



## Seton Swimming 2020 VISAA State Swimming Championship

Just print this document, scan it for the stuff you need to know ASAP, then bring it with the other attachments posted on the web site. It has everything you need to know about our trip to the State Championship Swim Meet from Friday to Saturday, February 14-15<sup>th</sup>, 2020:

### Anticipated Attendance:

- The following 48 swim team members, coaches and parents are joining us at States for Team meals and gatherings:

#### 2020 Seton VISAA State Championship Team

Teammember	Shirt Size	Parent(s) Attending	Adult Responsible	Lodging	Staying to Help at House
<b>Girls</b>					
Teresa Bingham	Has One	Michael	Michael Bingham	House/Hotel	
Lily Byers	M		Melissa Alsup	Hotel	
Emily Flynn	Has One	Terry	Terry Flynn	Hotel	
Caroline Griffin	Has One	Therese	Therese Griffin	Team House	Upstairs Master
Anne Konstanty	Has One		Hank Konstanty	Hotel	
Isabelle Luevano	Has One	Alexandra Everardo	Alexandra Luevano	Team House	Upstairs Guest 2
Kathleen O'Malley	Has One		Kevin O'Malley	Hotel	
Mary O'Malley	S	Kevin	Kevin O'Malley	Hotel	
Mary Pennefather	Has One		Alexandra Luevano	Team House	Upstairs Sofa
Mary Clare Waldron	M		Alexandra Luevano	Team House	Upstairs Sofa
Katie Dealey	Has One		Bill Dealey	Team House	Upstairs Sofa
Elena Morano	L		Melissa Alsup	Hotel	
Lauran Curley	L		Kimberly Dalrymple	Hotel	
Callie Couture	L		Melissa Alsup	Hotel	
<b>Boys</b>					
Jacob Alsup	Has One	Melissa	Melissa Alsup	Team House/Hotel	Basement Guest 1
Joey Arnold	M		Melissa Alsup	Hotel	
Christian Ceol	Has One	Dawn Ed	Dawn Ceol	Hotel	
Drew Dalrymple	Has One		Kimberly Dalrymple	Hotel	
Jerry Dalrymple	Has One		Kimberly Dalrymple	Team House	Basement Sofa
Liam Kellogg	M		Julie Fioramonti	Julie's House	
Shane Koehr	Has One		Jim Koehr	Team House	Basement Guest 1
John McGrath	M	Mike	Mike McGrath	Hotel	
Nathan Luevano	M		Alexandra Luevano	Team House	Basement Sofa
Evan Wilson	Has One	Dave	Dave Wilson	Hotel	
Joe Wilson	M		Dave Wilson	Hotel	
Jeremy Kleb	L		Jim Koehr	Team House	Basement Guest 1
Justin Fioramonti	Has One		Julie Fioramonti	Julie's House	
Dominick Tolentino	M		Melissa Alsup	Hotel	
Patrick Wood	L		Melissa Alsup	Hotel	
<b>Other Coaches/Officials</b>					
Bill Dealey	Has One			VT Dorm	
Charles Seltman	Has One	Katherine		Hotel	
Jim Griffin	XXL			Team House	Upstairs Master
Hank Konstanty	Has One			Hotel	
Pat Mulhern	Has One			Team House	Basement Master
Kimberly Dalrymple	Has One			Hotel	Upstairs Guest 1
Jim Kochr	Has One		Kimberly Dalrymple	Team House	Basement Guest 1

#### Meal Count:

Kids:	29
Adults:	19
<b>Total:</b>	<b>48</b>

## **Trip Overview**

The trip to Christiansburg will be from Thursday to Sunday, February 13<sup>th</sup> to 16<sup>th</sup>:

- On Thursday, we will leave straight from breakfast at IHOP for Richmond to attend the Virginia March for Life
  - From the March we will head straight to the Christiansburg Aquatic Center for a warm-up
  - After Warm-up, we will go to our Team House on Claytor Lake for a team dinner
- On Friday, we compete in the first half of the meet, the 200 Medley Relay through 100 Butterfly.
  - Prelims are in the morning and Finals for the top 16 qualifiers are at night
  - We will gather at the Team house in between
- On Saturday, we repeat the routine for 100 Free through the 400 Free Relay
  - We'll end the weekend with a party at the house on Saturday night

## **General Information:**

1. The VISAA Swimming Committee is posting all information about the State Championship meet at <https://www.swimcloud.com/results/145873/>
  - a. Psych Sheets, Heat Sheets, Results and other information will be available there
    - i. There may or may not be meet programs that accompany your admission. It is probably safe for you to go to this site and print one in advance and bring it with you.
  - b. The meet will also be on Meet Mobile for all meet information
  - c. Meet Mobile, an app on your Android or iOS smartphone
    - i. Download it from the App Store. Do not accidentally select Mobile Meet
  - d. I will also be posting results on [www.setonswimming.org](http://www.setonswimming.org)
  - e. I will append the Psych Sheet to this document, once it is available
  - f. The Woodberry Forest School Production Network (WFSPN) will be providing a commentated, live stream of the entire swimming portion of the meet this year at <https://www.wfspn.org/listen-now>
2. We are responsible for timing in Lane 5 for both Friday and Saturday Preliminaries.
  - a. Mrs. Alsup, can you please make sure we have this handled?
3. Entry to the meet requires a paid admission – and it is not cheap
  - a. General Admission Fees, which include a Meet Program:
    - i. Friday (any or all sessions): \$10 per person.
    - ii. Saturday (any or all sessions): \$10 per person.
    - iii. Family Rate (2 adults + 3 children): \$30.00 per day.
      1. Children under 6 are free.
      2. Team members in uniform are free.
  - b. VISAA is using Ticket Spicket for on-line advance ticket sales this year.
    - i. Tickets are redeemable from your cell phone
    - ii. There are three ways to purchase tickets:
      1. Go to <https://events.ticketspicket.com/agency/d6cc88b4-bd16-4334-8821-33a74ebf96ca>
      2. Download the Ticket Spicket mobile app, or
      3. Text “VISAA” to 31996 to receive a direct link to purchase tickets
4. Spectator Seating at the venue is excellent with a raised seating area around two (2) sides of the pool.
  - a. There will be no Watch & Go Seating
  - b. You are going to want to get there early if you want to be along the side of the pool, but there are not a lot of bad seats.
5. Team Deck Seating
  - a. There will be a seating rotation on deck this year.
    - i. Once we know our group assignment, I will publish it here

b. Here is the rotation scheme:

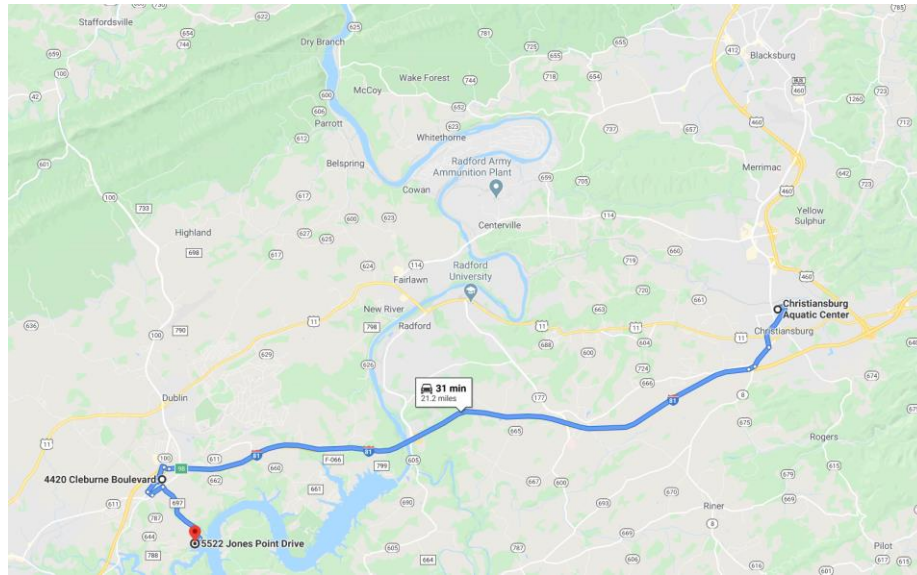
Group Number	Friday Prelims	Friday Finals	Saturday Prelims	Saturday Finals
1	A	B	C	D
2	B	C	D	A
3	C	D	A	B
4	D	A	B	C

