



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 14-15th, 2020:

Anticipated Attendance:

- The following 51 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
Girls					
Katie Albin	Has One		Melissa Alsup	Hotel	
Teresa Bingham	Has One	Michael	Michael Bingham	Hotel	
Theresa Dwane	Borrow		Hank Konstanty	Hotel	
Maggie Gibbons	M	Ellen	Ellen Gibbons	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	
Boys					
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	Team House	Basement Sofa
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	
Other Coaches/Officials					
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 Koehr	Has One		Kimberly Dalrymple	Team House	Basement Guest 1

Meal Count:

Kids:	31
Adults:	20
Total:	51

Trip Overview

The trip to Christiansburg will be from Thursday to Sunday, February 13th to 16th:

- 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
 - 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://livestream.com/wfspn>
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:

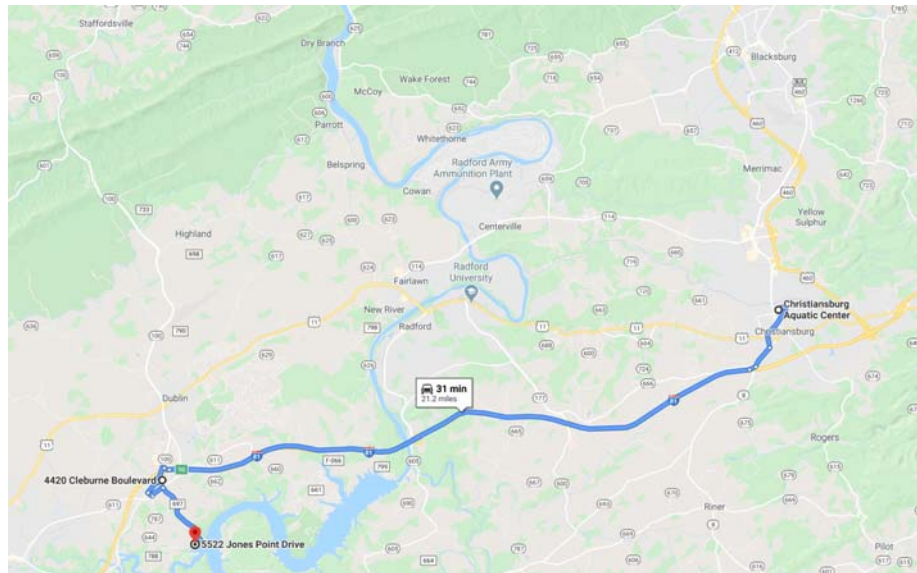
Group Number	Friday Prelims	Friday Finals	Saturday Prelims	Saturday Finals
1	A	B	C	D
2	B	C	D	A
3	C	D	A	B
4	D	A	B	C

- 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
 - 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
 - Code to access key lockbox for the Lake Rider is 2002, and the lockbox is on the door.
 - You should enter 2002 and then spin the deadbolt to the left to open.
 - To lock, enter code and spin in the opposite direction.
- 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
- 2. 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 13th through Sunday morning, February 16th
 - Here's our hotel contact.
 - The Room Block is under "Kimberly Dalrymple, Seton Swim Team"
 - Phone: (540) 674-5700
- 3. 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

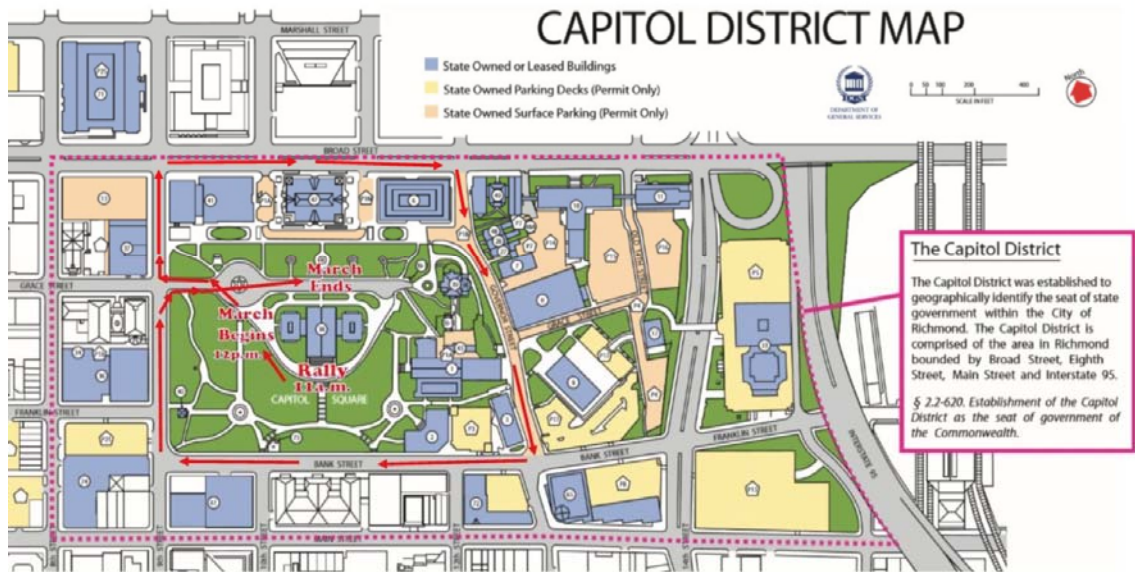


Schedule:

Thursday, February 13th

- 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. Contact is Manager Khalid, (703) 396-9130
- 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 3, 4 and 5
- 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 14th

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 7 and 8
- 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 15th

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 17 and 18
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 Entries
- Warm-up Schedule
- Psych Sheet
- VISAA Division breakdown
- Seton Top Relay Splits
- 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
Katie Albin (SR)				
# 23	Female Senior 400 Free Relay B	3		CUSTOM TIME
Athletes count: 1				
Teresa Bingham (SO)				
# 17	Female Senior 200 Free Relay B	3		CUSTOM TIME
# 23	Female Senior 400 Free Relay B	1		CUSTOM TIME
Athletes count: 2				
Emily Flynn (SO)				
# 1	Female Senior 200 Medley Relay A	3		CUSTOM TIME
# 11	Female Senior 100 Fly	1:06.98Y	2/8/2020	2020 DAC Championship Meet
# 17	Female Senior 200 Free Relay A	2		CUSTOM TIME
# 101	Female Senior 50 Free	27.91Y	1/18/2020	National Catholic H.S. Championship 2020
Athletes count: 4				
Maggie Gibbons (8)				
# 17	Female Senior 200 Free Relay B	2		CUSTOM TIME
# 101	Female Senior 50 Free	28.55Y	2/8/2020	2020 DAC Championship Meet
Athletes count: 2				
Caroline Griffin (SR)1/1/2001				
# 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				
Anne Konstanty (SR)				
# 1	Female Senior 200 Medley Relay A	2		CUSTOM TIME
# 3	Female Senior 200 Free	2:13.35Y	2/8/2020	2020 DAC Championship Meet
# 17	Female Senior 200 Free Relay B	4		CUSTOM TIME
# 23	Female Senior 400 Free Relay A	3		CUSTOM TIME
Athletes count: 4				
Isabelle Luevano (SO)				
# 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

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
--------	-------	------	------	------

Athletes count: 4

Kathleen O'Malley (SR)

# 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
# 101	Female Senior 50 Free	X 28.27Y	2/8/2020	2020 DAC Championship Meet

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
-----	----------------------------------	---	--	-------------

Athletes count: 1

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
Jacob Alsup (SR)				
# 2	Male Senior 200 Medley Relay A	2		CUSTOM TIME
# 12	Male Senior 100 Fly	1:00.83Y	2/8/2020	2020 DAC Championship Meet
# 18	Male Senior 200 Free Relay A	4		CUSTOM TIME
# 24	Male Senior 400 Free Relay B	4		CUSTOM TIME

Athletes count: 4

Joey Arnold (SR)

# 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

Christian Ceol (SR)

# 18	Male Senior 200 Free Relay B	4		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

Drew Dalrymple (SR)

# 2	Male Senior 200 Medley Relay A	4		CUSTOM TIME
# 8	Male Senior 50 Free	23.51Y	2/8/2020	2020 DAC Championship Meet
# 18	Male Senior 200 Free Relay A	2		CUSTOM TIME
# 24	Male Senior 400 Free Relay A	3		CUSTOM TIME

Athletes count: 4

Jerry Dalrymple (JR)

# 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 24.78Y	2/8/2020	2020 DAC Championship Meet

Athletes count: 4

Justin Fioramonti (SR)

# 2	Male Senior 200 Medley Relay B (Alternate)	A		CUSTOM TIME
# 18	Male Senior 200 Free Relay B (Alternate)	A		CUSTOM TIME
# 24	Male Senior 400 Free Relay B (Alternate)	A		CUSTOM TIME

Athletes count: 3

Liam Kellogg (JR)

# 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

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
------	-------	------	------	------

Athletes count: 3

Jeremy Kleb (SR)

# 2	Male Senior 200 Medley Relay B (Alternate)	A		CUSTOM TIME
# 18	Male Senior 200 Free Relay B (Alternate)	A		CUSTOM TIME
# 24	Male Senior 400 Free Relay B (Alternate)	A		CUSTOM TIME

Athletes count: 3

Shane Koehr (SR)

# 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	1:00.60Y	2/8/2020	2020 DAC Championship Meet
# 24	Male Senior 400 Free Relay A	1		CUSTOM TIME

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

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:	8	Female RE's:	24	
<u>Male IE's:</u>	<u>11</u>	<u>Male RE's:</u>	<u>30</u>	
Total IE's:	19	Total RE's:	54	
Total Athletes:	24			

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
# 1 Female Senior 200 Medley Relay A Caroline Griffin (SR) Anne Konstanty (SR) Emily Flynn (SO) Mary Pennefather (FR)	1:58.98Y		CUSTOM TIME
Athletes count: 4			
# 1 Female Senior 200 Medley Relay B Mary O'Malley (SO) Mary Clare Waldron (SO) Isabelle Luevano (SO) Kathleen O'Malley (SR)	2:11.75Y		CUSTOM TIME
Athletes count: 4			
# 2 Male Senior 200 Medley Relay A Shane Koehr (SR) Jacob Alsup (SR) Jerry Dalrymple (JR) Drew Dalrymple (SR)	1:48.93Y		CUSTOM TIME
Athletes count: 4			
# 2 Male Senior 200 Medley Relay B Evan Wilson (JR) Nathan Luevano (FR) Joe Wilson (FR) Liam Kellogg (JR)	1:55.19Y		CUSTOM TIME
Athletes count: 4			
# 3 Female Senior 200 Free Anne Konstanty (SR)	2:13.35Y	2/8/2020	2020 DAC Championship Meet
Athletes count: 1			
# 7 Female Senior 50 Free Mary Pennefather (FR)	26.20Y	1/18/2020	National Catholic H.S. Championship 2020
Athletes count: 1			
# 8 Male Senior 50 Free Drew Dalrymple (SR)	23.51Y	2/8/2020	2020 DAC Championship Meet
Athletes count: 1			
# 11 Female Senior 100 Fly Emily Flynn (SO)	1:06.98Y	2/8/2020	2020 DAC Championship Meet
Athletes count: 1			
# 12 Male Senior 100 Fly Jacob Alsup (SR)	1:00.83Y	2/8/2020	2020 DAC Championship Meet
Athletes count: 1			

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
# 17 Female Senior 200 Free Relay A Caroline Griffin (SR) Emily Flynn (SO) Isabelle Luevano (SO) Mary Pennefather (FR)	1:49.02Y		CUSTOM TIME
Athletes count: 4			
# 17 Female Senior 200 Free Relay B Kathleen O'Malley (SR) Maggie Gibbons (8) Teresa Bingham (SO) Anne Konstanty (SR)	1:56.26Y		CUSTOM TIME
Athletes count: 4			
# 18 Male Senior 200 Free Relay A Shane Koehr (SR) Drew Dalrymple (SR) Liam Kellogg (JR) Jacob Alsup (SR)	1:34.91Y	2/8/2020	2020 DAC Championship Meet
Athletes count: 4			
# 18 Male Senior 200 Free Relay B John McGrath (JR) Joey Arnold (SR) Jerry Dalrymple (JR) Christian Ceol (SR)	1:38.43Y		CUSTOM TIME
Athletes count: 4			
# 19 Female Senior 100 Back Caroline Griffin (SR)	1:05.20Y	1/18/2020	National Catholic H.S. Championship 2020
Athletes count: 1			
# 20 Male Senior 100 Back Shane Koehr (SR)	1:00.60Y	2/8/2020	2020 DAC Championship Meet
Athletes count: 1			
# 23 Female Senior 400 Free Relay A Isabelle Luevano (SO) Caroline Griffin (SR) Anne Konstanty (SR) Mary Pennefather (FR)	3:58.72Y		CUSTOM TIME
Athletes count: 4			

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
# 23 Female Senior 400 Free Relay B	4:15.27Y		CUSTOM TIME
Teresa Bingham (SO)			
Kathleen O'Malley (SR)			
Katie Albin (SR)			
Mary O'Malley (SO)			
Athletes count: 4			
# 24 Male Senior 400 Free Relay A	3:44.38Y	2/1/2020	14th Annual VISAA Division II Invitational
Shane Koehr (SR)			
Christian Ceol (SR)			
Drew Dalrymple (SR)			
Jerry Dalrymple (JR)			
Athletes count: 4			
# 24 Male Senior 400 Free Relay B	3:47.71Y		CUSTOM TIME
Nathan Luevano (FR)			
John McGrath (JR)			
Joe Wilson (FR)			
Jacob Alsup (SR)			
Athletes count: 4			
# 101 Female Senior 50 Free			
Isabelle Luevano (SO)	X 27.04Y	1/18/2020	National Catholic H.S. Championship 2020
Emily Flynn (SO)	27.91Y	1/18/2020	National Catholic H.S. Championship 2020
Kathleen O'Malley (SR)	X 28.27Y	2/8/2020	2020 DAC Championship Meet
Maggie Gibbons (8)	28.55Y	2/8/2020	2020 DAC Championship Meet
Athletes count: 4			
# 102 Male Senior 50 Free			
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 24.78Y	2/8/2020	2020 DAC Championship Meet
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
Athletes count: 8			

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
------	------	------	------

Female IE's:	8	Total Athletes:	18
--------------	---	-----------------	----

<u>Male IE's:</u>	<u>11</u>
-------------------	-----------

Total IE's:	19	Total RE's:	12
-------------	----	-------------	----

Friday	7:45-8:10	8:10-8:35	8:35-9:00	9:00-9:15
Lane 1	Madeira (12)	Woodberry Forest (15)	Norfolk (42)	Relay Takeovers
Lane 2	Flint Hill (19)	Woodberry Forest (15)/RMA (6)	Norfolk (42)	Relay Takeovers
Lane 3	Flint Hill (19)	St. Stephen's & St. Agnes (22)	Norfolk (42)	One-Way Sprints
Lane 4	Fork Union (6)/Williamsburg Christian (4)	St. Stephen's & St. Agnes (22)	Norfolk (42)	One-Way Sprints
Lane 5	Fredericksburg Christian (9)/Faith Christian (1)	Hampton Roads (14)	Oakcrest (9)/New Community (1)	One-Way Sprints
Lane 6	Collegiate (33)	Hampton Roads (14)/New Covenant (6)	Benedictine/St Gertrude (8)	One-Way Sprints
Lane 7	Collegiate (33)	Seton (24)	North Cross (9)/Oaktree (2)	Relay Takeovers
Lane 8	Collegiate (33)	Seton (24)	Wakefield (13)	Relay Takeovers
Lane 9	Saint John Paul (19)	St. Anne's-Belfield (12)	Covenant (17)	Continuous Swim
Lane 10	Saint John Paul (19)	St. Christopher's & St. Catherine's (44)	Covenant (17)/Fishburne (5)	Continuous Swim
Lane 11	Norfolk Christian (10)	St. Christopher's & St. Catherine's (44)	Cape Henry (16)	Continuous Swim
Lane 12	Christchurch (16)	St. Christopher's & St. Catherine's (44)	Cape Henry (16)/Steward (6)	Continuous Swim
Lane 13	Christchurch (16)/Veritas (8)	St. Christopher's & St. Catherine's (44)	Virginia Episcopal (18)	Continuous Swim
Lane 14	Potomac (19)	Paul VI (25)	Virginia Episcopal (18)	Continuous Swim
Lane 15	Potomac (19)	Paul VI (25)	Roanoke Catholic (11)	Continuous Swim
Lane 16	Trinity Christian (11)	Paul VI (25)/Norfolk Collegiate (8)	Bishop Ireton (20)	Continuous Swim
Lane 17	Fredericksburg Academy (15)	Nansemond Suffolk (13)	Bishop Ireton (20)	Continuous Swim
Lane 18	Trinity Episcopal (25)/Chatham (7)	Bishop O'Connell (36)	Walsingham (7)/Hargrave (7)	Continuous Swim
Lane 19	Trinity Episcopal (25)	Bishop O'Connell (36)	Catholic High School (9)/Highland (3)	Continuous Swim
Lane 20	Trinity Episcopal (25)	Bishop O'Connell (36)	Peninsula Catholic (14)	Continuous Swim

