



Sanctioned by: Virginia Independent Schools Athletic Association 	VISAA Swimming & Diving Championship February 14-15, 2020 Christiansburg Aquatic Center - Christiansburg, VA Friday: Prelims 9:30AM/Diving 1:00PM/Finals 6:10PM Saturday: Prelims 9:30AM/Diving 1:00PM/Finals 6:20PM	Hosted by: Woodberry Forest School 
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Dear VISAA Member,

It is with pleasure and excitement that I share the meet announcement for the 2020 VISAA State Championship with you. The Woodberry Forest Tigers are eager to provide an unforgettable atmosphere, making this year's meet one for the record books – both in the pool and on the sides of it! In order for both coaches and athletes to get the most out of the meet experience, coaches are expected to review and be familiar with this announcement in its entirety. Some things have changed and others have not – nevertheless, it is a good exercise to read this announcement from front to back. As a reminder, it was our charge “to plan, design, and deliver the highest quality and most exciting championship meet experience for high school swimmers and divers from Virginia’s independent schools through and in the following order: good sportsmanship, team character, positive spirit, and quality athleticism,” and we hope we have done so!



-Coach Gregory M. Guldin

State Meet Invitation Reference Guide


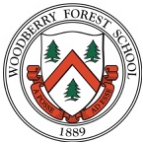
Where Can I Find Information About...	Page(s)
*Information Requiring Responses Prior to Meet (email gregory.guldin@woodberry.org as soon as information available)	3, 7, 17
Meet Eligibility	3
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Important Deadlines



	Deadline/Date
Warm-up Requests sent to Gregory Guldin	Wednesday, January 29 by 5:00PM
Athlete Waiver Requests sent to Evan Stiles	Monday, February 3 by 11:59PM
Meet program information sent to Gregory Guldin	Wednesday, February 5 by 11:59pm
Meet Entries sent to Ginger Schmidt	Sunday, February 9 by 11:59PM
Dive Sheets completed on Cleanentries.com	Sunday, February 9 by 11:59PM
Corrected entries (if necessary) to Ginger Schmidt	Monday, February 10 by 11:59PM
Preliminary Psych Sheet published	Tuesday, February 11 by 12:00PM
Final Psych Sheet published	Wednesday, February 12 by 8:00AM

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Location	Christiansburg Aquatic Center 595 North Franklin St Christiansburg, VA 24073 http://www.christiansburg.org/index.aspx?NID=162 540-381-7665	
Swim Facility	<p>The main pool is an eight (8) lane, 50-meter pool with two movable bulkheads, which will sit mid-course creating two (2) eight (8) lane courses. The competition pool (Pool 1) will be swum from the bulkhead, which will function as the start-end (7.4 feet deep), to the wall (7 feet deep). The warm-up pool (Pool 2) will be swum from wall to wall. The Diving Well has two (2) 1-meter springboards, two (2) 3-meter springboards, and a diving tower. The pool is outfitted with non-turbulent lane lines, a Colorado Timing System with Relay Judging Platforms, Dolphin Wireless Stopwatches, and color, video scoreboards.</p> <p>Leisure Pool: The leisure pool has four (4) 20-yard lanes and a recreational play structure.</p>	
Meet Director	Gregory Guldin, Woodberry Forest School, gregory.guldin@woodberry.org	
Subcommittee Chairpersons	Officiating	Bill Gill, Norfolk Academy
	Entry Coordinator	Ginger Schmidt, Trinity Christian School
	Timing & Scoring	Bill Dealey/Hank Konstanty/Jim Griffin, Seton School
	Chief Timer	Bo Phillips, Woodberry Forest
	Senior Parade	Kelly Espy-Page, Christchurch School
	Concessions	Blue Ridge Mountain Catering
	Hospitality	Dawn Foley, Paul VI
	Awards	Rod Montrie, The Madeira School
	Gate/Meet Marshals	RMC Events
	Diving Coordinators	Diane Maiese, Collegiate School
	Ready Room Coordinator	Julia Robbins/Megan Grant, STAB
	Meet Announcer	Heath Allen, Woodberry Forest
	Live Streaming	Taft Gantt (WFSPN), Woodberry Forest
	Videographer	Tyler Campbell, Woodberry Forest
	SwimCloud Webmaster	Gregory Guldin, Woodberry Forest
	Athletic Trainer	Adam Viet (Friday); On-Site (Saturday)
	Meet Photography	Blythe Brewster, Woodberry Forest
	Meet Vendor	Swim-and-Tri
	On-Deck Seating Rotation	Gregory Guldin, Woodberry Forest
	Warm-up Assignments	Gregory Guldin, Woodberry Forest
	Meet Clerk	Audric Gupton, Woodberry Forest

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Rules	The Meet will be governed by 2019-2020 National Federation High School <i>Swimming and Diving</i> rules for championship meets.	
Eligibility	<ul style="list-style-type: none"> The Meet is open to all students 8th grade through 12th grade. A swimmer must be in good standing with the school he/she represents. A swimmer must be no older than 19 years of age on the August 1st immediately prior to the championship meet. No post-graduates are permitted to participate in VISAA events. A swimmer must have achieved the VISAA qualifying time established for the events entered. <u>The qualifying time must be swum in a VISAA meet during the current season.</u> A diver must have achieved the VISAA qualifying list and score established for the event. <u>The qualifying dives must be performed in a VISAA meet during the current season.</u> To ensure promotion of High School Swimming: <ul style="list-style-type: none"> Student-athletes must participate in at least half of their team's in-season meets Waivers may be requested from a committee that consists of: Meet Director, VISAA Swimming President, Head Referee, and Diving Coordinator (if necessary). Waivers will be allowed in very limited cases, including: <ul style="list-style-type: none"> Swimmers involved in school sponsored exchange programs Prolonged sickness or other approved medical reason. <u>Waivers must be submitted by Monday, February 3rd to the VISAA Swimming President, Evan Stiles at estiles@sssas.org</u> 	
Thursday Night Warm-up Schedule:	Session I: 5:00-5:30 p.m.	16 Lanes - Assignments TBD Submit all warmup requests to Gregory Guldin at Gregory.guldin@woodberry.org by January 29th at 5:00 p.m.
	Session II: 5:30-6:00 p.m.	16 Lanes - Team Assignments TBD
	Session III: 6:00-6:30 p.m.	16 Lanes - Team Assignments TBD
	Session IV: 6:30-7:00 p.m.	16 Lanes - Team Assignments TBD
	Session V: 7:00-7:30 p.m.	16 Lanes - Team Assignments TBD
	Session VI: 7:30-8:00 p.m.	16 Lanes - Team Assignments TBD
	Diving Warm-up: 5:00-8:00 p.m.	Teams should feel free to utilize the diving boards at any point during the Thursday evening warm-up