- c. Captains will need to claim a space for us for each session
  - i. I'd bring a lawn chair
- d. We are well know in the VISAA, and I was on the Board for many years, so we must follow the rule that only Swimmers, Coaches and Officials are on deck.
  - i. Parents, please stay in the stands
6. Our team uniform for the entire meet is the Seton State Team Rugby shirt.
  - a. **No one** should be in our team area out of uniform
  - b. If you were on the team last year, you received a rugby shirt already
  - c. If you are new to the State team, Mrs. Lynch is getting you a shirt.
  - d. I will hand out shirts at IHOP on Thursday morning (see schedule below)
7. I have arranged with Mrs. Cooper for members of the State Team to be excused from school on Thursday and Friday.
8. Does anyone know who has the team banner?
9. There is a Senior Parade on Saturday night.
  - a. Details are in the Meet Announcement.
  - b. I'll leave it to Caroline and Mrs. Griffin figure out if the seniors want to wear anything special.
10. **Cost:**
  - a. **\$40 per person for food and celebrations for the entire weekend.**
  - b. **\$100 per person if you are staying at the house**
  - c. This amount will not cover the full cost of the weekend. Additional donations are welcomed
  - d. Checks made out to "Seton Swim Team" and given to Mrs. Dalrymple please.

### Team House and Hotel

1. We have a house for team meals and gatherings on Claytor Lake:
  - VRBO House called "Lake Rider" at **5522 Jones Point Drive, Dublin, VA 24084**
    - [Here's](#) a link to information on the house
    - The reservation is under "Jim Koehr"
    - Our contact for the house is Ceretha Powell at **New River Retreat**
      - (800) 916-9346
      - [guestservices@newriverretreat.com](mailto:guestservices@newriverretreat.com)
  - Check-in time is 4:00 p.m., but if we need to get in earlier, I can call and they will likely allow an earlier check-in if the house was not rented the night before
- The functions that will occur at the house to which everyone is invited:
  - Thursday night team dinner, around 6:15 p.m. after warm-up at the pool
  - Friday afternoon lunch and team fellowship
  - Saturday afternoon lunch and team fellowship
  - Saturday night post-meet Dinner and Party
- We are over the limit for occupants of the house, so please don't bring extra people without discussing it with me first.
  - Disobeying the VRBO or AirBnB rules on occupancy has limited our ability to do this in the past, so I don't want to repeat that same mistake.
  - Parking at the house:

- Park in the driveway. There should be plenty of room this year
- Most of the team is actually sleeping at the **Hampton Inn at 4420 Cleburne Blvd, Dublin, VA 24084**
    - You should have claimed a room in the Seton Swim Team room block by now
      - If you are participating fully in the planned events, then you will need a room from Thursday night, February 13<sup>th</sup> through Sunday morning, February 16<sup>th</sup>
    - Here's our hotel contact.
      - The Room Block is under "Kimberly Dalrymple, Seton Swim Team"
      - Phone: (540) 674-5700
  - The pool is 31 minutes (21.2 miles) from the Hampton Inn and another 8 minutes (3.0 miles) from the Team House on Claytor Lake
    - **The Christiansburg Aquatic Center** is at 595 N Franklin St, Christiansburg, VA 24073

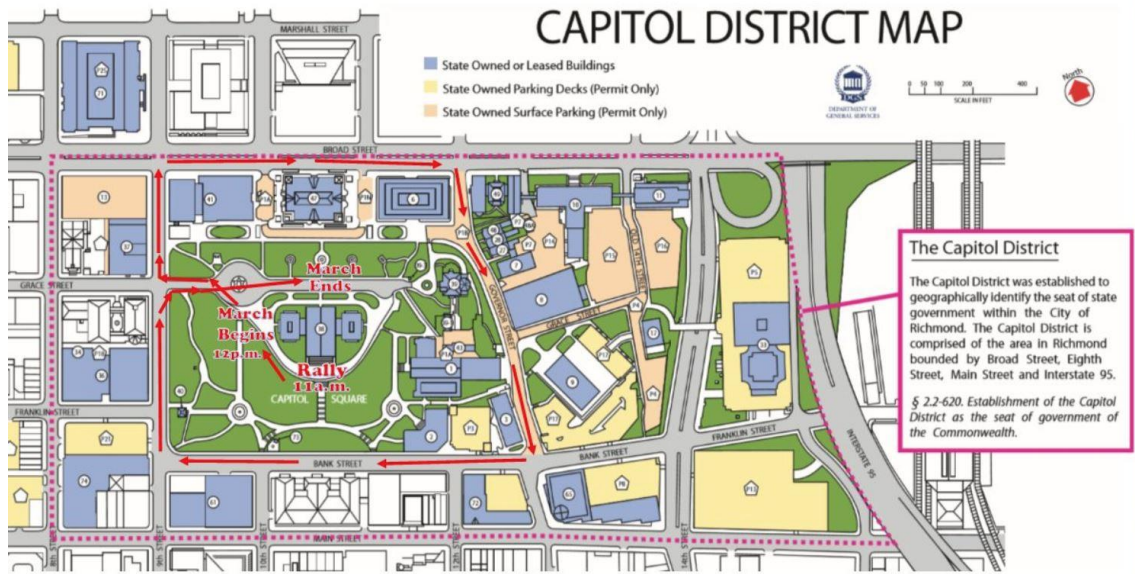


### Schedule:

#### Thursday, February 13<sup>th</sup>

- 7:30 a.m. - **State Team Breakfast at IHOP in Manassas Mall** at 8300 Sudley Rd, Manassas, VA 20109. Pay for your own. Wear your Rugby shirt or receive your shirt at breakfast.
- 9:00 a.m. - Leave for Richmond to participate in the **Virginia March for Life**
- 10:45 a.m. - Meet outside the parking garage at the Richmond Convention Center at **351 N. Third Street, Richmond, VA 23219**
- 11:45 a.m. - Virginia March for Life Rally on the steps of the Virginia State Capitol at **1000 Bank Street, Richmond, VA 23219**
- 12:45 p.m. - Virginia March for Life around the Capitol Grounds

## Virginia March for Life Route



- 1:30 p.m. – Get on the road for the Christiansburg Aquatic Center. It is 211 miles that will take 3 hours and 9 minutes, so we are probably going to have to leave the March a bit early.
- 4:45 p.m. - Meet on the deck of the Christiansburg Aquatic Center
- 5:00 p.m. - State Team warm-up in lanes x, x and x
- 5:45 p.m. - Return to the Team House
- 6:30 p.m. - Team Dinner
- 8:45 p.m. - Clear out the house, go back to the hotel and get in bed
- 9:30 p.m. - Get to sleep! This is a very long weekend, so let's not get into a sleep deficit on the first night

### Friday, February 14<sup>th</sup>

#### **Preliminaries**

- 6:45 a.m. - Leave the house or hotel for the pool. Eat a good breakfast before.
- 7:29 a.m. - Stretching on deck at the Christiansburg Aquatic Center
- 8:10 to 8:35 a.m. – Warm-up for Preliminaries in lanes x, x and x
- 8:15 a.m. - Officials meeting
- 8:30 a.m. - Coaches meeting
- 9:00 a.m. - Timers meeting. Three timers from Seton need to handle Lane 5
- 9:25 a.m. - National Anthem
- 9:30 a.m. - Preliminaries begin for:
  - 200 Medley Relay
  - 200 Free
  - 200 IM
  - 50 Free
  - Bonus 50 Free
  - 100 Fly
- 12:00 p.m. – Team lunch and fellowship at the Team House

#### **Finals**

- 5:00 to 5:45 p.m. – Finals warm-up for Finalists (probably just for the one or both of our Medley Relays). It actually starts at 4:30 p.m., but we don't need to be there that early.
- 5:30 p.m. - Officials Meeting
- 6:05 p.m. – National Anthem

6:10 p.m. - Finals for 200 Medley Relay through 100 Fly  
8:30 p.m. - Leave Finals early for dinner at the Team house or better yet, at the pool earlier.  
10:00 p.m. - Get to bed!