Saturday	7:45-8:10	8:10-8:35	8:35-9:00	9:00-9:15
Lane 1	Trinity Christian (11)	Bishop O'Connell (36)	St. Anne's-Belfield (12)	Relay Takeovers
Lane 2	Cape Henry (16)	Bishop O'Connell (36)	Saint John Paul (19)	Relay Takeovers
Lane 3	Cape Henry (16)/Fork Union (6)	Bishop O'Connell (36)	Saint John Paul (19)/Faith Christian (1)	One-Way Sprints
Lane 4	Walsingham (7)/RMA (6)	Paul VI (25)	Potomac (19)	One-Way Sprints
Lane 5	Virginia Episcopal (18)	Paul VI (25)	Potomac (19)/New Community (1)	One-Way Sprints
Lane 6	Virginia Episcopal (18)	Paul VI (25)/Norfolk Collegiate (8)	Norfolk Christian (10)	One-Way Sprints
Lane 7	Covenant (17)	St. Christopher's & St. Catherine's (44)	Christchurch (16)	Relay Takeovers
Lane 8	Covenant (17)/Steward (6)	St. Christopher's & St. Catherine's (44)	Christchurch (16)	Relay Takeovers
Lane 9	Peninsula Catholic (14)	St. Christopher's & St. Catherine's (44)	Fredericksburg Academy (15)	Continuous Swim
Lane 10	Hargrave (7)/Fishburne (5)	St. Christopher's & St. Catherine's (44)	Trinity Episcopal (25)/Veritas (8)	Continuous Swim
Lane 11	Nansemond Suffolk (13)	Hampton Roads (14)	Trinity Episcopal (25)	Continuous Swim
Lane 12	Norfolk (42)	Hampton Roads (14)/North Cross (9)	Trinity Episcopal (25)	Continuous Swim
Lane 13	Norfolk (42)	Woodberry Forest (15)	Fredericksburg Christian (9)	Continuous Swim
Lane 14	Norfolk (42)	Woodberry Forest (15)/New Covenant (6)	Collegiate (33)	Continuous Swim
Lane 15	Norfolk (42)	St. Stephen's & St. Agnes (22)	Collegiate (33)	Continuous Swim
Lane 16	Catholic High School (9)	St. Stephen's & St. Agnes (22)	Collegiate (33)	Continuous Swim
Lane 17	Benedictine & St Gertrude (8)/Highland (3)	Seton (24)	Madeira (12)	Continuous Swim
Lane 18	Roanoke Catholic (11)	Seton (24)	Chatham (7)/Williamsburg Christian (4)	Continuous Swim
Lane 19	Oakcrest (9)/Oaktree (2)	Bishop Ireton (20)	Flint Hill (19)	Continuous Swim
Lane 20	Wakefield (13)	Bishop Ireton (20)	Flint Hill (19)	Continuous Swim

2020 VISAA Swimming & Diving Championship - 2/14/2020 to 2/15/2020

2020 VISAA Swimming & Diving Championship
Psych Sheet

#1 Girls 4x50 Yard Medley Relay

VISAA: 1:46.03 2017 St. Catherine's School

J Beck, J Maly, G Wielar, A Nichols

1:44.21 AA-A

1:46.21 AA-B

Meet Qualifying: 2:15.36

Team	Relay	Seed Time
1 DJO	A	1:47.15
Hall, Paige IR		Leonard, Ellie FR
Bailey, Kate SO		Leonard, Patricia FR
2 COOL	A	1:47.75
Chen, Gabby FR		Kantner, Emily FR
Rogers, Avery SR		Albrecht, Leslie SR
3 TES	A	1:49.22
4 STCA	A	1:50.03
Bowles, Maddie IR		Bowles, Anne SR
Wishnack, Charlotte JR		Perkins, Grace JR
5 MAD	A	1:51.47
Watts, Molly SR		Davis, Sofie SR
Arndt, Hannah JR		Chava, Niki SO
6 SSSA	A	1:53.80
Smith, Emily IR		Heck, Olivia JR
Meggesto, Evelyn SO		Toman, Claire SR
7 TCS!	A	1:54.13
8 WCA	A	1:54.19
Gibbons, Delaney FR		Flanagan, Lainey SR
Sullivan, Kaitlyn JR		Mileski, SiSi 8
9 STCA	B	X1:55.11
Hacknev, Claire SR		Kassab, Lily SR
Stevens, Emma FR		Reynolds, Mimi JR
10 PVI	A	1:55.33
Murphy, Caroline FR		Kirby, Ashley FR
Brown, Lanev JR		Mont, Keara SO
11 FAST	A	1:56.24
Woodworth, Marissa I		Luce, Annika SO
Smith, Anna SO		Drape, Emily FR
12 BI	A	1:56.57
Rier, Ella SO		Curry, Kara FR
Pickard, Audrey FR		Chawk, Siobhan SR
13 POTO	A	1:57.11
Gould, Katie SR		Lee, Annabel SO
Taylor Moore, Samantha		O'Sullivan, Cecelia SO
14 DJO	B	1:57.36
Blanton, Reilly IR		David, Sarah SR
Burns, Katie SO		Kinsella, Abby SR
15 HRA	A	1:57.39
Snyder, Sophia IR		Reed, Allie SO
Rouzie, Molly SR		Slate, Christy SO
16 COOL	B	X1:57.80
Aaronson, Kate IR		Villanueva, Cami JR
Suro, Bowen FR		Cribbs, Eleanor 8
17 NA	A	1:58.16
Gill, Virginia SO		Faulkner, Bree 08
Galiotos, Olivia SO		Ware, Cate SO

18 SST	A	1:58.98
Griffin, Caroline SR		Konstanty, Anne SR
Flynn, Emily SO		Pennefather, Mary FR
19 TES	B	X1:59.07
20 BSCHS	A	1:59.36
Vanbourgondien, Kat S		Lawlor, Jena FR
Gleim, Cate SO		Noriega, Victoria SO
21 JP	A	1:59.53
Garvey, Lucia SO		Roder, Mia FR
Flores, Angelea FR		Hopkins, Sarah SR
22 NCS!	A	2:02.50
Lorens, Katelvn FR		Minnes, Asia JR
Lorens, Natalie JR		Phlegar, Aurora SR
23 PCHS	A	2:02.95
Zillioux, Elizabeth IR		Sprott, Anna SO
Baddar, Eliza FR		Driscoll, Helen SR
24 RCS	A	2:03.41
Avers, Anslev 8		Bleecker, Juliana JR
Stoner, Ava SO		Chandler, Silvio FR
25 NSA	A	2:03.51
Stambaugh, Cami FR		Johnston, Emma SO
Reynolds, Madailen JR		Hope, Frances JR
26 WAKE	A	2:03.70
Thompson, Claire SR		Wilcox, Ayla FR
Pickeral, Vivian 8		Spytek, Sophia JR
27 OAK	A	2:04.39
Manlev, Caitlin IR		Myers, Emma SR
Smalera, Frances 8		Adams, Abby SO
28 STAB	A	2:04.45
Cave, BG FR		Chhabra, Vaya SO
Robinson, Nia SO		Sullivan, Lauren SR
29 BI	B	2:05.10
Geargntv, Samantha FI		Obioha, Bella JR
Ferguson, Elizabeth SO		Noone, Ally SR
30 CH	A	2:05.50
Trexler, Christina SR		Helms, Marisol FR
Wang, Emily FR		Zhang, Stephanie SR
31 VRTS	A	2:05.73
Blanchard, Molly FR		Blanchard, Ann Cason
DeRoco, Mia JR		McEntire, Abby SR
32 FH	A	2:05.85
Champagne, Natalie SF		Nguyen, Mailinh JR
Tao, Isabel JR		Patel, Alena FR
33 PVI	B	X2:06.12
Williams, Caroline SR		Nguyen, Jamie FR
Vannell, Emma JR		Bolton, Olivia SR
34 CHC	A	2:06.17
Schooneman, Kim SO		Kunkel, Madison SO
Strach, Maya 8		Tadder, Shannon FR
35 TCS!	B	X2:06.73
36 CCS	A	2:07.23
Pitts, Saylor SR		Kiland, Izzy FR
Quevedo, Julia FR		Jones, Kennedy SR
37 JP	B	X2:07.28
Williams, Fiona IR		Koler, Jillian SO
Guterrez, Ana Sophia 8		Moore, Raley SR

38 NOCO	A	2:07.50
Thornton, Tabitha SR		Timmons, Madeline 8
Hargrove, Victoria SR		Campbell, Maggie SO
39 NCOV	A	2:09.11
Marotta, Caroline 10		Rogers, Natalie 11
McCurlley, Skylar 10		Duncan, Madeline 10
40 VES	A	2:10.34
Norton, Taylor IR		Smith, Sarah Bennett S
Falwell, Caroline FR		Wood, Lara SR
41 TCS	A	2:10.37
Smith, Brooke SO		Holstege, Annalee JR
Alimard, Ariana FR		Fulkerson, Gwendolyn
42 NA	B	X2:10.72
Hood, Julianne SO		Perry, Anna Catherine
Peterson, Mackenzie FI		Rose, Kate 08
43 SGHS	A	2:11.19
Upchurch, Vivian SO		Czaja, Emily JR
Sproull, Molly SO		Lewis, Audrey SO
44 POTO	B	X2:11.42
Smith, Haley IR		Yoon, Eleanor SO
Lee, Grace FR		Bell, Hannah SO
45 FH	B	X2:11.55
Nguyen, Mailan FR		Nguyen, Courtney SR
Patel, Anissa JR		Cai, Rachel SO
46 SST	B	X2:11.75
O'Malley, Marv SO		Waldron, Clare SO
Luevano, Isabelle SO		O'Malley, Kathleen SR
47 OAK	B	2:12.51
Meunier, Cecelia FR		Schroder, Ashley SO
Sypal, Elizabeth JR		Talavera, Maite JR
48 NSA	B	2:13.51
Yoder, Pavton SO		Michell, Dori SO
Dryden, Kennedy SO		Puzey, Berkley JR
49 SSSA	B	X2:13.94
Atkinson, Kathrvn SR		Cordero, Sydney SR
Watson, Izzie FR		Dowling, Liliana SR
50 FAST	B	X2:14.32
Crampton, Izzie SO		Azimipour, Saba JR
Smith, Sophie SO		Bryant, Shelby SR
51 NOCO	B	X2:14.49
Rosen, Addv FR		Wynne, Caroline JR
Morrow, Lauren 8		Beachy, Kiana 8
52 MAD	B	2:14.63
Rouvelas, Eleni IR		Zhukova, Elizabeth SO
Tyrell, Avery JR		Walker, Libby FR
53 NCS	A	2:14.67
Arrington, Britni SR		Bokmiller, Lucy JR
Manning, Theresa 8		Tubbs, Madelyn SR
54 WA	A	2:15.16
Lobash, Emma FR		Clark, Olivia SR
Robinson, Olivia JR		Nassabi, Maddie SR
55 HRA	B	X2:15.20
Renforth, Laura SO		Doherty, Emma SO
Reed, Savannah JR		Spencer, Noelle JR



2020 VISAA Swimming & Diving Championship - 2/14/2020 to 2/15/2020

2020 VISAA Swimming & Diving Championship
Psych Sheet

#1 ... (Girls 4x50 Yard Medley Relay)

56 WAKE	B	X2:15.30
McGrath, Anna IR	Lauer, Lindsey JR	
Bogan, Katie SR	Malinowski, Hayley JR	

#2 Boys 4x50 Yard Medley Relay

VISAA: 1:33.45 2016 St. Christophers

S Hogan, C Swanson, T West, W Cox

1:33.21 AA-A

1:34.74 AA-B

Meet Qualifying: 1:57.18

Team	Relay	Seed Time
1 WFS	A	1:37.05
2 COOL	A	1:37.74
Iobe, Davis SR	Ryan, Liam JR	
Kwon, Brian JR	Mavr, Christian SO	
3 FH	A	1:39.85
Brown, Marcus JR	Krause, Owen SR	
Luttschwager, Conrad	O'Connor, Michael FR	
4 PVI	A	1:39.96
Greco, Clement SR	Johnson, Matthew FR	
Ryu, Han SR	O'Toole, Owen FR	
5 DJO	A	1:40.65
Mullen, Brendan SO	Lentine, Tyler JR	
Mullen, William SR	Sullivan, John SR	
6 HRA	A	1:41.26
Rouzie, Bryce SO	Rouzie, Blake SR	
Cronin, Avery SR	Kokolis, Michael SO	
7 STC	A	1:41.40
Bowles, Aubrey IR	Farley, Harry SR	
Bowles, Tee SO	Wise, Emory JR	
8 NA	A	1:41.72
Whetstine, Carter 08	Southern, Mark JR	
Clarkson, Joey SO	Anthony, Preston JR	
9 TES	A	1:42.13
10 STC	B	X1:43.12
Sullivan, Ioe IR	Stevens, Will JR	
Moore, Brandon FR	Perkins, Carter FR	
11 PCHS	A	1:43.33
Sprott, Cameron SR	Parsons, Sam JR	
Longacre, Suds SR	Brooks, Dis SO	
12 SSSA	A	1:43.49
Bean, Ethan SR	Heck, TJ JR	
Oleksa, Ethan SR	Carr, Ian JR	
13 JP	A	1:43.98
Salvatori, Michael SR	Doty, Jack JR	
Hopkins, Liam SO	Talavera, JP SR	
14 COOL	B	X1:44.00
Mavr, Charlie 8	Neese, Hudson FR	
Klevana, Leighton JR	Ascoli, Joseph SR	
15 CCS	A	1:45.68
DeGraw, Iason IR	Wolfson, Rock JR	
Fannin, Evan SO	Kiland, Jackson SO	

16 HMA	A	1:46.80
Bolz, Andrew FR	DeVeer, Nick JR	
Higdon, Nathan JR	Kennedy, Scott SR	
17 WFS	B	X1:47.09
18 VRTS	A	1:47.28
Fisher, Ioshua FR	Hughes, Connor SO	
Loftin, William 8	Davis, Sam JR	
19 STEW	A	1:47.28
Wang, Hank FR	Nichols, Noah SR	
Hopp, Carter SO	Zuccaro, Michael SR	
20 SST	A	1:48.93
Koehr, Shane SR	Alsop, Jacob SR	
Dalrymple, Jerry JR	Dalrymple, Drew SR	
21 POTO	A	1:49.18
LaForce, Hudson SO	Schedler, Brock FR	
Bhargava, Rajan SO	Bernstein, Andrew JR	
22 NA	B	X1:49.90
Rose, Nicholas SO	Nelson, Holden 8	
Patzler, Axel SO	Hope, Ross SO	
23 NCS	A	1:50.35
24 DJO	B	1:50.55
Carchia, Michael SR	Carpenter, Kaden FR	
Boboltz, Daniel SR	Lindley, Ryan SO	
25 FAST	A	1:50.88
Bishop, Ashton SR	Harris, Dylan 8t	
Geddes, Owen SO	Millar, Henry SR	
26 FMS	A	1:50.95
Loe, Weslev IR	Senger, Gavin SO	
Argueta, Ryan SR	Flanagan, Gavin SR	
27 BI	A	1:51.38
Budzvnski, Nick SR	Paradise, Calvin SO	
McNutt, Connor SO	Smith, Jonah SR	
28 CHC	A	1:51.74
Stanton, Sam SR	Poulos, Carson FR	
Frey, Zack SO	Cake, Gavin FR	
29 WAKE	A	1:51.93
Maraska, Joseph SR	Seaborn, Jackson SR	
Burdette, Cade SR	Pieja, Jack JR	
30 TES	B	X1:52.20
31 SSSA	B	X1:52.29
Vuono, Rvan SR	Prestholdt, Gavin SO	
Prestholdt, Taner SO	Gillette, Will SO	
32 RCS	A	1:52.49
DiMarco, Adrian SO	Ingle, Nathaniel JR	
Thompson, Christian S	Trivellin, Tony SO	
33 FUMA	A	1:52.71
Bartsevich, Daniel SO	Luce, Michael SO	
Tavares, Kai SR	Wei, Ziyang JR	
34 TCS	A	1:53.28
Weiss, Cooper 8	Fulkerson, McCallum F	
Weiss, Braeden FR	Hamil, Logan 8	
35 FH	B	X1:53.49
36 NSA	A	1:53.99
Eisenhart, Nic SO	Pillsbury, Kyle SO	
McCauley, Braeden JR	Walters, Justice JR	

37 PVI	B	X1:54.31
Owen, Rvan IR	Paquette, Frank SR	
Shervanick, Sam SO	Ruyle, Ryan SO	
38 R-MA	A	1:54.47
Stanford, Tvler SR	Schweigert-Opas, Reill	
Herring, Josiah SR	Gehly, Jacob SR	
39 VES	A	1:54.50
McNally, John IR	Schindler, Charlie JR	
Miles, Spencer SR	Prahinski, Jack JR	
40 BCP	A	1:54.99
Owens, Tv SR	Devries, Reese SR	
Gwyer, Henry SO	Williamson, Charlie JR	
41 SST	B	X1:55.19
Wilson, Evan IR	Luevano, Nathan FR	
Wilson, Joe FR	Kellogg, Liam JR	
42 JP	B	X1:56.63
Williams, Charlie FR	Kintz, John Paul SO	
Ong, Marcus SO	Haddock, Lucas SR	
43 HMA	B	X1:57.00
Marquardt, Weslev IR	Gregori, Ben JR	
Lewis, Michael SR	Ponton, Andrew SO	

#3 Girls 200 Yard Freestyle

VISAA: 1:47.23 2019 Madelyn Donohoe, F

1:48.74 AA-A

1:50.57 AA-B

Meet Qualifying: 2:13.44

Name	Yr	School	Seed Time	AA-B
1 Wilson, Kayla	SO	NA	1:49.14	AA-B
2 Gould, Katie	SR	POTO	1:52.07	
3 Langenburg, A	SR	STEW	1:52.90	
4 Cornett, Anna	JR	TCS!	1:53.80	
5 Derasmo, Kell	SR	PVI	1:57.82	
6 Rogers, Avery	SR	COOL	1:59.29	
7 Tosi, Arianna	SO	TCS	1:59.42	
8 Meggesto, Eve	SO	SSSA	1:59.53	
9 Cram, Elyse	JR	COOL	1:59.57	
10 Johnston, Emr	SO	NSA	1:59.85	
11 Foley, Reagan	SR	PVI	2:00.06	
12 Collins, Lily	FR	STCA	2:00.76	
13 Galiotos, Olivi	SO	NA	2:02.46	
14 Vallejo, Ryleig	SO	STCA	2:02.47	
15 Bowles, Carrir	SR	STCA	2:02.54	
16 Stoner, Ava	SO	RCS	2:03.31	
17 Rude, Claire	SO	TCS	2:03.78	
18 Nguyen, Angel	SR	BI	2:05.89	
19 Keegan, Alissa	SR	DJO	2:07.28	
20 Woodworth, M	JR	FAST	2:07.52	
21 Turton, Hadle	FR	STCA	2:07.85	
22 Tadder, Shann	FR	CHC	2:08.05	
23 Girerd, Anna	SR	STCA	2:08.07	
24 Angle, Virginia	SR	COOL	2:08.12	
25 Nassetta, Aver	SO	DJO	2:08.58	
26 McComb, Ellie	FR	COOL	2:08.82	
27 Speck, Lucie	SR	TES	2:09.61	
28 Malinow, Mor	SR	HL	2:09.78	