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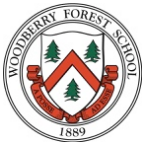
Thursday Night Packet Pickup	Coach's packets can be picked up from Gregory Guldin or Bill Gill on the pool deck at Christiansburg Aquatic Center between 4:30 and 7:30PM Thursday evening, at which time Bill will also be available to answer any questions coaches may have regarding officiating of the meet. Coaches are responsible for all of the information presented in the packets and in this meet announcement.
Meet Format	Every qualified swimmer will participate in Preliminaries on Friday and Saturday morning. The eight (8) fastest swimmers will return in the evening to swim in the Championship Finals. The next eight (8) fastest swimmers in preliminaries will return in the evening to swim in the Consolation Finals.

Friday Swim Preliminaries Schedule	Warm-up I: 7:45–8:10 a.m.	20 Lanes - Team Assignments TBD
	Warm-up II: 8:10–8:35 a.m.	20 Lanes - Team Assignments TBD
	Warm-up III: 8:35–9:00 a.m.	20 Lanes - Team Assignments TBD
	Final Warmup: 9:00-9:15 a.m.	20 Lanes – Open Warm-up <ul style="list-style-type: none"> • Lanes 1, 2, 7 & 8 – Relay Starts • Lanes 3-6 – One-way sprints • Lanes 9-20 – Continuous swim
	Officials Meeting: 8:15 a.m.	Wet Classroom near Leisure/Recreational Pool
	Coaches Meeting: 8:30 a.m.	Leisure/Recreational Pool Deck – Meet underneath the slide
	Timers Meeting: 9:00 a.m.	Leisure/Recreational Pool Deck
	National Anthem: 9:25 a.m.	Saba Azimipour, Fredericksburg Academy
	Preliminaries Start: 9:30 a.m.	Events 1 through 12, excluding diving events 9-10
	Continuous Warm-up/Warm-down	Warm-up pool – Eight (8) Lanes
Friday Women's Diving	Coaches meeting 11:00 a.m.	Underneath slide in Leisure/Recreational Pool
	Women's warm-up: 12:00-1:00 p.m.	All Boards Open
	Women's Diving Prelims: 1:00 p.m.	Christiansburg Aquatic Center
Friday VISAA Swimming Meeting	VISAA Swimming Annual February Coaches' Business Meeting: 15 minutes after the conclusion of Prelims	Leisure/Recreational Pool Deck – Meet underneath the slide

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Friday Finals Schedule	Open Warm-up: 4:30–5:45 p.m.	16 Lanes – Open Warm-up *Lanes 1-8 (competition pool) are reserved for swimmers participating in Finals on Friday night
	Final Warm-up: 5:45-6:00 p.m.	16 Lanes – Open Warm-up <ul style="list-style-type: none"> • Lanes 1 & 8 – Relay Starts • Lanes 2 & 7 – One-way sprints • Lanes 3-6 – continuous swim
	Officials Meeting: 5:30 p.m.	Wet Classroom near Leisure/Recreational Pool
	Timers Meeting: 5:45 p.m.	Leisure/Recreational Pool Deck
	National Anthem: 6:05 p.m.	Bella Grace Cave & Vaya Chhabra, STAB
	Finals Start: 6:10 p.m.	Women’s Diving and Events 1 through 12
	Medal Ceremonies	Medals for each boy’s and girl’s event will be presented in a single break after the Championship Finals of the next boy’s and girl’s events. Coach of the first-place finisher will present or designate person to give out awards.

Saturday Swim Preliminaries Schedule	Warm-up I: 7:45–8:10 a.m.	20 Lanes - Team Assignments TBD
	Warm-up II: 8:10–8:35 a.m.	20 Lanes - Team Assignments TBD
	Warm-up III: 8:35–9:00 a.m.	20 Lanes - Team Assignments TBD
	Final Warmup: 9:00-9:15 a.m.	20 Lanes – Open Warm-up <ul style="list-style-type: none"> • Lanes 1, 2, 7 & 8 – Relay Starts • Lanes 3-6 – One-way sprints • Lanes 9-20 – Continuous swim
	Officials Meeting: 8:30 a.m.	Wet Classroom near Leisure/Recreational Pool
	Timers Meeting: 9:00 a.m.	Leisure/Recreational Pool Deck
	National Anthem: 9:25 a.m.	Virginia Episcopal School; Charlie Schindler, Spencer Miles, Sarah Smith, Jack Prahinski, and Lara Wood
	Preliminaries Start: 9:30 a.m.	Events 13 through 24
	Continuous Warm-up/Warm-down	Warm-up pool – Eight (8) Lanes
	Warm-up: 12:00-1:00 p.m.	All Boards Open

