



<i>Sanctioned by:</i> <b>Virginia Independent  Schools Athletic  Association</b> 	<b>VISAA Swimming &amp; Diving Championship</b> <b>February 15-16, 2019</b> <b>Jeff Rouse Aquatic Center - Stafford, VA</b> <b>Friday Prelims 9:30AM/Diving 1:00PM/Finals 6:30PM</b> <b>Saturday Prelims 9:30AM/Diving 1:00PM/Finals 6:25PM</b>	<i>Hosted by:</i> <b>St. Stephen's &amp; St. Agnes  School</b> 
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Dear All,

It is my distinct pleasure and privilege to present to you the VISAA Swimming & Diving Championship Meet Announcement for 2019. Please *carefully* review all sections of this meet announcement, as there are several changes and additions from previous years that are important. It is each coach's responsibility to be familiar with all of the information and deadlines presented in this meet announcement. For your convenience, I have divided the meet announcement into two sections- Part 1- all pertinent information to get you going, Part 2- any other important information that you will need. The 2 parts are combined in one official meet announcement. Any changes from last year's announcement have been marked in **red**, though, again, it is important to review the entirety of both documents.

Please visit <https://www.swimcloud.com/results/122762/> for any information pertaining to the meet, including psych sheets, heat sheets, meet photography, TicketSpicket, and more.

There will be meet entry fees for the VISAA State meet this year. The Meet Entry Fees are: \$6.00/individual event; \$30.00/relay; \$5.00 swimmer surcharge; \$400 cap per team; invoices will be sent to the Athletic Director of each VISAA member following the receipt of entries on February 10, 2019.

Spectator tickets may be purchased in advance by going to TicketSpicket.com and searching for "VISAA" events or by going to the following web address:

<https://events.ticketspicket.com/agency/d6cc88b4-bd16-4334-8821-33a74ebf96ca>



We will also have full access to the gym for teams to set up camp. It is highly encouraged that you utilize this space so we can leave the spectator seating to the spectators. \*\*\*There will be no bags permitted in any of the spectator seating areas.

- Evan Stiles



### PART I Important Deadlines

	Deadline/Date
Warm-up Requests sent to Jim Koehr	Thursday, January 31 by 5:00PM
Athlete Waiver Requests sent to Greg Guldin	Thursday, January 31 by 11:59PM
School Seals (.jpg or .jpeg) emailed to Shannon Fisher (only for updated seals or schools new to VISAA in 2019)	Friday, February 8 by 11:59PM
Meet Entries sent to Ginger Schmidt	Sunday, February 10 by 11:59PM
Dive Sheets completed on <a href="#">Clean Entries</a>	Sunday, February 10 by 11:59PM
Corrected entries (if necessary) sent to Ginger Schmidt	Monday, February 11 by 11:59PM
Preliminary Psych Sheet published	Tuesday, February 12 by 12:00PM
Final Psych Sheet published	Wednesday, February 13 by 8:00AM


<b>Location</b>	<b>Jeff Rouse Swim and Sport Center</b> 1600 Mine Rd Stafford, VA 22554 540-318-6332 <a href="http://www.rousecenter.com">www.rousecenter.com</a>
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Swim Facility	<p>The competition pool is 50 meters x 25 yards. In yards, the pool has 22 tiled lanes of 25 yards. The water is kept around 80°. It goes from a depth of 6'7" to 12'6" and has two 1-meter diving boards at the deep end.</p> <p>The recreation pool is 6 lanes of 25-yards as well as a zero-depth entry to a kids' area with a mushroom and water features. The water is heated to 84°. Lap swimming, water fitness classes, family swim activities and more will be held in this pool.</p> <p>The pool is outfitted with non-turbulent lane lines, a Colorado Timing System, Dolphin Wireless Stopwatches, Track Start wedges, and color video scoreboards.</p> <p>Directions and parking instructions can be found at the end of Part 2.</p>	
Meet Director	Evan Stiles, St. Stephen's & St. Agnes School, <a href="mailto:estiles@ssas.org">estiles@ssas.org</a>	
Subcommittee Chairpersons	Officiating	Bill Gill, Norfolk Academy
	Entry Coordinator	Ginger Schmidt, Trinity Christian School
	Timing & Scoring	Bill Dealey, Seton School
	Senior Parade	Dennis Schmidt, St. Gertrude/Benedictine
	Concessions	The Cafe
	Hospitality	Paul VI / Fredericksburg Christian Academy
	Awards	Rod Montrie- Madeira
	Gate	RMC Events
	Meet Marshals	RMC Events
	Diving Coordinator	Diane Maiese, Collegiate School/Trinity Episcopal/Steward
	Ready Room Coordinator	Brad Connors/Megan Grant- STAB
	Meet Announcer	Rich Smith- SSSAS
	Live Streaming	<a href="#">Ross Manilow- Highland ?????</a>
	Meet Webmaster	Jeff Sullivan- Williamsburg Christian Academy
	Athletic Trainer	Derek Ross- Flint Hill
	Meet Photography	Joe Sites, Trinity Episcopal Jim Lowe, Faith Christian
Meet Vendor	Sport Fair	
Warm-up Assignments	Jim Koehr- Seton	
Meet Secretary	Terry Sue Gault	
Rules	The Meet will be governed by 2018-2019 National Federation High School <i>Swimming and Diving</i> rules for championship meets.	

