



<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<p align="center"><b>VISAA Swimming &amp; Diving Championship</b>  <b>February 18-19, 2022</b>  <b>Claude Moore Recreation Center &amp; Cub Run RECenter</b>  <b>FRIDAY Swim Prelims 9:30am, Finals 6:00pm</b>  <b>Girls Diving Event 1:00pm</b>  <b>SATURDAY Swim Prelims 9:00am, Finals 5:00pm</b>  <b>Boys Diving Event 2:00pm</b></p>	<p>Hosted by: Bishop Ireton High School</p> 
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Dear All,

The Bishop Ireton Cardinals are excited to share the meet announcement for the 2022 VISAA State Championship. After lost meet experiences last year, we are eager to bring our teams back on deck to provide an unforgettable experience! We are so proud of our coaches and teams for all they have done to keep athletes in the water.

While we are excited to bring our teams together, the health and safety of our athletes, coaches and volunteers remains our top priority. Please familiarize yourself with the COVID safety and spectator policies for the meet.

We will be competing in two separate locations this year. Diving will be held at Cub Run REcreation Center while swimming will be held at Claude Moore Recreation Center. Please know that all COVID policies for each location are current as of January 1, 2022. If state or local guidelines change, an updated meet announcement will be posted.



Coaches are expected to read the entirety of this announcement as there have been changes. 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!

Please visit the [VISAA Swim Cloud site](#) for any information pertaining to the meet, including psych sheets, heat sheets, meet photography, and more.

- Kaitlyn McNutt, Bishop Ireton High School Head Coach

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### Important Deadlines

	Deadline/Date
Warm-up Requests sent to Kaitlyn McNutt	Monday, January 31 by 5:00PM
Athlete Waiver Requests sent to Evan Stiles	Monday, January 31 by 11:59PM
Meet Entries submitted in SwimCloud	Sunday, February 13 by 11:59PM
Dive Sheets completed on <a href="#">Clean Entries</a>	Sunday, February 13 by 11:59PM
Corrected entries (if necessary) submitted in SwimCloud	Monday, February 14 by 11:59PM
Preliminary Psych Sheet published	Tuesday, February 15 by 12:00PM
Final Psych Sheet published	Wednesday, February 16 by 8:00AM



<b>Swim Location</b>	<p>Claude Moore Recreation Center 46105 Loudoun Park Ln, Sterling, VA 20164 <a href="https://www.loudoun.gov/1265/Claude-Moore-Pools">https://www.loudoun.gov/1265/Claude-Moore-Pools</a></p>
<b>Dive Location</b>	<p>Cub Run RECenter 4630 Stonecroft Blvd Chantilly, VA 20151 <a href="https://www.fairfaxcounty.gov/parks/recenter/cub-run">https://www.fairfaxcounty.gov/parks/recenter/cub-run</a></p>
<b>Swim Facility</b>	<p>The main pool is a 10-lane, 50-meter pool with two movable bulkheads, which will sit mid-course creating two 10-lane courses. The competition pool (Pool 1) will be swum from the blocks at the far wall, which will function as the start-end, to the bulkhead. The warm-up pool (Pool 2) will be swum from wall to wall. Only four lanes in the warm-up pool are available to VISAA athletes. Other lanes may be open to community center members. The pool is outfitted with non-turbulent lane lines, a Colorado Timing System, Touchpads, Dolphin Wireless Stopwatches, and video scoreboards. Leisure Pool: The leisure pool area is off limits to VISAA guests.</p>

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<b>Meet Director</b>	Kaitlyn McNutt, Bishop Ireton High School, kaitlyn.mcnutt@bishopireton.org	
<b>Subcommittee Chairpersons</b>	Officiating	Bill Gill, Norfolk Academy
	Entry Coordinator	Bucka Watson, St. Christopher's
	Timing & Scoring	Bill Dealey, Seton School
	Senior Parade	Denis Schmidt, St. Gertrude/Benedictine
	Hospitality	Dawn Foley, St. Paul VI
	Awards	Kristen Kirkman, Norfolk Academy
	Gate	RMC Events
	Meet Marshals	RMC Events
	Diving Coordinator	Andy Pratt, St. Paul VI
	Ready Room Coordinator	Julia Robbins/Megan Grant- STAB
	Meet Announcer	Woodberry Forest
	Live Streaming	Woodberry Forest
	Meet Webmaster/SwimCloud	Mike Peters, Collegiate School
	Athletic Trainer	Jana Katz, Bishop Ireton
	Meet Photography	Caroline Gerke, Bishop Ireton
	Meet Vendor	Swim-and-Tri
Warm-up Assignments	Kaitlyn McNutt, Bishop Ireton	
Meet Clerk	Joe Ferguson, Bishop Ireton	
<b>Rules</b>	The Meet will be governed by 2021-2022 National Federation High School <i>Swimming and Diving</i> rules for championship meets.	

