

**VIRGINIA AAA STATE
SWIMMING and DIVING CHAMPIONSHIP
February 20-21, 2009**

Meet Director: Barbara Cavalier: cavalibe@pwcs.edu
540-659-7651 (H) 703-730-7140 (W) 703 901 2552 (C)
Meet Referee: Bob Vincent bobvincent@vwi.com
Athletic Director: Rudy Zimmermann 703 730 7137 Gar-Field HS
Host Coach: Kristen Wiesner 703 730 7000 Gar-Field HS
Freedom Center Contact: Leslie Shinnars 703-993-8483 lshinner@gmu.edu

Sanction: Held in accordance with 2008-2009 National Federation and Virginia High School League rules and regulations governing high school swimming competition. This will be an observed swim for USA Swimming members.

Location: George Mason Freedom Center
10900 University Blvd.
Manassas, Virginia 20110

Facility: 25 yard, 10 lane pool. 8 lanes will be used for competition. The pool has been measured and certified by US swimming. Warm-up pool is available for continuous warm-up/cool-down. Colorado timing system will be used. Lap counters are provided by the Freedom Center. No coolers will be allowed in the pool area. The gymnasium has been reserved to accommodate swimmers during the swim meet.

Eligibility: **Swimming**
Open to the all Virginia AAA High Schools. The top 8 swimmers in individual events and the top 4 relay teams from Regionals advance to the State Meet. If a swimmer has achieved a State Qualifying Time (QT) in the regular season, they may swim that event at States even if they did not swim it in the District or Regional meet. Only those swimmers with a top 8 finish at Regionals or a QT may advance to States.

Diving:
Obtain a State Qualifying diving score during a VHSL sanctioned invitational, District, or Regional Championship. Score must have been obtained during this current sports season (winter 2008-2009). All top 8 Regional qualifiers are eligible to advance to the state meet. Qualifying divers must also meet requirements for championship meets as specified in the 2008 National Federation of State High School Association Rulebook.

Concessions: A full concession stand will be provided.

Hospitality: Hospitality will be provided for all coaches and working officials. Friday, hospitality will be open for lunch/dinner from 2:00 P.M. – 8:00 P.M. On Saturday, breakfast hospitality will be open at 7:30 a.m. for all diving coaches and officials. Lunch/Dinner hospitality for coaches and officials will be open from 2:00 p.m. -6:00 p.m.

Heat Sheets: Heat Sheets/Meet Programs will be sold at the entrance for \$5.00

Apparel: Aardvark Swim and Sport will be on site.

T-Shirts: T-shirt pick-up and sales will be located in the gym area.

Admission: \$7.00 per person. Only designated coaches, participants, managers, officials, and pass holders are eligible for free admission.

Format: Dive over starts will be used. Semi-Finals will be run on Friday. The top 16 individual and relay teams will advance to Finals on Saturday. Awards for the top 8 Divers will be awarded at 3:50 P.M. on Saturday. There will be a 15 minute break after the 50 yard freestyle (event 8). Awards for top 8 swimmers from events 1-8 will be awarded. There will be a 15 minute break after 200 freestyle relay (event 16). Awards for events 11-16 will be awarded. There will be a 10 minute intermission after the 100 yard freestyle (event 12). This short break will provide the time for second shift timers to report to the blocks. Awards for events 17-24 and team trophies will be awarded at the conclusion of the meet. Entries will be seeded from slowest to fastest according to entry times. There will be no clerk of course. Athletes will report directly to the blocks for their events as indicated in the meet program. Warm-up lanes and periods will be assigned by the meet director after entries have been received. For finals and consolations, swimmers will stage at the lifeguard stand to “parade” to the starting blocks.

Observed Swims:

This meet will be an observed meet in accordance with United States Swimming (USS). 2008 USS rules are sanctioned by the Local Swimming Committee (LSC) Virginia Swimming, Inc., for the purpose of receiving a reportable USS Swimming time or record. Observed swims will be judged in accordance with 2008 USS Swimming Rules. If a national level time is achieved, (sectional, national, Top 16, and HS All American) coaches are responsible for completing OVC documents available at the officials’ table. (The swimmer must be registered with USS Swimming.)

Scoring

The top 16 finishers will score points in each event in accordance with NFHS rule 7-1, article 3. The 2008 Swimming and Diving rules published by the National Federation of State High School Associations will apply.

Place	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th	13 th	14 th	15 th	16 th
Points	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

For all relays, double the individual points possible for that place.

Swimming/Diving Entries:

Submit entries to Brian Pawlowicz. The coach/person submitting the entries must e-mail Brian at: brianpawlowicz@cubu.org by noon on Friday February 2, 2009 in order for him to reply back with entry instructions. All regional meet directors are to e-mail Brian the results of their regional meet by 4:00 P.M. Sunday, February 15, 2009. Entries are due by 4:00 P.M. on Sunday, February 15, 2009. Entry confirmations will be e-mailed back to the coach/person submitting entries on Tuesday, February 17, 2009. Coaches should contact the meet director immediately if the confirmation totals do not match the total numbers of entries submitted.