### **Saturday, February 15<sup>th</sup>**

#### **Preliminaries**

6:45 a.m. - Leave the house or hotel for the pool. Eat a good breakfast before.  
7:29 a.m. - Stretching on deck at the Christiansburg Aquatic Center  
8:10 to 8:35 a.m. - Warm-up for Preliminaries in lanes x, x and x  
8:30 a.m. - Officials meeting  
9:00 a.m. - Timers meeting. Three timers from Seton need to handle Lane 5  
9:25 a.m. - Marcie Van de Voorde and Catie Moore sing the National Anthem  
9:15 a.m. - Preliminaries begin for:

- 100 Free
- 500 Free
- 200 Free Relay
- 100 Backstroke
- 100 Breaststroke
- 400 Free Relay

1:00 p.m. - Team lunch and fellowship at the Team House

#### **Finals**

4:45 to 5:30 p.m. - Finals warm-up for Finalists (at least for some relays). It actually starts at 4:15 p.m., but we don't need to be there that early.  
5:30 p.m. - Officials Meeting  
5:50 p.m. - Seniors line up for Senior Parade  
6:00 p.m. - Senior Parade  
6:15 p.m. - National Anthem  
6:20 p.m. - Finals for 100 Free through 400 Free Relay  
9:10 p.m. - Awards Ceremony  
9:45 p.m. - Team Party at the Team house

#### **Attachments**

- Seton's Draft Entries
- Warm-up Schedule
- Meet Timeline
- Psych Sheet
- VISAA Division breakdown
- Meet Announcement

### Seton Swimming

#### Individual Meet Entries Report

2020 VISAA Swimming & Diving Championship 14-Feb-20 to 15-Feb-20 [Ageup: 8/1/2019] Yards

Location: Christiansburg Aquatic Center

Seton Swimming [SST] Coach: Jim Koehr

9314 Maple Street

Manassas, VA 20110

540-379-8328

Coach@KoehrFamily.com

FEMALE	Event	Time	Date	Meet
<b>Teresa Bingham (SO)</b>				
# 17	Female Senior 200 Free Relay B	3		CUSTOM TIME
# 23	Female Senior 400 Free Relay B	1		CUSTOM TIME
Athletes count: 2				
<b>Lily Byers (SO)</b>				
# 17	Female Senior 200 Free Relay B	2		CUSTOM TIME
Athletes count: 1				
<b>Emily Flynn (SO)</b>				
# 1	Female Senior 200 Medley Relay A	3		CUSTOM TIME
# 11	Female Senior 100 Fly	1:07.40Y	2/1/2020	14th Annual VISAA Division II Invitational
# 17	Female Senior 200 Free Relay A	2		CUSTOM TIME
# 23	Female Senior 400 Free Relay B	3		CUSTOM TIME
Athletes count: 4				
<b>Caroline Griffin (SR)1/1/2001</b>				
# 1	Female Senior 200 Medley Relay A	1		CUSTOM TIME
# 17	Female Senior 200 Free Relay A	1		CUSTOM TIME
# 19	Female Senior 100 Back	1:05.20Y	1/18/2020	National Catholic H.S. Championship 2020
# 23	Female Senior 400 Free Relay A	2		CUSTOM TIME
Athletes count: 4				
<b>Anne Konstanty (SR)</b>				
# 1	Female Senior 200 Medley Relay A	2		CUSTOM TIME
# 17	Female Senior 200 Free Relay B	4		CUSTOM TIME
# 23	Female Senior 400 Free Relay A	3		CUSTOM TIME
# 101	Female Senior 50 Free	X 28.19Y	12/14/2019	Seton Icebreaker Invitational
Athletes count: 4				
<b>Isabelle Luevano (SO)</b>				
# 1	Female Senior 200 Medley Relay B	3		CUSTOM TIME
# 17	Female Senior 200 Free Relay A	3		CUSTOM TIME
# 23	Female Senior 400 Free Relay A	1		CUSTOM TIME
# 101	Female Senior 50 Free	X 27.04Y	1/18/2020	National Catholic H.S. Championship 2020
Athletes count: 4				
<b>Kathleen O'Malley (SR)</b>				
# 1	Female Senior 200 Medley Relay B	4		CUSTOM TIME
# 17	Female Senior 200 Free Relay B	1		CUSTOM TIME
# 23	Female Senior 400 Free Relay B	2		CUSTOM TIME

**Seton Swimming**

**Individual Meet Entries Report**

2020 VISAA Swimming & Diving Championship 14-Feb-20 to 15-Feb-20 [Ageup: 8/1/2019] Yards

Seton Swimming [SST] Coach: Jim Koehr

FEMALE	Event	Time	Date	Meet
# 101	Female Senior 50 Free	X 28.67Y	2/1/2020	14th Annual VISAA Division II Invitational

Athletes count: 4

**Mary O'Malley (SO)**

# 1	Female Senior 200 Medley Relay B	1		CUSTOM TIME
# 23	Female Senior 400 Free Relay B	4		CUSTOM TIME

Athletes count: 2

**Mary Pennefather (FR)**

# 1	Female Senior 200 Medley Relay A	4		CUSTOM TIME
# 7	Female Senior 50 Free	26.20Y	1/18/2020	National Catholic H.S. Championship 2020
# 17	Female Senior 200 Free Relay A	4		CUSTOM TIME
# 23	Female Senior 400 Free Relay A	4		CUSTOM TIME

Athletes count: 4

**Mary Clare Waldron (SO)**

# 1	Female Senior 200 Medley Relay B	2		CUSTOM TIME
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Athletes count: 1



## Seton Swimming

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### Individual Meet Entries Report

2020 VISAA Swimming & Diving Championship 14-Feb-20 to 15-Feb-20 [Ageup: 8/1/2019] Yards

Seton Swimming [SST] Coach: Jim Koehr

MALE	Event	Time	Date	Meet
<b>Jacob Alsop (SR)</b>				
# 2	Male Senior 200 Medley Relay A	2		CUSTOM TIME
# 18	Male Senior 200 Free Relay B	4		CUSTOM TIME
# 24	Male Senior 400 Free Relay B	4		CUSTOM TIME
# 102	Male Senior 50 Free	X 24.85Y	1/4/2020	Highland Invitational - Jan 04, 2020

Athletes count: 4

<b>Joey Arnold (SR)</b>				
# 18	Male Senior 200 Free Relay B	2		CUSTOM TIME
# 102	Male Senior 50 Free	X 25.88Y	12/7/2019	STC Swim and Dive Invite #1

Athletes count: 2

<b>Christian Ceol (SR)</b>				
# 18	Male Senior 200 Free Relay A	2		CUSTOM TIME
# 24	Male Senior 400 Free Relay A	2		CUSTOM TIME
# 102	Male Senior 50 Free	X 24.39Y	1/18/2020	National Catholic H.S. Championship 2020

Athletes count: 3

<b>Drew Dalrymple (SR)</b>				
# 2	Male Senior 200 Medley Relay A	4		CUSTOM TIME
# 8	Male Senior 50 Free	23.88Y	1/18/2020	National Catholic H.S. Championship 2020
# 18	Male Senior 200 Free Relay A	4		CUSTOM TIME
# 24	Male Senior 400 Free Relay A	3		CUSTOM TIME

Athletes count: 4

<b>Jerry Dalrymple (JR)</b>				
# 2	Male Senior 200 Medley Relay A	3		CUSTOM TIME
# 18	Male Senior 200 Free Relay B	3		CUSTOM TIME
# 24	Male Senior 400 Free Relay A	4		CUSTOM TIME
# 102	Male Senior 50 Free	X 24.84Y	1/11/2020	2020 NoVa Catholic Invitational Championship