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<p>Eligibility</p>	<ul style="list-style-type: none"> <li>• The Meet is open to all students 8<sup>th</sup> grade through 12<sup>th</sup> grade.</li> <li>• A swimmer must be in good standing with the school he/she represents.</li> <li>• A swimmer must be no older than 19 years of age on the August 1<sup>st</sup> immediately prior to the championship meet.</li> <li>• No post-graduates are permitted to participate in VISAA events.</li> <li>• 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></li> <li>• To ensure promotion of High School Swimming: <ul style="list-style-type: none"> <li>○ Student-athletes must participate in at least half of their team's in-season meets</li> <li>○ Waivers may be requested from a committee that consists of: the Meet Director/Coordinator, VISAA Swimming President, Head Referee, and Diving Coordinator (if necessary).</li> <li>○ Waivers will be allowed in very limited cases, including: <ul style="list-style-type: none"> <li>▪ Swimmers involved in school sponsored exchange programs or</li> <li>▪ Prolonged sickness or other approved medical reason.</li> </ul> </li> <li>○ <u>Waivers must be submitted by Thursday, January 31st to the VISAA Swimming President, Gregory Guldin at <a href="mailto:gregory_guldin@woodberry.org">gregory_guldin@woodberry.org</a></u></li> </ul> </li> </ul>
<p>Entry Rules</p>	<ul style="list-style-type: none"> <li>• Individual Events <ul style="list-style-type: none"> <li>○ Any eligible swimmer who has swum the qualifying time for an individual event <u>during the 2018-2019 season in a VISAA meet</u> may be entered in that event. <u>Proof of Time must be submitted with entries.</u></li> <li>○ The following requirements must be met for a meet to count for state meet qualifying times: <ul style="list-style-type: none"> <li><i>*It must be a multi-team meet in which a team represents their school.</i></li> <li><i>*Times swum in a single team time trial do not count for qualification.</i></li> <li><i>*The meet must have certified officials, including a starter/referee and a stroke and turn judge.</i></li> <li><i>*The time must be recorded with either a touch pad or at least two watches.</i></li> </ul> </li> <li>○ 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"> <li>▪ 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.</li> <li>▪ Designations must be turned in to the timing &amp; scoring operator within 15-minutes of the conclusion of the preliminary session.</li> </ul> </li> <li>○ An individual swimmer may swim no more than two (2) individual events and no more than four (4) total events, including relays.</li> </ul> </li> </ul>

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	<ul style="list-style-type: none"> <li>• Bonus Event <ul style="list-style-type: none"> <li>○ 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.</li> <li>○ Swimmers must meet the Bonus qualification time to enter the event.</li> <li>○ Entry in the event will count against a swimmer's event total.</li> <li>○ Bonus event swimmers are not eligible to score points in the event.</li> </ul> </li> <li>• Relays <ul style="list-style-type: none"> <li>○ Each team that has had a relay swim the qualifying time during the season may enter a single "A" relay in that relay event.</li> <li>○ 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.</li> <li>○ Any swimmer who has qualified for an individual event, including diving, is eligible to swim in any relay at States.</li> <li>○ 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.</li> <li>○ Relays may be entered without swimmers' names, but the Meet Host would appreciate a projected relay line up with all entries.</li> <li>○ 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.</li> </ul> </li> <li>• Relay Cards <ul style="list-style-type: none"> <li>○ 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.</li> <li>○ 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.</li> <li>○ 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.</li> <li>○ 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.</li> <li>○ 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.</li> </ul> <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"> <li>• The competitor(s) is/are disqualified from that event and</li> </ul> </li> </ul>
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	<p>further competition.</p> <ul style="list-style-type: none"> <li>The competitor(s) shall not be disqualified from events in subsequent rounds for which he/she has previously, legally qualified.</li> </ul> <p>*If a relay was entered into the meet without athlete names, the relay will be disqualified.</p>
Entry Submission	<ul style="list-style-type: none"> <li>All entries are due by Sunday, February 10<sup>th</sup> @ 11:59pm.</li> <li>Send to: Ginger Schmidt (<a href="mailto:ginger_schmidt@verizon.net">ginger_schmidt@verizon.net</a>) (703.795.4183)</li> <li>Please complete your entries by importing and using the distributed VISAA Championship meet file – do NOT create your own file.</li> <li>All entries, including divers, must be submitted with a Hy-Tek Team Manager entry file. <u>No manual or hardcopy entries will be accepted.</u> <ul style="list-style-type: none"> <li>When submitting entries, please include both a Hy-Tek meet entry file as well as a Hy-Tek team roster file.</li> </ul> </li> <li>Entries must include first and last name, gender, grade level (8<sup>th</sup> to 12<sup>th</sup> grade) and seed times. <u>Seed times should be actual or <b>converted</b> short-course yard times that meet the qualifying standards.</u></li> <li><u>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.</u></li> <li><u>Coaches must submit entries with a "Proof of Time":</u></li> <li>Proof of Time Data Verification: <ul style="list-style-type: none"> <li><i>*In Team Manager →Go to Meets →Select State Championship Meet → Double-click to get to meet setup</i></li> <li><i>*In Meet Setup →Click on Eligibility Rules tab →Under Qualifying Times, check 'Use Times Since' and verify the date reflects November 1, 2017 → Save</i></li> </ul> </li> <li>Proof of Times Report: <ul style="list-style-type: none"> <li><i>*In Team Manager →Go to Reports →Meet Reports →Meet Entries →Select the State Championship Meet →Select your team</i></li> <li><i>*In the Other Options section (top right) →Check the 'Include Proof of Time' box →Create Report</i></li> <li><i>*Verify the Proof of Times are post November 1, 2017, are from a VISAA meet, and each entry has a proof of time → Save report as a PDF</i></li> </ul> </li> <li>Exporting Meet Entry File: <ul style="list-style-type: none"> <li><i>*In Team Manager →Go to File →Export →Meet Entries →Select State Championship Meet →Click 'Export Relays' →Select OK</i></li> </ul> </li> <li>IN SUMMARY: <ul style="list-style-type: none"> <li><i>*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.</i></li> </ul> </li> <li>Except for relays, all entries are final once they are submitted.</li> <li>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 <u>9pm, Monday, February 11<sup>th</sup></u>. It is the responsibility of the person submitting the</li> </ul>

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	<p>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 <u>Monday, February 11<sup>th</sup> @ 11:59pm.</u> The psych sheet will be published by <u>Tuesday, February 12<sup>th</sup> @ noon.</u> The psych sheet will be final on <u>Wednesday, February 13<sup>th</sup> @ 8am.</u> (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"> <li>• <b>Meet Entry Fees: \$6.00/individual event; \$30.00/relay; \$5.00 swimmer surcharge; \$400 cap per team</b> <ul style="list-style-type: none"> <li>○ Following the receipt of entries by each VISAA member on February 10, an invoice will be sent directly to the Athletic Director of each participating school in order to collect each team's respective entry fees.</li> </ul> </li> </ul>
Diving	<ul style="list-style-type: none"> <li>• The Diving portion of the competition will be hosted by the appointed Diving Coordinator, Diane Maiese.</li> <li>• Diane can be reached at: Diane Maiese VISAA Diving Coordinator Collegiate School/Trinity Episcopal/Steward <a href="mailto:Diane.Maiese@Stewardschool.org">Diane.Maiese@Stewardschool.org</a> (856) 816-0153 cell</li> <li>• 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.</li> <li>• Diving entries should be restricted to those athletes that can <u>prove</u> they can successfully complete the eleven (11) dives necessary for a championship event and whose combined Degree of Difficulty for their five (5) voluntary dives has a sum total of 9.0 or less.</li> <li>• <b>All divers must have successfully competed each dive in their list during the regular season and have earned a minimum award of three (3) from three (3) scoring judges. (Awards that are dropped and not used in calculating the dive total score may not be used).</b></li> <li>• <b>Proof of dive completion must be submitted to the diving coordinator by the entry deadline.</b></li> <li>• Divers that fail two dives during the competition will be disqualified from the event.</li> <li>• Dive selection must comply with Rule 9, Section 4, Article 1 of the 2018-2019 National Federation High School <i>Swimming, Diving and Water Polo</i> rules.</li> <li>• Diving Entries: <ul style="list-style-type: none"> <li>○ Divers should be entered with Team Manager along with the swimmers.</li> <li>○ Dive sheet will be submitted through Clean Entries at the following link: <a href="https://www.cleanentries.com/allmeets.aspx">https://www.cleanentries.com/allmeets.aspx</a></li> <li>○ Please navigate to the above website and find the 2019 VISAA</li> </ul> </li> </ul>