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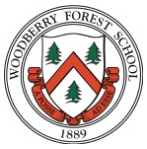
Saturday Men's Diving	Men's Diving Prelims: 1:00 p.m.	Christiansburg Aquatic Center
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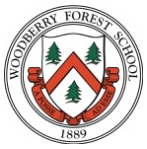
Saturday VISAA Diving Coaches Meeting	VISAA Diving Annual February Meeting: immediately following semi-finals on Saturday		Leisure/Recreational Pool Deck – Meet underneath the slide	
Saturday Finals Schedule	Open Warm-up: 4:15–5:30 p.m.		16 Lanes – Open Warm-up	
	Final Warm-up: 5:30-5:45 p.m.		16 Lanes – Open Warm-up <ul style="list-style-type: none">• Lanes 1 & 8 – Relay Starts• Lanes 2 & 7 – One-way sprints• Lanes 3-6 – continuous swim	
	Officials Meeting: 5:30 p.m.		Wet Classroom near Leisure/Recreational Pool	
	Timers Meeting: 5:45 p.m.		Wet Classroom near Competition Course (Coaches Hospitality)	
	Line up for Senior Parade: 5:50 p.m.		Leisure/Recreational Pool	
	Senior Parade: 6:00 p.m.		See guidelines on page 18	
	National Anthem: 6:15 p.m.		TBD	
	Finals Start: 6:20 p.m.		Men’s Diving and Events 13 through 24	
	Medal Ceremonies		Medals for each boy’s and girl’s event will be presented in a single break after the Championship Finals of the next boy’s and girl’s events. Coach of the first-place finisher will present or designate a person to give out awards.	
Awards Ceremony: 9:10 p.m. (approximately)		Immediately following the conclusion of the final event		
Order of Events	Girls	Event	Day	Boys
	1	200 Medley Relay	Friday	2
	3	200 Freestyle	Friday	4
	5	200 Individual Medley	Friday	6
	7	50 Freestyle	Friday	8
	101	50 Freestyle - BONUS	Friday	102
	9	Women’s Diving	Friday	
		Men’s Diving	Saturday	10
	11	100 Butterfly	Friday	12

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	13	100 Freestyle	Saturday	14
	15	500 Freestyle	Saturday	16
	17	200 Free Relay	Saturday	18
	19	100 Backstroke	Saturday	20
	21	100 Breaststroke	Saturday	22
	23	400 Free Relay	Saturday	24
Warmup Time Requests/ Lane Assignments	<ul style="list-style-type: none"> • Submit requests for Thursday PM, Friday AM, & Saturday AM slots to Gregory Guldin at gregory.guldin@woodberry.org by 5:00pm, January 29th. • Please note: If a request is made for a late warmup on one day, it is almost certain that an early warmup will be assigned for the other day. • Lane assignments will be posted to SwimCloud once all requests are received. 			

Entry Rules	<ul style="list-style-type: none"> • Individual Events <ul style="list-style-type: none"> ○ Any eligible swimmer who has swum the qualifying time for an individual event during the 2019-2020 season in a VISAA meet may be entered in that event. <u>Proof of Time must be submitted with entries.</u> ○ The following requirements must be met for a meet to count for state meet qualifying times: <ul style="list-style-type: none"> ▪ <i>It must be a multi-team meet in which a team represents their school.</i> ▪ <i>Times swum in a single team time trial do not count for qualification.</i> ▪ <i>The meet must have certified officials, including a starter/referee and a stroke and turn judge.</i> ▪ <i>The time must be recorded with either a touch pad or at least two watches.</i> ○ Each team is allowed unlimited entries in individual events, but only a team's top four (4) qualifiers are eligible for the Championship or Consolation Finals. <ul style="list-style-type: none"> ▪ In the event any team qualifies more than 4 swimmers in the top 16 during prelims, the coach must designate which 4 swimmers will swim in the evening session. ▪ Designations must be turned in to the timing & scoring operator within 15-minutes of the conclusion of the preliminary session. ○ An individual swimmer may swim no more than two (2) individual events and no more than four (4) total events, including relays.
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	<div><ul style="list-style-type: none">○ Coaches are responsible for ensuring swimmers entered in the meet satisfy all entry criteria stated above. In the event an athlete exceeds individual entry limits and is not caught during the entry process, the athlete must swim/dive the first four (4) events in which he or she is entered, in chronological order.● Bonus Event<ul style="list-style-type: none">○ Any swimmer that has otherwise qualified for the meet in either an individual or a relay event is eligible to enter into the Bonus 50 Freestyle.○ Swimmers must meet the Bonus qualification time to enter the event.○ Entry in the event will count against a swimmer’s event total.○ Bonus event swimmers are not eligible to score points in the event.● Relays<ul style="list-style-type: none">○ Each team that has had a relay swim the qualifying time during the season may enter a single “A” relay in that relay event.○ Any swimmer who participates in a relay during the season that meets the State qualifying time is eligible to swim in that relay event at the State Meet.○ Any swimmer who has qualified for an individual event, including diving, is eligible to swim in any relay at States.○ Each team may also enter one exhibition “B” Relay in all three relay events, but every swimmer on that relay must have <u>qualified either individually or on a relay that met the qualifying time during the season.</u> “Exhibition” means that the “B” Relays may not score.○ Relays may be entered without swimmers’ names, but the Meet Host would appreciate a projected relay line up with all entries.○ Swimmers who participate in a “B” Relay during the preliminary session may compete in an “A” Relay of the same event during finals. This will still count as 1 event for the swimmer.● Relay Cards<ul style="list-style-type: none">○ 200 Medley Relay Cards specifying the actual relay line-up shall be submitted to the Meet Secretary thirty (30) minutes prior to the start of the session.○ 200 Free Relay Cards specifying the actual relay line-up shall be submitted to the Meet Secretary prior to the conclusion of the Women's 500 Freestyle.</div>	