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<p><b>Eligibility</b></p>	<ul style="list-style-type: none"> <li>● The meet is open to all students 8<sup>th</sup> grade through 12<sup>th</sup> grade.</li> <li>● Athletes must be in good standing with the school he/she represents.</li> <li>● Athletes must be no older than 19 years of age on the August 1<sup>st</sup> immediately prior to the championship meet.</li> <li>● No post-graduates are permitted to participate in VISAA events.</li> <li>● A swimmer must have achieved the VISAA qualifying time established for the events entered. <u>The qualifying time must be swum in a VISAA meet during the current season.</u> <ul style="list-style-type: none"> <li>○ A VISAA meet is a multi-team meet officiated by certified starter/referee and stroke and turn judges, in which an athlete represents their school.</li> <li>○ Times must be recorded with either a touchpad or at least two watches.</li> <li>○ Times swum in a single team time trial do not count for qualification.</li> </ul> </li> <li>● To ensure promotion of High School Swimming student-athletes must participate in at least half of their team's in-season meets. <ul style="list-style-type: none"> <li>○ Waivers may be requested from a committee that consists of: the Meet Director, VISAA Swimming President, Head Referee, and Diving Coordinator (if necessary).</li> <li>○ Waivers may be allowed in very limited cases, including: <ul style="list-style-type: none"> <li>■ Swimmers involved in school sponsored exchange programs</li> <li>■ Prolonged sickness or other approved medical reasons.</li> </ul> </li> <li>○ <u>Waivers must be submitted by Monday, January 31st to the VISAA Swimming President, Evan Stiles at <a href="mailto:estiles@sssas.org">estiles@sssas.org</a></u></li> </ul> </li> </ul>
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<p><b>Entry Rules</b></p>	<ul style="list-style-type: none"> <li>● Individual Events <ul style="list-style-type: none"> <li>○ Any eligible swimmer who has swum the qualifying time for an individual event <u>during the 2021-2022 season</u> may be entered in that event. See the eligibility section for further information.</li> <li>○ Each team is allowed unlimited entries in individual events, but only a team's top four (4) qualifiers are eligible for the Championship or Consolation Finals. <ul style="list-style-type: none"> <li>■ In the event any team qualifies more than 4 swimmers in the top 16 during prelims, the coach must designate which 4 swimmers will compete in finals. Designations must be turned in to the timing &amp; scoring operator within 15-minutes of the conclusion of the preliminary session.</li> </ul> </li> <li>○ An individual swimmer may swim no more than two (2) individual events and no more than four (4) total events, including relays.</li> </ul> </li> <li>● Bonus 50 Free <ul style="list-style-type: none"> <li>○ Any swimmer that qualified for the meet in either an individual or a relay event, <b>and</b> meets the Bonus qualification time, is eligible to enter the Bonus 50 Freestyle.</li> <li>○ Entry in the event will count toward a swimmer's event total.</li> <li>○ Bonus event swimmers are not eligible to score points in the event.</li> <li>○ <b>A relay only swimmer entered in the bonus 50 free must participate in at least one relay.</b></li> </ul> </li> <li>● Relays <ul style="list-style-type: none"> <li>○ Each team that has had a relay swim the qualifying time during the season may enter a single "A" relay in that relay event.</li> <li>○ Any swimmer who participates in a relay during the season that meets the VISAA State qualifying time is eligible to swim in that relay event at the VISAA State Meet.</li> <li>○ Any swimmer who has qualified for an individual event, including diving, is eligible to swim in any relay at States.</li> <li>○ Each team may 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> "B" Relays may not score.</li> <li>○ Relays may be entered without swimmers' names, although projected relay lineups are appreciated.</li> <li>○ Swimmers who participate in a "B" Relay during the preliminary</li> </ul> </li> </ul>
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	<p>session may compete in an “A” Relay of the same event during finals. This will still count as 1 event for the swimmer.</p> <ul style="list-style-type: none"> <li>● Relay Cards <ul style="list-style-type: none"> <li>○ 200 Medley Relay Cards specifying the actual relay line-up shall be submitted to the Meet Clerk 30 minutes prior to the start of the session.</li> <li>○ 200 Free Relay Cards specifying the actual relay line-up shall be submitted to the Meet Clerk prior to the conclusion of the Women's 500 Freestyle.</li> <li>○ 400 Free Relay Cards specifying the actual relay line-up shall be submitted to the Meet Clerk prior to the conclusion of the Women’s 100 Breaststroke.</li> <li>○ Swimmers whose names are submitted on the relay cards must swim that event, in the order listed on the card, unless the Meet Referee allows for a substitution because of injury or illness.</li> <li>○ Any team that chooses not to submit a relay card or does not submit a relay card by its respective deadline must swim the relay in the order listed in the meet program.</li> <li>○ 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: <ul style="list-style-type: none"> <li>● The competitor(s) is/are disqualified from that event and further competition.</li> </ul> </li> </ul> </li> <li>● The competitor(s) shall not be disqualified from events in subsequent rounds for which he/she has previously, legally qualified.</li> </ul>
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<p><b>Entry Submission</b></p>	<p><b>All entries must be submitted to Swimcloud by Sunday, February 13 @ 11:59pm.</b></p> <ul style="list-style-type: none"> <li>● Go to the <a href="#">Home page of the VISAA Swimming &amp; Diving State Championship webpage.</a></li> <li>● Select either: <ul style="list-style-type: none"> <li>○ <i>Add entries by event</i></li> <li>○ <i>Add entries by swimmer</i></li> </ul> </li> <li>● Entries <b>must include</b> first and last name, gender, grade level and seed times. Seed times should be actual or converted short-course yard times that meet the qualifying standards.</li> <li>● All times for entry into the State Championship must be in Meet Results of a meet that has been uploaded to Swimcloud. <ul style="list-style-type: none"> <li>○ If you have any questions on how to upload a meet, please contact Mike Peters (Mike_peters@collegiate-va.org).</li> </ul> </li> <li>● Except for relays, all entries are final once they are submitted.</li> <li>● Once submitted, the person who e-mailed the entries will receive a confirmation email with an attached list of that team's official entries by <b>Monday, February 14.</b> <ul style="list-style-type: none"> <li>○ It is the responsibility of the person submitting the entries to verify that the entries were received and that they were received accurately.</li> <li>○ Entries that do not meet the requirements will be rejected.</li> <li>○ Corrected entries (if necessary) are due <b>Monday, February 14 @ 11:59pm.</b> The psych sheet will be published by <b>Tuesday, February 15.</b></li> </ul> </li> <li>● The final psych sheet will be published on SwimCloud on <b>Wednesday, February 16</b> <ul style="list-style-type: none"> <li>○ No changes can be made to the preliminary psych sheet after it's published. Only clerical corrections will be allowed.</li> </ul> </li> <li>● All entries, including divers, must be submitted in Swimcloud. <u>No HyTek, manual or hardcopy entries will be accepted.</u></li> </ul>
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<p><b>Diving</b></p>	<ul style="list-style-type: none"> <li>● The Diving portion of the competition will be at Cub Run RECenter (4630 Stonecroft Blvd, Chantilly, VA 20151).</li> <li>● The Diving portion is hosted by Dive Coordinator, Andy Pratt from St. Paul VI High School. <ul style="list-style-type: none"> <li>○ Andy can be reached at: <a href="mailto:andypratt0216@gmail.com">andypratt0216@gmail.com</a> or 703-609-7218</li> </ul> </li> <li>● <b>All Diving Coaches should make contact with Coach Andy as soon as possible so he can communicate meet details to them directly.</b></li> <li>● Diving entries are restricted to athletes that can <u>prove</u> they can successfully complete eleven (11) dives necessary for a championship event and whose combined Degree of Difficulty for their five (5) voluntary dives has a sum total of 9.0 or less.</li> <li>● 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. <ul style="list-style-type: none"> <li>○ Awards that are dropped and not used in calculating the dive total score may not be used.</li> </ul> </li> <li>● All divers entered in the meet must qualify by earning scores of 150 or above in two separate 6-dive meets or 220 or above in an 11-dive meet.</li> <li>● Divers that fail two dives will be disqualified from the competition.</li> <li>● Dive selection must comply with Rule 9, Section 4, Article 1 of the 2021-2022 National Federation High School <i>Swimming and Diving</i> rules.</li> <li>● Diving Entries should be entered with Swimcloud along with the swimmers by February 13th. <ul style="list-style-type: none"> <li>○ <b>Dive entries will be coordinated through Clean Entries at the following link: <a href="https://www.cleanentries.com/allmeets.aspx">https://www.cleanentries.com/allmeets.aspx</a></b></li> <li>○ Please navigate to the above website and find the 2022 VISAA Championship meet in order to complete your entries.</li> <li>○ Only divers that submit diving sheets through Clean Entries by the deadline will be entered in the meet.</li> <li>○ Changes are permitted until 60 minutes prior to the start of the diving competition.</li> </ul> </li> <li>● All schools that enter one or more divers must supply one volunteer to assist with the administration of the diving competition.</li> <li>● The competition order of divers will be determined by random drawing by the Dive Coordinator.</li> <li>● All Diving coaches will meet in the party room outside the locker room at Cub Run Friday morning at 11:00 AM to coordinate final details of the diving competition.</li> <li>● Diving results will be announced immediately after each event at Cub Run. Awards for the top-8 will be presented during finals at Claude Moore</li> </ul>
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	<p>Saturday evening, following the first swimming event. The coach of the first-place diver will present the awards.</p>	
<b>Meet Format</b>	<p>Qualified swimmers 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>	
<b>Warmup Time Requests/Lane Assignments</b>	<ul style="list-style-type: none"> <li>• Submit requests for any/all warmup slots to <b>Kaitlyn McNutt</b> at <a href="mailto:kaitlyn.mcnutt@bishopireton.org">kaitlyn.mcnutt@bishopireton.org</a> by <b>5:00pm, January 31<sup>st</sup></b>.</li> <li>• If a request is made for a late warmup on one day, you will most likely have an early warmup for the other day.</li> <li>• Lane assignments will be posted to SwimCloud and distributed via email following the request deadline.</li> </ul>	
<b>Thursday Night Warm-up Schedule:</b>	<p><b>Session I:</b> 4-4:30PM <b>Session II:</b> 4:30-5 PM <b>Session III:</b> 5:30-6 PM <b>Session IV:</b> 6-6:30 PM <b>Session V:</b> 6:30-7 PM <b>Session VI:</b> 7:30-8 PM</p>	<p>10 Lanes per session - Assignments TBD</p>
	<p>Diving Warmup: TBD</p>	<p>If a Thursday diving warmup is available, notification will be sent out to teams.</p>
<b>Packet Pick Up</b>	<p>Coach packets can be picked up from Kaitlyn McNutt or Joe Ferguson at CMRC during warmups Thursday evening. Bill Gill will also be available at that time to answer any questions regarding officiating of the meet. Coaches are responsible for having access to all of the information in the packets and in this meet announcement.</p>	