- Late entries or entry changes will not be accepted. Entries must be submitted in short-course yard times.
- An e-mail address and phone numbers of a person to contact must accompany the entries.
- Entries not in the proper format will not be accepted.
- Master qualification list must include the following information: Name (First, Middle Initial and Last), Date of Birth, USA swimming membership number, gender, relay swimmer only (yes or no), District top-8 finisher (yes or no) and event, time, meet and date for non-district 8 qualifiers.
- Each team is limited to a maximum of four entries per individual event and one relay team for points per relay event.
- Each swimmer is limited to a maximum of four events, no more than two of which may be individual events.
- Coaches are to submit a master list of their US certified swimmers and their USAID number to Brian Powlowicz by Feb. 18, 2009.

Diving Sheets:

E-mail completed dive sheets to Brian Pawlowicz (brianpawlowicz@cubu.org) and the dive referee, Jim Sweeder (jsweeder@verizon.net) by Sunday, February 15, 2009. It is recommended that you use the Dive Verifier Program available for download at <http://diverline.com/EZMeet/DiveVerifierProgram.htm>. Make sure you download the "High School Dive Sheet Verifier, Excel 5.0." Divers and coaches are responsible for the accuracy and completeness of the submitted dive sheet. Dive sheets must meet all requirements specified in Rule 9.4. Dive changes will be permitted until the start of the dive event. Divers and coaches must ensure that any

dive change keeps the dive sheet in compliance with all requirements specified in Rule 9.4.

Awards: Individual and Relay Events, Medals (1st-8th) Team Trophies, 1st place Boy's and Girl's Teams will be awarded

Appeals Committee:

IAW VHSL Swim and Dive rules, each Region will be responsible for nominating one individual who will act as a representative on the appeals committee. The committee will consist of these four individuals; the swim and dive meet referees (ex-officio), a VHSL administrator, meet manager, and the meet Director. Regional directors please submit this individual's name and contact information to the meet director prior to noon, Monday February 16, 2009. cavalibe@pwcs.edu

Spectators: All spectators must sit in the bleachers. Personal chairs are not allowed on deck. Only coaches, officials, meet workers and athletes are allowed on deck.

Shaving: Shaving is not allowed on site. Athletes caught shaving on site will be removed and barred from further competition.

Banners: Team banners may be displayed. Please bring banners to head life guard to be mounted. Team areas will be assigned.

Workers: The meet requires three timers per lane. Each timer will operate a stopwatch and a back-up button. 1 will be the recorder. Please submit names to help fill all positions listed below. All Northwest Region High Schools are requested to provide the following workers. Schools outside the NW region that can provide workers for positions below are also welcome:

Timers submit 3 timers per school.

Marshals – 8 total needed for meet: This is a 2 day meet.

Gym Chaperones 4 total needed for meet

Clean-up – 1 per school

Awards Table – Total of 4 needed for Saturday only.

Runner – 4 needed for meet (1 per shift – Friday and Saturday)

Result Poster – 1 needed each day.

Please e-mail the names of all workers by Monday February 16, 2009 to cavalibe@pwcs.edu

Officials: Duly Certified VHSL and USA swimming officials are required. Officials from all schools are encouraged to forward their names and credentials to the meet director by Feb. 16, 2009 to Barbara Cavalier: cavalibe@pwcs.edu

General: Coaches and swimmers are responsible for cleaning up their team area, both during and after the meet. The meet director and the Freedom Center Staff/Security reserve the right to ask anyone who behaves inappropriately to leave the premises. Anyone barred from the area must immediately leave the Freedom Center property. Smoking and alcohol consumption are prohibited anywhere on the Freedom Center property.

In climate procedure is posted on the VHSL website. If meet is combined into one day, the meet will be rescheduled slowest to fastest.

Warm-ups: Swimming warm-up begins at 2:00 p.m. on Friday and 2:30 p.m. on Saturday. Diving Practice will be held 12:00 noon to 1:30 p.m. on Friday. Diving warm-ups will begin at 8:00 a.m. on Saturday. The entire pool will be used for swimming warm-ups on both days. Sprint lanes 1 and 8 will be open at 3:30 p.m. and Sprint lanes 2 and 7 will open at 3:40 p.m. in the competition pool only. At all other times, feet-first entries must be used. The competition end of the pool will be closed at 3:45 p.m. on Saturday and 4:15 P.M. on Saturday. The non-competition end will remain open throughout the meet. A coach must be present when ever an athlete is in the water warming up or down. If swimmers are not using the warm-up area of the pool appropriately, they will be asked to exit immediately. Warm-ups times will be assigned by the meet director after entries have been received.