2020 VISAA Swimming & Diving Championship - 2/14/2020 to 2/15/2020

2020 VISAA Swimming & Diving Championship
Psych Sheet

#3 ... (Girls 200 Yard Freestyle)

29	Lindsay, Josie	JR	HRA	2:10.01
30	Meagher, Cart	FR	COOL	2:11.19
31	Smith, Emma	JR	TES	2:11.53
32	Jones, Ellie	SR	NA	2:11.62
33	Buswell, Piper	FR	DJO	2:11.64
34	Foley, Hannah	JR	PVI	2:12.24
35	Hunnicutt, Lily	JR	COOL	2:12.38
36	Ragsdale, Ann	FR	TES	2:12.97
37	Hawkins, Trip	FR	STCA	2:13.02
38	DeRoco, Mia	JR	VRTS	2:13.16
39	Konstanty, An	SR	SST	2:13.35
40	Nystrom, Moll	SO	STCA	2:13.39

#4 Boys 200 Yard Freestyle

VISAA: 1:37.20 2011 Thomas Stevens
1:38.40 AA-A
1:40.13 AA-B

Meet Qualifying: 2:01.47

Name	Yr	School	Seed Time	
1	Byrnes, Danie	JR	NCS!	1:43.52
2	Stelter, Jack	SR	WFS	1:43.86
3	Mullen, Willia	SR	DJO	1:44.19
4	Sundlun, Hunt	SR	STC	1:45.21
5	Bernstein, Anc	JR	POTO	1:45.25
6	Bowles, Aubre	JR	STC	1:46.56
7	Boykin, Charli	JR	TES	1:47.89
8	Jobe, Dalton	SO	COOL	1:48.12
9	Rouzie, Blake	SR	HRA	1:49.23
10	Newcamp, Gav	JR	WFS	1:50.25
11	Hutter, Presto	SO	TCS	1:50.32
12	Jobe, Davis	SR	COOL	1:51.20
13	Miranda, Aust	JR	BSCHS	1:51.55
14	Bean, Ethan	SR	SSSA	1:52.03
15	Leydig, Drew	JR	FUMA	1:53.15
16	Stelter, Sam	JR	WFS	1:54.12
17	Doty, Jack	JR	JP	1:54.14
18	O'Connor, Mic	FR	FH	1:54.36
19	Lytle, Drew	SO	WFS	1:54.90
20	Bowles, Knigh	JR	STC	1:55.58
21	Moore, Brand	FR	STC	1:55.62
22	Shaia, Joseph	SR	STEW	X1:55.99
23	Wetmore, Frai	JR	NA	1:56.29
24	Clarkson, Joey	SO	NA	1:57.00
25	Sullivan, Geor	FR	CHC	1:57.12
26	Lyons, Willian	JR	TES	1:57.26
27	Lucas, Robert	JR	NA	1:57.59
28	Kim, Josh	SO	TCS!	1:57.63
29	Owens, Ty	SR	BCP	1:57.81
30	Krauss, Ryan	SO	DJO	1:57.98
31	Manley, Adam	FR	PVI	1:58.48
32	Lobaugh, Pete	SR	DJO	1:59.50
33	Sproull, Emor	FR	STEW	2:00.23
34	Rosen, Ethan	JR	TES	2:00.51

35	Davis, Sam	JR	VRTS	2:01.26
36	Johnson, Owe	FR	NA	2:01.36
37	Uy, Griffith	FR	WFS	2:01.42
38	Peterson, Jack	FR	FH	2:01.45

#5 Girls 200 Yard IM

VISAA: 1:59.82 2016 Reni Moshos
2:01.51 AA-A
2:03.64 AA-B

Meet Qualifying: 2:30.91

Name	Yr	School	Seed Time	
1	Blanchard, Mc	FR	VRTS	2:04.45
2	Minnes, Asia	JR	NCS!	2:06.93
3	Davis, Sofie	SR	MAD	2:08.09
4	Watts, Molly	SR	MAD	2:10.26
5	Sullivan, Kaitly	JR	WCA	2:11.85
6	Luce, Annika	SO	FAST	2:12.42
7	Thompson, Cl	SR	WAKE	2:12.96
8	Leonard, Patri	FR	DJO	2:13.67
9	Carter, Madisy	8	HL	2:14.31
10	Arndt, Hannal	JR	MAD	2:16.09
11	Foley, Abigail	FR	PVI	2:16.48
12	DeRosier, Oliv	FR	STCA	2:17.16
13	Gleim, Cate	SO	BSCHS	2:18.27
14	Leonard, Ellie	FR	DJO	2:18.64
15	Rouzie, Molly	SR	HRA	2:19.19
16	Bleecker, Julia	JR	RCS	2:19.98
17	Stevens, Emm	FR	STCA	2:20.55
18	Wilcox, Ayla	FR	WAKE	2:20.62
19	Gastright, Am	JR	SSSA	2:20.93
20	Timmons, Mac	8	NOCO	2:22.28
21	Hester, Ginnie	SR	TES	2:22.42
22	Curry, Kara	FR	BI	2:23.20
23	McNamara, Cl	SR	DJO	2:23.21
24	Zillioux, Elizal	JR	PCHS	2:23.55
25	Heck, Olivia	JR	SSSA	2:23.97
26	Brown, Laney	JR	PVI	2:24.06
27	Brumley, Gray	FR	STCA	2:24.41
28	Zhukova, Eliz	SO	MAD	2:25.41
29	Sprott, Anna	SO	PCHS	2:26.14
30	Quevedo, Julia	FR	CCS	2:26.23
31	Falwell, Caroli	FR	VES	2:26.33
32	Vannell, Emm	JR	PVI	2:26.38
33	Campbell, Rile	8	COOL	2:26.99
34	Villanueva, Ca	JR	COOL	2:27.20
35	Lee, Annabel	SO	POTO	2:27.24
36	Manley, Caitli	JR	OAK	2:27.60
37	Strach, Maya	8	CHC	2:27.96
38	Klenderman, T	JR	TCS!	2:28.46
39	Rodgers, Mor	FR	STCA	2:28.78
40	Taylor Moore, FR	FR	POTO	2:29.48
41	Heilbrun, Emr	JR	BI	2:29.71
42	Lorens, Kately	FR	NCS!	2:29.75
43	Daniel, Isabell	JR	JP	2:29.77
44	Savage, Megha	FR	NA	2:29.99

45	Reynolds, Mac	JR	NSA	2:30.91
----	---------------	----	-----	---------

#6 Boys 200 Yard IM

VISAA: 1:48.47 2019 Sean Hogan
1:49.57 AA-A
1:51.57 AA-B

Meet Qualifying: 2:18.04

Name	Yr	School	Seed Time	
1	Whetstine, Cle	SO	NA	1:52.70
2	Nichols, Noah	SR	STEW	1:54.41
3	Ryan, Liam	JR	COOL	1:54.85
4	Salvatori, Micl	SR	JP	1:55.92
5	Floyd, Kyle	SR	WFS	1:56.70
6	Stevens, Will	JR	STC	1:58.08
7	Turbyfill, Andrew	FR	FCS	1:58.42
8	Ashby, Zach	JR	STAB	1:58.67
9	Lentine, Tyler	JR	DJO	1:58.78
10	Bolz, Andrew	FR	HMA	2:00.07
11	Mullen, Brend	SO	DJO	2:01.04
12	Lowe, Micah	JR	FCS!	2:01.88
13	Johnson, Matt	FR	PVI	2:02.36
14	Higdon, Natha	JR	HMA	2:02.69
15	Hochrein, Noa	JR	STAB	2:03.33
16	Kwon, Brian	JR	COOL	2:03.38
17	Bowles, Tee	SO	STC	2:04.46
18	Mayr, Charlie	8	COOL	2:06.95
19	Boyd, Jamie	SO	STC	2:07.88
20	Whetstine, Ca	08	NA	2:09.03
21	Paradise, Calv	SO	BI	2:09.06
22	Carr, Ian	JR	SSSA	2:09.30
23	Ascoli, Joseph	SR	COOL	2:09.33
24	Dragone, Jack	SR	STC	2:09.43
25	Krause, Owen	SR	FH	2:09.87
26	Owen, Ryan	JR	PVI	2:11.56
27	Williams, Wes	JR	STC	2:12.00
28	Prestholdt, Ga	SO	SSSA	2:12.49
29	Schedler, Broc	FR	POTO	2:14.88
30	Williams, Cha	FR	JP	2:15.72
31	Pilar, Michael	SR	RCS	2:15.79
32	Vannell, Morg	FR	PVI	2:16.05
33	Moore, Max	8	STAB	2:16.22
34	Millar, Henry	SR	FAST	2:16.88
35	Milligan, Nath	FR	TES	2:17.00

#7 Girls 50 Yard Freestyle

VISAA: 23.17 2018 Jasmine Hellmer
23.20 AA-A
23.54 AA-B

Meet Qualifying: 26.96

Name	Yr	School	Seed Time	
1	Whiting, Sydn	SR	TES	23.53 AA-B
2	Hall, Paige	JR	DJO	23.67
3	McKee, Marin	SO	NA	24.04
4	Williams, Broc	SR	TCS!	24.20
5	Smith, Emily	JR	SSSA	24.71



2020 VISAA Swimming & Diving Championship - 2/14/2020 to 2/15/2020

2020 VISAA Swimming & Diving Championship
Psych Sheet

#7 ... (Girls 50 Yard Freestyle)

6	Goodwin-Birn	8	STCA	24.81
7	Albrecht, Lesli	SR	COOL	25.06
8	Vanbourgoni	SR	BSCHS	25.07
9	Rier, Ella	SO	BI	25.15
10	Chava, Niki	SO	MAD	25.25
11	Deyerle, Tess	SR	STCA	25.28
12	Witdoeck, All	8t	STEW	25.33
13	Thornburg, Pa	JR	HL	25.34
14	Schooneman,	SO	CHC	25.37
15	Ware, Cate	SO	NA	25.54
16	Flanagan, Lair	SR	WCA	25.55
17	Perkins, Grace	JR	STCA	25.65
18	Gill, Virginia	SO	NA	25.66
19	Slate, Christy	SO	HRA	25.72
20	Faulkner, Bre	08	NA	25.75
21	Schetlick, Ava	FR	STAB	25.88
22	Xu, Taylor	FR	CH	26.14
23	Pennefather, N	FR	SST	26.20
24	Reed, Allie	SO	HRA	26.20
25	Toman, Claire	SR	SSSA	26.25
26	Kelley, Niya	SR	MAD	26.26
27	Kirby, Ashley	FR	PVI	26.30
28	Morriss, Kenle	SR	TES	26.47
29	Pickard, Audri	FR	BI	26.47
30	Jones, Kenned	SR	CCS	26.52
31	St. Pierre, Kait	FR	DJO	26.58
32	Reynolds, Min	JR	STCA	26.62
33	Hopkins, Sara	SR	JP	26.65
34	Mont, Keara	SO	PVI	26.66
35	Angle, Virginia	SR	COOL	26.69
36	Bowles, Madd	JR	STCA	26.78
37	Aaronson, Kat	JR	COOL	26.78
38	Fuller, Sydney	SR	STCA	26.81
39	Burns, Katie	SO	DJO	26.83
40	West, Ashley	SR	SSSA	26.84
41	David, Sarah	SR	DJO	26.85
42	Estes, Molly	SO	MAD	26.91
43	Chawk, Siobha	SR	BI	26.91
44	Manning, The	8	NCS	26.92
45	Coffey, Lauren	SR	TES	26.93
46	Drape, Emily	FR	FAST	26.95
47	Nassetta, Aver	SO	DJO	26.96

#8 Boys 50 Yard Freestyle

VISAA: 20.39 2014 Ali Khalafalla

20.54 AA-A

20.91 AA-B

Meet Qualifying: 24.28

Name	Yr	School	Seed Time	
1	West, Miles	SR	STC	21.19
2	Oleksa, Ethan	SR	SSSA	21.54
3	Parsons, Sam	JR	PCHS	21.62
4	Mayr, Christia	SO	COOL	21.84

5	Miles, Spencer	SR	VES	22.10
6	Brown, Marcu	JR	FH	22.16
7	Chhabra, Vijay	SR	STAB	22.18
8	Ryu, Han	SR	PVI	22.27
9	Washington, N	JR	STC	22.29
10	Wise, Emory	JR	STC	22.42
11	Greco, Clemen	SR	PVI	22.65
12	Gwyer, Henry	SO	BCP	22.77
13	Gustafson, Lul	SR	TCS	22.92
14	Puckett, Bren	SR	NCS	22.93
15	O'Toole, Owen	FR	PVI	23.04
16	Stanton, Sam	SR	CHC	23.07
17	Kiland, Jackso	SO	CCS	23.08
18	Ienzi, Joseph	SR	DJO	23.10
19	Perkins, Carte	FR	STC	23.11
20	Fisher, Joshua	FR	VRTS	23.27
21	Anthony, Pres	JR	NA	23.31
22	Longacre, Sud	SR	PCHS	23.36
23	Beauchamp, Jc	JR	BSCHS	23.42
24	Sullivan, John	SR	DJO	23.43
25	Williams, Mat	SR	TES	23.47
26	Dalrymple, Dr	SR	SST	23.51
27	Roberts, Will	SR	TES	23.52
28	Talavera, JP	SR	JP	23.59
29	Boulos, Georg	SR	PCHS	23.61
30	DiLeonardo, V	JR	FCS	23.66
31	Clopton, Nick	FR	TES	23.70
32	Puckett, Tilde	SR	NCS	23.71
33	Campbell, Jos	JR	WFS	23.78
34	Moore, Peter	JR	WFS	23.78
35	Brooks, Dis	SO	PCHS	23.83
36	Henderson, Gc	JR	TCSI	23.84
37	Tavares, Kai	SR	FUMA	23.86
38	Flanagan, Gav	SR	FMS	23.90
39	Gehly, Jacob	SR	R-MA	23.92
40	Ruyle, Ryan	SO	PVI	23.93
41	Lagow, Ben	SO	NA	24.01
42	Kokolis, Micha	SO	HRA	24.01
43	Spivey, Thom	SR	COOL	24.03
44	Heck, TJ	JR	SSSA	24.04
45	Fearey, Will	JR	POTO	24.04
46	Schellenberge	JR	OT	24.05
47	Kearns, Nick	SR	WA	24.06
48	Dodd, Colm	SR	WFS	24.07
49	Farley, Harry	SR	STC	24.08
50	Neese, Hudso	FR	COOL	24.09
51	Manning, Noa	SO	NCS	24.11
52	Hughes, Conn	SO	VRTS	24.11
53	Patzer, Axel	SO	NA	24.11
54	Gepitulan, Dav	SR	RCS	24.11
55	Richards, Rus	SR	STC	24.14
56	LaForce, Huds	SO	POTO	24.16
57	Frey, Zack	SO	CHC	24.18
58	Chugh, Kabir	FR	PVI	24.18
59	Kassab, Elliott	FR	TNCS	X24.25

60	Lanois, Colter	SR	STC	24.25
61	Hope, Ross	SO	NA	24.25
62	Rosen, Ethan	JR	TES	24.27

#9 Girls 1 mtr Diving

VISAA: 509.55 2019 Sarah Gurley

Name	Yr	School		
1	Gurley, Sarah	SR	PVI	425.55
2	Kerkam, Chan	SR	STCA	360.10
3	Hall, Lilly	SR	COOL	355.65
4	Mills, Hillary	FR	STCA	353.85
5	Nolen, Rowan	SO	DJO	350.25
6	Gohn, Emily	JR	STAB	329.70
7	Fergusson, Cl	SR	SSSA	321.25
8	Grymes, Lucy	SO	STCA	316.15
9	Wright, Linds	SO	TES	312.35
10	Crawford, Lily	SR	COOL	307.25
11	Mayr, Abby	8	COOL	306.85
12	Dougherty, Ell	SO	STCA	304.25
13	Berger, Shelby	SO	FH	283.45
14	Brooks, Abiga	SR	DJO	283.35
15	Broaddus, Lei	SO	STCA	282.25
16	Mahoney, Din	SR	COOL	280.60
17	Melley, Anna	JR	NA	270.50
18	Min, Lily	JR	FH	269.35
19	Raman, Sarah	SR	POTO	254.05
20	Payne, Kylie	FR	SSSA	253.15
21	Turnage, Dani	JR	SSSA	247.75
22	Hunter, Hattie	FR	STCA	244.70
23	Korff, Alanna	SO	MAD	241.95
24	Szakaly, Ryan	SO	NA	241.35
25	Foltz, Hannah	8	STCA	240.55
26	Ward, Sarah	8	COOL	218.90
27	Estes, Molly	SO	MAD	218.05
28	Webb, Emma	FR	DJO	216.15
29	Thornell, Ella	JR	STCA	200.00
30	Ballard, Keato	SR	DJO	200.00
31	Blanton, Reilly	JR	DJO	200.00
32	Hurley, Alice	SR	SSSA	153.55
33	Gallozzi, Marin	FR	SSSA	150.25
34	Myers, Macke	SO	PVI	90.50
35	Fugate, Sophi	FR	TES	2.40
36	Gilg, Scottie	SR	STEW	NP

#10 Boys 1 mtr Diving

VISAA: 557.40 2019 Oliver Mills

Name	Yr	School		
1	Mills, Oliver	SR	FH	571.00
2	Read, Tyler	09	GCS	523.90
3	Bloom, Spence	SO	FH	503.55
4	Chapman, Gre	JR	STAB	395.30
5	Broaddus, Gra	SR	STC	379.30
6	Moore, Aaron	SO	COOL	371.05
7	Jones, Lane	SO	STC	367.35
8	Griggs, Ryan	SO	FH	334.95



2020 VISAA Swimming & Diving Championship - 2/14/2020 to 2/15/2020

2020 VISAA Swimming & Diving Championship
Psych Sheet

#10 ... (Boys 1 mtr Diving)

9	DeMorro, Grai	FR	FUMA	290.45
10	Weis, Jackson	JR	NA	282.15
11	Frazer, Charle	SR	NA	265.30
12	Glass, Reilly	SR	PVI	246.75
13	Akin, Brett	SR	STC	241.55
14	Mitchell, Sam	SO	FH	228.95
15	Baize, Damien	SO	FUMA	222.85
16	Gill, Barr	JR	NA	217.95
17	Provost, Mark	SR	PVI	204.60
18	Brandow, Jam	SO	PVI	192.15
19	McCullough, N	JR	STEW	NP
20	French, Elliott	SR	STEW	NP
21	Cox, James	SR	STEW	NP
22	Atherton, Cole	JR	STAB	NP