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<b>Friday Swim Preliminaries Schedule</b>	Warm-up I: 7:45–8:10 a.m.	14 Lanes - Team Assignments TBD
	Warm-up II: 8:10–8:35 a.m.	14 Lanes - Team Assignments TBD
	Warm-up III: 8:35–9:00 a.m.	14 Lanes - Team Assignments TBD
	Final Warmup: 9:00-9:15 a.m.	14 Lanes – Open Warm-up <ul style="list-style-type: none"> <li>● Lanes 1,2+9,10 – Relay Starts</li> <li>● Lanes 3-8 – One way sprints</li> <li>● Lanes 11-14 – Continuous swim</li> </ul>
	Officials Meeting: 8:15 a.m.	Hospitality Room - end near the white board
	<b>Coaches Meeting: 8:30 a.m.</b>	<b>Leisure/Recreational Pool Deck</b>
	Timers Meeting: 9:00 a.m.	Leisure/Recreational Pool Deck
	National Anthem: 9:25 a.m.	
	Preliminaries Start: 9:30 a.m.	Events 1 through 12, excluding diving events 9-10
	Annual VISAA Coaches Meeting immediately following prelims	Hospitality Room
<b>Friday Girl's Diving</b>	Coaches Meeting: 11:00 a.m.	Party Room outside locker rooms
	Girl's Warm-Up: 12:00-1:00 p.m.	All Boards Open
	Girl's Diving Event: 1:00 p.m.	