**VIRGINIA AAA SWIMMING and DIVING
CHAMPIONSHIP
Schedule of Events**

Friday February 20, 2009

Meet Set-Up	12:00 Noon
Diving Practice	12:00 P.M. – 1:30 P.M.
Coaches meeting near hospitality:	1:15 P.M.
Swimmers enter and report to gymnasium	1:50 P.M.
Warm-ups:	2:00 P.M. – 3:45 P.M.
Officials Meeting:	3:00 P.M.
Timers meeting behind the blocks:	3:30 P.M.
Competition pool cleared:	3:45 P.M.
National Anthem:	3:55 P.M.
Prelims (Meet Begins):	4:00 P.M.

Saturday February 21, 2009

Diving Coaches Meeting	7:30 A.M.
Diving Judges/Officials Meeting	8:00 A.M.
Boys Diving Warm-up	8:00 A.M. – 8:55 A.M.
National Anthem	8:57 A.M.
Boys Diving Competition – Event 9	9:00 A.M. – 11:00 A.M.
Girls Diving Warm-up	11:00 A.M. – 11:55 A.M.
Girls Diving Competition - Event 10	12:00 A.M. – 2:00 P.M.
Diving Awards	After Swimming event 4
Swimming Coaches Meeting	1:45 P.M.
Warm-ups	2:30 P.M.-3:15 P.M.
	3:30 P.M. Sprint Lanes 1 & 8 open
	3:40 P.M. Sprint Lanes 2 & 7 open
Officials Briefing	3:30 P.M.
Warm-ups close	4:15 P.M.
National Anthem	4:25 P.M.
Swimming Finals Begin	4:30 P.M.

Order of Swimming Events

MEN	EVENT	WOMEN
1	200 Yard Medley Relay	2
3	200 Yard Freestyle 10 minute intermission: Diving Awards	4
5	200 Yard Individual Medley	6
7	50 Yard Freestyle	8
	Awards Events 1-8 15 Minute Break	
11	100 Yard Butterfly	12
13	100 Yard Freestyle 10 minute intermission - 2 nd shift timers report	14
15	500 Yard Freestyle	16
17	200 Yard Freestyle Relay	18
	Awards Events 11-18 15 Minute break	
19	100 Yard Backstroke	20
21	100 Yard Breaststroke	22
23	400 Yard Freestyle Relay	24
	FINAL AWARDS Events 19-24 Team Awards	

2008-2009 State Qualifying Times Short Course Yards Qualifying Times

Men	Event	Women
1:42.09	200 yd. Medley Relay	1:54.19
1:47.49	200 Yd. Freestyle	1:57.39
2:00.49	200 yd. IM	2:12.79
0:22.29	50 yd. Freestyle	0:24.49
0:53.89	100 yd. Butterfly	0:59.59
0:48.99	100 yd. Freestyle	0:53.89
4:52.59	500 yd. Freestyle	5:13.29
1:31.19	200 yd. freestyle relay	1:42.99
0:55.09	100 yd. Backstroke	1:00.49
1:01.69	100 yd Breaststroke	1:08.69
3:20.99	400 Free Relay	3:44.29
Dive: 344.29		Dive:328.49

National Interscholastic Swimming 2008-2009 All-American Swimming Time Standards

Boys All-American		High School	Girls All-American	
Automatic	Consideration	Event in Yards	Automatic	Consideration
1:37.22	1:38.50	200 Medley Relay	1:49.32	1:50.85
1:41.75	1:42.97	200 Freestyle	1:51.56	1:52.99
1:54.33	1:55.96	200 Individual Medley	2:05.74	2:07.60
21.20	21.48	50 Freestyle	23.86	24.12
50.92	51.72	100 Butterfly	56.75	57.50
46.44	46.98	100 Freestyle	51.72	52.39
4:36.08	4:39.82	500 Freestyle	4:58.13	5:02.19
1:27.06	1:28.29	200 Freestyle Relay	1:38.34	1:39.64
52.09	52.90	100 Backstroke	57.50	58.43
:58.58	59.40	100 Breaststroke	1:05.24	1:06.28
3:11.64	3:13.93	400 Freestyle Relay	3:33.90	3:36.76

ALL AMERICAN DIVING CONSIDERATION:

Divers who plan to submit applications for All American consideration must meet the minimum point and degree of difficulty requirements as specified by the National Interscholastic Swim Coaches Association (NISCA). These are: BOYS – minimum score of 375 points and D.D. of Optional Dives 13.0 or higher; GIRLS – minimum score of 375 points and D.D. of Optional Dives 13.0 or higher. For a complete list of all eligibility and submission requirements see <http://www.niscaonline.org/>. As part of the submission process, a video recording of all 11 dives is required. An area on the deck adjacent to the Dive Judging Panel will be available for parents/coaches to video record divers as part of the application process for All American consideration. Only one person per diver will be permitted in this area during the competition. Individuals who are video recording shall not interfere with the conduct or the meet or the Judging Panel. Parents who wish to video record divers for any other reason must do so from the spectator area.