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	<p>Championship meet in order to complete your entries.</p> <ul style="list-style-type: none"> <li>○ Only divers that submit diving sheets through Clean Entries by the deadline will be entered in the meet.</li> <li>○ Changes are permitted until 60 minutes prior to the start of the diving competition.</li> <li>● All schools that enter one or more divers must supply one volunteer to assist with the administration of the diving competition.</li> <li>● The competition order of divers will be determined by random drawing by the Meet Coordinator and Host Coach prior to the meet.</li> <li>● All Diving coaches will meet at 11:00 a.m. on Friday, February 15, 2019 in the hospitality room behind the diving boards at the Jeff Rouse Swim and Sport Center to coordinate final details of the diving competition.</li> <li>● Diving results will be announced immediately after each event at the Jeff Rouse Swim and Sport Center. Awards will be presented at the Aquatic Center the evening following the event. The coach of the first place diver will present the awards.</li> </ul>														
<b>Meet Format</b>	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.														
<b>Warmup Time Requests/ Lane Assignments</b>	<ul style="list-style-type: none"> <li>● Submit requests for Thursday PM, Friday AM, &amp; Saturday AM slots to Jim Koehr <a href="mailto:coach@koehrfamily.com">coach@koehrfamily.com</a> by 5:00pm, January 31<sup>st</sup>.</li> <li>● 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.</li> <li>● Lane assignments will be posted: <a href="https://www.swimcloud.com/results/122762/">https://www.swimcloud.com/results/122762/</a> and distributed via email once all requests are received.</li> </ul>														
<b>Thursday Night Warm-up Schedule:</b>	<table border="1"> <tr> <td>Session I: 5:00-5:30 p.m.</td> <td>17 Lanes - <b>Assignments TBD</b></td> </tr> <tr> <td>Session II: 5:30-6:00 p.m.</td> <td>17 Lanes - Team Assignments TBD</td> </tr> <tr> <td>Session III: 6:00-6:30 p.m.</td> <td>17 Lanes - Team Assignments TBD</td> </tr> <tr> <td>Session IV: 6:30-7:00 p.m.</td> <td>17 Lanes - Team Assignments TBD</td> </tr> <tr> <td>Session V: 7:00-7:30 p.m.</td> <td>17 Lanes - Team Assignments TBD</td> </tr> <tr> <td>Session VI: 7:30-8:00 p.m.</td> <td>17 Lanes - Team Assignments TBD</td> </tr> <tr> <td>Diving Warm-up: 5:00-8:00 p.m.</td> <td>Diving boards are open to all teams at any point during Thursday evening warm-up</td> </tr> </table>	Session I: 5:00-5:30 p.m.	17 Lanes - <b>Assignments TBD</b>	Session II: 5:30-6:00 p.m.	17 Lanes - Team Assignments TBD	Session III: 6:00-6:30 p.m.	17 Lanes - Team Assignments TBD	Session IV: 6:30-7:00 p.m.	17 Lanes - Team Assignments TBD	Session V: 7:00-7:30 p.m.	17 Lanes - Team Assignments TBD	Session VI: 7:30-8:00 p.m.	17 Lanes - Team Assignments TBD	Diving Warm-up: 5:00-8:00 p.m.	Diving boards are open to all teams at any point during Thursday evening warm-up
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<b>Packet Pick up</b>	Coach's packets can be picked up from either Evan Stiles or Gregory Guldin on the pool deck at Jeff Rouse Swim and Sport Center between 5:30 and 7:30PM Thursday evening, at which time Bill Gill will also be available to answer any question coaches may have regarding officiating of the meet. Coaches are encouraged to attend the Friday morning coach's meeting 15 minutes after prelims.														
<b>Friday VISAA Swimming Meeting</b>	<b>VISAA Swimming Annual February Coaches' Business Meeting: 15 minutes after the conclusion of Prelims. In the classroom on opposite side of the lobby.</b> <b>We will be electing new officers so please be in attendance and on time.</b>														

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<b>Friday Swim Preliminaries Schedule</b>	Warm-up I: 7:45–8:10 a.m.	19 Lanes - Team Assignments TBD
	Warm-up II: 8:10–8:35 a.m.	19 Lanes - Team Assignments TBD
	Warm-up III: 8:35–9:00 a.m.	19 Lanes - Team Assignments TBD
	Final Warmup: 9:00-9:15 a.m.	19 Lanes – Open Warm-up <ul style="list-style-type: none"> <li>• Lanes 1,2+7,8 – Relay Starts</li> <li>• Lanes 3-6 – One way sprints</li> <li>• Lanes 9-19 – Continuous swim</li> </ul>
	Officials Meeting: 8:15 a.m.	Classroom in front of Jeff Rouse Center
	<b>Coaches Meeting: 8:30 a.m.</b>	Wet hallway
	Timers Meeting: 9:00 a.m.	Wet hallway
	National Anthem: 9:25 a.m.	???
	Preliminaries Start: 9:30 a.m.	Events 1 through 12, excluding diving events 9-10
	Continuous Warm-up/Warm-down	Warm-up pool – Eleven (11) Lanes
<b>Friday Men's Diving</b>	Coaches meeting 11:00 a.m.	Classroom in front of Jeff Rouse Center
	Men's warm-up: 12:00-1:00 p.m.	All Boards Open
	Men's Diving Prelims: 1:00 p.m.	Jeff Rouse Swim and Sport Center



<b>Friday Swim Finals Schedule</b>	Open Warm-up: 4:30–5:45 p.m.	19 Lanes – Open Warm-up <b>Lanes 1-8 (Competition pool) will be only for swimmers participating in Finals on Friday night</b>
	Final Warm-up: 5:45-6:00 p.m.	19 Lanes – Open Warm-up <ul style="list-style-type: none"> <li>• Lanes 1+8 – Relay Starts</li> <li>• Lanes 2+7 – One way sprints</li> <li>• Lanes 3-6- closed for Diving</li> <li>• Lanes 9-19 – Continuous swim</li> </ul>
	Officials Meeting: 5:30 p.m.	Classroom in front of Jeff Rouse Center
	Timers Meeting: 6:00 p.m.	Wet hallway
	National Anthem: 6:05 p.m.	???
	Finals Start: 6:10 p.m.	Men'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.



