



**DAC Championships
February 8, 2019**

Fredericksburg Academy
Fredericksburg Christian
Fresta Valley
Highland
Randolph Macon
Seton
Trinity Christian
Wakefield

**Hosted by:
Highland School
and
Wakefield School**

Location	Warrenton Aquatic and Recreation Facility, Warrenton, Virginia 800 Waterloo Rd, Warrenton, VA 20186 540-349-2520 www.warrentonva.gov/	
Facility	Eight-lane, 25-yard, indoor pool with non-turbulent lane markers, Colorado touchpad 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 (Highland) rmalinow@highlandschool.org	Dean Burdette(Wakefield) dean@rivalready.com
Rules	The meet will be governed by NFHS rules for championship meets. This meet will be a USA observed meet.	
Building access	4:45pm	
Warm-up	Session I: 5:00-5:20pm	TBD
	Session II: 5:20-5:40pm	TBD
	Session III: 5:40-6:00pm	TBD
Open Warm ups	6:00-6:10pm	
Schedule	5:30pm	Officials meetings
	5:45pm	Timers meetings
	6:00pm	Coaches meeting
	6:10 pm	National Anthem
	6:15 pm	Start of Event #1
	After Event #8 Girls 50 Free	Break/Open Warm Up/Awards
	After Event #18 Girls 200 Free Relay	Break/Open Warm Ups/Senior Recognition/Awards
	15 minutes after the end of the meet	Championship Awards Presentation

Eligibility	<ul style="list-style-type: none"> ● The Meet is open to all DAC/VISAA students in Grades 8-12. ● A swimmer must be no older than 19 years by August 1, 2019. ● No swimmer may swim more than four total events, and no more than two individual events. ● Each team may enter a maximum of four (4) swimmers in a single Individual event ● No exhibition-only swimmers are allowed in this championship meet. However, if you have a swimmer entered in only one official event, he or she may swim in one other event as exhibition. This may result in more than four (4) swimmers from the same team entered in a single individual event. 		
Events	<p style="text-align: center;">Boys</p> <p style="text-align: center;">1 3 5 7 11 13 15 17 19 21 23</p>	<p style="text-align: center;">Events</p> <p style="text-align: center;">200 Medley Relay 200 Freestyle 200 Individual Medley 50 Freestyle 100 Butterfly 100 Freestyle 500 Freestyle 200 Freestyle Relay 100 Backstroke 100 Breaststroke 400 Freestyle Relay</p>	<p style="text-align: center;">Girls</p> <p style="text-align: center;">2 4 6 8 12 14 16 18 20 22 24</p>
Entries & Fees	<ul style="list-style-type: none"> ● All entries are due by Wednesday, Feb. 5, 2020 at 12:00 pm. ● All entries must be submitted with Hy-Tek Team Manager export file. ● Each entry must include first and last name, gender, grade and seed time. ● Except for relays, all entries are final once they are submitted. ● Send entries and list of volunteers to Ross Malinow at rmalinow@highlandschool.org ● Entry fee for team as follows: <ul style="list-style-type: none"> - \$50 for schools with 15 or fewer swimmers - \$100 for schools with 16 or more swimmers - Make checks payable Delaney Athletic Conference, and bring checks to the meet. ● Meet programs will be available at concessions for \$1 ● Meet Mobile subscribers: search for 2020 DAC Championship ● DAC Championship Meet T-Shirts must be purchased online. Purchased shirts will be available for pick up at the meet. 		