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	<ul style="list-style-type: none">○ 400 Free Relay Cards specifying the actual relay line-up shall be submitted to the Meet Secretary prior to the conclusion of the Women’s 100 Breaststroke.○ Swimmers whose names are submitted on the relay cards must swim that event, in the order listed on the card, unless the Meet Referee allows for a substitution because of injury or illness.○ Any team that chooses not to submit a relay card or does not submit a relay card by its respective deadline must swim the relay in the order listed in the meet program. <p>*If enforcement of this regulation causes a swimmer’s total event count to exceed four (4) total events, the swimmer/relay is subject to the following NFHS regulation:</p> <ul style="list-style-type: none">• The competitor(s) is/are disqualified from that event and further competition.• The competitor(s) shall not be disqualified from events in subsequent rounds for which he/she has previously, legally qualified. <p>*If a relay was entered into the meet without athlete names, the relay will be disqualified.</p>		
Scratch Procedures for Preliminaries	<ul style="list-style-type: none">• Scratches will not be accepted for Preliminary events.• Swimmers may declare a false start by reporting to the head official prior to his or her event.• A declared false start will count towards the event total of a swimmer but will not cause any further penalties, such as removal from the meet.• Any swimmer who misses his or her event during Preliminaries will be scratched from the remainder of the meet and may not compete in any relay events.<ul style="list-style-type: none">○ If the swimmer qualified for Consolation Finals or Finals prior to his or her missed event, he or she may still compete in that event at night.		
Scratch Procedures for Finals	<ul style="list-style-type: none">• Scratch Cards will be available from the scoring/timing table.• Any athlete/relay that wishes to scratch an event for which they have qualified to compete in finals or consolation finals is expected to fill out a scratch card.• Scratch cards for all events must be turned in to the scoring/timing table no later than 30-minutes after the conclusion of the preliminary session.		
Entry Submission	<ul style="list-style-type: none">• All entries are due by Sunday, February 9th @ 11:59pm.• Send to: Ginger Schmidt (ginger_schmidt@verizon.net) (703.795.4183)		

Sanctioned by: Virginia
Independent Schools
Athletic Association



VISAA Swimming & Diving Championship

February 14-15, 2020



Christiansburg Aquatic Center - Christiansburg, VA

Friday: Prelims 9:30AM/Diving 1:00PM/Finals 6:10PM
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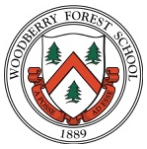
Hosted by:
Woodberry Forest School




- **Please complete your entries by importing and using the distributed VISAA Championship meet file – do NOT create your own file.**
 - The meet file may be downloaded from the SwimCloud meet page at <https://www.swimcloud.com/results/145873/>.
- All entries, including divers, must be submitted with a Hy-Tek Team Manager entry file. **No manual or hardcopy entries will be accepted.**
 - **When submitting entries, please include both a Hy-Tek meet entry file as well as a Hy-Tek team roster file.**
- Entries must include first and last name, gender, grade level (8th to 12th grade) and seed times. **Seed times should be actual or converted short-course yard times that meet the qualifying standards.**
- **Entries submitted without grade level will be rejected. Please confirm the grade levels for your swimmers prior to entry so the program reflects correct information.**
- **Coaches must submit entries with a “Proof of Time”:**
- **Proof of Time Data Verification:**
 - *In Team Manager →Go to Meets →Select State Championship Meet → Double-click to get to meet setup*
 - *In Meet Setup →Click on Eligibility Rules tab →Under Qualifying Times, check ‘Use Times Since’ and verify the date reflects November 1, 2016 → Save*
- **Proof of Times Report:**
 - *In Team Manager →Go to Reports →Meet Reports →Meet Entries →Select the State Championship Meet →Select your team*
 - *In the Other Options section (top right) →Check the ‘Include Proof of Time’ box → Create Report*
 - *Verify the Proof of Times are post November 1, 2016, are from a VISAA meet, and each entry has a proof of time → Save report as a PDF*
- **Exporting Meet Entry File:**
 - *In Team Manager →Go to File →Export →Meet Entries →Select State Championship Meet →Click ‘Export Relays’ →Select OK*
- **IN SUMMARY:**
 - *Email to Ginger should include a Meet Entry file, a Team Roster file, and a Meet Entry Report including Proof of Times in PDF format.*
- Except for relays, all entries are final once they are submitted.
- Once submitted, the person who e-mailed the entries will receive a confirmation e-mail with an attached list of that team’s official entries by **9pm, Monday, February 10th**. It is the responsibility of the person submitting the entries to verify that the entries were received and that they were received accurately. Entries that do not meet the requirements will be rejected. Corrected entries (if necessary) are due



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	<p>Monday, February 10th @ 11:59pm. The psych sheet will be published to SwimCloud by Tuesday, February 11th @ noon. The psych sheet will be final on Wednesday, February 12th @ 8am. (No changes can be made to the preliminary psych sheet after it's published. Only clerical corrections will be allowed.)</p> <ul style="list-style-type: none"> Meet entry fees: \$6.00/individual event; \$30.00/relay; \$5.00/athlete surcharge; \$400 cap per team <ul style="list-style-type: none"> Following the receipt of entries by each VISAA member on February 9, an invoice will be sent directly to the Athletic Director of each participating school in order to collect each team's respective entry fees.
Diving	<ul style="list-style-type: none"> The Diving portion of the competition will be hosted by the appointed Diving Coordinator, Diane Maiese Diane can be reached at: <p style="text-align: center;">Diane Maiese VISAA Dive Coordinator Diane.Maiese@Stewardschool.org (856) 816-0153 cell</p> All Diving Coaches should make contact with Coach Maiese as soon as possible so that she knows who they are and can communicate important meet details to them directly. Diving entries should be restricted to those athletes that can <u>prove</u> they can successfully complete eleven (11) dives necessary for a championship event and who's combined Degree of Difficulty for their five (5) voluntary dives has a sum total of 9.0 or less. All divers must have successfully completed each dive in their list during the regular season and have earned a minimum award of two-and-a-half (2.5) from three (3) scoring judges. (Awards that are dropped and not used in calculating the dive total score may not be used). All divers entered in the meet must qualify by earning scores of 150 or above in two separate 6-dive meets or 220 or above in an 11-dive meet. Proof of dive completion must be submitted to the diving coordinator by the entry deadline. Divers that fail two dives will be disqualified from the competition. Dive selection must comply with Rule 9, Section 4, Article 1 of the 2019-2020 National Federation High School <i>Swimming and Diving</i> rules. Diving Entries: <ul style="list-style-type: none"> Divers should be entered with Team Manager along with the swimmers. Dive entries will be coordinated through Clean Entries at the following link: https://www.cleanentries.com/allmeets.aspx