#11 Girls 100 Yard Butterfly

VISAA: 53.00 2016 Kylie Jordan

54.42 AA-A

55.49 AA-B

Meet Qualifying: 1:07.49

Name	Yr	School	Seed Time	
1	Bailey, Kate	SO	DJO	56.13
2	Meggesto, Eve	SO	SSSA	56.69
3	Langenburg, E	SO	STEW	57.13
4	Shepard, Magg	JR	TES	58.46
5	Arndt, Hannah	JR	MAD	58.47
6	Carter, Madisy	8	HL	58.49
7	Goodwin-Birn	8	STCA	58.59
8	Leonard, Patri	FR	DJO	58.80
9	Ferguson, Mac	SO	COOL	1:00.01
10	Wishnack, Ch	JR	STCA	1:00.58
11	Otteni, Carolir	SR	POTO	1:00.97
12	Gibbons, Dela	FR	WCA	1:01.25
13	Cribbs, Eleanc	8	COOL	1:02.25
14	Galiotos, Olivi	SO	NA	1:02.30
15	Rouzie, Molly	SR	HRA	1:02.54
16	Stevens, Emm	FR	STCA	1:03.00
17	Murphy, Carol	FR	PVI	1:03.23
18	Champagne, N	SR	FH	1:03.24
19	Peterson, Mac	FR	NA	1:03.59
20	Marotta, Carol	10	NCOV	1:03.90
21	Kassab, Lily	SR	STCA	1:04.20
22	Williams, Mad	JR	DJO	1:04.35
23	Tao, Isabel	JR	FH	1:04.46
24	Taylor Moore,	FR	POTO	1:04.60
25	Flores, Angele	FR	JP	1:04.65
26	Brown, Laney	JR	PVI	1:04.72
27	Compton, Ash	8t	STEW	1:04.96
28	Pickard, Audri	FR	BI	1:05.01
29	Buswell, Piper	FR	DJO	1:05.03
30	Vannell, Emm	JR	PVI	1:05.11
31	Strach, Maya	8	CHC	1:05.20
32	Mullins, Skylar	SO	COOL	1:05.31

33	Cantrell, Georj	SO	TES	1:06.15
34	Lindsay, Josie	JR	HRA	1:06.31
35	Suro, Bowen	FR	COOL	1:06.55
36	Garvey, Lucia	SO	JP	1:06.67
37	Brumley, Gray	FR	STCA	1:06.69
38	Klanderma, T	JR	TCS!	1:06.76
39	Bowles, Anne	SR	STCA	1:06.82
40	Flynn, Emily	SO	SST	1:06.98
41	Perry, Hallie	JR	TES	1:07.35

#12 Boys 100 Yard Butterfly

VISAA: 48.44 2019 Zach Cram

48.92 AA-A

49.95 AA-B

Meet Qualifying: 1:01.02

Name	Yr	School	Seed Time	
1	Camurdan, At	SR	TES	50.77
2	Floyd, Kyle	SR	WFS	51.30
3	West, Miles	SR	STC	51.51
4	Lundy, Ben	SR	WFS	54.30
5	Coleman, Jam	JR	NA	54.33
6	Luttschwager,	JR	FH	55.58
7	Bowles, Tee	SO	STC	55.62
8	Moore, Aaron	SO	COOL	55.81
9	Fletcher, Will	JR	WFS	56.07
10	Hewitt, Ryder	SO	TES	56.12
11	Moore, Brand	FR	STC	56.22
12	Geddes, Owen	SO	FAST	56.36
13	Bishop, Ashto	SR	FAST	56.37
14	Fannin, Evan	SO	CCS	56.45
15	DeGraw, Jasor	JR	CCS	56.91
16	Sprott, Camer	SR	PCHS	57.25
17	Sullivan, Joe	JR	STC	57.57
18	Southern, Mar	JR	NA	57.62
19	Klevana, Leigl	JR	COOL	57.67
20	Davis, Brando	JR	STC	58.59
21	Marotta, Mich	10	NCOV	58.86
22	Oakey, Teddy	SO	STAB	58.88
23	Bhargava, Raj	SO	POTO	58.91
24	Weiss, Braede	FR	TCS	59.40
25	Krauss, Ryan	SO	DJO	59.53
26	Hopkins, Liam	SO	JP	59.65
27	Rose, Nicholas	SO	NA	59.94
28	Boboltz, Danie	SR	DJO	59.95
29	Sehgal, Siddha	FR	NA	1:00.25
30	Frey, Zack	SO	CHC	1:00.26
31	Eastepp, Andre	JR	COOL	1:00.31
32	Owens, Ty	SR	BCP	1:00.39
33	Oukolov, Dan	SR	WFS	1:00.68
34	Worrall, Alder	FR	STAB	1:00.73
35	Alsup, Jacob	SR	SST	1:00.83
36	Ong, Marcus	SO	JP	1:00.95

#13 Girls 100 Yard Freestyle

VISAA: 49.93 2019 Sydney Whiting

50.19 AA-A

51.05 AA-B

Meet Qualifying: 59.55

Name	Yr	School	Seed Time	
1	Whiting, Sydn	SR	TES	50.09 AA-A
2	Gould, Katie	SR	POTO	52.48
3	McKee, Marin	SO	NA	52.84
4	Langenburg, E	SO	STEW	52.87
5	Williams, Broc	SR	TCS!	53.50
6	Deyerle, Tess	SR	STCA	54.18
7	Bailey, Kate	SO	DJO	54.24
8	Chen, Gabby	FR	COOL	54.49
9	Cram, Elyse	JR	COOL	54.98
10	Rier, Ella	SO	BI	55.27
11	Foley, Abigail	FR	PVI	55.37
12	Lawlor, Jena	FR	BSCHS	55.86
13	Murphy, Carol	FR	PVI	56.30
14	Perkins, Grace	JR	STCA	56.80
15	Kelley, Niya	SR	MAD	56.97
16	Keegan, Alissa	SR	DJO	57.01
17	Timmons, Mar	8	NOCO	57.10
18	Flanagan, Lair	SR	WCA	57.17
19	Otteni, Carolir	SR	POTO	57.30
20	Mont, Keara	SO	PVI	57.54
21	Ware, Cate	SO	NA	57.55
22	Shepard, Magg	JR	TES	57.58
23	Faulkner, Bre	08	NA	57.70
24	Tadder, Shann	FR	CHC	57.79
25	Schetlick, Ava	FR	STAB	58.06
26	Quevedo, Julia	FR	CCS	58.07
27	Smith, Emily	JR	SSSA	58.19
28	Hopkins, Sara	SR	JP	58.27
29	McComb, Ellie	FR	COOL	58.38
30	Phillips, Jenna	JR	TCS!	58.39
31	Toman, Claire	SR	SSSA	58.55
32	Morriss, Kenle	SR	TES	58.61
33	Burns, Katie	SO	DJO	58.71
34	Jones, Kenned	SR	CCS	58.91
35	Chava, Niki	SO	MAD	58.94
36	Turton, Hadle	FR	STCA	59.18
37	Kinsella, Abby	SR	DJO	59.41
38	Jones, Ellie	SR	NA	59.42
39	Lorens, Natali	JR	NCS!	59.42

#14 Boys 100 Yard Freestyle

VISAA: 44.81 2014 Ali Khalafalla

44.95 AA-A

45.73 AA-B

Meet Qualifying: 53.19

Name	Yr	School	Seed Time	
1	Stelter, Jack	SR	WFS	47.38
2	Parsons, Sam	JR	PCHS	47.66



2020 VISAA Swimming & Diving Championship - 2/14/2020 to 2/15/2020

2020 VISAA Swimming & Diving Championship
Psych Sheet

#14 ... (Boys 100 Yard Freestyle)

3	Chhabra, Vijay	SR	STAB	48.06
4	Sundlun, Hunt	SR	STC	48.23
5	Oleksa, Ethan	SR	SSSA	48.32
6	Cronin, Avery	SR	HRA	48.76
7	Ryu, Han	SR	PVI	49.00
8	Gwyer, Henry	SO	BCP	49.67
9	Brown, Marcu	JR	FH	49.83
10	Miles, Spencer	SR	VES	49.89
11	Miranda, Aust	JR	BSCHS	50.05
12	Hutter, Presto	SO	TCS	50.12
13	Washington, N	JR	STC	50.35
14	Leydig, Drew	JR	FUMA	50.41
15	Wise, Emory	JR	STC	50.99
16	Lundy, Ben	SR	WFS	51.03
17	O'Toole, Owen	FR	PVI	51.08
18	Kim, Josh	SO	TCS!	51.17
19	Lytle, Drew	SO	WFS	51.39
20	Roberts, Will	SR	TES	51.50
21	Moore, Peter	JR	WFS	51.64
22	Luttschwager,	JR	FH	51.66
23	Doty, Jack	JR	JP	51.97
24	Gustafson, Lui	SR	TCS	52.01
25	Anthony, Pres	JR	NA	52.42
26	Kiland, Jackso	SO	CCS	52.43
27	Argueta, Ryan	SR	FMS	52.45
28	Puckett, Breni	SR	NCS	52.61
29	Ienzi, Joseph	SR	DJO	52.62
30	Williams, Mati	SR	TES	52.73
31	Henderson, Ga	JR	TCS!	52.73
32	Longacre, Sud	SR	PCHS	52.87
33	Budzynski, Ni	SR	BI	52.92
34	Lucas, Robert	JR	NA	52.96
35	Lobaugh, Pete	SR	DJO	52.98
36	Gepitulán, Dav	SR	RCS	53.03

#15 Girls 500 Yard Freestyle

VISAA: 4:44.27 2018 Madelyn Donohoe

4:52.18 AA-A

4:56.85 AA-B

Meet Qualifying: 6:02.51

Name	Yr	School	Seed Time	
1	Wilson, Kayla	SO	NA	4:56.10 AA-B
2	Cornett, Anna	JR	TCS!	5:04.20
3	Langenburg, A	SR	STEW	5:05.84
4	Rogers, Avery	SR	COOL	5:12.44
5	Foley, Reagan	SR	PVI	5:14.15
6	Derasmo, Kell	SR	PVI	5:18.28
7	Watts, Molly	SR	MAD	5:19.68
8	Kantner, Emil	FR	COOL	5:21.28
9	Tosi, Arianna	SO	TCS	5:22.85
10	Johnston, Emr	SO	NSA	5:23.14
11	Collins, Lily	FR	STCA	5:24.47
12	Vallejo, Ryleig	SO	STCA	5:28.25

13	Bowles, Carrir	SR	STCA	5:29.29
14	Witdoeck, All	8t	STEW	5:29.94
15	Pickeral, Vivia	8	WAKE	5:32.62
16	Lewis, Audrey	SO	SGHS	5:39.10
17	Stoner, Ava	SO	RCS	5:40.19
18	Savage, Megha	FR	NA	5:41.19
19	DeRosier, Oliv	FR	STCA	5:41.75
20	Rogers, Natali	11	NCOV	5:47.63
21	Cribbs, Eleanc	8	COOL	5:47.79
22	Nystrom, Moll	SO	STCA	5:47.85
23	Heilbrun, Emr	JR	BI	5:48.05
24	Meagher, Cart	FR	COOL	5:49.63
25	Malinow, Mor	SR	HL	5:49.69
26	Suro, Bowen	FR	COOL	5:49.92
27	Nguyen, Angel	SR	BI	5:50.13
28	Bacon, Meredi	SR	DJO	5:51.31
29	Girerd, Anna	SR	STCA	5:53.52
30	Speck, Lucie	SR	TES	5:53.53
31	Crampton, Izz	SO	FAST	5:53.99
32	Foley, Hannah	JR	PVI	5:54.63
33	Hawkins, Trip	FR	STCA	5:54.89
34	Rodgers, Mor	FR	STCA	5:58.15
35	Robeson, Whi	JR	COOL	5:58.69
36	Hood, Julianne	SO	NA	5:58.93
37	Smith, Emma	JR	TES	6:00.23
38	Lungren, Reag	JR	BI	6:00.44
39	Parsons, Emili	JR	BI	6:00.63
40	Kennedy, Kan	SR	OT	6:02.49

#16 Boys 500 Yard Freestyle

VISAA: 4:25.15 2014 Townley Haas

4:28.38 AA-A

4:33.10 AA-B

Meet Qualifying: 5:41.90

Name	Yr	School	Seed Time	
1	Mullen, Willia	SR	DJO	4:34.80
2	Byrnes, Danie	JR	NCS!	4:41.77
3	Bowles, Aubre	JR	STC	4:43.35
4	Bernstein, Anc	JR	POTO	4:45.92
5	Rouzie, Bryce	SO	HRA	4:48.37
6	Boykin, Charli	JR	TES	4:51.81
7	Mayr, Christia	SO	COOL	4:53.71
8	Hewitt, Ryder	SO	TES	4:54.63
9	Jobe, Dalton	SO	COOL	4:54.64
10	Bean, Ethan	SR	SSSA	4:56.80
11	O'Connor, Mic	FR	FH	5:00.97
12	Geddes, Owen	SO	FAST	5:01.61
13	Clarkson, Joey	SO	NA	5:07.64
14	Mayr, Charlie	8	COOL	5:09.26
15	Stelter, Sam	JR	WFS	5:14.17
16	Ascoli, Joseph	SR	COOL	5:14.66
17	Shaia, Joseph	SR	STEW	5:15.96
18	Sullivan, Geor	FR	CHC	5:20.11
19	Wetmore, Frai	JR	NA	5:21.43
20	Desmond, Lia	SR	WFS	5:24.50

21	Dodd, Colm	SR	WFS	5:25.52
22	Uy, Griffith	FR	WFS	5:27.18
23	Bowles, Knigh	JR	STC	5:27.78
24	Peterson, Jack	FR	FH	5:29.56
25	Carchia, Kevin	SO	DJO	5:30.31
26	Weiss, Braede	FR	TCS	5:32.23
27	Milligan, Nath	FR	TES	5:33.61
28	Johnson, Owe	FR	NA	5:33.85
29	Fannin, Evan	SO	CCS	5:34.75
30	Thompson, Ch	SO	RCS	5:34.92
31	Menen, Aidan	SR	STC	5:36.46
32	Harbour, Liar	8	COOL	5:36.76
33	Millar, Henry	SR	FAST	5:37.36
34	Hamil, Logan	8	TCS	5:37.39
35	Sehgal, Siddha	FR	NA	5:38.91
36	Williams, Cha	FR	JP	5:39.31
37	Smith, Ethan	FR	STC	5:40.09
38	Fulkerson, Mc	FR	TCS	5:40.48
39	Vannell, Morg	FR	PVI	5:41.78

#17 Girls 4x50 Yard Freestyle Relay

VISAA: 1:34.78 2018 Norfolk Academy

L Ware, A McCammon, K Wilson, C Dickinson

1:35.36 AA-A

1:36.94 AA-B

Meet Qualifying: 1:58.53

Team	Relay	Seed Time	
1	NA	A	1:37.39
	McKee, Marin SO	Gill, Virginia SO	
	Ware, Cate SO	Wilson, Kayla SO	
2	COOL	A	1:39.10
	Ferguson, Mackenzie S	Aaronson, Kate JR	
	Albrecht, Leslie SR	Cram, Elyse JR	
3	DJO	A	1:39.34
	Bailev, Kate SO	Leonard, Ellie FR	
	Leonard, Patricia FR	Hall, Paige JR	
4	STCA	A	1:40.01
	Deverle, Tess SR	Bowles, Maddie JR	
	Goodwin-Birnie, Elizab	Perkins, Grace JR	
5	STEW	A	1:41.48
	Langenburg, Allison SF	Compton, Ashley 8t	
	Witdoeck, Allie 8t	Langenburg, Erin SO	
6	SSSA	A	1:42.84
	Smith, Emily IR	Meggesto, Evelyn SO	
	West, Ashley SR	Gastright, Amy JR	
7	TES	A	1:43.03
8	BI	A	1:43.33
	Georghy, Samantha FI	Nguyen, Angelyn SR	
	O'Brien, Caroline FR	Pickard, Audrey FR	
9	PVI	A	1:44.07
	Foley, Reagan SR	Foley, Abigail FR	
	Mont, Keara SO	Derasmo, Kelly SR	
10	MAD	A	1:44.16
	McCabe, Maggie SO	Estes, Molly SO	
	Walker, Libby FR	Kelley, Niya SR	



2020 VISAA Swimming & Diving Championship - 2/14/2020 to 2/15/2020

2020 VISAA Swimming & Diving Championship
Psych Sheet

#17 ... (Girls 4x50 Yard Freestyle Relay)

11	POTO	A	1:44.63
	Lee, Annabel SO	Otteni, Caroline SR	
	Taylor Moore, Samanth	Gould, Katie SR	
12	TCS!	A	1:45.04
13	WCA	A	1:45.25
	Sullivan, Kaitlyn IR	Flanagan, Lainey SR	
	Gibbons, Delaney FR	Mileski, SiSi 8	
14	BSCHS	A	1:46.15
	Lawlor, Iena FR	Noriega, Victoria SO	
	Gleim, Cate SO	Vanbourgondien, Kat S	
15	HRA	A	1:46.71
	Lindsav, Iosie IR	Snyder, Sophia JR	
	Reed, Allie SO	Slate, Christy SO	
16	NA	B	X1:47.84
	Savage, Meghan FR	Joynt, Sydney 08	
	Rose, Kate 08	Jones, Ellie SR	
17	TES	B	X1:48.78
18	CHC	A	1:48.81
	Tadder, Shannon FR	Meyerholz, Carlie SO	
	Strach, Maya 8	Schooneman, Kim SO	
19	STCA	B	X1:48.93
	Girerd, Anna SR	Collins, Lily FR	
	Kassab, Lily SR	Vallejo, Ryleigh SO	
20	SST	A	1:49.02
	Griffin, Caroline SR	Flynn, Emily SO	
	Luevano, Isabelle SO	Pennefather, Mary FR	
21	COOL	B	X1:49.36
	McComb, Ellie FR	Mullins, Skylar SO	
	Rogers, Ellie JR	Vanroekel, Bralyn SR	
22	DJO	B	1:49.48
	St. Pierre, Kaitlin FR	Buswell, Piper FR	
	David, Sarah SR	Nassetta, Avery SO	
23	TCS	A	1:50.54
	Tosi, Arianna SO	Smith, Brooke SO	
	Holstege, Annalee JR	Rude, Claire SO	
24	RCS	A	1:50.60
	Chandler, Silvie FR	Ayers, Ansley 8	
	Bleecker, Juliana JR	Stoner, Ava SO	
25	NSA	A	1:50.83
	Hope, Frances IR	Dryden, Kennedy SO	
	Puzey, Berkley JR	Reynolds, Madailen JR	
26	PCHS	A	1:50.86
	Baddar, Eliza FR	Driscoll, Helen SR	
	Sprott, Anna SO	Zillioux, Elizabeth JR	
27	STAB	A	1:50.89
	Chhabra, Vava SO	Cave, BG FR	
	DeVillier, Charlotte SO	Schetlick, Ava FR	
28	VRTS	A	1:50.92
	Blanchard, Ann Cason	DeRoco, Mia JR	
	McEntire, Abby SR	Blanchard, Molly FR	
29	MAD	B	1:51.22
	Rouvelas, Eleni IR	Batra, Priya SR	
	Chava, Keya SR	Tyrell, Avery JR	

