







Sanctioned by: Virginia Independent Schools Athletic Association 	Highland School New Year Swim Invitational January 4, 2020 Warrenton Aquatic and Recreation Facility (WARF)	Hosted by: Highland Swimming 
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Location	800 Waterloo Road Warrenton VA 20186 (540) 349-2520	
Facility	Eight-lane, 25-yard, indoor pool with non-turbulent lane markers, Colorado touch-pad Timing System, and large results display board. Two additional 25-yard lanes will be available for continuous warm up and cool down.	
Meet Directors	Ross Malinow (703) 517-2667 rmalinow@highlandschool.org	
Rules	The meet will be governed by 2019 - 2020 National Federation High School <i>Swimming, Diving and Water Polo</i> rules for championship meets.	
Eligibility	<ul style="list-style-type: none"> • The meet is open to all students grades 8 through 12. • A swimmer must be in good standing with the school he/she represents. • 7th graders are eligible to swim as non-scoring exhibition entries only. • A swimmer must be no older than 19 years of age on August 1st immediately prior to the championship meet. • No post-graduates are permitted to participate in VISAA events. 	
Meet Warm-up and Competition Schedule	Warm-up Session I: 6:00-6:20 p.m.	TBD
	Warm-up Session II: 6:20-6:40 p.m.	TBD
	Open Warm-up: 6:40-7:00 pm	TBD
	Officials Meeting: 6:15 p.m.	In the Hospitality Room on deck.
	Timers Meeting: 6:30 p.m.	On deck, between the two pools.
	National Anthem: 7:05 p.m.	
	First Event: 7:08 p.m.	
	No break after Event #8	
Meet Format	<ul style="list-style-type: none"> • The meet will use a championship, timed finals format. • All heats will be seeded based on entry times. • There will be no diving competition. 	



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Order of Events	Boys	Event	Girls
	1	200 Medley Relay	2
	3	200 Freestyle	4
	5	200 Individual Medley	6
	7	50 Freestyle	8
	11	100 Butterfly	12
	13	100 Freestyle	14
	15	500 Freestyle	16
	17	200 Freestyle Relay	18
	19	100 Backstroke	20
	21	100 Breaststroke	22
	23	400 Freestyle Relay	24



Entry Rules	<p>Individual Events</p> <ul style="list-style-type: none"> • An eligible swimmer may swim no more than two individual events. • Each team is allowed unlimited entries in individual events, but only a team's top four (4) swimmers are eligible to score. • All non-scoring entries should be designated as "exhibition". <p>Relays</p> <ul style="list-style-type: none"> • An eligible swimmer may swim up to three relay events as long as that swimmer's total number of event entries, including individual events, does not exceed four (4). • Each team may enter any number of relays, but only relays designated "A" and "B" will be eligible to score. • Non-scoring relay entries should be designated as "exhibition". • Relays may be entered without swimmer's names, but the meet host would appreciate a projected relay line up with all entries. • 200 Medley Relay cards specifying the actual relay line-up shall be submitted to the designated official at least thirty (30) minutes prior to the start of the meet • 200 and 400 Free Relay cards specifying the actual relay line-up shall be submitted to the designated official prior to the conclusion of the Womens 500 Freestyle. • Swimmers whose names are submitted on the relay cards must swim that event, in the order listed on the card, unless the referee allows for a substitution because of injury or illness.
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<p>Entry Submission & Fees</p>	<ul style="list-style-type: none"> • All entries are due by 6:00 p.m. on Thursday January 2, 2020. • All entries must be submitted with a Hy-Tek Team Manager entry file. No manual or hardcopy entries will be accepted. • Entries must include first and last name, gender, and grade. • Except for relays, all entries are final at 5:00 p.m. on January 4, which is approximately 2 hours before the start of the meet. • Send entry files to Ross Malinow: rmalinow@highlandschool.org • Once submitted, the person who e-mailed the entries will receive a confirmation email with an attached list of that team’s official entries. It is the responsibility of the person submitting the entries to verify that the entries were accurately received. • In order to cover the cost of the pool, each swim team will be asked to contribute \$175.00 which will roughly split the cost evenly across all teams. • Checks should be made out to “Highland School”. • The fee should be mailed to: <ul style="list-style-type: none"> Highland School 597 Broadview Ave. Warrenton, VA 20186 Attn: Gary Leake, Athletic Director
<p>Seeding:</p>	<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. • Heats will be seeded from slowest to fastest. • Swimmers entered without a seed time will automatically be seeded in the slowest heat. Please put a time on every entry possible, even if it is a coach’s estimate. • If all teams submit their entries on time, a preliminary psych sheet and meet program will be distributed via e-mail prior to the day of the meet.
<p>Diving</p>	<p>There is no diving competition at this meet.</p>
<p>Scoring</p>	<ul style="list-style-type: none"> • Every team in meet will be scored against every other team in the meet using a 3+ Dual Meet format. • Points will be awarded as follows: • For individual events, the first 7 places will be awarded points in the following manner: 8-6-5-4-3-2-1. • For relay events, the first 3 places will be awarded points in the following manner: 10-5-3