<b>Friday Swim Finals Schedule</b>	Open Warm-up: 4:30–5:45 p.m.	14 Lanes – Open Warm-up Lanes 1-10 (Competition pool) only for swimmers participating in Finals on Friday night
	Final Warm-up: 5:45-6:00 p.m.	14 Lanes – Open Warm-up <ul style="list-style-type: none"> <li>● Lanes 1,2+9,10 – Relay Starts</li> <li>● Lanes 3-8 – One way sprints</li> <li>● Lanes 11-14 – Continuous swim</li> </ul>

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	Officials Meeting: 5:30 p.m.	Hospitality Room - end near the white board
	Timers Meeting: 6:00 p.m.	Leisure/Recreational Pool Deck
	National Anthem: 6:05 p.m.	
	Finals Start: 6:10 p.m.	Events 1 through 12, excluding diving events 9-10
	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 the awards.
<b>Saturday Swim Preliminaries Schedule</b>	Warm-up I: 7:10–7:35 a.m.	14 Lanes - Team Assignments TBD
	Warm-up II: 7:35–8:00 a.m.	14 Lanes - Team Assignments TBD
	Warm-up III: 8:00–8:25 a.m.	14 Lanes - Team Assignments TBD
	Final Warmup: 8:25-8:50 a.m.	14 Lanes – Open Warm-up <ul style="list-style-type: none"> <li>● Lanes 1,2+9,10 – Relay Starts</li> <li>● Lanes 3-8 – One way sprints</li> <li>● Lanes 11-14 – Continuous swim</li> </ul>
	Officials Meeting: 8:00 a.m.	Hospitality Room - end near the white board
	Timers Meeting: 8:30 a.m.	Leisure/Recreational Pool Deck
	National Anthem: 8:55 a.m.	
	<b>Preliminaries Start: 9:00 a.m.</b>	Events 13 through 24
	Continuous Warm-up/Warm-down	Warm-up pool – four (4) Lanes
<b>Saturday Boy's Diving</b>	Men's Warm-up: 1:00-2:00 p.m.	All Boards Open
	Men's Diving Event: 2:00 p.m.	



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<p><b>Saturday Swim Finals Schedule</b></p>	Open Warm-up: 3:00–4:00 p.m.	14 Lanes – Open Warm-up Lanes 1-10 (Competition pool) only for swimmers participating in Finals
	Final Warm-up: 4:00-4:15 p.m.	14 Lanes – Open Warm-up <ul style="list-style-type: none"> <li>● Lanes 1,2+9,10 – Relay Starts</li> <li>● Lanes 3-8 – One way sprints</li> <li>● Lanes 11-14 – Continuous swim</li> </ul>
	Officials Meeting: 4:15 p.m.	Hospitality Room - end near the white board
	Timers Meeting: 4:30 p.m.	Leisure/Recreational Pool Deck
	Line up for Senior Parade: 4:30 p.m.	Leisure/Recreational Pool Deck
	Senior Parade: 4:45 p.m.	See guidelines on page 19
	National Anthem: 5:00 p.m.	
	<b>Finals Start: 5:10 p.m.</b>	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.



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

Meet Qualifying Times	WOMEN		EVENT	MEN	
	SCY	SCM		SCY	SCM
	2:14.01	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
	2:29.40	2:47.52	200 Individual Medley	2:18.04	2:33.23



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	26.96 28.96	29.92 32.14	50 Freestyle 50 Freestyle - Bonus	24.14 26.14	26.95 29.17
	Diving: Proof > 2.5 of successfully completing all 11 dives				
	1:06.82	1:14.91	100 Butterfly	1:01.02	1:07.73
	59.70	1:06.10	100 Freestyle	53.09	59.04
	5:58.88	5:15.54	500 Freestyle	5:41.90	4:59.16
	1:58.53	2:11.57	200 Freestyle Relay	1:43.26	1:54.62
	1:06.85	1:14.96	100 Backstroke	1:02.90	1:09.81
	1:16.38	1:25.63	100 Breaststroke	1:08.79	1:17.12
	4:38.24	5:08.85	400 Freestyle Relay	3:59.45	4:25.79
<b>USA Observed Swims</b>	<ul style="list-style-type: none"> <li>USA Swimming certified officials will be on deck, and times swum by USA swimmers will be recognized by Virginia Swimming.</li> <li>To identify a swimmer as a USA Swimmer, the USA Swimming ID number must be included in your entry file. This requires each coach to put the swimmers USA Swimming ID in the swimmers profile on the <b>Swimcloud team roster</b> prior to entering entries.</li> </ul>				
<b>Meet Spectators</b>	<ul style="list-style-type: none"> <li>Only credentialed team members, coaches, officials and volunteers will be allowed in the pool.</li> <li><b>Due to capacity limits, no spectators are allowed at Claude Moore for swimming events.</b> A livestream will be available on swimcloud.</li> <li>Spectators are able to attend Cub Run for diving events.</li> </ul>				
<b>COVID-19 Safety Rules</b>	<ul style="list-style-type: none"> <li><b>MASKS: All guests, regardless of vaccination status, must be masked at all times in both Claude Moore Recreation Center and Cub Run RECenter.</b> Swimmers may remove their masks when in the water, but must be masked as soon as they get out of the water. <ul style="list-style-type: none"> <li>Chairs will be placed behind lanes for athletes to place masks</li> <li>The use of plastic bags to hold masks is recommended</li> </ul> </li> </ul> <p>Please be aware that state or local guidelines can change at any time. If further COVID-19 mandates are put into effect, communication will be sent out.</p>				