30	BI	B	1:52.01
	Noone, Ally SR	Mule, Annie JR	
	Sabatini, Juliana JR	Ferguson, Elizabeth SO	
31	PVI	B	X1:53.08
	Williams, Caroline SR	Bolton, Olivia SR	
	Nguyen, Jamie FR	Kirby, Ashley FR	
32	OAK	A	1:53.12
	Mvers, Emma SR	Meunier, Cecelia FR	
	Smalera, Frances 8	Adams, Abby SO	
33	CCS	A	1:53.71
	Iones, Kennedv SR	Kiland, Izzy FR	
	Pitts, Saylor SR	Quevedo, Julia FR	
34	NOCO	A	1:53.76
	Rosen, Addv FR	Thornton, Tabitha SR	
	Hargrove, Victoria SR	Campbell, Maggie SO	
35	NCS	A	1:54.35
	Allen, Gracie SR	Bokmiller, Lucy JR	
	Tubbs, Madelyn SR	Manning, Theresa 8	
36	NCS!	A	1:54.40
	Minnes, Asia IR	Vogel, Tanner SO	
	Lorens, Katelyn FR	Lorens, Natalie JR	
37	HRA	B	X1:54.50
	Spencer, Noelle IR	Doherty, Emma SO	
	Reed, Savannah JR	Renforth, Laura SO	
38	TCS!	B	X1:54.54
39	NOCO	B	X1:54.62
	Beachv, Kiana 8	Morrow, Lauren 8	
	Wynne, Caroline JR	Timmons, Madeline 8	
40	NCOV	A	1:55.09
	Marotta, Caroline 10	Rogers, Natalie 11	
	McCurley, Skylar 10	Hampton, Adora	
41	FH	A	1:55.39
	Patel, Anissa IR	Patel, Alena FR	
	Nguyen, Courtney SR	Nguyen, Mailinh JR	
42	NSA	B	1:56.01
	Yoder, Payton SO	Michell, Dori SO	
	Henry, Page FR	Stambaugh, Cami FR	
43	FAST	A	1:56.14
	Crampton, Izzie SO	Davis, Victoria SO	
	Bryant, Shelby SR	Drape, Emily FR	
44	SST	B	X1:56.26
	O'Malley, Kathleen SR	Gibbons, Maggie 8	
	Bingham, Teresa SO	Konstanty, Anne SR	
45	FCS	A	1:56.77
	Ambrose, Eden SR	Meadows, Payton FR	
	White, Jenna JR	Dahl, Lizzie JR	
46	OAK	B	1:56.89
	Schroder, Ashlev SO	Burke, Zoe FR	
	Talavera, Maite JR	Sypal, Elizabeth JR	
47	POTO	B	X1:57.27
	Smith, Halev IR	Bell, Hannah SO	
	Exley, Morgan SR	O'Sullivan, Cecelia SO	
48	SSSA	B	X1:57.31
	Cordero, Svdnev SR	Payne, Kylie FR	
	Dowling, Liliana SR	Atkinson, Kathryn SR	

49	JP	A	1:57.71
	Gutierrez, Ana Sophia :	Williams, Fiona JR	
	Moore, Raley SR	Daniel, Isabella JR	
50	CH	A	1:57.78
	Zhang, Stephanie SR	Blackwell, Lucy JR	
	Liu, Stella JR	Xu, Taylor FR	
51	VES	A	1:58.50
	Chafin, Mary Ferrell FR	King, Charlotte SO	
	Hanning, Abigail JR	Sprunt, Margaret SR	

#18 Boys 4x50 Yard Freestyle Relay

VISAA: 1:23.21 2019 Norfolk Academy

B Randolph, G Ware, P Southern, S Ryan

1:24.80 AA-A

1:25.86 AA-B

Meet Qualifying: 1:43.26

Team	Relay	Seed Time
1	STC	A 1:27.76
	Sundlun, Hunter SR	West, Miles SR
	Wise, Emory JR	Washington, Nick JR
2	WFS	A 1:29.59
3	COOL	A 1:30.98
	Jobe, Dalton SO	Moore, Aaron SO
	Neese, Hudson FR	Kwon, Brian JR
4	PCHS	A 1:31.63
	Longacre, Suds SR	Brooks, Dis SO
	Sprott, Cameron SR	Parsons, Sam JR
5	DJO	A 1:32.25
	Ienzi, Joseph SR	Sullivan, John SR
	Lobaugh, Peter SR	Lentine, Tyler JR
6	SSSA	A 1:32.36
	Oleksa, Ethan SR	Bean, Ethan SR
	Carr, Ian JR	Heck, TJ JR
7	NA	A 1:32.58
	Coleman, James IR	Anthony, Preston JR
	Rose, Nicholas SO	Whetstone, Clayton SO
8	FH	A 1:32.65
9	STAB	A 1:33.24
	Ashbv, Zach IR	Hochrein, Noah JR
	Moore, Max 8	Chhabra, Vijay SR
10	PVI	A 1:33.25
	Ruvle, Ryan SO	Chugh, Kabir FR
	Owen, Ryan JR	Manley, Adam FR
11	TES	A 1:34.25
12	SST	A 1:34.91
	Koehr, Shane SR	Dalrymple, Drew SR
	Kellogg, Liam JR	Alsop, Jacob SR
13	POTO	A 1:35.10
	Schedler, Brock FR	Fearey, Will JR
	LaForce, Hudson SO	Bernstein, Andrew JR
14	FCS	A 1:35.51
	Turbyfill, Andrew JR	Ford, Parker SO
	Knewtonson, Jack 8	DiLeonardo, Vince JR
15	FUMA	A 1:35.79
	Levdig, Drew IR	Bartsevich, Daniel SO
	Hernandez, Rodrigo FF	Tavares, Kai SR



2020 VISAA Swimming & Diving Championship - 2/14/2020 to 2/15/2020
2020 VISAA Swimming & Diving Championship
Psych Sheet

#18 ... (Boys 4x50 Yard Freestyle Relay)

16	STC	B	X1:35.95
	Richards, Russell SR	Sullivan, Joe JR	
	Williams, Weston JR	Bowles, Knight JR	
17	WFS	B	X1:36.37
18	TCS	A	1:37.01
	Hutter, Preston SO	Gustafson, Cole FR	
	Clancy, Patrick SR	Gustafson, Luke SR	
19	FMS	A	1:37.68
	Flanagan, Gavin SR	Loe, Wesley JR	
	Overton, Bryson SR	Argueta, Ryan SR	
20	STEW	A	1:37.87
	Zuccaro, Michael SR	Savage, Liam SO	
	Hopp, Carter SO	Wang, Hank FR	
21	NCS	A	1:37.92
22	VRTS	A	1:38.07
	Fisher, Ioshua FR	Loftin, William 8	
	Davis, Sam JR	Hughes, Connor SO	
23	SST	B	X1:38.43
	McGrath, John IR	Arnold, Joey SR	
	Dalrymple, Jerry JR	Ceol, Christian SR	
24	BSCHS	A	1:38.44
	Miranda, Austin IR	Bromley, Zach JR	
	Lorcher-Bond, Steven I	Beauchamp, Joseph JR	
25	CCS	A	1:38.53
	Elkin, Jeff SR	Floyd, Bryan SO	
	Li, Charlie SR	Wolfson, Rock JR	
26	BI	A	1:38.64
	Paradise, Calvin SO	McNutt, Connor SO	
	Smith, Jonah SR	Budzynski, Nick SR	
27	DJO	B	1:39.44
	Lindlev, Rvan SO	Krauss, Ryan SO	
	Hardenburgh, James S	Milligan, James FR	
28	BCP	A	1:39.57
	Devries, Reese SR	Williamson, Charlie JR	
	Owens, Ty SR	Gwyer, Henry SO	
29	TCS!	A	1:39.72
30	RCS	A	1:39.76
	Ingle, Nathaniel IR	Thompson, Christian S	
	Gepitulán, David SR	Pilar, Michael SR	
31	R-MA	A	1:39.81
	Gehly, Jacob SR	Park, Ethan SO	
	Stanford, Tyler SR	Bayo-Adeyemo, Tire SR	
32	SSSA	B	X1:40.27
	Vuono, Rvan SR	Gillette, Will SO	
	Biondi, Sam SR	Prestholdt, Taner SO	
33	NSA	A	1:40.54
	McCauley, Braedon IR	Eisenhart, Nic SO	
	Pillsbury, Kyle SO	Walters, Justice JR	
34	POTO	B	X1:40.67
	Diorup, John IR	Christ, Alex FR	
	Jordan, Joseph JR	Bhargava, Rajan SO	
35	CHC	A	1:40.77
	Halverson, Rvan SO	Escalera, Robbie SR	
	Old, Evan SO	Sullivan, George FR	

36	NA	B	X1:41.03
	Lagow, Ben SO	Hope, Ross SO	
	Patzer, Axel SO	Wetmore, Franklin JR	
37	PVI	B	X1:41.09
	Herrera, Nick IR	Paquette, Frank SR	
	Frucht, Mark JR	Vannell, Morgan FR	
38	WAKE	A	1:41.58
	Maraska, Joseph SR	Seaborn, Jackson SR	
	Pieja, Jack JR	Burdette, Cade SR	
39	VES	A	1:41.92
	Cook, Harry JR	Prahinski, Jack JR	
	McKee, Max JR	Miles, Spencer SR	
40	TCS	B	1:42.30
	Weiss, Cooper 8	Hamil, Logan 8	
	Longnecker, Will SO	Weiss, Braeden FR	
41	COOL	B	X1:42.60
	Harbour, Liam 8	Klevana, Leighton JR	
	Spivey, Thomas SR	Eastep, Andrew JR	
42	FH	B	X1:42.65
43	JP	A	1:42.71
	Kintz, John Paul SO	Platt, Joseph SR	
	Ong, Marcus SO	Haddock, Lucas SR	
44	NCS!	A	1:43.17
	Bvrnes, Daniel IR	Thompson, Tyler FR	
	Daly, Patrick SR	Huynh, Winston JR	

#19 Girls 100 Yard Backstroke

VISAA: 54.25 2016 Reni Moshos

54.80 AA-A

55.92 AA-B

Meet Qualifying: 1:07.53

Name	Yr	School	Seed Time
1 Hall, Paige	JR	DJO	55.10 AA-B
2 Blanchard, Mc	FR	VRTS	56.40
3 Vanbourgoni	SR	BSCHS	57.55
4 Ferguson, Mac	SO	COOL	57.76
5 Minnes, Asia	JR	NCS!	59.89
6 Hewitt, Kaila	JR	TES	1:00.37
7 Thompson, Cl	SR	WAKE	1:00.43
8 Blanton, Reilly	JR	DJO	1:00.72
9 Chen, Gabby	FR	COOL	1:01.01
10 Gibbons, Dela	FR	WCA	1:01.38
11 Bowles, Madd	JR	STCA	1:01.48
12 Pickeral, Vivia	8	WAKE	1:01.63
13 Woodworth, M	JR	FAST	1:01.78
14 Schooneman,	SO	CHC	1:02.98
15 McNamara, Cl	SR	DJO	1:03.17
16 Manley, Caitlin	JR	OAK	1:03.65
17 Gill, Virginia	SO	NA	1:03.80
18 Rude, Claire	SO	TCS	1:04.33
19 Flores, Angele	FR	JP	1:04.39
20 Aaronson, Kat	JR	COOL	1:04.42
21 Compton, Ash	8t	STEW	1:04.49
22 Tao, Isabel	JR	FH	1:04.60
23 Garvey, Lucia	SO	JP	1:04.62
24 Peterson, Mac	FR	NA	1:04.84

25	Griffin, Caroline SR	SST	1:05.20
26	Hackney, Clair SR	STCA	1:05.43
27	Mullins, Skyla	SO COOL	1:05.46
28	Zillioux, Eliza	JR PCHS	1:05.66
29	Gorey, Claire SR	TES	1:05.69
30	Champagne, N	SR FH	1:05.76
31	Ayers, Ansley	8 RCS	1:06.01
32	Snyder, Sophi	JR HRA	1:06.29
33	Kennedy, Kan	SR OT	1:06.45
34	Hood, Juliann	SO NA	1:06.66
35	Cave, BG	FR STAB	1:06.66
36	Vanroekel, Br	SR COOL	1:06.81
37	Fuller, Sydney SR	STCA	1:06.84
38	Rogers, Ellie	JR COOL	1:07.04
39	Smith, Haley	JR POTO	1:07.25
40	Cantrell, Geor	SO TES	1:07.26
41	Neese, Sarah I	FR COOL	1:07.48

#20 Boys 100 Yard Backstroke

VISAA: 48.92 2013 Zach Switzer

49.38 AA-A

50.37 AA-B

Meet Qualifying: 1:02.90

Name	Yr	School	Seed Time
1 Whetstine, Cl	SO	NA	50.44
2 Camurdan, At	SR	TES	52.03
3 Ashby, Zach	JR	STAB	53.14
4 Salvatori, Mic	SR	JP	53.25
5 Fisher, Joshua	FR	VRTS	53.52
6 Lowe, Micah	JR	FCS!	53.64
7 Rouzie, Bryce	SO	HRA	53.83
8 Jobe, Davis	SR	COOL	54.47
9 Bolz, Andrew	FR	HMA	55.32
10 Mullen, Brend	SO	DJO	55.65
11 DeGraw, Jasor	JR	CCS	55.66
12 Bishop, Ashto	SR	FAST	56.41
13 Newcamp, Gav	JR	WFS	56.50
14 Whetstine, Ca	08	NA	56.72
15 Greco, Clemen	SR	PVI	56.75
16 Kwon, Brian	JR	COOL	56.83
17 Hochrein, Noa	JR	STAB	56.91
18 Boyd, Jamie	SO	STC	57.04
19 Sullivan, Joe	JR	STC	57.39
20 Owen, Ryan	JR	PVI	57.44
21 Fletcher, Will	JR	WFS	58.32
22 Sprott, Camer	SR	PCHS	58.37
23 Williams, Wes	JR	STC	58.46
24 Manley, Adam	FR	PVI	59.10
25 Bartsevich, De	SO	FUMA	59.40
26 Stanton, Sam	SR	CHC	59.79
27 Lyons, Willian	JR	TES	1:00.37
28 Koehr, Shane	SR	SST	1:00.60
29 Carr, Ian	JR	SSSA	1:00.79
30 Beauchamp, Jr	JR	BSCHS	1:01.43
31 Carchia, Mich	SR	DJO	1:01.50



2020 VISAA Swimming & Diving Championship - 2/14/2020 to 2/15/2020

2020 VISAA Swimming & Diving Championship

Psych Sheet

#20 ... (Boys 100 Yard Backstroke)

32	Kirsner, Zack	SR	STC	1:01.78
33	Wang, Hank	FR	STEW	1:01.78
34	Loe, Wesley	JR	FMS	1:02.02
35	Puckett, Tilde	SR	NCS	1:02.27
36	Rose, Nicholas	SO	NA	1:02.38
37	Richards, Rus	SR	STC	1:02.41
38	Desmond, Ale	FR	WFS	1:02.73
39	Weiss, Cooper	8	TCS	1:02.86

#21 Girls 100 Yard Breaststroke

VISAA: 1:03.14 2019 Sofie Davis

1:02.58 AA-A

1:03.80 AA-B

Meet Qualifying: 1:17.15

Name	Yr	School	Seed Time
1	Wishnack, Ch	JR STCA	1:04.93
2	Davis, Sofie	SR MAD	1:05.59
3	Sullivan, Kaitl	JR WCA	1:06.52
4	Leonard, Ellie	FR DJO	1:06.54
5	Luce, Annika	SO FAST	1:07.06
6	Kantner, Emil	FR COOL	1:07.57
7	Lawlor, Jena	FR BSCHS	1:07.73
8	Jepson, Chloe	SR TES	1:08.49
9	Thornburg, Pa	JR HL	1:08.83
10	Kirby, Ashley	FR PVI	1:08.97
11	Kassab, Lily	SR STCA	1:09.24
12	Curry, Kara	FR BI	1:09.75
13	Heck, Olivia	JR SSSA	1:10.35
14	Albrecht, Lesli	SR COOL	1:10.41
15	Marotta, Carol	10 NCOV	1:10.43
16	Bowles, Anne	SR STCA	1:10.55
17	Zhukova, Eliz	SO MAD	1:11.23
18	Hester, Ginnie	FR TES	1:11.44
19	Wilcox, Ayla	SR WAKE	1:11.51
20	Reed, Allie	SO HRA	1:11.91
21	Lewis, Audrey	SO SGHS	1:12.10
22	Lee, Annabel	SO POTO	1:12.15
23	Falwell, Caroli	FR VES	1:12.41
24	Gleim, Cate	SO BSCHS	1:12.89
25	Bleecker, Julia	JR RCS	1:13.48
26	McCabe, Magg	SO MAD	1:14.35
27	Koler, Jillian	SO JP	1:14.47
28	Chhabra, Vaya	SO STAB	1:14.66
29	David, Sarah	SR DJO	1:14.94
30	Sprott, Anna	SO PCHS	1:15.06
31	Roder, Mia	FR JP	1:15.26
32	Gastright, Amy	JR SSSA	1:15.46
33	Armstrong, Ar	FR COOL	1:15.47
34	Campbell, Rile	8 COOL	1:15.95
35	Reynolds, Min	JR STCA	1:16.17
36	Villanueva, Ca	JR COOL	1:16.25
37	Gorey, Anna	FR TES	1:16.81
38	Nguyen, Maili	JR FH	1:16.91