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<b>Saturday Swim Preliminaries Schedule</b>	Warm-up I: 7:45–8:10 a.m.	19 Lanes - Team Assignments TBD
	Warm-up II: 8:10–8:35 a.m.	19 Lanes - Team Assignments TBD
	Warm-up III: 8:35–9:00 a.m.	19 Lanes - Team Assignments TBD
	Final Warmup: 9:00-9:15 a.m.	19 Lanes – Open Warm-up <ul style="list-style-type: none"> <li>• Lanes 1+8- Relay Starts</li> <li>• Lanes 2+7 – Pace</li> <li>• Lanes 3-6- One way Sprints</li> <li>• Lanes 9-19 – continuous swim</li> </ul>
	Officials Meeting: 8:30 a.m.	Classroom in front of Jeff Rouse Center
	Timers Meeting: 9:00 a.m.	Dry hallway
	National Anthem: 9:25 a.m.	???
	Preliminaries Start: 9:30 a.m.	Events 13 through 24
	Continuous Warm-up/Warm-down	Warm-up pool – Eleven (11) Lanes
<b>Saturday Women's Diving</b>	Women's Warm-up: 12:00-1:00 p.m.	All Boards Open
	Women's Diving Prelims: 1:00 p.m.	Jeff Rouse Swim and Sport Center

<b>Saturday Swim Finals Schedule</b>	Open Warm-up: 4:15–5:30 p.m.	19 Lanes – Open Warm-up <b>Lanes 1-8 (Competition pool) will be only for swimmers participating in Finals on Saturday night</b>		
	Final Warm-up: 5:30-5:45 p.m.	19 Lanes – Open Warm-up <ul style="list-style-type: none"> <li>• Lanes 1+8- Relay Starts</li> <li>• Lane 2 – Pace</li> <li>• Lane 7- One way Sprints</li> <li>• Lanes 3-6- Closed for Diving</li> <li>• Lanes 9-19 – continuous swim</li> </ul>		
	Officials Meeting: 5:30 p.m.	Classroom in front of Jeff Rouse Center		
	Timers Meeting: 5:45 p.m.	Dry hallway		
	Line up for Senior Parade: 5:50 p.m.	Far side by Recreational Pool		
	Senior Parade: 6:00 p.m.	See guidelines on page 18		
	National Anthem: 6:15 p.m.	???		
	Finals Start: 6:20 p.m.	Women'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		
<b>Order of Events</b>	<b>Girls</b>	<b>Event</b>	<b>Day</b>	<b>Boys</b>
	1	200 Medley Relay	Friday	2

Sanctioned by: <b>Virginia Independent          Schools Athletic          Association</b> 	<b>VISAA Swimming &amp; Diving Championship</b> <b>February 15-16, 2019</b> <b>Jeff Rouse Aquatic Center - Stafford, VA</b> <b>Friday Prelims 9:30AM/Diving 1:00PM/Finals 6:30PM</b> <b>Saturday Prelims 9:30AM/Diving 1:00PM/Finals 6:25PM</b>	Hosted by: <b>St. Stephen's &amp; St. Agnes          School</b> 
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	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	Saturday	
		Men's Diving	Friday	10
	11	100 Butterfly	Friday	12
	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

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	2:02.70	2:16.20
	2:32.43	2:49.19	200 Individual Medley	2:19.43	2:34.77
	27.19	30.19	50 Freestyle	24.26	26.92
	29.19	32.40	50 Freestyle - Bonus	26.26	29.14
	Diving: Proof of successfully completing all 11 dives				
	1:08.17	1:15.66	100 Butterfly	1:01.02	1:07.73
	59.55	1:06.10	100 Freestyle	53.59	59.48
	6:09.91	5:23.54	500 Freestyle	5:41.90	4:59.16
	1:58.53	2:11.57	200 Freestyle Relay	1:43.26	1:54.62
	1:07.53	1:14.95	100 Backstroke	1:02.90	1:09.81
	1:17.93	1:26.50	100 Breaststroke	1:10.18	1:17.90
	4:38.24	5:08.85	400 Freestyle Relay	3:59.45	4:25.79
USA Observed Swims	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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 swimmers profile in Team Manager prior to exporting entries.</li> </ul>				

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<p><b>VISAA Swimming &amp; Diving Championship</b> February 15-16, 2019 Jeff Rouse Aquatic Center - Stafford, VA Friday Prelims 9:30AM/Diving 1:00PM/Finals 6:30PM Saturday Prelims 9:30AM/Diving 1:00PM/Finals 6:25PM</p>	<p>Hosted by: St. Stephen's &amp; St. Agnes School</p> 
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**PART II**  
**Important Deadlines**

	Deadline/Date
Warm-up Requests sent to Jim Koehr	Thursday, January 31 by 5:00PM
Athlete Waiver Requests sent to Greg Guldin	Thursday, January 31 by 11:59PM
School Seals (.jpg or .jpeg) emailed to Shannon Fisher	Friday, February 8 by 11:59PM
Meet Entries sent to Ginger Schmidt	Sunday, February 10 by 11:59PM
Proof of dive list sent to dive coordinator	Sunday, February 10 by 11:59PM
Dive Sheets completed on Clean Entries	Sunday, February 11 by 11:59PM
Corrected entries (if necessary) sent to Ginger Schmidt	Monday, February 11 by 11:59PM
Preliminary Psych Sheet published	Tuesday, February 12 by 12:00PM
Final Psych Sheet published	Wednesday, February 13 by 8:00AM