Relay Entries	<ul style="list-style-type: none"> ● Each team may enter one scoring relay and one exhibition relay per event. The scoring relay must be marked ‘A’ Relay. ● Team meet entries shall be submitted to Ross Malinow. Relay entries may be submitted with or without the specific swimmers listed. ● Any team that chooses not to submit a relay card by its respective deadline must swim the relay in the order listed in the program. All relays must have names submitted to score. ● Official entries for the 200 Medley Relay must be submitted by 5:45p.m. (30 minutes prior to the start of event #1, Boys 200 Medley Relay). ● Official entries for the 200 Freestyle Relay and the 400 Freestyle ● Relay must be submitted prior to the end of the Boys 500 Free (prior to the start of event #16, heat 1, Girls 500 Free).
Meet Format	<ul style="list-style-type: none"> ● All events will be pre-seeded by the scorers and lanes will be assigned based on the times submitted by the coaches. ● The meet will use a championship timed finals format. ● All heats will be seeded based entry times. ● Heats will be seeded from slowest to fastest. ● Realistic relay times for the anticipated line-up would be appreciated. ● A preliminary psych sheet and meet sheet will be distributed via email prior to the day of the meet.
Scoring	<p>The meet will be scored in the following manner:</p> <ul style="list-style-type: none"> ● Individuals: 16-13-12-11-10-9-7-5-4-3-2-1 ● Relays: 32-26-24-22-20-18-14-10-8-6-4-2
Officials	<ul style="list-style-type: none"> ● Meet Referee: Rick Thompson, Wakefield ● Assistant Referee: ● CTS: ● Starter: ● Head Timer: Jeff Thornburg, Highland ● Assistant Head Timer: TBD ● Head Scorer: ● Head Marshall: Dean Burdette, Wakefield ● Announcer: TBD ● Each team is responsible for providing two certified Stroke & Turn officials

Timers	<ul style="list-style-type: none"> ● A total of 24 timers is required on deck for the entire meet. ● Each team will be responsible for having 3 timers on deck throughout the meet. We recommend that each team recruit a total of 6 timers and relieve their own timers whenever they wish. ● Each lane will have three stopwatches and 2 plungers. ● All timers must attend the timers meeting at 4:00 pm. ● Reminder: For the safety of swimmers and efficiency of the meet, swimmers waiting for their event and timers should be the ONLY people behind the blocks. Cheering and coaching should be done from the side of the pool or at the other end of the pool.
Starting Procedures	<p>The Referee and Starter will use a whistle start procedure for this meet. The procedure will be as follows:</p> <ul style="list-style-type: none"> ● Four or five consecutive whistles means get ready. ● The announcer will announce the event. ● One 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.
Stroke and Turn	<ul style="list-style-type: none"> ● Each team is responsible for providing two NFHS or USA certified stroke and turn judges. More volunteers from any individual team is highly encouraged and appreciated. ● Teams without access to any certified judges may make arrangements with another participating school to help fulfill their requirement. There are several friendly schools willing to help. ● The names of each team’s volunteer stroke and turn judges should be submitted with the meet entries.
Spirit	<ul style="list-style-type: none"> ● To encourage team solidarity and spirit, each team will be assigned a team area on the pool deck. Team areas will be designated with signage. ● Swimmers should remain in the pool area throughout the meet to cheer for their team. ● Teams are strongly encouraged to do team cheers prior to the start of the meet and during the breaks.

Concessions	Full service Concessions will be held in the lobby.
Awards	<ul style="list-style-type: none"> ● Medals will be given for 1st, 2nd and 3rd place for each event. ● Based on a vote by the coaches prior to the end of the meet, the following special awards will be given: <ul style="list-style-type: none"> - Swimmer of the Meet (male and female) - Coach of the Year (Male Team Coach and Female Team Coach) ● DAC Dual Meet Champions (male team and female team) is determined by the team's standings for the season. ● The following awards will be determined by the outcome of the Championship meet: <ul style="list-style-type: none"> - Conference Meet Runner-up (male and female) - Conference Meet Champions (male and female)
Pool Rules	<ul style="list-style-type: none"> ● Spectators may sit on the bleachers to cheer swimmers. ● The meet referee has the authority to remove any participant or spectator who is behaving in an inappropriate or unsafe manner.
Directions	<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>