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Stroke & Turn Officials	Each team is responsible for providing at least one certified Stroke & Turn official. The larger teams should plan to provide more than one. If more officials volunteer, the meet referee will relieve officials at the
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 3 stopwatches as a tertiary backup. • Each team will be responsible for providing 5 timers for the duration of the meet. • Each team is responsible for substituting their own timers.
Starting Procedures	<ul style="list-style-type: none"> • The Referee and Starter will use a whistle start procedure for this meet. • The whistle start procedure will be used at the VISAA State Championship meet. • The procedure will be as follows: <ul style="list-style-type: none"> * 4 or 5 consecutive whistles means get ready * The starter will announce the event * 1 long whistle means to step up on the block * 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 to expedite the meet.
USA Observed Swims	Because there will be no USA Swimming certified officials on deck in an official capacity, USA swimmers’ times at this meet will NOT be recognized by Virginia Swimming.
Heat Sheets	Meet Programs will be distributed electronically to each team. Heat sheets will not be available to purchase at the meet.
Seating	Only coaches, swimmers, officials and meet volunteers will be permitted on deck during warmups and competition. We sincerely hope that all parents will seek to volunteer in some capacity.

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<p>Spirit</p>	<ul style="list-style-type: none"> • Teams are strongly encouraged to do team cheers prior to the start of the meet and during the breaks. • Swimmers should remain in the pool area throughout the meet to cheer (loudly) for their fellow swimmers.
<p>Concessions</p>	<p>TBD --- There are vending machines.</p>
<p>Pool Rules</p>	<p>The meet referee has the authority to remove any participant or spectator who is behaving in an inappropriate or unsafe manner. Please be courteous and respectful to the WARF staff.</p>
<p>Directions:</p>	<p>From I-66, points East and North Take I-66 to Exit 43 South, Route 29 South toward Warrenton. Go about 10 miles to the first Warrenton Exit for Business 29 (do not get on the Route 17 bypass). Follow Business 29 through Warrenton, past Route 17 to Route 211 by Fosters Grill. Turn Right on Route 211, go through the light and turn into the driveway behind the WARF. The entrance is around to the front.</p> <p>From I-66 points West Take I-66 to Exit 28 South, Route 17 South toward Warrenton. Go about 10 miles to a left turn at the stoplight at Business 29 (blockbuster will be on your left). Follow Business 29 through Warrenton to Route 211 by Fosters Grill. Turn Right on Route 211, go through the light and turn into the driveway behind the WARF. The entrance is around to the front.</p> <p>From I-95 and points South Exit 95 onto Route 17 North (exit 133). The exit is just north of Fredericksburg, right after you cross the Rappahannock River. Follow 17 N to Opal (at a Sheetz). Turn right onto Route 29/17. Go about 6 miles to the first Warrenton exit for Business 29. Turn left into Warrenton and follow Business 29 (Shirley Avenue) to Route 211. Turn left on Route 211, go through the light and turn into the driveway behind the WARF. The entrance is around to the front.</p>