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<p><b>Meet Programs</b></p>	<ul style="list-style-type: none"> <li>● Teams should send the following information to Kaitlyn McNutt at <a href="mailto:kaitlyn.mcnutt@bishopireton.org">kaitlyn.mcnutt@bishopireton.org</a> no later than Wednesday, February 6 at 11:59PM so that it can be included in the meet program: <ul style="list-style-type: none"> <li>○ School seals (.jpg or .png) for updated seals or schools new to VISAA</li> <li>○ Retirements from coaching after this season</li> <li>○ College commitments for graduating seniors</li> <li>○ Pictures of events from your season (service project, joint training experiences with other teams, etc)</li> </ul> </li> <li>● Virtual spectators should go to the VISAA Swimming &amp; Diving Championship 2022 Swimcloud page for all meet information, including heat sheets.</li> <li>● Printed heat sheets will be provided to coaches and officials.</li> </ul>
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<p><b>Timer Assignments</b></p>	<ul style="list-style-type: none"> <li>● Each school will be responsible for providing either 1 or 2 timers to report to the following lanes, as outlined below. The Head Timer will adjust lane assignments as necessary. See Timer Assignments below:</li> </ul>			
	<b>FRIDAY PRELIMINARIES</b>		<b>SATURDAY PRELIMINARIES</b>	
	<b>Lane</b>	<b>School</b>	<b>Lane</b>	<b>School</b>
	1	Covenant (1)/STAB (1)	1	Benedictine(1)/Potomac(1)
	2	North Cross (1)/ VES (1)	2	Trinity Christian (2)
	3	St. Christopher’s (2)	3	St. Catherine’s (2)
	4	Fredericksburg Christian (2)	4	Bishop Ireton (2)
	5	Seton School (2)	5	Seton School (2)
	6	Cape Henry (1)/ Norfolk Collegiate (1)	6	Norfolk Christian (1)/ Roanoke Catholic (1)
	7	Collegiate (2)	7	St. Stephens & St. Agnes (2)
8	Highland (2)	8	Saint John Paul (2)	



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	FRIDAY FINALS		SATURDAY FINALS	
	Lane	School	Lane	School
	1	Hampton Roads (2)	1	Bishop Sullivan (2)
	2	Flint Hill (2)	2	Collegiate (2)
	3	St. Catherine's (2)	3	St. Christopher's (2)
	4	Bishop O'Connell (2)	4	Hampton Roads (2)
	5	Bishop Ireton (2)	5	Madeira (2)
	6	Norfolk Academy (2)	6	Norfolk Academy (2)
	7	St. Gertrude's (2)	7	Paul VI (2)
	8	Trinity Episcopal (2)	8	Trinity Episcopal (2)
<b>Scoring</b>	<p>The Meet will be scored as follows:</p> <ul style="list-style-type: none"> <li>For individual events, the first 16 places in the Championship and Consolation Finals will be awarded points in the following manner: 20-17-16-15-14-13-12- 11-9-7-6-5-4-3-2-1.</li> <li>For relay events, the first 16 places in the Championship and Consolation Finals will be awarded points in the following manner: 40-34-32-30-28-26-24-22-18- 14-12-10-8-6-4-2.</li> <li>No swimmer or relay in the Consolation Finals may score ahead of a swimmer or relay in the Championship Finals.</li> <li>No Bonus swimmers may score points in the Bonus event.</li> </ul>			
<b>Timing</b>	<ul style="list-style-type: none"> <li>Timing will be done using the Colorado Timing System.</li> <li>To backup the CTS, two timers will have a CTS backup button. Each lane will have 2 dolphin stopwatches as a tertiary backup.</li> </ul>			
<b>Results</b>	<ul style="list-style-type: none"> <li>Live Results will be posted on Swimcloud and Meet Mobile.</li> <li>Printed copies of the meet results will be posted in the bleachers and in the wet hallway.</li> </ul>			