<b>Rules</b>	The Meet will be governed by 2018-2019 National Federation High School <i>Swimming and Diving</i> rules for championship meets.
<b>General Admission Fees</b>	<ul style="list-style-type: none"> <li>• General Admission Fees, which include a Meet Program: <ul style="list-style-type: none"> <li>○ Friday (any or all sessions): \$10 per person.</li> <li>○ Saturday (any or all sessions): \$10 per person.</li> <li>○ Family Rate (2 adults + children): \$30.00 per day.</li> </ul> </li> <li>• Children under 6 are free.</li> <li>• Team members in uniform are free.</li> <li>• Tickets may be purchased in advance of the event by utilizing TicketSpicket.com at the following web address:  <a href="https://events.ticketspicket.com/agency/d6cc88b4-bd16-4334-8821-33a74ebf96ca">https://events.ticketspicket.com/agency/d6cc88b4-bd16-4334-8821-33a74ebf96ca</a> <ul style="list-style-type: none"> <li>○ Tickets will need to be purchased for both day 1 and day 2 if using TicketSpicket services</li> <li>○ All members of a pre-paid party must be present when entering the meet at the gate</li> </ul> </li> </ul>
<b>Meet Programs</b>	<ul style="list-style-type: none"> <li>• Teams should send the following information to Evan Stiles at <a href="mailto:estiles@sssas.org">estiles@sssas.org</a> no later than Wednesday, February 6 at 11:59PM so that it can be included in the meet program. <ul style="list-style-type: none"> <li>○ Retirements from coaching after this season</li> <li>○ College commitments for graduating seniors</li> <li>○ Pictures of events from your season (service project, joint training experiences with other teams, etc)</li> </ul> </li> <li>• Free with proof of paid admission.</li> <li>• Spectators should go to <a href="https://www.swimcloud.com/results/122762/">https://www.swimcloud.com/results/122762/</a> for all meet information, including heat sheets for both prelims and finals.</li> <li>• Printed heat sheet will be provided to coaches and officials.</li> </ul>

<p style="font-size: small;">Sanctioned by: Virginia Independent Schools Athletic Association</p>	<h2 style="margin: 0;">VISAA Swimming &amp; Diving Championship</h2> <p style="margin: 0;">February 15-16, 2019</p> <p style="margin: 0;">Jeff Rouse Aquatic Center - Stafford, VA</p> <p style="margin: 0;">Friday Prelims 9:30AM/Diving 1:00PM/Finals 6:30PM</p> <p style="margin: 0;">Saturday Prelims 9:30AM/Diving 1:00PM/Finals 6:25PM</p>	<p style="font-size: small;">Hosted by: St. Stephen's &amp; St. Agnes School</p>
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<b>Timer Assignments</b>	<ul style="list-style-type: none"> <li>Each school will be responsible for providing either 1 or 2 timers to report to the following lanes, as outlined below. The Head Timer will adjust lane assignments as necessary. See Timer Assignments below:</li> </ul>																																																																																
<b>Last Year's assignments</b>	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th colspan="2" style="color: red;">Friday Preliminaries</th> <th colspan="2" style="color: red;">Saturday Preliminaries</th> </tr> <tr> <th style="color: red;">Lane</th> <th style="color: red;">School</th> <th style="color: red;">Lane</th> <th style="color: red;">School</th> </tr> </thead> <tbody> <tr><td style="color: red;">1</td><td style="color: red;">Covenant (1)/STAB (1)</td><td style="color: red;">1</td><td style="color: red;">Benedictine(1)/Potomac(1)</td></tr> <tr><td style="color: red;">2</td><td style="color: red;">North Cross (1)/ VES (1)</td><td style="color: red;">2</td><td style="color: red;">Trinity Christian (2)</td></tr> <tr><td style="color: red;">3</td><td style="color: red;">St. Christopher's (2)</td><td style="color: red;">3</td><td style="color: red;">St. Catherine's (2)</td></tr> <tr><td style="color: red;">4</td><td style="color: red;">Fredericksburg Christian (2)</td><td style="color: red;">4</td><td style="color: red;">Bishop Ireton (2)</td></tr> <tr><td style="color: red;">5</td><td style="color: red;">Seton School (2)</td><td style="color: red;">5</td><td style="color: red;">Seton School (2)</td></tr> <tr><td style="color: red;">6</td><td style="color: red;">Cape Henry (1)/ Norfolk Collegiate (1)</td><td style="color: red;">6</td><td style="color: red;">Norfolk Christian (1)/ Roanoke Catholic (1)</td></tr> <tr><td style="color: red;">7</td><td style="color: red;">Collegiate (2)</td><td style="color: red;">7</td><td style="color: red;">Bishop O'Connell (2)</td></tr> <tr><td style="color: red;">8</td><td style="color: red;">Highland (2)</td><td style="color: red;">8</td><td style="color: red;">Saint John Paul (2)</td></tr> <tr> <th colspan="2" style="color: red;">Friday Finals</th> <th colspan="2" style="color: red;">Saturday Finals</th> </tr> <tr> <th style="color: red;">Lane</th> <th style="color: red;">School</th> <th style="color: red;">Lane</th> <th style="color: red;">School</th> </tr> <tr><td style="color: red;">1</td><td style="color: red;">Hampton Roads (2)</td><td style="color: red;">1</td><td style="color: red;">Bishop Sullivan (2)</td></tr> <tr><td style="color: red;">2</td><td style="color: red;">Flint Hill (2)</td><td style="color: red;">2</td><td style="color: red;">Collegiate (2)</td></tr> <tr><td style="color: red;">3</td><td style="color: red;">St. Catherine's (2)</td><td style="color: red;">3</td><td style="color: red;">St. Christopher's (2)</td></tr> <tr><td style="color: red;">4</td><td style="color: red;">St Stephen's &amp; St. Agnes (2)</td><td style="color: red;">4</td><td style="color: red;">Hampton Roads (2)</td></tr> <tr><td style="color: red;">5</td><td style="color: red;">Bishop Ireton (2)</td><td style="color: red;">5</td><td style="color: red;">Madeira (2)</td></tr> <tr><td style="color: red;">6</td><td style="color: red;">Norfolk Academy (2)</td><td style="color: red;">6</td><td style="color: red;">Norfolk Academy (2)</td></tr> <tr><td style="color: red;">7</td><td style="color: red;">St. Gertrude's (2)</td><td style="color: red;">7</td><td style="color: red;">Paul VI (2)</td></tr> <tr><td style="color: red;">8</td><td style="color: red;">Trinity Episcopal (2)</td><td style="color: red;">8</td><td style="color: red;">Trinity Episcopal (2)</td></tr> </tbody> </table>	Friday Preliminaries		Saturday Preliminaries		Lane	School	Lane	School	1	Covenant (1)/STAB (1)	1	Benedictine(1)/Potomac(1)	2	North Cross (1)/ VES (1)	2	Trinity Christian (2)	3	St. Christopher's (2)	3	St. Catherine's (2)	4	Fredericksburg Christian (2)	4	Bishop Ireton (2)	5	Seton School (2)	5	Seton School (2)	6	Cape Henry (1)/ Norfolk Collegiate (1)	6	Norfolk Christian (1)/ Roanoke Catholic (1)	7	Collegiate (2)	7	Bishop O'Connell (2)	8	Highland (2)	8	Saint John Paul (2)	Friday Finals		Saturday Finals		Lane	School	Lane	School	1	Hampton Roads (2)	1	Bishop Sullivan (2)	2	Flint Hill (2)	2	Collegiate (2)	3	St. Catherine's (2)	3	St. Christopher's (2)	4	St Stephen's & St. Agnes (2)	4	Hampton Roads (2)	5	Bishop Ireton (2)	5	Madeira (2)	6	Norfolk Academy (2)	6	Norfolk Academy (2)	7	St. Gertrude's (2)	7	Paul VI (2)	8	Trinity Episcopal (2)	8	Trinity Episcopal (2)
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<b>Scoring</b>	<p>The Meet will be scored as follows:</p> <ul style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>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.</li> </ul>																																																																																
<b>Timing</b>	<ul style="list-style-type: none"> <li>Timing will be done using the Colorado Timing System.</li> <li>To backup the CTS, two timers will have a CTS backup button. Each lane will have 2 dolphin stopwatches as a tertiary backup.</li> </ul>																																																																																
<b>Results</b>	<ul style="list-style-type: none"> <li>Live Results will be posted on Meet Mobile (subscription is now required).</li> <li>Printed copies of the meet results will be posted in the hallway behind the spectator mezzanine.</li> </ul>																																																																																