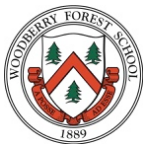
<div>Sanctioned by: Virginia Independent Schools Athletic Association</div> <div></div>		<div>VISAA Swimming & Diving Championship</div> <div>February 14-15, 2020</div> <div>Christiansburg Aquatic Center - Christiansburg, VA</div> <div>Friday: Prelims 9:30AM/Diving 1:00PM/Finals 6:10PM</div> <div>Saturday: Prelims 9:30AM/Diving 1:00PM/Finals 6:20PM</div>	<div>Hosted by: Woodberry Forest School</div> <div></div>
	<ul style="list-style-type: none">○ Please navigate to the above website and find the 2020 VISAA Championship meet in order to complete your entries.○ Only divers that submit diving sheets through Clean Entries by the deadline will be entered in the meet.○ Changes are permitted until 60 minutes prior to the start of the diving competition.● All schools that enter one or more divers must supply one volunteer to assist with the administration of the diving competition.● The competition order of divers will be determined by random drawing by the Meet Coordinator and Host Coach prior to the meet.● All Diving coaches will meet at 11:00 a.m. on Friday, February 14, 2020 underneath the slide in the Leisure/Recreational Pool at the Christiansburg Aquatic Center to coordinate final details of the diving competition.● Diving results will be announced immediately after each event at the Christiansburg Aquatic Center. Awards for the top-8 will be presented following the first swimming event of the evening, during finals. The coach of the first-place diver will present the awards.		
Seeding/ Alternates	<ul style="list-style-type: none">● All events will be seeded in advance, and lanes will be assigned based on the times submitted by the coaches.● For the Preliminaries, heats will be seeded from slowest to fastest with the final three heats being circle seeded.● The first and second alternates for the Finals events are encouraged to be behind the starter at the beginning of the event for which they are an alternate.<ul style="list-style-type: none">○ In the event a swimmer is not present for his/her event, the starter will call one time for an alternate.○ If no alternate is readily available, the heat will be swum such that the timeline of the meet is not delayed significantly.		
Scoring	<p>The Meet will be scored as follows:</p> <ul style="list-style-type: none">● For individual events, the first 16 places in the Championship and Consolation Finals will be awarded points in the following manner: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.● For relay events, the first 16 places in the Championship and Consolation Finals will be awarded points in the following manner: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.● No swimmer or relay in the Consolation Finals may score ahead of a swimmer or relay in the Championship Finals.● No Bonus swimmers may score points in the Bonus event.		



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Music/ Procession Leader for Top Qualifier	<ul style="list-style-type: none"> The top qualifiers will select a pre-race song of their choice for Finals. <ul style="list-style-type: none"> If a swimmer's first selection is deemed inappropriate by the Meet Director, music will be provided on that swimmer's behalf. Music selections must be delivered to the Meet Announcer within 15 minutes of the end of the preliminary session. The top qualifiers will also select an individual or individuals to lead the procession of finalists to the blocks. <ul style="list-style-type: none"> Procession leader selections must be delivered to the Meet Announcer within 15 minutes of the end of the preliminary session.
Awards	<ul style="list-style-type: none"> Overall Team State Champion: Male & Female Division II Team State Champion: Male & Female Overall Team State Runner-up: Male & Female Division II Team State Runner-up: Male & Female All-State: Top 3 finishers in each event Medals: Top 8 finishers in each event The following special awards will be presented based on the results of voting by the coaches. Each school is allocated one vote: <ul style="list-style-type: none"> Swimmer of the Meet: Male & Female Diver of the Meet: Male & Female Swimming Coach of the Year: Male & Female Diving Coach of the Year: Male & Female Sportsmanship: Male & Female (recognized, but not awarded a trophy) Spirit: Male & Female (recognized, but not awarded a trophy)
Timing	<ul style="list-style-type: none"> Timing will be done using the Colorado Timing System. To backup the CTS, two timers will have a CTS backup button. Each lane will have 2 dolphin stopwatches as a tertiary backup.