Athletes count: 4

<b>Liam Kellogg (JR)</b>				
# 2	Male Senior 200 Medley Relay B	4		CUSTOM TIME
# 18	Male Senior 200 Free Relay A	3		CUSTOM TIME
# 102	Male Senior 50 Free	X 24.64Y	2/1/2020	14th Annual VISAA Division II Invitational

Athletes count: 3

<b>Shane Koehr (SR)</b>				
# 2	Male Senior 200 Medley Relay A	1		CUSTOM TIME
# 18	Male Senior 200 Free Relay A	1		CUSTOM TIME
# 20	Male Senior 100 Back	1:01.07Y	2/1/2020	14th Annual VISAA Division II Invitational
# 24	Male Senior 400 Free Relay A	1		CUSTOM TIME

**Seton Swimming**

**Individual Meet Entries Report**

2020 VISAA Swimming & Diving Championship 14-Feb-20 to 15-Feb-20 [Ageup: 8/1/2019] Yards

Seton Swimming [SST] Coach: Jim Koehr

MALE	Event	Time	Date	Meet
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Athletes count: 4

**Nathan Luevano (FR)**

# 2	Male Senior 200 Medley Relay B	2		CUSTOM TIME
# 24	Male Senior 400 Free Relay B	1		CUSTOM TIME
# 102	Male Senior 50 Free	X 25.84Y	1/25/2020	13th Annual VISAA Junior Varsity Invitational

Athletes count: 3

**John McGrath (JR)**

# 18	Male Senior 200 Free Relay B	1		CUSTOM TIME
# 24	Male Senior 400 Free Relay B	2		CUSTOM TIME
# 102	Male Senior 50 Free	X 26.10Y	1/18/2020	Seton Winter Invitational

Athletes count: 3

**Evan Wilson (JR)**

# 2	Male Senior 200 Medley Relay B	1		CUSTOM TIME
# 102	Male Senior 50 Free	X 25.60Y	12/21/2019	Seton Homecoming Invitational

Athletes count: 2

**Joe Wilson (FR)**

# 2	Male Senior 200 Medley Relay B	3		CUSTOM TIME
# 24	Male Senior 400 Free Relay B	3		CUSTOM TIME
# 102	Male Senior 50 Free	X 26.09Y	12/14/2019	Seton Icebreaker Invitational

Athletes count: 3

**Seton Swimming**

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**Individual Meet Entries Report**

2020 VISAA Swimming & Diving Championship 14-Feb-20 to 15-Feb-20 [Ageup: 8/1/2019] Yards

Seton Swimming [SST] Coach: Jim Koehr

MALE	Event	Time	Date	Meet
	Female IE's: 6	Female RE's: 24		
	<u>Male IE's: 11</u>	<u>Male RE's: 24</u>		
	Total IE's: 17	Total RE's: 48		
	Total Athletes: 21			

**Seton Swimming**

**Individual Meet Entries Report**

2020 VISAA Swimming & Diving Championship 14-Feb-20 to 15-Feb-20 [Ageup: 8/1/2019] Yards

Location: Christiansburg Aquatic Center  
 Seton Swimming [SST] Coach: Jim Koehr  
 9314 Maple Street  
 Manassas, VA 20110

540-379-8328  
 Coach@KoehrFamily.com

Name	Time	Date	Meet
<b># 1 Female Senior 200 Medley Relay A</b> Caroline Griffin (SR) Anne Konstanty (SR) Emily Flynn (SO) Mary Pennefather (FR)	2:01.46Y		CUSTOM TIME
<b>Athletes count: 4</b>			
<b># 1 Female Senior 200 Medley Relay B</b> Mary O'Malley (SO) Mary Clare Waldron (SO) Isabelle Luevano (SO) Kathleen O'Malley (SR)	2:11.75Y		CUSTOM TIME
<b>Athletes count: 4</b>			
<b># 2 Male Senior 200 Medley Relay A</b> Shane Koehr (SR) Jacob Alsup (SR) Jerry Dalrymple (JR) Drew Dalrymple (SR)	1:50.48Y		CUSTOM TIME
<b>Athletes count: 4</b>			
<b># 2 Male Senior 200 Medley Relay B</b> Evan Wilson (JR) Nathan Luevano (FR) Joe Wilson (FR) Liam Kellogg (JR)	1:55.19Y		CUSTOM TIME
<b>Athletes count: 4</b>			
<b># 7 Female Senior 50 Free</b> Mary Pennefather (FR)	26.20Y	1/18/2020	National Catholic H.S. Championship 2020
<b>Athletes count: 1</b>			
<b># 8 Male Senior 50 Free</b> Drew Dalrymple (SR)	23.88Y	1/18/2020	National Catholic H.S. Championship 2020
<b>Athletes count: 1</b>			
<b># 11 Female Senior 100 Fly</b> Emily Flynn (SO)	1:07.40Y	2/1/2020	14th Annual VISAA Division II Invitational
<b>Athletes count: 1</b>			
<b># 17 Female Senior 200 Free Relay A</b> Caroline Griffin (SR) Emily Flynn (SO) Isabelle Luevano (SO) Mary Pennefather (FR)	1:50.13Y		CUSTOM TIME
<b>Athletes count: 4</b>			

**Seton Swimming**

**Individual Meet Entries Report**

**2020 VISAA Swimming & Diving Championship 14-Feb-20 to 15-Feb-20 [Ageup: 8/1/2019] Yards**

**Location: Christiansburg Aquatic Center**  
**Seton Swimming [SST] Coach: Jim Koehr**  
**9314 Maple Street**  
**Manassas, VA 20110**

**540-379-8328**  
**Coach@KoehrFamily.com**

<b>Name</b>	<b>Time</b>	<b>Date</b>	<b>Meet</b>
<b># 17 Female Senior 200 Free Relay B</b>	1:56.26Y		CUSTOM TIME
Kathleen O'Malley (SR)			
Lily Byers (SO)			
Teresa Bingham (SO)			
Anne Konstanty (SR)			
<b>Athletes count: 4</b>			
<b># 18 Male Senior 200 Free Relay A</b>	1:34.93Y	2/1/2020	14th Annual VISAA Division II Invitational
Shane Koehr (SR)			
Christian Ceol (SR)			
Liam Kellogg (JR)			
Drew Dalrymple (SR)			
<b>Athletes count: 4</b>			
<b># 18 Male Senior 200 Free Relay B</b>	1:38.43Y		CUSTOM TIME
John McGrath (JR)			
Joey Arnold (SR)			
Jerry Dalrymple (JR)			
Jacob Alsup (SR)			
<b>Athletes count: 4</b>			
<b># 19 Female Senior 100 Back</b>	1:05.20Y	1/18/2020	National Catholic H.S. Championship 2020
Caroline Griffin (SR)			
<b>Athletes count: 1</b>			
<b># 20 Male Senior 100 Back</b>	1:01.07Y	2/1/2020	14th Annual VISAA Division II Invitational
Shane Koehr (SR)			
<b>Athletes count: 1</b>			
<b># 23 Female Senior 400 Free Relay A</b>	3:57.46Y		CUSTOM TIME
Isabelle Luevano (SO)			
Caroline Griffin (SR)			
Anne Konstanty (SR)			
Mary Pennefather (FR)			
<b>Athletes count: 4</b>			
<b># 23 Female Senior 400 Free Relay B</b>	4:21.63Y		CUSTOM TIME
Teresa Bingham (SO)			
Kathleen O'Malley (SR)			
Emily Flynn (SO)			
Mary O'Malley (SO)			
<b>Athletes count: 4</b>			

**Seton Swimming**

**Individual Meet Entries Report**

**2020 VISAA Swimming & Diving Championship 14-Feb-20 to 15-Feb-20 [Ageup: 8/1/2019] Yards**

**Location: Christiansburg Aquatic Center**  
**Seton Swimming [SST] Coach: Jim Koehr**  
**9314 Maple Street**  
**Manassas, VA 20110**