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<p><b>Starting Procedures for Preliminaries and Finals</b></p>	<ul style="list-style-type: none"> <li>• The Referee and Starter will use the standard USA Swimming whistle start.</li> <li>• The procedure will be as follows: <ul style="list-style-type: none"> <li>○ 4 or 5 consecutive whistles means get ready.</li> <li>○ The Announcer will announce the event.</li> <li>○ 1 long whistle means to step up on the block (into pool for backstroke).</li> <li>○ For backstroke only, there will be another long whistle in lieu of a command to place your feet.</li> <li>○ The starter will simply say "Take Your Mark," and a horn will signal the start.</li> </ul> </li> <li>• We will use dive over starts for Prelims, but not for Finals.</li> <li>• For each Final Event, we will: <ul style="list-style-type: none"> <li>○ Swim the Consolation Finals (Preliminary qualifier 9 thru 16).</li> <li>○ Parade the top 8 qualifiers to the blocks with music selected by the top qualifier.</li> <li>○ Swim the Championship Finals.</li> <li>○ 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.</li> </ul> </li> </ul>
<p><b>Scratch Procedures for Preliminaries</b></p>	<ul style="list-style-type: none"> <li>• Scratches will not be accepted for Preliminary events.</li> <li>• Swimmers may declare a false start by reporting to the head official prior to his or her event.</li> <li>• 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.</li> <li>• 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"> <li>○ 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.</li> </ul> </li> </ul>
<p><b>Scratch Procedures for Finals</b></p>	<ul style="list-style-type: none"> <li>• Scratch Cards will be available from the scoring/timing table.</li> <li>• 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.</li> <li>• 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.</li> </ul>

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<p><b>Seeding/ Alternates</b></p>	<ul style="list-style-type: none"> <li>• All events will be seeded in advance, and lanes will be assigned based on the times submitted by the coaches.</li> <li>• For the Preliminaries, heats will be seeded from slowest to fastest with the final three heats being circle seeded.</li> <li>• 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"> <li>○ In the event a swimmer is not present for his/her event, the starter will call one time for an alternate.</li> <li>○ If no alternate is readily available, the heat will be swum such that the timeline of the meet is not delayed significantly.</li> </ul> </li> </ul>
<p><b>Music/ Procession Leader for Top Qualifier</b></p>	<ul style="list-style-type: none"> <li>• The top qualifiers will select a pre-race song of their choice for Finals. <ul style="list-style-type: none"> <li>○ If a swimmer's first selection is deemed inappropriate by the Meet Director, music will be provided on that swimmer's behalf.</li> <li>○ <b>Music selections must be delivered to the Meet Announcer within 15 minutes of the end of the preliminary session.</b></li> </ul> </li> <li>• 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"> <li>○ <b>Procession leader selections must be delivered to the Meet Announcer within 15 minutes of the end of the preliminary session.</b></li> </ul> </li> </ul>
<p><b>Meet Dispute Procedure</b></p>	<ul style="list-style-type: none"> <li>• 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"> <li>○ Judgment calls are not subject to protest.</li> <li>○ 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.</li> </ul> </li> <li>• 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"> <li>○ The Meet Committee shall consist of the VISAA President, the VISAA Meet Coordinator (for swimming and administrative issues) or Diving Coordinator (for diving issues), the four VISAA Regional Representatives and the VISAA Secretary.</li> </ul> </li> <li>• 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.</li> <li>• 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.</li> </ul>

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<p><b>Deck Changing and Shaving</b></p>	<ul style="list-style-type: none"> <li>• “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.</li> <li>• Swimmers are not permitted to shave any part of their or someone else’s body at the Jeff Rouse Swim and Sport Center.</li> <li>• 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.</li> </ul>
<p><b>Competition Swim Suits and Caps</b></p>	<ul style="list-style-type: none"> <li>• 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"> <li>○ All suits must be made of a textile fabric.</li> <li>○ Boys can only wear jammers or briefs – nothing above the waist or below the knee will be allowed.</li> <li>○ Girls cannot wear suits that cover the shoulders or go below the knee. Also, zippers <b>or other fasteners</b> are no longer allowed on girls suits.</li> </ul> </li> <li>• Swimmers may only wear one suit during the competition. <ul style="list-style-type: none"> <li>○ However, swimmers may wear more than one swim cap during competition, but the team cap must be on the outside.</li> </ul> </li> <li>• Only school or manufacturer logos should be visible on swim suits and swim caps.</li> </ul>

