thomas Jefferson High School. The Program Committee agrees to print souvenir programs for the 2008 -2009 Northern Region Swim & Dive Tournament. The Business agrees to purchase the space as listed below:

Advertisement Size (Please Check): _____ Business Card \$ 50.00
_____ Quarter (1/4) Page \$ 75.00
_____ One-half (1/2) Page \$ 100.00
_____ Full Page \$ 150.00
_____ Back Cover \$ 200.00

Signature of Business Representative

Date

Signature of Program Committee Representative

Date

Checks Payable to: TJHSST
6560 Braddock Road
Alexandria, VA 22312

Attention: Melody Modell
Melody.modell@fcps.edu
Office: (703) 750-8330
Fax: (703) 750-5079

Event	2008 standard yards	2008 standard meters	8th place yards	2009 standard yards	2009 stanadard meters
Girls					
200 med rel	1:54.49	2:07.69	1:52.27	1:54.19	2:07.39
200 free	1:57.49	2:10.19	1:56.50	1:57.39	2:09.99
200 IM	2:12.59	2:27.29	2:13.65	2:12.79	2:27.39
50 free	0:24.39	0:27.29	0:24.50	0:24.49	0:27.29
100 fly	0:59.59	1:06.29	0:59.43	0:59.59	1:06.19
100 free	0:53.99	0:59.99	0:53.41	0:53.89	0:59.99
500Y/400M	5:13.79	4:34.59	5:10.47	5:13.29	4:34.79
200 free rel	1:43.09	1:55.09	1:42.24	1:42.99	1:54.99
100 back	1:00.59	1:07.29	1:00.01	1:00.49	1:07.29
100 breast	1:08.89	1:16.49	1:07.19	1:08.69	1:16.29
400 free					
relay	3:44.59	4:10.19	3:42.52	3:44.29	4:09.89
dive	324.49		348	328.49	
Boys					
200 med rel	1:42.29	1:54.19	1:40.58	1:42.09	1:53.79
200 free	1:47.79	1:59.49	1:45.97	1:47.49	1:59.09
200 IM	2:01.09	2:14.49	1:57.37	2:00.49	2:13.89
50 free	0:22.29	0:24.89	0:21.97	0:22.29	0:24.89
100 fly	0:54.09	1:00.09	0:52.66	0:53.89	0:59.99
100 free	0:49.09	0:54.59	0:48.19	0:48.99	0:54.39
500Y/400M	4:53.59	4:16.79	4:47.57	4:52.59	4:16.89
200 free rel	1:31.49	1:42.19	1:29.66	1:31.19	1:41.79
100 back	0:55.29	1:01.39	0:53.62	0:55.09	1:01.19
100 breast	1:01.69	1:08.59	1:01.46	1:01.69	1:08.49
400 free					
relay	3:21.99	3:44.99	3:15.75	3:20.99	3:43.89
dive	338.99		370.74	344.29	