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<p><b>Starting Procedures for Prelims and Finals</b></p>	<ul style="list-style-type: none"> <li>● The Referee and Starter will use the standard USA Swimming whistle start.</li> <li>● The procedure will be as follows: <ul style="list-style-type: none"> <li>○ 4 or 5 consecutive whistles means get ready.</li> <li>○ The Announcer will announce the event.</li> <li>○ 1 long whistle means to step up on the block (into the pool for backstroke).</li> <li>○ For backstroke only, there will be another long whistle in lieu of a command to place your feet.</li> <li>○ The starter will simply say “Take Your Mark,” and a horn will signal the start.</li> </ul> </li> <li>● We will use dive over starts for Prelims, but not for Finals.</li> <li>● For each Final Event, we will: <ul style="list-style-type: none"> <li>○ Swim the Consolation Finals (Preliminary qualifier 9 thru 16).</li> <li>○ Parade the top 8 qualifiers to the blocks with music selected by the top qualifier.</li> <li>○ Swim the Championship Finals.</li> <li>○ After both the girls and boys have completed a particular event, we will present medals to the top 8 girl and boy finishers from the two previous events.</li> </ul> </li> </ul>
<p><b>Scratch Procedures for PRELIMS</b></p>	<ul style="list-style-type: none"> <li>● Scratches will not be accepted for Preliminary events.</li> <li>● Swimmers may declare a false start by reporting to the head official prior to his or her event.</li> <li>● A declared false start will count towards the event total of a swimmer but will not cause any further penalties, such as removal from the meet.</li> <li>● Any swimmer who misses his or her event during Preliminaries will be scratched from the remainder of the meet and may not compete in any relay events. <ul style="list-style-type: none"> <li>○ If the swimmer qualified for Consolation Finals or Finals prior to his or her missed event, he or she may still compete in that event at night.</li> </ul> </li> </ul>
<p><b>Scratch Procedures for FINALS</b></p>	<ul style="list-style-type: none"> <li>● Scratch Cards will be available from the scoring/timing table.</li> <li>● Any athlete/relay that wishes to scratch an event for which they have qualified to compete in finals or consolation finals is expected to fill out a scratch card.</li> <li>● Scratch cards for all events must be turned in to the scoring/timing table no later than 30-minutes after the conclusion of the preliminary session.</li> </ul>

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<p><b>Seeding/ Alternates</b></p>	<ul style="list-style-type: none"> <li>● All events will be seeded in advance, and lanes will be assigned based on the times submitted by the coaches.</li> <li>● For the Preliminaries, heats will be seeded from slowest to fastest with the final three heats being circle seeded.</li> <li>● The first and second alternates for the Finals events are encouraged to be behind the starter at the beginning of the event for which they are an alternate. <ul style="list-style-type: none"> <li>○ In the event a swimmer is not present for his/her event, the starter will call one time for an alternate.</li> <li>○ If no alternate is readily available, the heat will be swum such that the timeline of the meet is not delayed significantly.</li> </ul> </li> </ul>
<p><b>Music/ Procession Leader for Top Qualifier</b></p>	<ul style="list-style-type: none"> <li>● Top qualifiers may select a pre-race song of their choice for Finals. <ul style="list-style-type: none"> <li>○ Inappropriate song selections will not be played.</li> <li>○ Music selections must be delivered to the Meet Announcer within 15 minutes of the end of the preliminary session.</li> </ul> </li> <li>● Top qualifiers will also select an individual or individuals to lead the procession of finalists to the blocks. <ul style="list-style-type: none"> <li>○ Procession leader selections must be delivered to the Meet Announcer within 15 minutes of the end of the preliminary session.</li> </ul> </li> </ul>
<p><b>Meet Dispute Procedure</b></p>	<ul style="list-style-type: none"> <li>● Any coach may file a protest with the Head Referee for matters not specifically covered by the rules or a misapplication of the rules. <ul style="list-style-type: none"> <li>○ Judgment calls are not subject to protest.</li> <li>○ Concerns over Stroke and Turn disqualifications may be referred to the Head Referee but cannot be protested unless the concern is a misapplication of the rules.</li> </ul> </li> <li>● If such an event occurs, a seven (7) member "Meet Committee" will have the authority to settle such disputes. <ul style="list-style-type: none"> <li>○ The Meet Committee shall consist of the VISAA President, the VISAA Meet Director (for swimming and administrative issues) or Diving Coordinator (for diving issues), and the four VISAA Regional Representatives and the VISAA Secretary.</li> </ul> </li> <li>● The Meet Committee will have the original disqualification explained to them with all involved parties present, after which anyone else that wishes to speak will have their opportunity.</li> <li>● Once the committee convenes and reaches a final decision, the VISAA President will communicate the decision. The VISAA Secretary will document the protest and outcome, for reference for future occurrences.</li> </ul>

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<b>Deck Changing and Shaving</b>	<ul style="list-style-type: none"> <li>● Athletes are not permitted to remove their swimsuits outside of the locker rooms. This includes ‘deck changing’ while wrapped in a towel.</li> <li>● Shaving is not permitted within Claude Moore Recreation Center.</li> <li>● Swimmers who deck change or shave on site may be sanctioned up to and including ejection from the meet at the discretion of the Meet Referee.</li> </ul>
<b>Competition Swim Suits and Caps</b>	<ul style="list-style-type: none"> <li>● Prior to the 2010 meet, the National Federation of High Schools announced that speed suits are banned from high school competition. <ul style="list-style-type: none"> <li>○ All suits must be made of a textile fabric.</li> <li>○ Boys can only wear jammers or briefs – nothing above the waist or below the knee will be allowed.</li> <li>○ Girls cannot wear suits that cover the shoulders or go below the knee. Suits cannot have zippers or other fasteners.</li> <li>○ Swimmers may only wear one suit during the competition.</li> <li>○ However, swimmers may wear more than one swim cap during competition, but the team cap must be on the outside.</li> </ul> </li> <li>● Only school or manufacturer logos should be visible on swimsuits and swim caps. Club team caps are not allowed.</li> </ul>
<b>Concessions and Hospitality</b>	<ul style="list-style-type: none"> <li>● Due to facility COVID procedures there will not be concessions at either venue. Please see page 23 for nearby dining.</li> <li>● A Hospitality room for Coaches and Officials will be established in the wet room off the pool deck.</li> </ul>
<b>Apparel</b>	<ul style="list-style-type: none"> <li>● State Meet apparel will be for sale both days by Swim &amp; Tri. An online shop will be posted on SwimCloud.</li> </ul>
<b>Photography</b>	<ul style="list-style-type: none"> <li>● Caroline Gerke from Bishop Ireton will be the Meet photographer..</li> <li>● Photos will be available for download FREE OF CHARGE from her website soon after completion of the meet.</li> <li>● A link to the site where pictures can be downloaded will be added to swim cloud.</li> </ul>