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Timer Assignments	<ul style="list-style-type: none"> Each school will be responsible for providing either 1 or 2 timers to report to the following lanes, as outlined below. The Chief Timer will adjust lane assignments as necessary: See Timer Assignments below: 			
	Friday Preliminaries		Saturday Preliminaries	
	Lane	School	Lane	School
	1	Bishop Sullivan (2)	1	Virginia Episcopal (2)
	2	North Cross (2)	2	Fredericksburg Academy (2)
	3	St. Christopher's (2)	3	St. Catherine's (2)
	4	Fredericksburg Christian (2)	4	Trinity Christian (2)
	5	Seton School (2)	5	Seton School (2)
	6	Steward (2)	6	Norfolk Academy (2)
	7	Collegiate (2)	7	Flint Hill (2)
	8	Bishop O'Connell (2)	8	Saint John Paul (2)
	Friday Finals		Saturday Finals	
	Lane	School	Lane	School
	1	Hampton Roads (2)	1	Hampton Roads (2)
	2	Bishop O'Connell (2)	2	Williamsburg Christian (2)
	3	St. Catherine's (2)	3	St. Christopher's (2)
	4	St. Stephen's & St. Agnes (2)	4	St. Stephen's & St. Agnes (2)
	5	Collegiate (2)	5	Collegiate (2)
	6	Norfolk Academy (2)	6	Norfolk Academy (2)
	7	Potomac (2)	7	Saint Paul VI (2)
	8	Trinity Episcopal (2)	8	Trinity Episcopal (2)
Spectators	<ul style="list-style-type: none"> VISAA Swimming & Diving Committee mission: "to plan, design, and deliver the highest quality and most exciting championship meet experience for high school swimmers and divers from Virginia's independent schools through and in the following order: good sportsmanship, team character, positive spirit, and quality athleticism." A positive meet experience is only possible when we treat each other with respect and when we remind ourselves we share a common goal. Please honor our student-athletes and the mission of the VISAA by contributing positively to the spectator experience. A coach is not directly responsible for the behaviors of spectators but may be asked for assistance should the need to address fans arise. Unruly fans will be addressed by event security on the day of the event, coaches of the representative team will be notified, and a report will be filed with the school in question. 			

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<div>Starting Procedures for Preliminaries and Finals</div>	<ul style="list-style-type: none">• The Referee and Starter will use the standard USA Swimming whistle start.• The procedure will be as follows:<ul style="list-style-type: none">○ 4 or 5 consecutive whistles means get ready.○ The Announcer will announce the event.○ 1 long whistle means to step up on the block (into pool for backstroke).○ For backstroke only, there will be another long whistle in lieu of a command to place your feet.○ The starter will simply say “Take Your Mark,” and a horn will signal the start.• We will use dive over starts for Prelims, but not for Finals.• For each Final Event, we will:<ul style="list-style-type: none">○ Swim the Consolation Finals (Preliminary qualifier 9 thru 16).○ Parade the top 8 qualifiers to the blocks with music selected by the top qualifier.○ Swim the Championship Finals.○ After both the girls and boys have completed a particular event, we will present medals to the top 8 girl and boy finishers from the two previous events.	
<div>Meet Dispute Procedure</div>	<ul style="list-style-type: none">• Any coach may file a protest with the Head Referee for matters not specifically covered by the rules or a misapplication of the rules.<ul style="list-style-type: none">○ Judgment calls are not subject to protest.○ Concerns over Stroke and Turn disqualifications may be referred to the Head Referee but cannot be protested unless the concern is a misapplication of the rules.• If such an event occurs, a seven (7) member “Meet Committee” will have the authority to settle such disputes.<ul style="list-style-type: none">○ The Meet Committee shall consist of the VISAA President, the VISAA Meet Director (for swimming and administrative issues) or Diving Coordinator (for diving issues), the four VISAA Regional Representatives and the VISAA Secretary.• The Meet Committee will have the original disqualification explained to them with all involved parties present, after which anyone else that wishes to speak will have their opportunity.• Once the committee convenes on its own and reaches a final decision, it will be the responsibility of the VISAA President to communicate that decision to the individual having filed the protest and it will be the responsibility of the Secretary to document both the protest filed and the outcome decided, so as to have a reference for future occurrences.	


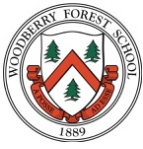
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Meet Qualifying Times	WOMEN		Event	MEN	
	SCY	SCM		SCY	SCM
	2:15.36	2:30.25	200 Medley Relay	1:57.18	2:10.07
	2:13.44	2:28.12	200 Freestyle	2:01.47	2:14.83
	2:30.91	2:47.51	200 Individual Medley	2:18.04	2:33.23
	26.96	29.92	50 Freestyle	24.28	26.95
	28.96	32.14	50 Freestyle - Bonus	26.28	29.17
	Diving: 9.0 Maximum Degree of Difficulty for Voluntary Dives; Proof >2.5; scores of 110 in 2x separate 6-dive meets or 220 in 1x 11-dive meet				
	1:07.49	1:14.91	100 Butterfly	1:01.02	1:07.73
	59.55	1:06.10	100 Freestyle	53.19	59.04
	6:02.51	5:15.54	500 Freestyle	5:41.90	4:59.29
	1:58.53	2:11.57	200 Freestyle Relay	1:43.26	1:54.62
	1:07.53	1:14.96	100 Backstroke	1:02.90	1:09.82
	1:17.15	1:25.63	100 Breaststroke	1:09.48	1:17.12
	4:38.24	5:08.85	400 Freestyle Relay	3:59.45	4:25.79
USA Observed Swims	<ul style="list-style-type: none"> USA Swimming certified officials will be on deck, and all times swum by USA swimmers identified as such in the meet entries at this Meet will be recognized by Virginia Swimming. To identify a swimmer as a USA Swimmer, their USA Swimming ID number must be included in your entry file. This requires each coach to put the swimmers USA Swimming ID in the swimmer's profile in Team Manager prior to exporting entries. 				
General Admission Fees	<ul style="list-style-type: none"> General Admission Fees, which include a Meet Program: <ul style="list-style-type: none"> Friday (any or all sessions): \$10 per person. Saturday (any or all sessions): \$10 per person. Family Rate (2 adults + children): \$30.00 per day. Children under 6 are free. Team members in uniform are free. Tickets may be purchased in advance of the event by utilizing TicketSpicket.com (click "buy tickets" and search for "VISAA" to find the swimming & diving championship) <ul style="list-style-type: none"> Tickets will need to be purchased for both day 1 and day 2 if using TicketSpicket services All members of a pre-paid party must be present when entering the meet at the gate 				