39	Brinkmann, Te	JR DJO	1:17.07
40	Rogers, Natali	11 NCOV	1:17.11

#22 Boys 100 Yard Breaststroke

VISAA: 54.17 2009 Stuart Ferguson

55.84 AA-A

56.98 AA-B

Meet Qualifying: 1:09.48

Name	Yr	School	Seed Time
1	Nichols, Noah	SR STEW	56.34 AA-B
2	Lentine, Tyler	JR DJO	57.27
3	Ryan, Liam	JR COOL	58.67
4	Johnson, Matt	FR PVI	1:00.21
5	Coleman, Jame	JR NA	1:00.54
6	Turbyfill, Andre	FR FCS	1:00.59
7	Burdette, Cade	SR WAKE	1:01.12
8	Cronin, Avery	SR HRA	1:01.59
9	Higdon, Natha	JR HMA	1:01.59
10	Stevens, Will	JR STC	1:01.88
11	Rouzie, Blake	SR HRA	1:02.39
12	Krause, Owen	SR FH	1:03.41
13	Perkins, Carte	FR STC	1:03.75
14	Dragone, Jack	SR STC	1:04.56
15	Farley, Harry	SR STC	1:04.77
16	Pilar, Michael	SR RCS	1:04.96
17	Marotta, Mich	10 NCOV	1:05.25
18	Kelly, Ben	SR FH	1:05.59
19	Kassab, Elliott	FR TNCS	X1:06.19
20	Kuhlen, Jake	FR STC	1:06.41
21	Desmond, Lia	SR WFS	1:06.52
22	Schindler, Cha	JR VES	1:06.68
23	Hopkins, Liam	SO JP	1:06.74
24	DeVeer, Nick	JR HMA	1:06.88
25	Southern, Mar	JR NA	1:06.95
26	Heck, TJ	JR SSSA	1:07.06
27	Budzynski, Ni	SR BI	1:07.21
28	Moore, Max	8 STAB	1:07.33
29	Hughes, Conno	SO VRTS	1:07.40
30	Schedler, Broc	FR POTO	1:07.41
31	Bhargava, Raj	SO POTO	1:07.95
32	Prestholdt, Ga	SO SSSA	1:08.03
33	Boulos, Georg	SR PCHS	1:08.26
34	Kump, Case	JR STC	1:08.43
35	de la Torre, Au	SR WFS	1:08.48
36	Carpenter, Ka	FR DJO	1:08.59
37	Campbell, Jos	JR WFS	1:08.68
38	DiLeonardo, V	JR FCS	1:08.75
39	Neese, Hudson	FR COOL	1:08.81
40	Devries, Reese	SR BCP	1:08.86
41	Paradise, Calv	SO BI	1:09.13
42	Gehly, Jacob	SR R-MA	1:09.15
43	Sproull, Emor	FR STEW	1:09.25

#23 Girls 4x100 Yard Freestyle Relay

VISAA: 3:26.71 2019 Norfolk Academy

M McKee, A McCammon, M Kirkman, K Wilson

3:27.65 AA-A

3:31.02 AA-B

Meet Qualifying: 4:38.24

Team	Relay	Seed Time
1	NA	A 3:35.87
	McKee, Marin SO	Jones, Ellie SR
	Galiotos, Olivia SO	Wilson, Kayla SO
2	COOL	A 3:38.61
	Rogers, Averv SR	Kantner, Emily FR
	Cram, Elyse JR	Ferguson, Mackenzie S
3	TES	A 3:39.40
4	DJO	A 3:39.83
	Keegan, Alissa SR	Burns, Katie SO
	Kinsella, Abby SR	Blanton, Reilly JR
5	STCA	A 3:39.84
	Deverle, Tess SR	Collins, Lily FR
	Goodwin-Birnie, Elizab	Wishnack, Charlotte JR
6	PVI	A 3:42.53
	Foley, Reagan SR	Foley, Abigail FR
	Murphy, Caroline FR	Derasmo, Kelly SR
7	STEW	A 3:43.23
	Langenburg, Allison SF	Compton, Ashley 8t
	Witdoeck, Allie 8t	Langenburg, Erin SO
8	MAD	A 3:44.13
	Chava, Niki SO	Watts, Molly SR
	Arndt, Hannah JR	Davis, Sofie SR
9	DJO	B 3:49.37
	St. Pierre, Kaitlin FR	Buswell, Piper FR
	Nassetta, Avery SO	Bacon, Meredith SR
10	TCS!	A 3:50.06
11	SSSA	A 3:52.72
	West, Ashlev SR	Heck, Olivia JR
	Gastright, Amy JR	Toman, Claire SR
12	COOL	B X3:54.00
	McComb, Ellie FR	Cribbs, Eleanor 8
	Mullins, Skylar SO	Angle, Virginia SR
13	HRA	A 3:54.40
	Rouzie, Molly SR	Lindsay, Josie JR
	Snyder, Sophia JR	Slate, Christy SO
14	JP	A 3:54.45
	Flores, Angelea FR	Garvey, Lucia SO
	Roder, Mia FR	Hopkins, Sarah SR
15	STCA	B X3:56.27
	DeRosier, Olivia FR	Vallejo, Ryleigh SO
	Turton, Hadley FR	Bowles, Carrington SR
16	NA	B X3:58.63
	Savage, Meghan FR	Howerton, Emma JR
	Rose, Kate 08	Luecke, Christine JR
17	SST	A 3:58.72
	Luevano, Isabelle SO	Griffin, Caroline SR
	Konstanty, Anne SR	Pennefather, Mary FR



2020 VISAA Swimming & Diving Championship - 2/14/2020 to 2/15/2020

2020 VISAA Swimming & Diving Championship
Psych Sheet

#23 ... (Girls 4x100 Yard Freestyle Relay)		
18 NSA	A	4:00.85
Johnston, Emma SO	Hope, Frances JR	
Stambaugh, Cami FR	Reynolds, Madailen JR	
19 PVI	B	X4:02.39
Brown, Lanev IR	Nguyen, Jamie FR	
Foley, Hannah JR	Vannell, Emma JR	
20 BI	A	4:03.61
Chawk, Siobhan SR	Nguyen, Angelyn SR	
Curry, Kara FR	Rier, Ella SO	
21 FAST	A	4:03.87
Luce, Annika SO	Smith, Anna SO	
Drape, Emily FR	Woodworth, Marissa J	
22 CHC	A	4:04.56
Verfurth, Elise IR	Stoops, Finley JR	
Buba, Anna JR	Meyerholz, Carlie SO	
23 TCS	A	4:06.03
Tosi, Arianna SO	Alimard, Ariana FR	
Fulkerson, Gwendolyn	Rude, Claire SO	
24 TCS!	B	X4:06.72
25 BI	B	4:08.50
Nguyen, Gabbv SO	Parsons, Emily JR	
Lungren, Reagan JR	Heilbrun, Emme Cate J	
26 STAB	A	4:10.21
Robinson, Nia SO	Sullivan, Lauren SR	
DeVillier, Charlotte SO	Schetlick, Ava FR	
27 OAK	A	4:11.60
Manlev, Caitlin IR	Smalera, Frances B	
Myers, Emma SR	Adams, Abby SO	
28 NSA	B	4:14.96
Dryden, Kennedy SO	Yoder, Payton SO	
Michell, Dori SO	Puzey, Berkley JR	
29 SST	B	X4:15.27
Bingham, Teresa SO	O'Malley, Kathleen SR	
Albin, Katie SR	O'Malley, Mary SO	
30 SGHS	A	4:15.86
Sproull, Molly SO	Upchurch, Vivian SO	
Czaja, Emily JR	Lewis, Audrey SO	
31 POTO	A	4:16.38
O'Sullivan, Cecelia SO	Bell, Hannah SO	
Lee, Grace FR	Otteni, Caroline SR	
32 NOCO	A	4:16.58
Rosen, Addv FR	Thornton, Tabitha SR	
Hargrove, Victoria SR	Campbell, Maggie SO	
33 FH	A	4:17.59
Patel, Anissa IR	Patel, Alena FR	
Tao, Isabel JR	Champagne, Natalie SR	
34 TES	B	X4:17.62
35 JP	B	X4:17.93
Koler, Jillian SO	Moore, Raley SR	
Gutierrez, Ana Sophia S	Daniel, Isabella JR	
36 RCS	A	4:19.69
Finnigan, Meghan FR	Leonard, Kyra FR	
Reichardt, Sydney SR	Ayers, Ansley B	

37 HRA	B	X4:21.75
Doherty, Emma SO	Reed, Savannah JR	
Spencer, Noelle JR	Renforth, Laura SO	
38 CH	A	4:21.80
Zhang, Stephanie SR	Blackwell, Lucy JR	
Liu, Stella JR	Xu, Taylor FR	
39 PCHS	A	4:21.82
McCarthy, Beth IR	Dwyer, Laura FR	
Wharton, Libby JR	Baddar, Eliza FR	
40 WAKE	A	4:24.45
Pickeral, Vivian B	McGrath, Anna JR	
Wilcox, Ayla FR	Thompson, Claire SR	
41 VES	A	4:24.86
Smith, Sarah Bennett S	Sprunt, Margaret SR	
Wood, Lara SR	Falwell, Caroline FR	
42 FH	B	X4:25.18
Nguyen, Courtney SR	Nguyen, Mailan FR	
Conkle, Emma JR	Cai, Rachel SO	
43 FCS	A	4:25.23
Dahl, Lizzie IR	Meadows, Payton FR	
Embrey, Phoenix FR	Ambrose, Eden SR	
44 CCS	A	4:25.78
Hatterslev, Faith IR	Pitts, Saylor SR	
Valadez, Hali FR	Bracken, Michelle FR	
45 POTO	B	X4:29.05
Sardar, Mava IR	Yoon, Eleanor SO	
Exley, Morgan SR	Smith, Haley JR	
46 WA	A	4:30.88
Robinson, Olivia IR	Nassabi, Maddie SR	
Lobash, Emma FR	O'Hallarn, Summer B	
47 FAST	B	X4:32.58
Crampton, Izzie SO	Smith, Sophie SO	
Davis, Victoria SO	Bryant, Shelby SR	
48 SSSA	B	X4:33.42
Cordero, Sydnev SR	Watson, Izzie FR	
Atkinson, Kathryn SR	Dowling, Lilliana SR	
49 OAK	B	4:35.93
Schroder, Ashlev SO	Burke, Zoe FR	
Meunier, Cecelia FR	Sypal, Elizabeth JR	
50 VES	B	X4:38.20
Laing, Marian SR	McLean, Mary Blair SR	
Sigler, Julianna SR	Hanning, Abigail JR	

#24 Boys 4x100 Yard Freestyle Relay

VISAA: 3:06.16 2019 Collegiate School
S Laming, L Ryan, C Mayr, Z Cram
3:06.28 AA-A
3:09.26 AA-B

Meet Qualifying: 3:59.45

Team	Relay	Seed Time
1 STC	A	3:17.27
West, Miles SR	Bowles, Aubrey JR	
Washington, Nick JR	Sundlun, Hunter SR	
2 WFS	A	3:17.44
3 PVI	A	3:19.57
Rvu, Han SR	Greco, Clement SR	
O'Toole, Owen FR	Johnson, Matthew FR	

4 NA	A	3:20.32
Coleman, James IR	Southern, Mark JR	
Clarkson, Joey SO	Whetstine, Clayton SO	
5 COOL	A	3:20.37
Mavr, Christian SO	Jobe, Dalton SO	
Jobe, Davis SR	Ryan, Liam JR	
6 TES	A	3:21.42
7 HRA	A	3:22.11
Rouzie, Brvce SO	Kokolis, Michael SO	
Cronin, Avery SR	Rouzie, Blake SR	
8 STC	B	X3:22.55
Bowles, Tee SO	Moore, Brandon FR	
Boyd, Jamie SO	Stevens, Will JR	
9 STAB	A	3:23.07
Hochrein, Noah IR	Moore, Max B	
Ashby, Zach JR	Chhabra, Vijay SR	
10 DJO	A	3:25.30
Mullen, William SR	Ienzi, Joseph SR	
Lobaugh, Peter SR	Mullen, Brendan SO	
11 JP	A	3:27.23
Doty, Jack IR	Talavera, JP SR	
Hopkins, Liam SO	Salvatori, Michael SR	
12 SSSA	A	3:27.64
Vuono, Rvan SR	Prestholdt, Gavin SO	
Gillette, Will SO	Prestholdt, Taner SO	
13 FH	A	3:29.85
14 COOL	B	3:30.13
Ascoli, Joseph SR	Mayr, Charlie B	
Moore, Aaron SO	Spivey, Thomas SR	
15 VES	A	3:30.69
Dirom, Xander JR	Prahinski, Jack JR	
16 HMA	A	3:32.24
Higdon, Nathan IR	Schindler, Charlie JR	
DeVeer, Nick JR	Kennedy, Scott SR	
17 CCS	A	3:33.79
DeGraw, Iason IR	Bolz, Andrew FR	
Fannin, Evan SO	Elkin, Jeff SR	
18 FUMA	A	3:34.28
Kiland, Jackson SO		
19 CHC	A	3:37.16
Bartsevich, Daniel SO	Hernandez, Rodrigo FR	
Tavares, Kai SR	Leydig, Drew JR	
20 STEW	A	3:37.16
Cake, Gavin FR	Sullivan, George FR	
Frey, Zack SO	Stanton, Sam SR	
21 FCS	A	3:37.19
Wang, Hank FR	Shaia, Joseph SR	
Sproull, Emory FR	Nichols, Noah SR	
22 TCS	A	3:37.44
Turbyfill, Andrew JR	Ford, Parker SO	
Knewtson, Jack B	DiLeonardo, Vince JR	
23 WFS	B	X3:38.87
Gustafson, Luke SR	Clancy, Patrick SR	
Fulkerson, McCallum F	Hutter, Preston SO	
24 NCS	A	3:39.75



2020 VISAA Swimming & Diving Championship - 2/14/2020 to 2/15/2020

2020 VISAA Swimming & Diving Championship
Psych Sheet

#24 ... (Boys 4x100 Yard Freestyle Relay)			
25	FAST	A	3:39.93
	Bishop, Ashton SR	Harris, Dylan 8t	
	Geddes, Owen SO	Millar, Henry SR	
26	PVI	B	X3:41.11
	Ruvle, Rvan SO	Chugh, Kabir FR	
	Vannell, Morgan FR	Manley, Adam FR	
27	BSCHS	A	3:41.81
	Beauchamp, Joseph IR	Beauchamp, Michael F	
	Lorcher-Bond, Steven I	Miranda, Austin JR	
28	SST	A	3:44.38
	Koehr, Shane SR	Ceol, Christian SR	
	Dalrymple, Drew SR	Dalrymple, Jerry JR	
29	TCSI	A	3:44.63
	Henderson, Gabe IR	Moon, Jadon SR	
	Kim, Justin 8	Kim, Josh SO	
30	SST	B	X3:47.71
	Luevano, Nathan FR	McGrath, John JR	
	Wilson, Joe FR	Alsop, Jacob SR	
31	JP	B	X3:49.78
	Haddock, Lucas SR	Platt, Joseph SR	
	Elliott, Zach SR	Williams, Charlie FR	
32	WAKE	A	3:50.66
	Pieia, Jack IR	Bushara, Horatio SO	
	Maraska, Joseph SR	Burdette, Cade SR	
33	PCHS	A	3:51.15
	Farkas, Alex SO	Robertson, Will JR	
	Boulos, George SR	Brooks, Dis SO	
34	FH	B	X3:51.16
35	NA	B	X3:51.19
	Hope, Ross SO	Lagow, Ben SO	
	Trudell, Paul SO	Yeung, Owen 8	
36	NSA	A	3:51.41
	Walters, Justice IR	Eisenhart, Nic SO	
	Pillsbury, Kyle SO	McCauley, Braedon JR	
37	DJO	B	3:51.96
	Krauss, Rvan SO	Milligan, James FR	
	Piland, James FR	Boboltz, Daniel SR	
38	NCSI	A	3:52.09
	Bvrnes, Daniel IR	Thompson, Tyler FR	
	Daly, Patrick SR	Huynh, Winston JR	
39	RCS	A	3:54.31
	Ingle, Nathaniel IR	Thompson, Christian S	
	Gepitulan, David SR	Pilar, Michael SR	
40	SSSA	B	X3:55.60
	Keefe, Tim SR	Bremner, Will SO	
	Biondi, Sam SR	Cunningham, Jay SR	
41	TCS	B	3:56.28
	Longnecker, Will SO	Longnecker, Charlie 8	
	Pritchett, Hayden JR	Gustafson, Cole FR	
42	HMA	B	X3:56.66
	Lewis, Michael SR	Gregori, Ben JR	
	Ponton, Andrew SO	Marquardt, Wesley JR	

43	POTO	A	3:57.48
	LaForce, Hudson SO	Christ, Alex FR	
	Jordan, Joseph JR	Fearey, Will JR	

#101 Girls 50 Yard Freestyle

VISAA: 23.27 2015 Kate Nezelek			
23.20 AA-A			
23.54 AA-B			
Meet Qualifying: 26.97 - 28.96			