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<p><b>Team Seating</b></p>	<p>Teams will be given one team area for the entirety of the meet. This is to help limit exposure to other teams/athletes and assist with contract tracing if necessary. As 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><b>Webcast</b></p>	<ul style="list-style-type: none"> <li>• The Woodberry Forest School Production Network (WFSPN) will be providing a commentated, live-stream of the entire swimming portion of the meet to include several interviews of athletes and coaches. <a href="https://www.wfspn.org">https://www.wfspn.org</a></li> <li>• There is a direct link to the live stream through SwimCloud.</li> </ul>
<p><b>Spirit</b></p>	<ul style="list-style-type: none"> <li>• Teams must remain quiet for any race start, but are permitted to cheer during breaks.</li> <li>• Marker or temporary tattoos are allowed as long as they are respectful, sportsmanlike, and do not wash off in the water. No face or body paint of any type is allowed.</li> <li>• It is the responsibility of the coaches to ensure that their athletes adhere to these guidelines. Any damages to a facility that results from failure to adhere to these guidelines will be the fiscal responsibility of the offending team/school.</li> </ul>
<p><b>Senior Parade</b></p>	<p>Prior to the Saturday night Finals, we will run a Senior Parade to recognize all of the seniors. The Parade is a time of celebration and spirit. Seniors are encouraged to dress for the occasion. A committee made up of the Meet Director(s), VISAA Swimming President, and Senior Parade Coordinator will walk down the line of seniors prior to the parade to ensure outfits are appropriate and sportsmanlike.</p> <p>The following guidelines will be enforced:</p> <ul style="list-style-type: none"> <li>• Athletes are strongly encouraged to wear their school warm-ups or other school-related attire. Non-school apparel must be appropriate and not contain any offensive language or imagery.</li> <li>• Athletes are encouraged to add fun accessories to their outfits, however no face or body paint is allowed.</li> <li>• Swimmers that do not comply with the guidelines will be asked to remove the offensive material. If they choose not to comply, they will not be permitted to walk in the Senior Parade.</li> </ul>

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<p><b>Awards</b></p>	<ul style="list-style-type: none"> <li>● Overall Team State Champion: Men &amp; Women</li> <li>● Division II Team State Champion: Men &amp; Women</li> <li>● Overall Team State Runner-up: Men &amp; Women</li> <li>● Division II Team State Runner-up: Men &amp; Women</li> <li>● All-State: Top 3 finishers in each event</li> <li>● Medals: Top 8 finishers in each event</li> <li>● The following special awards will be presented based on the results of voting by the coaches. Each school is allocated one vote: <ul style="list-style-type: none"> <li>○ Male Swimmer of the meet</li> <li>○ Female Swimmer of the meet</li> <li>○ Male Diver of the meet</li> <li>○ Female Diver of the meet</li> <li>○ Male Team Swimming Coach of the year</li> <li>○ Female Team Swimming Coach of the year</li> <li>○ Male Team Diving Coach of the year</li> <li>○ Female Team Diving Coach of the year</li> </ul> </li> <li>● Sportsmanship: Men &amp; Women (recognized, but not awarded a trophy)</li> <li>● Spirit: Men &amp; Women (recognized, but not awarded a trophy)</li> </ul>
<p><b>All-State Verification</b></p>	<ul style="list-style-type: none"> <li>● Coaches of top 3 finishers should consult with the Meet Clerk at their convenience to confirm accuracy of All-State Certificates.</li> <li>● It is the coach's responsibility to ensure accuracy of information on All-State Certificates. Duplicate certificates will not be printed if the coach neglected to consult with the Meet Clerk.</li> </ul>
<p><b>Inclement Weather Contingency Plans</b></p>	<ul style="list-style-type: none"> <li>● In the event of inclement weather, the executive committee will work alongside the Executive Director of the VISAA to enact one of the following contingency plans. Teams are encouraged to check SwimCloud.com in the event of inclement weather.</li> <li>● <b>Contingency Plan A:</b> <ul style="list-style-type: none"> <li>○ The format of the meet will remain the same but will shift back by 1 day. The Thursday evening warm-up session would be moved back to Friday evening and the Friday/Saturday events would be switched to Saturday/Sunday, respectively.</li> <li>○ Diving events will take place between preliminary and final sessions and Friday/Saturday sessions would be moved back to Saturday/Sunday, respectively.</li> </ul> </li> <li>● <b>Contingency Plan B:</b> <ul style="list-style-type: none"> <li>○ The format of the meet will be condensed, combining all</li> </ul> </li> </ul>