**540-379-8328**  
**Coach@KoehrFamily.com**

<b>Name</b>	<b>Time</b>	<b>Date</b>	<b>Meet</b>
<b># 24 Male Senior 400 Free Relay A</b>	3:44.38Y	2/1/2020	14th Annual VISAA Division II Invitational
Shane Koehr (SR)			
Christian Ceol (SR)			
Drew Dalrymple (SR)			
Jerry Dalrymple (JR)			
<b>Athletes count: 4</b>			
<b># 24 Male Senior 400 Free Relay B</b>	3:47.71Y		CUSTOM TIME
Nathan Luevano (FR)			
John McGrath (JR)			
Joe Wilson (FR)			
Jacob Alsup (SR)			
<b>Athletes count: 4</b>			
<b># 101 Female Senior 50 Free</b>			
Isabelle Luevano (SO)	X 27.04Y	1/18/2020	National Catholic H.S. Championship 2020
Anne Konstanty (SR)	X 28.19Y	12/14/2019	Seton Icebreaker Invitational
Kathleen O'Malley (SR)	X 28.67Y	2/1/2020	14th Annual VISAA Division II Invitational
<b>Athletes count: 3</b>			
<b># 102 Male Senior 50 Free</b>			
Christian Ceol (SR)	X 24.39Y	1/18/2020	National Catholic H.S. Championship 2020
Liam Kellogg (JR)	X 24.64Y	2/1/2020	14th Annual VISAA Division II Invitational
Jerry Dalrymple (JR)	X 24.84Y	1/11/2020	2020 NoVa Catholic Invitational Championship
Jacob Alsup (SR)	X 24.85Y	1/4/2020	Highland Invitational - Jan 04, 2020
Evan Wilson (JR)	X 25.60Y	12/21/2019	Seton Homecoming Invitational
Nathan Luevano (FR)	X 25.84Y	1/25/2020	13th Annual VISAA Junior Varsity Invitational
Joey Arnold (SR)	X 25.88Y	12/7/2019	STC Swim and Dive Invite #1
Joe Wilson (FR)	X 26.09Y	12/14/2019	Seton Icebreaker Invitational
John McGrath (JR)	X 26.10Y	1/18/2020	Seton Winter Invitational
<b>Athletes count: 9</b>			

**Seton Swimming**

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**Individual Meet Entries Report**

2020 VISAA Swimming & Diving Championship 14-Feb-20 to 15-Feb-20 [Ageup: 8/1/2019] Yards

Location: Christiansburg Aquatic Center

Seton Swimming [SST] Coach: Jim Koehr

9314 Maple Street

Manassas, VA 20110

540-379-8328

Coach@KoehrFamily.com

Name	Time	Date	Meet
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Female IE's:	6	Total Athletes:	17
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<u>Male IE's:</u>	<u>11</u>
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Total IE's:	17	Total RE's:	12
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# VISAA Swimming - '19-'20 Boys Divisions

19-'20 High School Enrollment		
School	Boys	Division
Bishop O'Connell High School	562	I
Pope Paul VI High School	465	I
Woodberry Forest School	402	I
Saint John Paul the Great Catholic High School	390	I
Bishop Ireton High School	361	I
St. Christopher's School	340	I
Flint Hill School	305	I
Fork Union Military Academy	296	I
Bishop Sullivan Catholic High School	273	I
Collegiate School	271	I
Norfolk Academy	254	I
Benedictine High School	249	I
St. Stephen's/St. Agnes School	247	I
Trinity Episcopal School	245	I
Potomac School	232	I
Cape Henry Collegiate School	207	I
St. Anne's-Belfield	200	I
Norfolk Christian School	172	I
King Abdullah Academy	151	II
Randolph-Macon Academy	150	II
Hargrave Military Academy	149	II
Steward School	148	II
Nansemond Suffolk Academy	144	II
Virginia Episcopal School	143	II
Highland School	139	II
Christchurch School	135	II
Peninsula Catholic High School	127	II
Trinity Christian School	126	II
Hampton Roads Academy	121	II
Norfolk Collegiate School	118	II
Fredericksburg Christian School	115	II
Seton School	113	II
North Cross School	107	II
Fishburne Military School	101	II
Covenant School, The	98	II
Eastern Mennonite School	87	II
Greenbrier Christian School	81	II
Roanoke Catholic School	78	II
Wakefield School	76	II
Walsingham Academy	74	II
Carlisle School	69	II
Richmond Christian School	68	II
Fuqua School	67	II
Blessed Sacrament Huguenot Catholic School	62	II
Middleburg Academy	60	II
St. Michael the Archangel High School	59	II
The New Community School	59	II
Broadwater Academy	57	II
Veritas School	51	II
Massanutten Military Academy	49	II
Tandem Friends	48	II
Fredericksburg Academy	47	II
New Covenant Schools	45	II
Williamsburg Christian Academy	39	II
Veritas Collegiate Academy	36	II
Temple Christian School	27	II
Millwood School	25	II
Carmel School, The	20	II
Oaktree Academy	19	II



# VISAA Swimming - '19-'20 Girls Divisions

School	19-'20 High School Enrollment Girls	Division
Bishop O'Connell High School	546	I
Pope Paul VI High School	445	I
Bishop Ireton High School	426	I
Saint John Paul the Great Catholic High School	366	I
St. Catherine's School	326	I
Maderia School, The	323	I
Collegiate School	276	I
Flint Hill School	268	I
St. Gertrude High School	238	I
Trinity Episcopal School	234	I
Potomac School	231	I
Norfolk Academy	230	I
St. Stephen's/St. Agnes School	214	I
Bishop Sullivan Catholic High School	207	I
St. Anne's-Belfield	204	I
Chatham Hall	160	II
Oakcrest School	156	II
Cape Henry Collegiate School	154	II
King Abdullah Academy	154	II
Norfolk Collegiate School	151	II
Norfolk Christian School	133	II
Trinity Christian School	132	II
Seton School	131	II
Highland School	121	II
Fredericksburg Christian School	120	II
Hampton Roads Academy	120	II
Nansemond Suffolk Academy	120	II
Virginia Episcopal School	116	II
Covenant School, The	109	II
Steward School	108	II
Peninsula Catholic High School	104	II
St. Margaret's School	90	II
Walsingham Academy	86	II
Randolph-Macon Academy	84	II
Eastern Mennonite School	79	II
Roanoke Catholic School	79	II
Christchurch School	75	II
North Cross School	74	II
Wakefield School	70	II
Greenbrier Christian School	69	II
Fuqua School	68	II
Veritas School	68	II
New Covenant Schools	57	II
Carlisle School	51	II
Fredericksburg Academy	51	II
Middleburg Academy	51	II
Tandem Friends	49	II
Blessed Sacrament Huguenot Catholic School	48	II
Broadwater Academy	47	II
Veritas Collegiate Academy	46	II
St. Michael the Archangel High School	42	II
Temple Christian School	42	II
The New Community School	36	II
Oaktree Academy	33	II
Richmond Christian School	29	II
Williamsburg Christian Academy	27	II
Carmel School, The	22	II
Massanutten Military Academy	21	II
Millwood School	9	II
Woodberry Forest School	1	II

Sanctioned by: Virginia Independent Schools Athletic Association 	<b>VISAA Swimming &amp; Diving Championship</b> <b>February 14-15, 2020</b> <b>Christiansburg Aquatic Center - Christiansburg, VA</b> <b>Friday: Prelims 9:30AM/Diving 1:00PM/Finals 6:10PM</b> <b>Saturday: Prelims 9:30AM/Diving 1:00PM/Finals 6:20PM</b>	Hosted by: <b>Woodberry Forest School</b> 
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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)
<b>*Information Requiring Responses Prior to Meet</b> (email <a href="mailto:gregory.guldin@woodberry.org">gregory.guldin@woodberry.org</a> as soon as information available)	<b>3, 7, 17</b>
Meet Eligibility	3
Warmup Time Requests	3 & 7
Entry Rules	7-9
Entry Submission & Deadlines	9-11
Diving	11-12
Timer Assignments	14
Team On-Deck Space	18
Inclement Weather Contingency Plans	21