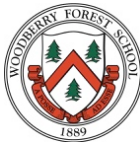
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<p>Meet Programs</p>	<ul style="list-style-type: none"> Teams should send the following information to Gregory Guldin at gregory.guldin@woodberry.org no later than Wednesday, February 5 at 11:59PM so that it can be included in the meet program. <ul style="list-style-type: none"> Retirements from coaching after this season College commitments for graduating seniors (please only send college commitments for students who intend on swimming or diving in college) Pictures of events from your season (service project, joint training experiences with other teams, etc) Free with proof of paid admission. Spectators should go to SwimCloud for all meet information, including heat sheets for both prelims and finals. Printed heat sheet will be provided to coaches and officials. 	
<p>Results</p>	<ul style="list-style-type: none"> Live Results will be posted on Meet Mobile (subscription is now required) and on SwimCloud. Printed copies of the meet results will be posted in the hallway behind the spectator mezzanine. 	
<p>Competition Swim Suits and Caps</p>	<ul style="list-style-type: none"> Prior to the 2010 meet, the National Federation of High Schools announced that speed suits are banned from high school competition. <ul style="list-style-type: none"> All suits must be made of a textile fabric. Boys can only wear jammers or briefs – nothing above the waist or below the knee will be allowed. Girls cannot wear suits that cover the shoulders or go below the knee. Also, zippers or other fasteners are no longer allowed on girl's suits. Swimmers may only wear one suit during the competition. <ul style="list-style-type: none"> However, swimmers may wear more than one swim cap during competition, but the team cap must be on the outside. Only school or manufacturer logos should be visible on swim suits and swim caps. 	
<p>Deck Changing and Shaving</p>	<ul style="list-style-type: none"> "Deck changing" (the practice of swimmers changing out of their swim suit on the deck with just a towel wrapped around themselves) is forbidden at the State Championship Meet. Swimmers are not permitted to shave any part of their or someone else's body at the Christiansburg Aquatic Center. At the discretion of the Meet Referee, swimmers who deck change or shave on-site may be sanctioned up to and including ejection from the Meet. 	

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Concessions and Hospitality	<ul style="list-style-type: none">Food and drinks will be available during the meet at a concession stand to be located in the classroom behind the Mezzanine/Spectator Area.A Hospitality room for Coaches and Officials will be established in the wet classroom on the pool deck in the middle of the competition course.																									
Apparel	<ul style="list-style-type: none">State Meet apparel will be for sale both days by MSP.																									
Photography	<ul style="list-style-type: none">TBD																									
Seating	<ul style="list-style-type: none">Only credentialed team members, coaches, and officials will be allowed on the pool deck.All spectators must remain in the bleachers on the top level.																									
Team Deck Seating	<p>Schools will be divided into four groups, 1-2-3-4. As this year’s entries are finalized, teams will be organized by number of athletes and assigned a group. Group assignments will be distributed in the coach’s packets.</p> <p>Groups will rotate their “team camp” through the four zones over the course of the meet in an effort to equalize the opportunity for all athletes to enjoy the prime real estate and the concurrent spirit, enthusiasm and performance associated with that location. Coaches are welcome and encouraged to station themselves around the competition pool during the meet regardless of their team’s home seating. We ask that teams respect the schedule outlined below by storing their gear and resting between events in their assigned zone for that session.</p> <table><tr><th>Group Number</th><th>Friday Prelims</th><th>Friday Finals</th><th>Saturday Prelims</th><th>Saturday Finals</th></tr><tr><td>1</td><td>A</td><td>B</td><td>C</td><td>D</td></tr><tr><td>2</td><td>B</td><td>C</td><td>D</td><td>A</td></tr><tr><td>3</td><td>C</td><td>D</td><td>A</td><td>B</td></tr><tr><td>4</td><td>D</td><td>A</td><td>B</td><td>C</td></tr></table>	Group Number	Friday Prelims	Friday Finals	Saturday Prelims	Saturday Finals	1	A	B	C	D	2	B	C	D	A	3	C	D	A	B	4	D	A	B	C
Group Number	Friday Prelims	Friday Finals	Saturday Prelims	Saturday Finals																						
1	A	B	C	D																						
2	B	C	D	A																						
3	C	D	A	B																						
4	D	A	B	C																						
Webcast	<ul style="list-style-type: none">The Woodberry Forest School Production Network (WFSPN) will be providing a commentated, live–stream of the entire swimming portion of the meet to include several interviews of athletes and coaches.Website: https://www.wfspn.orgThere is a direct link to the live stream through SwimCloud.																									


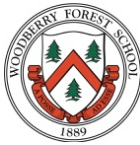
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Spirit	<ul style="list-style-type: none"> Teams are strongly encouraged to bring banners to display (see next section). Teams are highly encouraged to do cheers prior to the start of the meet and during breaks, though it should remain quiet for any race start. No face or body paint of any type is allowed. Feathered or similar boas are not permitted on the pool deck. Marker or temporary tattoos are allowed as long as they are respectful, sportsmanlike, and do not wash off in the water. It is the responsibility of coaches to ensure athletes adhere to these guidelines. Any damages to a facility that result from failure to adhere to these guidelines will be the fiscal responsibility of the offending team/school.
Team Banners	<ul style="list-style-type: none"> All team banners should be turned in to the meet clerk upon arrival at the facility, so that they may be hung in accordance with the facility regulations. Please be sure to pick up your banner at the conclusion of the meet.
Senior Parade	<p>Prior to the Saturday night Finals, we will run a Senior Parade to recognize all of the seniors. The Parade is a time of celebration, and seniors are encouraged to dress for the occasion. To ensure the appropriateness of the dress and behavior for the event, the following guidelines will be enforced:</p> <ul style="list-style-type: none"> Athletes are strongly encouraged to wear their school warm-ups or other school-related attire. <u>No swimsuits may be worn without shorts, a warm-up suit, or other school-related attire covering them.</u> Athletes may appropriately add fun hats, beads, capes, wings, etc. to their attire. No face or body paint of any type. Absolutely no outfits with a sexual innuendo, such as, but not limited to: Playboy bunnies, beauty queens, boys or girls dressed in drag, undergarments worn over the top of warm-ups, body parts drawn onto the body, high heels, etc. A committee made up of the Meet Director(s), the VISAA Swimming President, and the Senior Parade Coordinator will walk down the line of seniors prior to the parade in order to give seniors who are not in compliance ample opportunity to get into compliance. Swimmers that do not comply with the guidelines will be asked to remove the offensive material. If they choose not to remove, they will not walk in the Senior Parade. Please do not put the Parade Coordinator in the uncomfortable position of excluding a senior from the Parade.