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	<p>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. All divers will compete Saturday morning (session 2). All final rounds will be swum in session 3 on Saturday evening.</p>
<p><b>Pool Rules</b></p>	<p>As a guest of both Claude Moore and Cub Run, we ask that you abide by the following policies:</p> <ul style="list-style-type: none"> <li>● <b>MASKS: All guests, regardless of vaccination status, must be masked at all times in Recreation Centers.</b> Athletes may remove their masks when in the water, but must be masked as soon as they get out of the water. <ul style="list-style-type: none"> <li>○ Chairs will be placed behind lanes for athletes to place masks</li> <li>○ The use of plastic bags to hold masks is recommended</li> <li>○ CMRC and Cub Run reserves the right to remove any guests who do not follow mask guidelines</li> </ul> </li> <li>● <b>ACCESS TO POOL (Claude Moore) - Swimmers must enter the pool through the back entrance</b> located in the back of the building where the additional parking is and next to Park View High School. Signage will be present to direct swimmers. Parents, coaches and volunteers, will enter the pool through the main Recreation Center entrance. Spectators are not allowed.</li> <li>● <b>FOOD &amp; DRINK</b> - No outside food or drink is permitted on the pool deck other than water and your morning coffee (we don't want to come between you and your caffeine!). Only unbreakable and resealable containers are allowed on the pool deck.</li> <li>● <b>GUEST PASSES</b> - Swim meet participants and guests are not allowed to use any part of the facility other than the pool area, locker rooms, and restrooms. If you would like to use the gymnasium or fitness center, you may purchase a day pass at the front desk.</li> <li>● <b>PHOTOGRAPHY</b> - No flash photography/videography is allowed during competition. Please see above in the meet announcement for information on the photography being provided.</li> <li>● All rules and regulations of CMRC and Cub Run must be followed.</li> </ul>

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<p align="center"><b>VISAA Swimming &amp; Diving Championship</b> <b>February 18-19, 2022</b></p> <p align="center"><b>Claude Moore Recreation Center &amp; Cub Run RECenter</b></p> <p align="center"><b>FRIDAY Swim Prelims 9:30am, Finals 6:00pm</b> <b>Girls Diving Event 1:00pm</b></p> <p align="center"><b>SATURDAY Swim Prelims 9:00am, Finals 5:00pm</b> <b>Boys Diving Event 2:00pm</b></p>	<p align="center">Hosted by: Bishop Ireton High School</p> 
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<p><b>Directions</b></p>	<p><u>Directions to the CMRC</u> 46105 Loudoun Park Ln Sterling, VA 20164 <a href="#">Google Maps Link</a></p> <p>Claude Moore Recreation Center is located within Claude Moore Park. To access the Rec Center, you need to enter the park via the southern park entrance off of Loudoun Park Lane.</p> <p>From I-66 E</p> <ul style="list-style-type: none"> <li>● Exit onto VA-28 N/Sully Rd (9.1 miles)</li> <li>● Keep right to continue on VA-28 N (2.6 miles)</li> <li>● Exit onto VA-625 E towards Church Road/Sterling (0.3 miles)</li> <li>● Merge onto VA-625 E (0.7 miles)</li> <li>● Use the left 2 turn lanes to turn left onto VA-1794 (0.5 miles)</li> <li>● Turn right onto Loudoun Park Ln (0.5 miles)</li> <li>● Turn right</li> <li>● Destination will be on the right</li> </ul> <p>From I-495</p> <ul style="list-style-type: none"> <li>● Take exit 45 if coming from the north and exit 45A if coming from the south to merge onto VA-267 W towards Reston/Herndon/Dulles Arpt (Toll Road) (12 miles)</li> <li>● Use the right 2 lanes to stay on VA-267 W (Toll Road) (0.2 miles)</li> <li>● Use the right 2 lanes to take exit 9B to merge onto VA-28 N towards Sterling (3.1 miles)</li> <li>● Exit onto VA-625 E toward Church Road/Sterling (0.3 miles)</li> <li>● Merge onto VA-625 E (0.7 miles)</li> <li>● Use the left 2 lanes to turn left onto VA-1794 (0.5 miles)</li> <li>● Turn right onto Loudoun Park Ln (0.5 miles)</li> <li>● Turn right, destination will be on the right.</li> </ul> <p>CMRC entrance is the first turn on your left.</p>
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<p><b>Nearby Hotels</b></p>	<p>Below are several hotels that are within 10 minutes of Claude Moore Recreation Center. Please note that there are many more hotel options near Dulles International Airport, located approximately 20 minutes from the CMRC.</p> <ul style="list-style-type: none"> <li>● Hampton Inn Dulles/Cascades (~9 minutes)</li> <li>● Hyatt Place Sterling/Dulles Airport-North (~7 minutes)</li> <li>● DoubleTree by Hilton Hotel Sterling-Dulles Airport (~6 minutes)</li> <li>● Courtyard by Marriott Dulles Town Center (~9 minutes)</li> <li>● Residence Inn by Marriott Dulles Airport at Dulles 28 Centre (~6 minutes)</li> <li>● SpringHill Suites by Marriott Dulles Airport (~9 minutes)</li> </ul>
<p><b>Nearby Restaurants</b></p>	<p>There are several shopping centers adjacent to Claude Moore Recreation Center with restaurants in them. Below is a sample of nearby eateries.</p> <ul style="list-style-type: none"> <li>● <b>Sweetwater Tavern</b> \$\$ Cowboy-themed bar and restaurant</li> <li>● <b>Joe's Cafe</b> \$ Strip-mall diner for breakfast and lunch</li> <li>● <b>Burtons Grill and Bar of Sterling</b> \$\$ Upmarket American eatery with patio</li> <li>● <b>Mission BBQ</b> \$\$ Casual, patriotic joint for ribs and more</li> <li>● <b>The Bungalow Lakehouse</b> \$\$ Modern American bistro</li> <li>● <b>Los Toltecos of Sterling</b> \$\$ Classic Mexican plates</li> </ul>