Name	Yr	School	Seed Time
1 Vanroekel, Br	SR	COOL	27.02
2 Luevano, Isab	SO	SST	X27.04
3 McCabe, Magg	SO	MAD	27.06
4 Brinkmann, Tt	JR	DJO	27.25
5 Campbell, Ma	SO	NOCO	27.32
6 Kinsella, Abby	SR	DJO	27.35
7 Rose, Kate	08	NA	27.38
8 Koler, Jillian	SO	JP	27.44
9 Gorey, Anna	FR	TES	27.44
10 Lorens, Natali	JR	NCSI	27.47
11 Rogers, Ellie	JR	COOL	27.56
12 Hope, Frances	JR	NSA	27.56
13 Neese, Sarah I	FR	COOL	27.65
14 Deatherage, A	JR	TCSI	27.66
15 Nguyen, Maili	JR	FH	27.68
16 Armstrong, Ar	FR	COOL	27.69
17 Walker, Libby	FR	MAD	27.71
18 Joynt, Sydney	08	NA	27.78
19 Williams, Mad	JR	DJO	27.81
20 Chhabra, Vaya	SO	STAB	27.82
21 Beachy, Kiana	8	NOCO	27.85
22 Smalera, Fran	8	OAK	27.86
23 Flynn, Emily	SO	SST	27.91
24 Hackney, Clair	SR	STCA	27.95
25 Hargrove, Vict	SR	NOCO	28.00
26 Ambrose, Ede	SR	FCS	28.06
27 Ragsdale, Ann	FR	TES	28.26
28 Reed, Savanna	JR	HRA	28.26
29 O'Malley, Kath	SR	SST	X28.27
30 Puzey, Berkley	JR	NSA	28.29
31 Renforth, Lau	SO	HRA	28.30
32 Cave, BG	FR	STAB	28.33
33 Rouvelas, Eler	JR	MAD	28.35
34 Holstege, Ann	JR	TCS	28.36
35 Zerrenner, Ke	SR	TCSI	28.36
36 Blanchard, An	8	VRTS	28.37
37 Dahl, Lizzie	JR	FCS	28.38
38 Cordero, Sydn	SR	SSSA	28.40
39 Baddar, Eliza	FR	PCHS	28.42
40 Adams, Abby	SO	OAK	28.43
41 Smith, Sarah F	SR	VES	28.46
42 Woolman, Oliv	SR	TES	28.46
43 McEntire, Abb	SR	VRTS	28.50
44 Phlegar, Auro	SR	NCSI	28.51
45 Phillips, Amy	FR	TCSI	28.51

46	Daniel, Isabell	JR	JP	28.53
47	Spencer, Noell	JR	HRA	28.53
48	Gibbons, Magg	8	SST	28.55
49	Dryden, Kenn	SO	NSA	28.55
50	Nassabi, Madc	SR	WA	28.56
51	O'Sullivan, Cec	SO	POTO	28.57
52	Zhang, Stepha	SR	CH	28.57
53	Rosen, Addy	FR	NOCO	28.58
54	Fulkerson, Gw	SR	TCS	28.59
55	Gearhty, Sam	FR	BI	28.61
56	Lorens, Kately	FR	NCSI	28.63
57	Tyrell, Avery	JR	MAD	28.64
58	Morrow, Laur	8	NOCO	28.64
59	Britt, Emily	FR	NA	28.64
60	Lee, Grace	FR	POTO	28.65
61	Sproull, Molly	SO	SGHS	28.69
62	DeRoco, Mia	JR	VRTS	28.70
63	Perry, Anna C	SO	NA	28.70
64	Turner, Brook	SR	TES	28.72
65	DeVillier, Cha	SO	STAB	28.72
66	Wharton, Libt	JR	PCHS	28.74
67	Pitts, Saylor	SR	CCS	28.75
68	Gorey, Claire	SR	TES	28.75
69	Roder, Mia	FR	JP	28.76
70	Bokmiller, Luc	JR	NCS	28.77
71	Wood, Lara	SR	VES	28.78
72	Vogel, Tanner	SO	NCSI	28.81
73	Patel, Alena	FR	FH	28.86
74	Sullivan, Laure	SR	STAB	28.86
75	Noriega, Victo	SO	BSCHS	28.87
76	Driscoll, Heler	SR	PCHS	28.87
77	Patel, Anissa	JR	FH	28.87
78	Myers, Emma	SR	OAK	28.88
79	Robinson, Nia	SO	STAB	28.88
80	Hunnicut, Lil	JR	COOL	28.89
81	Bryant, Shelby	SR	FAST	28.91
82	Phan, Victoria	JR	DJO	28.93
83	Lobash, Emm	FR	WA	28.95

#102 Boys 50 Yard Freestyle

VISAA: 20.39 2014 Ali Khalafalla			
20.54 AA-A			
20.91 AA-B			

Meet Qualifying: 24.29 - 26.28

Name	Yr	School	Seed Time
1 Kump, Case	JR	STC	24.31
2 Ceol, Christi	SR	SST	X24.39
3 Clancy, Patric	SR	TCS	24.44
4 Kelly, Ben	SR	FH	24.48
5 Vuono, Ryan	SR	SSSA	24.51
6 Manning, Nat	SR	NCS	24.56
7 Walters, Justic	JR	NSA	24.60
8 Kellogg, Liam	JR	SST	X24.64
9 Wolfson, Rock	JR	CCS	24.65
10 Lindley, Ryan	SO	DJO	24.67



2020 VISAA Swimming & Diving Championship - 2/14/2020 to 2/15/2020

2020 VISAA Swimming & Diving Championship

Psych Sheet

#102 ... (Boys 50 Yard Freestyle)

11	Maraska, Jose	SR	WAKE	24.69	64	Arnold, Joey	SR	SST	X25.88
12	Schindler, Cha	JR	VES	24.69	65	Eisenhart, Nic	SO	NSA	25.88
13	Liu, Ezra	SO	FH	24.74	66	Sullivan, Thon	SO	DJO	25.90
14	Gillette, Will	SO	SSSA	24.77	67	Harbour, Liar	8	COOL	25.93
15	Ford, Parker	SO	FCS	24.77	68	Prahinski, Jacl	JR	VES	25.95
16	Dalrymple, Jer	JR	SST	X24.78	69	de la Torre, At	SR	WFS	25.96
17	Li, Charlie	SR	CCS	24.79	70	Menen, Aidan	SR	STC	25.97
18	Lewis, Michae	SR	HMA	24.79	71	Ong, Marcus	SO	JP	25.98
19	Carchia, Mich	SR	DJO	24.82	72	Hamil, Logan	8	TCS	25.98
20	Cake, Gavin	FR	CHC	24.88	73	Longnecker, V	SO	TCS	26.05
21	Oakey, Teddy	SO	STAB	24.91	74	Luce, Michael	SO	FUMA	26.06
22	Elkin, Jeff	SR	CCS	24.92	75	Wilson, Joe	FR	SST	X26.09
23	Lorcher-Bond	FR	BSCHS	24.94	76	Bremner, Will	SO	SSSA	26.10
24	Milligan, Jame	FR	DJO	24.95	77	McGrath, John	JR	SST	X26.10
25	Hardenburgh,	SO	DJO	24.97	78	Carchia, Kevin	SO	DJO	26.13
26	Davis, Brando	JR	STC	24.99	79	Kuhlen, Jake	FR	STC	26.14
27	Bright, Henry	JR	FH	25.02	80	Kirsner, Zack	SR	STC	26.15
28	Devries, Reese	SR	BCP	25.05	81	Bromley, Zach	JR	BSCHS	26.18
29	Pieja, Jack	JR	WAKE	25.07	82	Shervanick, Sa	SO	PVI	26.19
30	Gustafson, Col	FR	TCS	25.07	83	Keefe, Tim	SR	SSSA	26.21
31	Kennedy, Scot	SR	HMA	25.07	84	Weiss, Cooper	8	TCS	26.21
32	Boboltz, Danie	SR	DJO	25.11	85	Cook, Harry	JR	VES	26.22
33	Frucht, Mark	JR	PVI	25.12	86	Halverson, Ry	SO	CHC	26.24
34	McCauley, Bra	JR	NSA	25.13	87	Floyd, Bryan	SO	CCS	26.24
35	Davis, Sam	JR	VRTS	25.16	88	Knauf, Corey	SR	DJO	26.24
36	Loftin, Willian	8	VRTS	25.25	89	Ponton, Andre	SO	HMA	26.24
37	Piland, James	FR	DJO	25.27					
38	Powell, Sam	SR	NCS	25.28					
39	Worrall, Alder	FR	STAB	25.29					
40	Haddock, Luc	SR	JP	25.34					
41	Robison, Ryan	JR	DJO	25.34					
42	Zuccaro, Mich	SR	STEW	25.37					
43	Savage, Liam	SO	STEW	25.39					
44	Djorup, John	JR	POTO	25.39					
45	Desmond, Ale	FR	WFS	25.39					
46	Hopp, Carter	SO	STEW	25.42					
47	Bailey, Daniel	SR	DJO	25.46					
48	Kinsella, Chris	FR	DJO	25.49					
49	Biondi, Sam	SR	SSSA	25.56					
50	Paquette, Frar	SR	PVI	25.56					
51	Escalera, Robl	SR	CHC	25.57					
52	Knewtson, Jac	8	FCS	25.58					
53	Moon, Jadon	SR	TCS!	25.59					
54	Prestholdt, Ta	SO	SSSA	25.60					
55	Wilson, Evan	JR	SST	X25.60					
56	Kintz, John Pa	SO	JP	25.62					
57	Tiffany, Connc	SR	NA	25.64					
58	Marquardt, W	JR	HMA	25.72					
59	Pillsbury, Kyle	SO	NSA	25.76					
60	Elliott, Zach	SR	JP	25.80					
61	Herrera, Nick	JR	PVI	25.80					
62	Senger, Gavin	SO	FMS	25.82					
63	Luevano, Nath	FR	SST	X25.84					



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

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

Relay Splits for '19-'20 Season
Seton Girls

200 Free Relay


	PR Flat Start	19-'20		12/7 Split	12/14 Split	12/21 Split	1/4 Split	1/11 Split	Nat Caths	1/18 Split	JV Invite	D-II Invite	DAC Champs	States	19-'20 Fastest Split	Fastest
		Fastest Flat Start	Fastest Split													
Mary Pennefather	00:26.20	00:26.20		00:26.69	00:26.48	00:25.78	00:25.60	00:26.09	00:25.36				00:25.52	00:25.49	00:25.36	00:25.36
Emily Flynn	00:27.62	00:28.82		00:28.27	00:28.78	00:29.03		00:27.48	00:27.43				00:27.67	00:26.70	00:26.70	00:26.70
Caroline Griffin	00:28.10	00:29.34		00:29.34	00:29.34	00:29.55			00:26.73				00:28.09	00:28.09	00:26.73	00:26.73
Isabelle Luevano	00:27.26	00:28.96		00:28.18		00:28.00	00:27.45	00:28.32	00:26.89				00:27.40		00:26.89	00:26.89
Kathleen O'Malley	00:28.69	00:28.27				00:29.97	00:28.37	00:29.16		00:29.97			00:28.67	00:27.84	00:27.84	00:27.84
Anne Konstanty	00:28.19	00:28.19				00:28.02	00:28.36	00:28.17	00:28.84						00:28.02	00:28.02
Theresa Bingham	00:29.12	00:29.12		00:28.51	00:28.54										00:28.51	00:28.51
Maggie Gibbons	00:29.80	00:28.55		00:29.67	00:30.62		00:30.30						00:29.87	00:29.31	00:29.31	00:28.55
Lily Byers	00:30.29	00:30.29		00:31.57	00:31.41					00:29.65		00:29.03	00:29.97		00:29.03	00:29.03
Katie Albin	00:30.31	00:30.31			00:29.63					00:30.31			00:29.39		00:29.39	00:29.39
Mary O'Malley	00:30.53	00:30.53		00:30.28		00:30.50	00:30.50			00:30.53					00:30.28	00:30.28
Mary Clare Waldron	00:31.37	00:31.37			00:31.61	00:31.37	00:31.47	00:31.51		00:32.46		00:30.98	00:30.42		00:30.42	00:30.42
Theresa Dwane	00:31.74	00:31.13					00:31.20	00:31.07				00:31.07			00:31.07	00:31.07
Ceili Koehr	00:32.00	00:31.35		00:32.88			00:33.62	00:32.24				00:33.61	00:31.35		00:31.35	00:31.35
Moira Haggerty	00:32.88	00:32.88										00:32.02			00:32.02	00:32.02
Catroina Linton	00:32.62	00:32.93		00:33.82			00:38.16	00:33.55							00:33.55	00:32.93
Katie Dealey	00:31.31	00:33.04		00:33.45			00:35.19	00:35.26		00:33.37					00:33.37	00:33.04
Mairead Geiran	00:25.75	00:26.73			00:27.13	00:27.19						00:26.73			00:26.73	00:26.73

400 Free Relay

	PR Flat Start	19-'20		12/7 Split	12/14 Split	12/21 Split	1/4 Split	1/11 Split	Nat Caths	1/18 Split	JV Invite	D-II Invite	DAC Champs	States	19-'20 Fastest Split	Fastest
		Fastest Flat Start	Fastest Split													
Mary Pennefather	00:57.52	00:57.52			01:07.26				00:56.01				00:59.51		00:56.01	00:56.01
Isabelle Luevano	01:00.29	01:00.29					01:02.03		00:58.91			01:02.31			00:58.91	00:58.91
Anne Konstanty	01:01.56	01:01.56			01:02.68		01:03.04		01:02.42			01:02.71	01:02.22		01:02.22	01:01.56
Caroline Griffin	00:59.22	01:04.76					01:02.24	01:02.28				01:02.93			01:02.24	01:02.24
Kathleen O'Malley	01:05.66	01:04.53		01:09.98			01:06.55	01:06.91		01:06.66		01:06.36	01:02.48		01:02.48	01:02.48
Mary O'Malley	01:08.53	01:08.53		01:07.74			01:06.91	01:04.94		01:08.53		01:06.75	01:03.42		01:03.42	01:03.42
Theresa Bingham	01:04.89	01:03.68			01:04.89	01:08.02	01:05.45		01:05.58		01:04.69	01:03.46			01:03.46	01:03.46
Katie Albin	01:08.36	01:10.51			01:13.92	01:10.10		01:15.08		01:08.29		01:05.91			01:05.91	01:05.91
Emily Flynn	01:03.15						01:06.34								01:06.34	01:06.34
Lily Byers	01:09.90	01:06.69		01:09.90		01:09.29	01:10.12	01:07.60				01:06.96			01:06.96	01:06.69
Maggie Gibbons	01:10.43	01:10.43				01:08.96				01:12.26		01:08.06			01:08.06	01:08.06
Catroina Linton	01:09.21	01:10.98				01:16.39		01:12.40		01:12.04					01:12.04	01:10.98
Madelyn Zadnik	01:11.77	01:11.77				01:11.77	01:14.74			01:12.13					01:11.77	01:11.77
Katie Dealey	01:12.21	01:12.21													00:00.00	01:12.21
Ceili Koehr	01:12.94	01:12.94				01:14.87						01:12.68			01:12.68	01:12.68
Theresa Dwane	01:07.90	01:13.27		01:16.93	01:18.65							01:16.39			01:16.39	01:13.27
Ava Hudson	01:13.63	01:13.63								01:14.02					01:14.02	01:13.63
Mary Clare Waldron	01:13.65	01:13.65					01:13.65								01:13.65	01:13.65
Mairead Geiran	00:54.73	00:55.91			00:58.61										00:58.61	00:55.91

200 Medley Relay

	50 Back-Fast	50 Back-Slow	50 Breast-Fast	50 Breast-Slow	50 Fly-Fast	50 Fly-Slow	50 Free
	Caroline Griffin	00:30.42	00:31.82				
Emily Flynn	00:33.94	00:35.48			00:28.54	00:30.77	00:26.89
Mary O'Malley	00:34.77	00:35.69					00:30.28
Anne Konstanty			00:34.53	00:37.71			00:27.84
Mary Clare Waldron			00:36.93	00:38.58			00:30.42
Isabelle Luevano				00:30.50	00:30.47	00:31.80	00:26.73
Mary Pennefather							00:25.36
Kathleen O'Malley							00:28.02
Katie Albin			00:38.38		00:33.25		00:28.55
Ava Hudson	00:35.55				00:32.92	00:37.41	
Theresa Bingham	00:36.08	00:36.96			00:31.07		00:28.51
Ceili Koehr	00:38.53	00:43.22					00:32.02
Shannon O'Malley			00:40.21				
Sophia Zadnik			00:37.92	00:40.26			
Madelyn Zadnik			00:41.51	00:43.31			
Theresa Bingham					00:31.06		00:28.51
Maggie Gibbons					00:31.64	00:35.70	00:29.03
Lily Byers					00:33.24	00:33.54	00:29.03

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 
---	---	---

Dear VISAA Member,

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

-Coach Gregory M. Guldin

State Meet Invitation Reference Guide



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

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

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

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<p>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</p>	<p>Hosted by: Woodberry Forest School</p> 
---	--	---

<p>Thursday Night Packet Pickup</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>Meet Format</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>Friday Swim Preliminaries Schedule</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"> • Lanes 1, 2, 7 & 8 – Relay Starts • Lanes 3-6 – One-way sprints • Lanes 9-20 – Continuous swim
	<p>Officials Meeting: 8:15 a.m.</p>	<p>Wet Classroom near Leisure/Recreational Pool</p>
	<p>Coaches Meeting: 8:30 a.m.</p>	<p>Leisure/Recreational Pool Deck – Meet underneath the slide</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>Friday Women's Diving</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>Friday VISAA Swimming Meeting</p>	<p>VISAA Swimming Annual February Coaches' Business Meeting: 15 minutes after the conclusion of Prelims</p>	<p>Leisure/Recreational Pool Deck – Meet underneath the slide</p>



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

<p>Friday Finals Schedule</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"> • Lanes 1 & 8 – Relay Starts • Lanes 2 & 7 – One-way sprints • Lanes 3-6 – continuous swim
	<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>Saturday Swim Preliminaries Schedule</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"> • Lanes 1, 2, 7 & 8 – Relay Starts • Lanes 3-6 – One-way sprints • Lanes 9-20 – Continuous swim
	<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>Saturday Men’s Diving</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>

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<h2 style="margin: 0;">VISAA Swimming & Diving Championship</h2> <p style="margin: 0;">February 14-15, 2020</p> <p style="margin: 0;">Christiansburg Aquatic Center - Christiansburg, VA</p> <p style="margin: 0;">Friday: Prelims 9:30AM/Diving 1:00PM/Finals 6:10PM</p> <p style="margin: 0;">Saturday: Prelims 9:30AM/Diving 1:00PM/Finals 6:20PM</p>	<p style="text-align: right;">Hosted by: Woodberry Forest School</p> 
---	--	--