<p><b>Concessions and Hospitality</b></p>	<ul style="list-style-type: none"> <li>• Food and drinks will be available during the meet at the Cafe located in the lobby.</li> <li>• A Hospitality room for Coaches and Officials will be established in the classroom on the pool deck behind the diving boards of the competition course.</li> </ul>
<p><b>Apparel</b></p>	<ul style="list-style-type: none"> <li>• State Meet apparel will be for sale both days by Martin Screen Prints.</li> </ul>
<p><b>Swim Shop</b></p>	<ul style="list-style-type: none"> <li>• A one stop swim shop will be available throughout the meet. Sport Fair will be on site with tech suits, goggles, and other swimming necessities.</li> </ul>
<p><b>Photography</b></p>	<ul style="list-style-type: none"> <li>• Joe Sites from Trinity Episcopal School and Jim Lowe from Faith Christian will be the Meet photographers.</li> <li>• Photos will be available for download FREE OF CHARGE from his website soon after completion of the meet.</li> <li>• A link to the site where pictures can be downloaded will be added to <a href="https://www.swimcloud.com/results/122762/">https://www.swimcloud.com/results/122762/</a></li> </ul>
<p><b>Seating</b></p>	<ul style="list-style-type: none"> <li>• Only credentialed team members, coaches, and officials will be allowed on the pool deck.</li> <li>• All spectators must remain in the bleachers.</li> </ul>

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<p><b>Team Deck Seating</b></p>	<p>There will <b>not</b> be a seating rotation this year. With the layout of the facility, team areas will be in bleachers on one side of the building along the warm up pool and there will be a 300 seat section of bleachers next to warm up pool. There will be a watch and go section for swimmers to cheer for teammates along the competition pool but no swimmers/teams may camp out there. <b>We will have full access to the gym space as overflow seating for swimmers. No bags will be permitted in the spectator seating sections of the facility.</b></p>
<p><b>Webcast</b></p>	<ul style="list-style-type: none"> <li>• Live Stream at <a href="https://www.swimcloud.com/results/122762/">https://www.swimcloud.com/results/122762/</a>. No commentary</li> </ul>
<p><b>Spirit</b></p>	<ul style="list-style-type: none"> <li>• Teams are strongly encouraged to bring banners to display (see next section).</li> <li>• Teams are highly encouraged to do cheers prior to the start of the meet and during breaks.</li> <li>• No face or body paint of any type is allowed.</li> <li>• Marker or temporary tattoos are allowed as long as they are respectful, sportsmanlike, and do not wash off in the water.</li> </ul>
<p><b>Team Banners</b></p>	<ul style="list-style-type: none"> <li>• All team banners should be turned in to the meet secretary upon arrival at the facility, so that they may be hung in accordance with the facility regulations.</li> <li>• Please be sure to pick up your banner at the conclusion of the meet.</li> </ul>
<p><b>School Seals</b></p>	<ul style="list-style-type: none"> <li>• School seals will be shown on the video scoreboard throughout the duration of the meet.</li> <li>• <b>If you are interested in having your school seal shown on the scoreboard, please send a .jpg or .jpeg file of the seal to Shannon Fisher at <a href="mailto:sfisher@christchurchschool.org">sfisher@christchurchschool.org</a> no later than Friday, February 8 at 11:59PM.</b> <ul style="list-style-type: none"> <li>○ If you sent your school seal for the 2018 championship meet, the meet directors still have the file.</li> </ul> </li> </ul>



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<p><b>Senior Parade</b></p>	<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"> <li>• Athletes are strongly encouraged to wear their school warm-ups or other school-related attire.</li> <li>• <b><u>No swimsuits may be worn without shorts, a warm-up suit, or other school-related attire covering them.</u></b></li> <li>• Athletes may appropriately add fun hats, beads, capes, wings, etc. to their attire.</li> <li>• No face or body paint of any type.</li> <li>• 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.</li> <li>• <b>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.</b></li> <li>• 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.</li> </ul>
<p><b>Awards</b></p>	<ul style="list-style-type: none"> <li>• Overall Team State Champion: Men &amp; Women</li> <li>• Division II Team State Champion: Men &amp; Women</li> <li>• Overall Team State Runner-up: Men &amp; Women</li> <li>• Division II Team State Runner-up: Men &amp; Women</li> <li>• All-State: Top 3 finishers in each event</li> <li>• Medals: Top 8 finishers in each event</li> <li>• 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"> <li>❖ Male Swimmer of the meet</li> <li>❖ Female Swimmer of the meet</li> <li>❖ Male Diver of the meet</li> <li>❖ Female Diver of the meet</li> <li>❖ Male Team Swimming Coach of the year</li> <li>❖ Female Team Swimming Coach of the year</li> <li>❖ Male Team Diving Coach of the year</li> <li>❖ Female Team Diving Coach of the year</li> </ul> </li> <li>• Sportsmanship: Men &amp; Women (recognized, but not awarded a trophy)</li> <li>• Spirit: Men &amp; Women (recognized, but not awarded a trophy)</li> </ul>