#### 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

Sanctioned by: Virginia Independent Schools Athletic Association 	<b>VISAA Swimming &amp; Diving Championship</b> <b>February 14-15, 2020</b> <b>Christiansburg Aquatic Center - Christiansburg, VA</b> <b>Friday: Prelims 9:30AM/Diving 1:00PM/Finals 6:10PM</b> <b>Saturday: Prelims 9:30AM/Diving 1:00PM/Finals 6:20PM</b>	Hosted by: <b>Woodberry Forest School</b> 
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<b>Location</b>	Christiansburg Aquatic Center 595 North Franklin St Christiansburg, VA 24073 <a href="http://www.christiansburg.org/index.aspx?NID=162">http://www.christiansburg.org/index.aspx?NID=162</a> 540-381-7665	
<b>Swim Facility</b>	<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>	
<b>Meet Director</b>	Gregory Guldin, Woodberry Forest School, <a href="mailto:gregory.guldin@woodberry.org">gregory.guldin@woodberry.org</a>	
<b>Subcommittee Chairpersons</b>	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	TBD
	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	

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<h2>VISAA Swimming &amp; Diving Championship</h2> <p>February 14-15, 2020</p> <p>Christiansburg Aquatic Center - Christiansburg, VA</p> <p>Friday: Prelims 9:30AM/Diving 1:00PM/Finals 6:10PM Saturday: Prelims 9:30AM/Diving 1:00PM/Finals 6:20PM</p>	<p>Hosted by: Woodberry Forest School</p> 
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<b>Rules</b>	The Meet will be governed by 2019-2020 National Federation High School <i>Swimming and Diving</i> rules for championship meets.	
<b>Eligibility</b>	<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. <b><u>The qualifying time must be swum in a VISAA meet during the current season.</u></b></li> <li>• A diver must have achieved the VISAA qualifying list and score established for the event. <b><u>The qualifying dives must be performed in a VISAA meet during the current season.</u></b></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: Meet Director, 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</li> <li>▪ Prolonged sickness or other approved medical reason.</li> </ul> </li> <li>○ <b><u>Waivers must be submitted by Monday, February 3rd to the VISAA Swimming President, Evan Stiles at <a href="mailto:estiles@sssas.org">estiles@sssas.org</a></u></b></li> </ul> </li> </ul>	
<b>Thursday Night Warm-up Schedule:</b>	Session I: 5:00-5:30 p.m.	16 Lanes - <b>Assignments TBD</b> <b>Submit all warmup requests to Gregory Guldin at <a href="mailto:Gregory.guldin@woodberry.org">Gregory.guldin@woodberry.org</a> by January 29<sup>th</sup> at 5:00 p.m.</b>
	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

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<p><b>VISAA Swimming &amp; Diving Championship</b>  <b>February 14-15, 2020</b>  <b>Christiansburg Aquatic Center - Christiansburg, VA</b>  <b>Friday: Prelims 9:30AM/Diving 1:00PM/Finals 6:10PM</b>  <b>Saturday: Prelims 9:30AM/Diving 1:00PM/Finals 6:20PM</b></p>	<p>Hosted by:  <b>Woodberry Forest School</b></p> 
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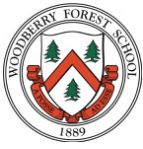
<p><b>Thursday Night Packet Pickup</b></p>	<p>Coach's packets can be picked up from Gregory Guldin or Bill Gill on the pool deck at Christiansburg Aquatic Center between 4:30 and 7:30PM Thursday evening, at which time Bill will also be available to answer any questions coaches may have regarding officiating of the meet. Coaches are responsible for all of the information presented in the packets and in this meet announcement.</p>
<p><b>Meet Format</b></p>	<p>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.</p>

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



<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<p><b>VISAA Swimming &amp; Diving Championship</b></p> <p><b>February 14-15, 2020</b></p> <p><b>Christiansburg Aquatic Center - Christiansburg, VA</b></p> <p><b>Friday: Prelims 9:30AM/Diving 1:00PM/Finals 6:10PM</b></p> <p><b>Saturday: Prelims 9:30AM/Diving 1:00PM/Finals 6:20PM</b></p>	<p>Hosted by: Woodberry Forest School</p> 
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<p><b>Friday Finals Schedule</b></p>	<p>Open Warm-up: 4:30–5:45 p.m.</p>	<p>16 Lanes – Open Warm-up *Lanes 1-8 (competition pool) are reserved for swimmers participating in Finals on Friday night</p>
	<p>Final Warm-up: 5:45–6:00 p.m.</p>	<p>16 Lanes – Open Warm-up</p> <ul style="list-style-type: none"> <li>• Lanes 1 &amp; 8 – Relay Starts</li> <li>• Lanes 2 &amp; 7 – One-way sprints</li> <li>• Lanes 3-6 – continuous swim</li> </ul>
	<p>Officials Meeting: 5:30 p.m.</p>	<p>Wet Classroom near Leisure/Recreational Pool</p>
	<p>Timers Meeting: 5:45 p.m.</p>	<p>Leisure/Recreational Pool Deck</p>
	<p>National Anthem: 6:05 p.m.</p>	<p>TBD</p>
	<p>Finals Start: 6:10 p.m.</p>	<p>Women’s Diving and Events 1 through 12</p>
	<p>Medal Ceremonies</p>	<p>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.</p> <p>Coach of the first-place finisher will present or designate person to give out awards.</p>

<p><b>Saturday Swim Preliminaries Schedule</b></p>	<p>Warm-up I: 7:45–8:10 a.m.</p>	<p>20 Lanes - Team Assignments TBD</p>
	<p>Warm-up II: 8:10–8:35 a.m.</p>	<p>20 Lanes - Team Assignments TBD</p>
	<p>Warm-up III: 8:35–9:00 a.m.</p>	<p>20 Lanes - Team Assignments TBD</p>
	<p>Final Warmup: 9:00-9:15 a.m.</p>	<p>20 Lanes – Open Warm-up</p> <ul style="list-style-type: none"> <li>• Lanes 1, 2, 7 &amp; 8 – Relay Starts</li> <li>• Lanes 3-6 – One-way sprints</li> <li>• Lanes 9-20 – Continuous swim</li> </ul>
	<p>Officials Meeting: 8:30 a.m.</p>	<p>Wet Classroom near Leisure/Recreational Pool</p>
	<p>Timers Meeting: 9:00 a.m.</p>	<p>Leisure/Recreational Pool Deck</p>
	<p>National Anthem: 9:25 a.m.</p>	<p>TBD</p>
	<p>Preliminaries Start: 9:30 a.m.</p>	<p>Events 13 through 24</p>
	<p>Continuous Warm-up/Warm-down</p>	<p>Warm-up pool – Eight (8) Lanes</p>
<p><b>Saturday Men’s Diving</b></p>	<p>Warm-up: 12:00-1:00 p.m.</p>	<p>All Boards Open</p>
	<p>Men’s Diving Prelims: 1:00 p.m.</p>	<p>Christiansburg Aquatic Center</p>

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<b>Saturday VISAA Diving Coaches Meeting</b>	<b>VISAA Diving Annual February Meeting: immediately following semi-finals on Saturday</b>		<b>Leisure/Recreational Pool Deck – Meet underneath the slide</b>	
<b>Saturday Finals Schedule</b>	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"> <li>• Lanes 1 &amp; 8 – Relay Starts</li> <li>• Lanes 2 &amp; 7 – One-way sprints</li> <li>• Lanes 3-6 – continuous swim</li> </ul>	
	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		
<b>Order of Events</b>	<b>Girls</b>	<b>Event</b>	<b>Day</b>	<b>Boys</b>
	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
	13	100 Freestyle	Saturday	14
	15	500 Freestyle	Saturday	16
	17	200 Free Relay	Saturday	18