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<p>Pool Rules</p>	<ul style="list-style-type: none"> • Concessions will be allowed in designated areas only. Drinks are permitted in plastic bottles or covered cups. • Young children must be supervised by an adult. • Observers and spectators are to stay in designated areas. • No tape of any kind is to be used inside to hang signs, banners, or decorations. • Only Aquatic Center staff is permitted in the Aquatics Offices, Equipment Room, and First Aid Office unless approved by Aquatic Center staff or management. • No smoking or vaping is permitted within the center facilities. • The Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings. • No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Center Director. • No glass containers of any kind are to be brought into the pool complex. • Parking violators will be subject to fines and/or towing as posted. <ul style="list-style-type: none"> ○ No parking in the skatepark parking lot ○ No parking in the areas marked by the yellow curb ○ Overflow parking will be prearranged with Christiansburg High School on weekends • The Aquatic Center strongly encourages showering prior to entering the pool. • All emergency exits and walkways must remain clear throughout the meet. • In compliance with USA Swimming Safe Sport, the back building entrance, under the diving tower is a secure entrance reserved for facility staff and essential personnel with access cards or swim meet credentials. • All rules and regulations of the Aquatic Center are in effect and shall be followed. • Any individual or team member that fails to comply with any rule or regulation of the Aquatic Center will not be permitted to participate in the Event and will be asked to leave the Center Facilities.
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<div>Inclement Weather Contingency Plans</div>	<div><ul style="list-style-type: none">• In the event of inclement weather, the executive committee, comprised of the VISAA Swimming & Diving Committee President, Secretary, and Meet Coordinator, will work alongside the Executive Director of the VISAA to enact one of the following contingency plans, which will be communicated to meet participants as quickly and effectively as possible. Points of contact for each team are encouraged to check VISAA.org in the event of inclement weather, where the most up-to-date information can be found regarding the championship meet.• Contingency Plan A:<ul style="list-style-type: none">○ The format of the meet will remain the same but will shift back by 1-day. The Thursday evening warm-up session would be moved back to Friday evening and the Friday/Saturday events would be switched to Saturday/Sunday, respectively.○ Diving events will take place between preliminary and final sessions and Friday/Saturday sessions would be moved back to Saturday/Sunday, respectively.• Contingency Plan B:<ul style="list-style-type: none">○ The format of the meet will be condensed, combining all preliminary heats into 1 session, both male and female diving into 1 session, and all final heats into 1 session. Warm-ups will be scheduled to take place on Friday morning/afternoon and session 1 (all preliminary heats) will be swum Friday afternoon/evening. Diving for both sexes will take place Saturday morning (session 2). All final rounds will be swum in session 3 on Saturday evening.</div>	

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Directions	<ul style="list-style-type: none"> From I-81 Southbound <ul style="list-style-type: none"> Take the US-11/US-460 exit, Exit 118C-B-A, toward Christiansburg/Blacksburg (1.6 miles) Merge onto US-460 W via Exit 118B toward Blacksburg (2.7 miles) Take the US 460 Business exit, Exit 3AB, toward Christiansburg (0.4 miles) Merge onto US-460 BR E/N Franklin St. via Exit 3A toward US-460-BR E/VA-111/Downtown (0.8 miles) Stay in the right lane and proceed through the next 2 stoplights. The Aquatic Center will be on your left (0.6 miles) From I-81 Northbound <ul style="list-style-type: none"> Take the VA-8 exit, Exit 114, toward Christiansburg/Floyd (0.2 miles) Turn left onto VA-8 N/W Main Street Turn left onto N Franklin St/US-460 BR W (0.6 miles) The Aquatic Center will be on the right From 460-Eastbound <ul style="list-style-type: none"> Take the US-460-BR E Exit toward Downtown (0.5 miles) Merge onto US-460 BR E/N Franklin Street (1.1 miles) Stay in the right lane. Proceed through the next two stoplights. The Aquatic Center will be on the left (0.6 miles).
Bus and Overflow Parking	<p>The Christiansburg Aquatic Center has on-site parking for approximately 200 vehicles. The center will be using parking assistants to fill the parking lots in an organized and efficient manner. Once the Aquatic Center parking lots are full, overflow parking will be available at Christiansburg High School.</p> <p>A Free Shuttle is provided and will be running every 5-10 minutes to and from the Aquatic Center.</p> <p>The Christiansburg Aquatic Center wants to be a good neighbor and asks that you do not park in the neighborhood surrounding the center or across the street from the center on Mill Lane.</p> <ul style="list-style-type: none"> Directions to Christiansburg High School <ul style="list-style-type: none"> Take a left out of the Christiansburg Aquatic Center onto Mill Lane. At the stop sign, turn right onto North Franklin Street. At your first stoplight, take a left onto Independence Blvd. Take a right at the second parking lot entrance nearest the football field. Please park farthest away from the school, by the tennis courts.