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


	19	100 Backstroke	Saturday	20
	21	100 Breaststroke	Saturday	22
	23	400 Free Relay	Saturday	24

<p>Warmup Time Requests/ Lane Assignments</p>	<ul style="list-style-type: none"> • Submit requests for Thursday PM, Friday AM, & Saturday AM slots to Gregory Guldin at gregory.guldin@woodberry.org by 5:00pm, January 29th. • Please note: If a request is made for a late warmup on one day, it is almost certain that an early warmup will be assigned for the other day. • Lane assignments will be posted to SwimCloud once all requests are received.
--	--

<p>Entry Rules</p>	<ul style="list-style-type: none"> • Individual Events <ul style="list-style-type: none"> ○ Any eligible swimmer who has swum the qualifying time for an individual event during the 2019-2020 season in a VISAA meet may be entered in that event. <u>Proof of Time must be submitted with entries.</u> ○ The following requirements must be met for a meet to count for state meet qualifying times: <ul style="list-style-type: none"> ▪ <i>It must be a multi-team meet in which a team represents their school.</i> ▪ <i>Times swum in a single team time trial do not count for qualification.</i> ▪ <i>The meet must have certified officials, including a starter/referee and a stroke and turn judge.</i> ▪ <i>The time must be recorded with either a touch pad or at least two watches.</i> ○ Each team is allowed unlimited entries in individual events, but only a team's top four (4) qualifiers are eligible for the Championship or Consolation Finals. <ul style="list-style-type: none"> ▪ In the event any team qualifies more than 4 swimmers in the top 16 during prelims, the coach must designate which 4 swimmers will swim in the evening session. ▪ Designations must be turned in to the timing & scoring operator within 15-minutes of the conclusion of the preliminary session. ○ An individual swimmer may swim no more than two (2) individual events and no more than four (4) total events, including relays. ○ 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
---------------------------	--

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<p>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</p>	<p>Hosted by: Woodberry Forest School</p> 
---	--	---

	<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"> ● Bonus Event <ul style="list-style-type: none"> ○ Any swimmer that has otherwise qualified for the meet in either an individual or a relay event is eligible to enter into the Bonus 50 Freestyle. ○ Swimmers must meet the Bonus qualification time to enter the event. ○ Entry in the event will count against a swimmer's event total. ○ Bonus event swimmers are not eligible to score points in the event. ● Relays <ul style="list-style-type: none"> ○ Each team that has had a relay swim the qualifying time during the season may enter a single "A" relay in that relay event. ○ Any swimmer who participates in a relay during the season that meets the State qualifying time is eligible to swim in that relay event at the State Meet. ○ Any swimmer who has qualified for an individual event, including diving, is eligible to swim in any relay at States. ○ Each team may also enter one exhibition "B" Relay in all three relay events, but every swimmer on that relay must have <u>qualified either individually or on a relay that met the qualifying time during the season.</u> "Exhibition" means that the "B" Relays may not score. ○ Relays may be entered without swimmers' names, but the Meet Host would appreciate a projected relay line up with all entries. ○ Swimmers who participate in a "B" Relay during the preliminary session may compete in an "A" Relay of the same event during finals. This will still count as 1 event for the swimmer. ● Relay Cards <ul style="list-style-type: none"> ○ 200 Medley Relay Cards specifying the actual relay line-up shall be submitted to the Meet Secretary thirty (30) minutes prior to the start of the session. ○ 200 Free Relay Cards specifying the actual relay line-up shall be submitted to the Meet Secretary prior to the conclusion of the Women's 500 Freestyle. ○ 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.
--	---

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<h2>VISAA Swimming & 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> 
---	--	---

	<ul style="list-style-type: none"> ○ Swimmers whose names are submitted on the relay cards must swim that event, in the order listed on the card, unless the Meet Referee allows for a substitution because of injury or illness. ○ Any team that chooses not to submit a relay card or does not submit a relay card by its respective deadline must swim the relay in the order listed in the meet program. <p>*If enforcement of this regulation causes a swimmer's total event count to exceed four (4) total events, the swimmer/relay is subject to the following NFHS regulation:</p> <ul style="list-style-type: none"> • The competitor(s) is/are disqualified from that event and further competition. • The competitor(s) shall not be disqualified from events in subsequent rounds for which he/she has previously, legally qualified. <p>*If a relay was entered into the meet without athlete names, the relay will be disqualified.</p>
<p>Scratch Procedures for Preliminaries</p>	<ul style="list-style-type: none"> • Scratches will not be accepted for Preliminary events. • Swimmers may declare a false start by reporting to the head official prior to his or her event. • A declared false start will count towards the event total of a swimmer but will not cause any further penalties, such as removal from the meet. • Any swimmer who misses his or her event during Preliminaries will be scratched from the remainder of the meet and may not compete in any relay events. <ul style="list-style-type: none"> ○ If the swimmer qualified for Consolation Finals or Finals prior to his or her missed event, he or she may still compete in that event at night.
<p>Scratch Procedures for Finals</p>	<ul style="list-style-type: none"> • Scratch Cards will be available from the scoring/timing table. • Any athlete/relay that wishes to scratch an event for which they have qualified to compete in finals or consolation finals is expected to fill out a scratch card. • Scratch cards for all events must be turned in to the scoring/timing table no later than 30-minutes after the conclusion of the preliminary session.
<p>Entry Submission</p>	<ul style="list-style-type: none"> • All entries are due by Sunday, February 9th @ 11:59pm. • Send to: Ginger Schmidt (ginger_schmidt@verizon.net) (703.795.4183) • Please complete your entries by importing and using the distributed VISAA Championship meet file – do NOT create your own file. <ul style="list-style-type: none"> ○ The meet file may be downloaded from the SwimCloud meet page at https://www.swimcloud.com/results/145873/.

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 (8th to 12th grade) and seed times. **Seed times should be actual or converted short-course yard times that meet the qualifying standards.**
- **Entries submitted without grade level will be rejected. Please confirm the grade levels for your swimmers prior to entry so the program reflects correct information.**
- **Coaches must submit entries with a "Proof of Time":**
- **Proof of Time Data Verification:**
 - *In Team Manager →Go to Meets →Select State Championship Meet → Double-click to get to meet setup*
 - *In Meet Setup →Click on Eligibility Rules tab →Under Qualifying Times, check 'Use Times Since' and verify the date reflects November 1, 2016 → Save*
- **Proof of Times Report:**
 - *In Team Manager →Go to Reports →Meet Reports →Meet Entries →Select the State Championship Meet →Select your team*
 - *In the Other Options section (top right) →Check the 'Include Proof of Time' box → Create Report*
 - *Verify the Proof of Times are post November 1, 2016, are from a VISAA meet, and each entry has a proof of time → Save report as a PDF*
- **Exporting Meet Entry File:**
 - *In Team Manager →Go to File →Export →Meet Entries →Select State Championship Meet →Click 'Export Relays' →Select OK*
- **IN SUMMARY:**
 - *Email to Ginger should include a Meet Entry file, a Team Roster file, and a Meet Entry Report including Proof of Times in PDF format.*
- Except for relays, all entries are final once they are submitted.
- Once submitted, the person who e-mailed the entries will receive a confirmation e-mail with an attached list of that team's official entries by **9pm, Monday, February 10th**. It is the responsibility of the person submitting the entries to verify that the entries were received and that they were received accurately. Entries that do not meet the requirements will be rejected. Corrected entries (if necessary) are due **Monday, February 10th @ 11:59pm**. The psych sheet will be published to SwimCloud by **Tuesday, February 11th @ noon**. The psych sheet will be final on **Wednesday, February 12th @ 8am**. (No changes can be

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<p align="center">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</p>	<p align="center">Hosted by: Woodberry Forest School</p> 
---	---	--

	<p>made to the preliminary psych sheet after it's published. Only clerical corrections will be allowed.)</p> <ul style="list-style-type: none"> • Meet entry fees: \$6.00/individual event; \$30.00/relay; \$5.00/athlete surcharge; \$400 cap per team <ul style="list-style-type: none"> ○ Following the receipt of entries by each VISAA member on February 9, an invoice will be sent directly to the Athletic Director of each participating school in order to collect each team's respective entry fees.
<p>Diving</p>	<ul style="list-style-type: none"> • The Diving portion of the competition will be hosted by the appointed Diving Coordinator, Diane Maiese • Diane can be reached at: <p align="center">Diane Maiese VISAA Dive Coordinator Diane.Maiese@Stewardschool.org (856) 816-0153 cell</p> • All Diving Coaches should make contact with Coach Maiese as soon as possible so that she knows who they are and can communicate important meet details to them directly. • Diving entries should be restricted to those athletes that can <u>prove</u> they can successfully complete eleven (11) dives necessary for a championship event and who's combined Degree of Difficulty for their five (5) voluntary dives has a sum total of 9.0 or less. • All divers must have successfully completed each dive in their list during the regular season and have earned a minimum award of two-and-a-half (2.5) from three (3) scoring judges. (Awards that are dropped and not used in calculating the dive total score may not be used). • All divers entered in the meet must qualify by earning scores of 150 or above in two separate 6-dive meets or 220 or above in an 11-dive meet. • Proof of dive completion must be submitted to the diving coordinator by the entry deadline. • Divers that fail two dives will be disqualified from the competition. • Dive selection must comply with Rule 9, Section 4, Article 1 of the 2019-2020 National Federation High School <i>Swimming and Diving</i> rules. • Diving Entries: <ul style="list-style-type: none"> ○ Divers should be entered with Team Manager along with the swimmers. ○ Dive entries will be coordinated through Clean Entries at the following link: https://www.cleanentries.com/allmeets.aspx ○ Please navigate to the above website and find the 2020 VISAA Championship meet in order to complete your entries.

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<h2>VISAA Swimming & 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> 
---	--	---



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

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<p>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</p>	<p>Hosted by: Woodberry Forest School</p> 
---	--	---

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


<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<h2 style="margin: 0;">VISAA Swimming & Diving Championship</h2> <p style="margin: 0;">February 14-15, 2020</p> <p style="margin: 0;">Christiansburg Aquatic Center - Christiansburg, VA</p> <p style="margin: 0;">Friday: Prelims 9:30AM/Diving 1:00PM/Finals 6:10PM</p> <p style="margin: 0;">Saturday: Prelims 9:30AM/Diving 1:00PM/Finals 6:20PM</p>	<p style="text-align: right; margin: 0;">Hosted by: Woodberry Forest School</p> 
---	--	---

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


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

<p>Starting Procedures for Preliminaries and Finals</p>	<ul style="list-style-type: none"> • The Referee and Starter will use the standard USA Swimming whistle start. • The procedure will be as follows: <ul style="list-style-type: none"> ○ 4 or 5 consecutive whistles means get ready. ○ The Announcer will announce the event. ○ 1 long whistle means to step up on the block (into pool for backstroke). ○ For backstroke only, there will be another long whistle in lieu of a command to place your feet. ○ The starter will simply say “Take Your Mark,” and a horn will signal the start. • We will use dive over starts for Prelims, but not for Finals. • For each Final Event, we will: <ul style="list-style-type: none"> ○ Swim the Consolation Finals (Preliminary qualifier 9 thru 16). ○ Parade the top 8 qualifiers to the blocks with music selected by the top qualifier. ○ Swim the Championship Finals. ○ After both the girls and boys have completed a particular event, we will present medals to the top 8 girl and boy finishers from the two previous events.
--	---



<p>Meet Dispute Procedure</p>	<ul style="list-style-type: none"> • Any coach may file a protest with the Head Referee for matters not specifically covered by the rules or a misapplication of the rules. <ul style="list-style-type: none"> ○ Judgment calls are not subject to protest. ○ Concerns over Stroke and Turn disqualifications may be referred to the Head Referee but cannot be protested unless the concern is a misapplication of the rules. • If such an event occurs, a seven (7) member “Meet Committee” will have the authority to settle such disputes. <ul style="list-style-type: none"> ○ The Meet Committee shall consist of the VISAA President, the VISAA Meet Director (for swimming and administrative issues) or Diving Coordinator (for diving issues), the four VISAA Regional Representatives and the VISAA Secretary. • The Meet Committee will have the original disqualification explained to them with all involved parties present, after which anyone else that wishes to speak will have their opportunity. • Once the committee convenes on its own and reaches a final decision, it will be the responsibility of the VISAA President to communicate that decision to the individual having filed the protest and it will be the responsibility of the Secretary to document both the protest filed and the outcome decided, so as to have a reference for future occurrences.
--------------------------------------	---

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<h2>VISAA Swimming & 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> 
---	--	---



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

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


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

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<p>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</p>	<p>Hosted by: Woodberry Forest School</p> 
---	--	---


<p>Concessions and Hospitality</p>	<ul style="list-style-type: none"> • Food and drinks will be available during the meet at a concession stand to be located in the classroom behind the Mezzanine/Spectator Area. • A Hospitality room for Coaches and Officials will be established in the wet classroom on the pool deck in the middle of the competition course. 																									
<p>Apparel</p>	<ul style="list-style-type: none"> • State Meet apparel will be for sale both days by MSP. 																									
<p>Photography</p>	<ul style="list-style-type: none"> • TBD 																									
<p>Seating</p>	<ul style="list-style-type: none"> • Only credentialed team members, coaches, and officials will be allowed on the pool deck. • All spectators must remain in the bleachers on the top level. 																									
<p>Team Deck Seating</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 1466 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
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																						
<p>Webcast</p>	<ul style="list-style-type: none"> • The Woodberry Forest School Production Network (WFSPN) will be providing a commentated, live-stream of the entire swimming portion of the meet to include several interviews of athletes and coaches. • Website: www.woodberrybroadcasting.com • There is a direct link to the live stream through SwimCloud. 																									

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<h2>VISAA Swimming & 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> 
---	--	---



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

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<p align="center">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</p>	<p align="right">Hosted by: Woodberry Forest School</p> 
---	---	---

<p>Pool Rules</p>	<ul style="list-style-type: none"> • Concessions will be allowed in designated areas only. Drinks are permitted in plastic bottles or covered cups. • Young children must be supervised by an adult. • Observers and spectators are to stay in designated areas. • No tape of any kind is to be used inside to hang signs, banners, or decorations. • Only Aquatic Center staff is permitted in the Aquatics Offices, Equipment Room, and First Aid Office unless approved by Aquatic Center staff or management. • No smoking or vaping is permitted within the center facilities. • The Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings. • No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Center Director. • No glass containers of any kind are to be brought into the pool complex. • Parking violators will be subject to fines and/or towing as posted. <ul style="list-style-type: none"> ○ No parking in the skatepark parking lot ○ No parking in the areas marked by the yellow curb ○ Overflow parking will be prearranged with Christiansburg High School on weekends • The Aquatic Center strongly encourages showering prior to entering the pool. • All emergency exits and walkways must remain clear throughout the meet. • In compliance with USA Swimming Safe Sport, the back building entrance, under the diving tower is a secure entrance reserved for facility staff and essential personnel with access cards or swim meet credentials. • All rules and regulations of the Aquatic Center are in effect and shall be followed. • Any individual or team member that fails to comply with any rule or regulation of the Aquatic Center will not be permitted to participate in the Event and will be asked to leave the Center Facilities.
--------------------------	---

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<p>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</p>	<p>Hosted by: Woodberry Forest School</p> 
---	--	---

<p>Inclement Weather Contingency Plans</p>	<ul style="list-style-type: none"> • In the event of inclement weather, the executive committee, comprised of the VISAA Swimming & Diving Committee President, Secretary, and Meet Coordinator, will work alongside the Executive Director of the VISAA to enact one of the following contingency plans, which will be communicated to meet participants as quickly and effectively as possible. Points of contact for each team are encouraged to check VISAA.org in the event of inclement weather, where the most up-to-date information can be found regarding the championship meet. • Contingency Plan A: <ul style="list-style-type: none"> ○ The format of the meet will remain the same but will shift back by 1-day. The Thursday evening warm-up session would be moved back to Friday evening and the Friday/Saturday events would be switched to Saturday/Sunday, respectively. ○ Diving events will take place between preliminary and final sessions and Friday/Saturday sessions would be moved back to Saturday/Sunday, respectively. • Contingency Plan B: <ul style="list-style-type: none"> ○ The format of the meet will be condensed, combining all preliminary heats into 1 session, both male and female diving into 1 session, and all final heats into 1 session. Warm-ups will be scheduled to take place on Friday morning/afternoon and session 1 (all preliminary heats) will be swum Friday afternoon/evening. Diving for both sexes will take place Saturday morning (session 2). All final rounds will be swum in session 3 on Saturday evening.
---	---

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<p align="center">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</p>	<p align="center">Hosted by: Woodberry Forest School</p> 
---	---	--

<p>Directions</p>	<ul style="list-style-type: none"> • From I-81 Southbound <ul style="list-style-type: none"> • Take the US-11/US-460 exit, Exit 118C-B-A, toward Christiansburg/Blacksburg (1.6 miles) • Merge onto US-460 W via Exit 118B toward Blacksburg (2.7 miles) • Take the US 460 Business exit, Exit 3AB, toward Christiansburg (0.4 miles) • Merge onto US-460 BR E/N Franklin St. via Exit 3A toward US-460-BR E/VA-111/Downtown (0.8 miles) • Stay in the right lane and proceed through the next 2 stoplights. The Aquatic Center will be on your left (0.6 miles) • From I-81 Northbound <ul style="list-style-type: none"> • Take the VA-8 exit, Exit 114, toward Christiansburg/Floyd (0.2 miles) • Turn left onto VA-8 N/W Main Street • Turn left onto N Franklin St/US-460 BR W (0.6 miles) • The Aquatic Center will be on the right • From 460-Eastbound <ul style="list-style-type: none"> • Take the US-460-BR E Exit toward Downtown (0.5 miles) • Merge onto US-460 BR E/N Franklin Street (1.1 miles) • Stay in the right lane. Proceed through the next two stoplights. The Aquatic Center will be on the left (0.6 miles).
--------------------------	---

<p>Bus and Overflow Parking</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"> • Directions to Christiansburg High School <ul style="list-style-type: none"> • Take a left out of the Christiansburg Aquatic Center onto Mill Lane. • At the stop sign, turn right onto North Franklin Street. • At your first stoplight, take a left onto Independence Blvd. • Take a right at the second parking lot entrance nearest the football field. • Please park farthest away from the school, by the tennis courts.
--	--