<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<h2>VISAA Swimming &amp; Diving Championship</h2> <p>February 14-15, 2020</p> <p>Christiansburg Aquatic Center - Christiansburg, VA</p> <p>Friday: Prelims 9:30AM/Diving 1:00PM/Finals 6:10PM  Saturday: Prelims 9:30AM/Diving 1:00PM/Finals 6:20PM</p>	<p>Hosted by: Woodberry Forest School</p> 
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	19	100 Backstroke	Saturday	20
	21	100 Breaststroke	Saturday	22
	23	400 Free Relay	Saturday	24


<p><b>Warmup Time Requests/ Lane Assignments</b></p>	<ul style="list-style-type: none"> <li>• Submit requests for Thursday PM, Friday AM, &amp; Saturday AM slots to <b>Gregory Guldin</b> at <a href="mailto:gregory.guldin@woodberry.org">gregory.guldin@woodberry.org</a> by <b>5:00pm, January 29<sup>th</sup></b>.</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 to SwimCloud once all requests are received.</li> </ul>
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<p><b>Entry Rules</b></p>	<ul style="list-style-type: none"> <li>• <b>Individual Events</b> <ul style="list-style-type: none"> <li>○ Any eligible swimmer who has swum the qualifying time for an individual event <b>during the 2019-2020 season in a VISAA meet</b> may be entered in that event. <b><u>Proof of Time must be submitted with entries.</u></b></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> <li>○ 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</li> </ul> </li> </ul>
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<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<p align="center"><b>VISAA Swimming &amp; Diving Championship</b>  <b>February 14-15, 2020</b>  <b>Christiansburg Aquatic Center - Christiansburg, VA</b>  <b>Friday: Prelims 9:30AM/Diving 1:00PM/Finals 6:10PM</b>  <b>Saturday: Prelims 9:30AM/Diving 1:00PM/Finals 6:20PM</b></p>	<p align="center">Hosted by:  <b>Woodberry Forest School</b></p> 
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	<p>the entry process, the athlete must swim/dive the first four (4) events in which he or she is entered, in chronological order.</p> <ul style="list-style-type: none"> <li>● <b>Bonus Event</b> <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>● <b>Relays</b> <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>● <b>Relay Cards</b> <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> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <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 further competition.</li> <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>
<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>
<p><b>Entry Submission</b></p>	<ul style="list-style-type: none"> <li>● <b>All entries are due by Sunday, February 9<sup>th</sup> @ 11:59pm.</b></li> <li>● <b>Send to: Ginger Schmidt (<a href="mailto:ginger_schmidt@verizon.net">ginger_schmidt@verizon.net</a>) (703.795.4183)</b></li> <li>● <b>Please complete your entries by importing and using the distributed VISAA Championship meet file – do NOT create your own file.</b> <ul style="list-style-type: none"> <li>○ The meet file may be downloaded from the SwimCloud meet page at <a href="https://www.swimcloud.com/results/145873/">https://www.swimcloud.com/results/145873/</a>.</li> </ul> </li> </ul>

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




- 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 (8<sup>th</sup> to 12<sup>th</sup> 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 10<sup>th</sup>**. 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 **Monday, February 10<sup>th</sup> @ 11:59pm**. The psych sheet will be published to SwimCloud by **Tuesday, February 11<sup>th</sup> @ noon**. The psych sheet will be final on **Wednesday, February 12<sup>th</sup> @ 8am**. (No changes can be

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	<p>made to the preliminary psych sheet after it's published. Only clerical corrections will be allowed.)</p> <ul style="list-style-type: none"> <li>• Meet entry fees: \$6.00/individual event; \$30.00/relay; \$5.00/athlete surcharge; \$400 cap per team <ul style="list-style-type: none"> <li>○ 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.</li> </ul> </li> </ul>
<p><b>Diving</b></p>	<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: <p style="text-align: center;">Diane Maiese  VISAA Dive Coordinator  <a href="mailto:Diane.Maiese@Stewardschool.org">Diane.Maiese@Stewardschool.org</a>  (856) 816-0153 cell</p> </li> <li>• <b>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.</b></li> <li>• 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.</li> <li>• 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).</li> <li>• 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.</li> <li>• Proof of dive completion must be submitted to the diving coordinator by the entry deadline.</li> <li>• Divers that fail two dives will be disqualified from the competition.</li> <li>• 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.</li> <li>• Diving Entries: <ul style="list-style-type: none"> <li>○ Divers should be entered with Team Manager along with the swimmers.</li> <li>○ <b>Dive entries will be coordinated through Clean Entries at the following link: <a href="https://www.cleanentries.com/allmeets.aspx">https://www.cleanentries.com/allmeets.aspx</a></b></li> <li>○ <b>Please navigate to the above website and find the 2020 VISAA Championship meet in order to complete your entries.</b></li> </ul> </li> </ul>

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	<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 14, 2020 underneath the slide in the Leisure/Recreational Pool at the Christiansburg Aquatic Center to coordinate final details of the diving competition.</li> <li>● 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.</li> </ul>
<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>Scoring</b></p>	<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.</li> <li>● No Bonus swimmers may score points in the Bonus event.</li> </ul>

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<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>Awards</b></p>	<ul style="list-style-type: none"> <li>• Overall Team State Champion: Male &amp; Female</li> <li>• Division II Team State Champion: Male &amp; Female</li> <li>• Overall Team State Runner-up: Male &amp; Female</li> <li>• Division II Team State Runner-up: Male &amp; Female</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>• Swimmer of the Meet: Male &amp; Female</li> <li>• Diver of the Meet: Male &amp; Female</li> <li>• Swimming Coach of the Year: Male &amp; Female</li> <li>• Diving Coach of the Year: Male &amp; Female</li> <li>• Sportsmanship: Male &amp; Female (recognized, but not awarded a trophy)</li> <li>• Spirit: Male &amp; Female (recognized, but not awarded a trophy)</li> </ul> </li> </ul>
<p><b>Timing</b></p>	<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.</li> <li>• Each lane will have 2 dolphin stopwatches as a tertiary backup.</li> </ul>