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<p><b>All-State Verification</b></p>	<ul style="list-style-type: none"> <li>• Coaches of top 3 finishers should consult with the Meet Secretary at their convenience to confirm accuracy of All-State Certificates.</li> <li>• The Meet Secretary will be located in the wet classroom on the leisure/recreational pool deck.</li> <li>• It is the coach's responsibility to ensure accuracy of information on All-State Certificates. <ul style="list-style-type: none"> <li>○ Duplicate certificates will not be printed for any coach who neglected to consult with the meet secretary.</li> </ul> </li> </ul>
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<p><b>Inclement Weather Contingency Plans</b></p>	<ul style="list-style-type: none"> <li>• In the event of inclement weather, the executive committee, comprised of the VISAA Swimming &amp; 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.</li> <li>• Contingency Plan A: <ul style="list-style-type: none"> <li>○ 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.</li> <li>○ Diving events will take place between preliminary and final sessions and Friday/Saturday sessions would be moved back to Saturday/Sunday, respectively.</li> </ul> </li> <li>• Contingency Plan B: <ul style="list-style-type: none"> <li>○ 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.</li> </ul> </li> </ul>
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<p><b>Bus and Overflow Parking</b></p>	<p>The Jeff Rouse Swim and Sport Center has onsite parking for approximately 800 vehicles. Parking is first come, first served. There will be available space for buses to park by the soccer fields. If overflow parking is needed, cars may park on Mine Rd.</p>
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<p><b>Pool Rules</b></p>	<p>Center Policies and Helpful Tips Welcome to the Jeff Rouse Swim and Sport Center As a guest of our facility we ask that you abide by the following policies:</p> <p>FOOD &amp; DRINK - No outside food or drink is permitted in the facility other than water and your morning coffee (we don't want to come between you and your caffeine!). We have a café that serves snacks, drinks, smoothies, and breakfast, lunch and dinner.</p> <p>Guests are permitted to eat in the stands, but please throw away your trash and recycle your cans and bottles. Thank you for supporting our concessions! Exception - Participating athletes may bring in their preferred food and drink.</p> <p>GUEST PASSES - Swim meet participants and guests are not allowed to use any part of the facility other than the pool area, locker rooms, and restrooms. If you would like to use our gymnasium or fitness center, you may purchase a day pass at the front desk.</p> <p>ACCESS TO POOL - Swimmers, please enter the pool area through the locker rooms or wet corridor. Parents, coaches and spectators, please enter the pool through the wet corridor (straight down the hallway as you enter).</p> <p>PHOTOGRAPHY - No flash photography/videography is allowed during competition.</p> <p>SOCIAL MEDIA - Use our Hashtag this weekend and see your tweets up on the scoreboard! Each swim team is responsible for their swimmers and guests.</p> <p>The JRSSC reserves the right to ask guests to leave the building immediately for unruly or uncooperative behavior.</p> <p>Thank you for attending a swim meet at our center. We are looking forward to being your hosts for the weekend! Enjoy the meet and SWIM FAST!</p>
<p><b>Directions</b></p>	<p><u><b>Directions to the JRSSC</b></u> <b>1600 Mine Road</b> <b>Stafford, VA 22554</b> <a href="#">Google Maps Link</a></p> <p><b>From I-95</b> Take exit 140, Courthouse Road. Go west on Courthouse Road (right turn if coming from the north, left turn if coming from the south) Go approx. 1 mile and turn right on Mine Road. JRSSC entrance is the first turn on your left.</p> <p><b>From Route ONE</b> From NORTH- Turn Right on Courthouse Road (630) From SOUTH- Turn Left on Courthouse Road (630) Go approx. 1.8 miles and turn right on Mine Road. JRSSC entrance is the first turn on your left.</p>

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Hotels	Hotel Name	Office Phone	Exit	Address	Breakfast
	Courtyard by Marriott	703-221-6293	148	375 Corporate Drive Stafford, VA 22554	No
	Best Western Plus	540-659-0022	143-A	2868 Jefferson Davis Hwy. Stafford, VA 22554	Yes
	Comfort Inn Stafford- Quantico	540-659-8999	143-B	20 Salisbury Drive Stafford, VA 22554	Hot
	Red Roof Inn	540-659-4330	143-B	153 Garrisonville Road Stafford, VA 22554	Yes
	Fairfield Inn & Suites by Marriott	540-720-1299	143-A	2784 Jefferson Davis Hwy. Stafford, VA 22554	Yes
	Hampton Inn & Conference Center	540-657-0999	143-A	2925 Jefferson Davis Hwy. Stafford, VA 22554	Yes
	Quality Inn and Suites	540-657-5566	143-B	28 Greenspring Drive Stafford, VA 22554	Yes
	Staybridge Suites	540-720-2111	143-A	2996 Jefferson Davis Hwy Stafford, VA 22554	Yes
	Suburban Extended Stay Hotel	540-288-9051	143-A	3097 Jefferson Davis Hwy Stafford, VA 22554	Yes
	Super 8 Hotel	540-659-9990	143-B	25 Wicomico Drive Stafford, VA 22554	Yes
	TownePlace Suites by Marriott Quantico Stafford	540-657-1990 ext.7800	143-A	2772 Jefferson Davis Hwy. Stafford, VA 22554	Yes
	Holiday Inn Express	540-659-3600	143-B	15 Salisbury Drive Stafford, VA 22554	yes
	Affordable Suites of America Stafford Quantico	540-287-4190	143-B	44 Woodstock Lane Stafford, VA 22554	No
	Home2Suites by Hilton	540-657-8001	143-A	3051 Jefferson Davis Hwy Stafford, VA 22554	Yes
	Super Value Inn	540-899-0101	133-B	594 Warrenton Road Fredericksburg, VA 22406	Continental
	Comfort Suites Fredericksburg North	540-322-4700	133-B	541 Warrenton Road Fredericksburg, VA 22406	Hot
	Country Inn and Suites	540-656-2398	133-B	656 Warrenton Road Fredericksburg, VA 22406	Yes

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Virginia Independent  
Schools Athletic  
Association



# VISAA Swimming & Diving Championship

February 15-16, 2019

Jeff Rouse Aquatic Center - Stafford, VA

Friday Prelims 9:30AM/Diving 1:00PM/Finals 6:30PM

Saturday Prelims 9:30AM/Diving 1:00PM/Finals 6:25PM

Hosted by:  
St. Stephen's & St. Agnes  
School



Days Inn Fredericksburg North	540-373-5340	133-B	14 Simpson Road Fredericksburg, VA 22406	Continental
Clarion Inn	540-371-5550	133-B	564 Warrenton Road Fredericksburg, VA 22406	Hot
Holiday Inn Express	540-479-8000	133-B	560 Warrenton Road Fredericksburg, VA 22406	Delux Buffet
Motel 6	540-371-5443	133-A	401 Warrenton Road Fredericksburg, VA 22406	No
Quality Inn	540-373-0000	133-B	543 Warrenton Road Fredericksburg, VA 22406	Delux Continental
Sleep Inn	540-372-6868	133-B	595 Warrenton Road Fredericksburg, VA 22406	Hot
Super 8 Motel	540-371-8900	133-B	557 Warrenton Road Fredericksburg, VA 22406	Continental
America's Best Value Inn - Fredericksburg North	540-371-6300	133-B	605 Warrenton Road Fredericksburg, VA 22406	Yes
Wingate by Wyndham	540-368-8000	133-B	20 Sanford Drive Fredericksburg, VA 22406	Full Buffet
Affordable Suites of America Fredericksburg	540-752-7170	133-B	204 University Boulevard Fredericksburg, VA 22406	No