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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 Chief Timer will adjust lane assignments as necessary:</li> <li>See Timer Assignments below:</li> </ul> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th colspan="2" style="text-align: center;">Friday Preliminaries</th> <th colspan="2" style="text-align: center;">Saturday Preliminaries</th> </tr> <tr> <th style="text-align: center;">Lane</th> <th style="text-align: center;">School</th> <th style="text-align: center;">Lane</th> <th style="text-align: center;">School</th> </tr> </thead> <tbody> <tr><td style="text-align: center;">1</td><td>Bishop Sullivan (2)</td><td style="text-align: center;">1</td><td>Virginia Episcopal (2)</td></tr> <tr><td style="text-align: center;">2</td><td>North Cross (2)</td><td style="text-align: center;">2</td><td>Fredericksburg Academy (2)</td></tr> <tr><td style="text-align: center;">3</td><td>St. Christopher's (2)</td><td style="text-align: center;">3</td><td>St. Catherine's (2)</td></tr> <tr><td style="text-align: center;">4</td><td>Fredericksburg Christian (2)</td><td style="text-align: center;">4</td><td>Trinity Christian (2)</td></tr> <tr><td style="text-align: center;">5</td><td>Seton School (2)</td><td style="text-align: center;">5</td><td>Seton School (2)</td></tr> <tr><td style="text-align: center;">6</td><td>Steward (2)</td><td style="text-align: center;">6</td><td>Norfolk Academy (2)</td></tr> <tr><td style="text-align: center;">7</td><td>Collegiate (2)</td><td style="text-align: center;">7</td><td>Flint Hill (2)</td></tr> <tr><td style="text-align: center;">8</td><td>Bishop O'Connell (2)</td><td style="text-align: center;">8</td><td>Saint John Paul (2)</td></tr> <tr> <th colspan="2" style="text-align: center;">Friday Finals</th> <th colspan="2" style="text-align: center;">Saturday Finals</th> </tr> <tr> <th style="text-align: center;">Lane</th> <th style="text-align: center;">School</th> <th style="text-align: center;">Lane</th> <th style="text-align: center;">School</th> </tr> <tr><td style="text-align: center;">1</td><td>Hampton Roads (2)</td><td style="text-align: center;">1</td><td>Hampton Roads (2)</td></tr> <tr><td style="text-align: center;">2</td><td>Bishop O'Connell (2)</td><td style="text-align: center;">2</td><td>Williamsburg Christian (2)</td></tr> <tr><td style="text-align: center;">3</td><td>St. Catherine's (2)</td><td style="text-align: center;">3</td><td>St. Christopher's (2)</td></tr> <tr><td style="text-align: center;">4</td><td>St. Stephen's &amp; St. Agnes (2)</td><td style="text-align: center;">4</td><td>St. Stephen's &amp; St. Agnes (2)</td></tr> <tr><td style="text-align: center;">5</td><td>Collegiate (2)</td><td style="text-align: center;">5</td><td>Collegiate (2)</td></tr> <tr><td style="text-align: center;">6</td><td>Norfolk Academy (2)</td><td style="text-align: center;">6</td><td>Norfolk Academy (2)</td></tr> <tr><td style="text-align: center;">7</td><td>Potomac (2)</td><td style="text-align: center;">7</td><td>Saint Paul VI (2)</td></tr> <tr><td style="text-align: center;">8</td><td>Trinity Episcopal (2)</td><td style="text-align: center;">8</td><td>Trinity Episcopal (2)</td></tr> </tbody> </table>	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)
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<b>Spectators</b>	<ul style="list-style-type: none"> <li>VISAA Swimming &amp; 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."</li> <li>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.</li> <li>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.</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>
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<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 Director (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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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
<b>USA Observed Swims</b>	<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><b>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.</b></li> </ul>				
<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 (click "buy tickets" and search for "VISAA" to find the swimming &amp; diving championship) <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>				

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<p><b>Meet Programs</b></p>	<ul style="list-style-type: none"> <li>• Teams should send the following information to Gregory Guldin at <a href="mailto:gregory.guldin@woodberry.org">gregory.guldin@woodberry.org</a> 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"> <li>○ Retirements from coaching after this season</li> <li>○ College commitments for graduating seniors (please only send college commitments for students who intend on swimming or diving in college)</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 SwimCloud 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><b>Results</b></p>	<ul style="list-style-type: none"> <li>• Live Results will be posted on Meet Mobile (subscription is now required) and on SwimCloud.</li> <li>• Printed copies of the meet results will be posted in the hallway behind the spectator mezzanine.</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 or other fasteners are no longer allowed on girl’s 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>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 Christiansburg Aquatic 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>

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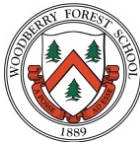
<p><b>Concessions and Hospitality</b></p>	<ul style="list-style-type: none"> <li>• Food and drinks will be available during the meet at a concession stand to be located in the classroom behind the Mezzanine/Spectator Area.</li> <li>• A Hospitality room for Coaches and Officials will be established in the wet classroom on the pool deck in the middle of the competition course.</li> </ul>																									
<p><b>Apparel</b></p>	<ul style="list-style-type: none"> <li>• State Meet apparel will be for sale both days by MSP.</li> </ul>																									
<p><b>Photography</b></p>	<ul style="list-style-type: none"> <li>• TBD</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 on the top level.</li> </ul>																									
<p><b>Team Deck Seating</b></p>	<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 border="1" data-bbox="483 1255 1461 1497"> <thead> <tr> <th>Group Number</th> <th>Friday Prelims</th> <th>Friday Finals</th> <th>Saturday Prelims</th> <th>Saturday Finals</th> </tr> </thead> <tbody> <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> </tbody> </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
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3	C	D	A	B																						
4	D	A	B	C																						
<p><b>Webcast</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Website: <a href="http://www.woodberrybroadcasting.com">www.woodberrybroadcasting.com</a></li> <li>• There is a direct link to the live stream through SwimCloud.</li> </ul>																									

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<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, though it should remain quiet for any race start.</li> <li>• <b>No face or body paint of any type is allowed.</b></li> <li>• <b>Feathered or similar boas are not permitted on the pool deck.</b></li> <li>• Marker or temporary tattoos are allowed as long as they are respectful, sportsmanlike, and do not wash off in the water.</li> <li>• <b>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.</b></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 clerk 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>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>

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<p><b>Pool Rules</b></p>	<ul style="list-style-type: none"> <li>• Concessions will be allowed in designated areas only. Drinks are permitted in plastic bottles or covered cups.</li> <li>• Young children must be supervised by an adult.</li> <li>• Observers and spectators are to stay in designated areas.</li> <li>• No tape of any kind is to be used inside to hang signs, banners, or decorations.</li> <li>• Only Aquatic Center staff is permitted in the Aquatics Offices, Equipment Room, and First Aid Office unless approved by Aquatic Center staff or management.</li> <li>• No smoking or vaping is permitted within the center facilities.</li> <li>• The Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings.</li> <li>• No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Center Director.</li> <li>• No glass containers of any kind are to be brought into the pool complex.</li> <li>• Parking violators will be subject to fines and/or towing as posted. <ul style="list-style-type: none"> <li>○ No parking in the skatepark parking lot</li> <li>○ No parking in the areas marked by the yellow curb</li> <li>○ Overflow parking will be prearranged with Christiansburg High School on weekends</li> </ul> </li> <li>• The Aquatic Center strongly encourages showering prior to entering the pool.</li> <li>• All emergency exits and walkways must remain clear throughout the meet.</li> <li>• 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.</li> <li>• All rules and regulations of the Aquatic Center are in effect and shall be followed.</li> <li>• 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.</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>Directions</b></p>	<ul style="list-style-type: none"> <li>• From I-81 Southbound <ul style="list-style-type: none"> <li>• Take the US-11/US-460 exit, Exit 118C-B-A, toward Christiansburg/Blacksburg (1.6 miles)</li> <li>• Merge onto US-460 W via Exit 118B toward Blacksburg (2.7 miles)</li> <li>• Take the US 460 Business exit, Exit 3AB, toward Christiansburg (0.4 miles)</li> <li>• Merge onto US-460 BR E/N Franklin St. via Exit 3A toward US-460-BR E/VA-111/Downtown (0.8 miles)</li> <li>• Stay in the right lane and proceed through the next 2 stoplights. The Aquatic Center will be on your left (0.6 miles)</li> </ul> </li> <li>• From I-81 Northbound <ul style="list-style-type: none"> <li>• Take the VA-8 exit, Exit 114, toward Christiansburg/Floyd (0.2 miles)</li> <li>• Turn left onto VA-8 N/W Main Street</li> <li>• Turn left onto N Franklin St/US-460 BR W (0.6 miles)</li> <li>• The Aquatic Center will be on the right</li> </ul> </li> <li>• From 460-Eastbound <ul style="list-style-type: none"> <li>• Take the US-460-BR E Exit toward Downtown (0.5 miles)</li> <li>• Merge onto US-460 BR E/N Franklin Street (1.1 miles)</li> <li>• Stay in the right lane. Proceed through the next two stoplights. The Aquatic Center will be on the left (0.6 miles).</li> </ul> </li> </ul>
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<p><b>Bus and Overflow Parking</b></p>	<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"> <li>• Directions to Christiansburg High School <ul style="list-style-type: none"> <li>• Take a left out of the Christiansburg Aquatic Center onto Mill Lane.</li> <li>• At the stop sign, turn right onto North Franklin Street.</li> <li>• At your first stoplight, take a left onto Independence Blvd.</li> <li>• Take a right at the second parking lot entrance nearest the football field.</li> <li>• Please park farthest away from the school, by the tennis courts.</li> </ul> </li> </ul>
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