


<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<h2>VISAA Swimming & Diving Championship</h2> <h3>February 17-18, 2023</h3> <h4>Liberty University</h4> <p>FRIDAY Swim Prelims 9:30am, Finals 6:00pm Girls Diving: begins 30 min after swimming prelims (~12:00pm)</p> <p>SATURDAY Swim Prelims 9:30am, Finals 6:00pm Boys Diving: begins 30 min after swimming prelims (~1:00pm)</p>	<p>Hosted by: Bishop Ireton High School & Fork Union Military Academy</p>  
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Dear All,

Bishop Ireton High School and Fork Union Military Academy are excited to share the 2023 VISAA State Championship meet announcement. We are eager to bring our teams together at Liberty University for an unforgettable experience - both in the water and on deck!

Coaches, please review this announcement in its entirety and be familiar with important deadlines. 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 to do so!

Please visit the [VISAA Swim Cloud site](#) for any information pertaining to the meet, including psych sheets, heat sheets, meet photography, and more. [Spectator tickets will be available for purchase online here on January 1, 2023.](#)

Kaitlyn Gerke, Bishop Ireton Head Coach
Jon Larson, Fork Union Military Academy Head Coach

Important Deadlines

	Deadline/Date
Warm-up Requests sent to Kaitlyn Gerke & Jon Larson	Monday, January 30 by 11:59PM
Athlete Waiver Requests sent to Evan Stiles	Monday, January 30 by 11:59PM
Meet Entries submitted in SwimCloud	Sunday, February 12 by 11:59PM
Dive Sheets completed on Clean Entries	Sunday, February 12 by 11:59PM
Corrected entries (if necessary) submitted in SwimCloud	Monday, February 13 by 11:59PM
Preliminary Psych Sheet published	Tuesday, February 14 by 12:00PM
Final Psych Sheet published	Wednesday, February 15 by 12:00PM

Meet Location	Liberty University Natatorium 1521 Liberty Mountain Dr Lynchburg, VA 24515 https://www.liberty.edu/flames/athletics-facilities/natorium/	
Meet Facility	The facility features a nine-lane, 50-meter pool with a movable bulkhead. An additional eleven-lane pool is used for warm-up/cool-down. A separate 17-foot-deep diving well includes 1- and 3-meter springboards and a three-column tower, featuring 1, 3, 5, 7.5 and 10-meter platforms.	
Meet Directors	Kaitlyn Gerke, Bishop Ireton High School, kaitlyn.gerke@bishopireton.org Jon Larson, Fork Union Military Academy, larsonj@fuma.org	
Subcommittee Chairpersons	Officiating	Bill Gill, Norfolk Academy
	Entry Coordinators	Bucka Watson, St. Christopher's Mike Peters, Collegiate School
	Timing & Scoring	Bill Dealey, Seton School
	Senior Parade	Denis Schmidt, St. Gertrude/Benedictine
	Hospitality	Dawn Foley, St. Paul VI
	Awards	Kristen Kirkman, Norfolk Academy
	Diving Coordinator	Diane Maiese, diane@diverva.com
	Ready Room Coordinator	Julia Robbins, St. Anne's-Belfield
	Meet Announcer	Trish Buswell, Bishop O'Connell
	Live Streaming	Woodberry Forest
	SwimCloud Webmaster	Mike Peters, Collegiate School
	Meet Photography	Caroline Gerke, Bishop Ireton
	Meet Vendor	Swim & Tri
	Warm-up Assignments	Jon Larson, Fork Union Military Academy Kaitlyn Gerke, Bishop Ireton
Meet Clerk	Joe Ferguson, Bishop Ireton	
Rules	The Meet will be governed by 2022-2023 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 current 8th-12th grade students. • Athletes must be in good standing with the school he/she represents. • Athletes must be no older than 19 years of age on August 1st 	

	<p>immediately prior to the championship meet.</p> <ul style="list-style-type: none"> ● 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"> ○ 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. ○ Times must be recorded with either a touchpad or at least two watches. ○ Times swum in a single team time trial do not count. ● To ensure promotion of High School Swimming 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: the Meet Directors, VISAA Swimming President, Head Referee, and Diving Coordinator (if necessary). ● Waivers may 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 reasons. ● <u>Waivers must be submitted by Monday, January 30th to VISAA Swimming President, Evan Stiles at estiles@sssas.org</u>
<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 <u>during the 2022-2023 season</u> may be entered in that event. ○ Each team is allowed unlimited entries in individual events, but only a team’s top four (4) qualifiers are eligible for 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 compete in finals. Designations are due to the timing & scoring operator 15-minutes prior to the end of prelims. ○ An individual swimmer may swim no more than two (2) individual events and no more than four (4) total events, including relays. ● Bonus 50 Free <ul style="list-style-type: none"> ○ Any swimmer that qualified for the meet in an individual or relay event, and meets the Bonus qualification time, is eligible to enter the Bonus 50 Freestyle. ○ Entry in the event will count toward a swimmer’s event total. ○ Bonus event swimmers are not eligible to score points in the event. ○ A relay only swimmer entered in the bonus 50 free must participate in at least one relay. ● Relays <ul style="list-style-type: none"> ○ Each team that 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

	<p>that meets the VISAA State qualifying time is eligible to swim in that relay event.</p> <ul style="list-style-type: none"> ○ Any swimmer who has qualified for an individual event, including diving, is eligible to swim in any relay at States. ○ 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. ○ Relays may be entered without swimmers’ names, but final relay cards are due prior to the race. ○ 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. <ul style="list-style-type: none"> ● Relay Cards <ul style="list-style-type: none"> ○ 200 Medley Relay Cards specifying the relay line-up shall be submitted 30 minutes prior to the start of the session. ○ 200 Free Relay Cards specifying the relay line-up shall be submitted prior to the conclusion of the Women's 500 Freestyle. ○ 400 Free Relay Cards specifying the relay line-up shall be submitted prior to the conclusion of the Women’s 100 Breaststroke. ○ 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. ○ Any team that does not submit a relay card by the deadline must swim the relay as listed in the meet program. ○ 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"> ■ 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>Entry Submission</p>	<p>All entries must be submitted to Swimcloud by Sunday, February 12, 11:59pm.</p> <ul style="list-style-type: none"> ● Go to the Home page of the VISAA Swimming & Diving State Championship webpage. ● Select either: <ul style="list-style-type: none"> ○ <i>Add entries by event</i> ○ <i>Add entries by swimmer</i>

	<ul style="list-style-type: none"> ● Entries must include 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. ● All times for entry must be in results of a meet that has been uploaded to Swimcloud. <ul style="list-style-type: none"> ○ If you have any questions on how to upload a meet, please click here. ● Except for relays, all entries are final once they are submitted. ● Once submitted, teams will receive a confirmation email with an attached list of that team’s official entries by Monday, February 13. <ul style="list-style-type: none"> ○ It is the responsibility of the person submitting the entries to verify that the entries were received accurately. ○ Entries that do not meet the requirements will be rejected. ○ Corrected entries (if necessary) are due Monday, February 13, 11:59pm. ● The final psych sheet will be published on SwimCloud on Wednesday, February 15 <ul style="list-style-type: none"> ○ No changes can be made to the preliminary psych sheet after it’s published. Only clerical corrections will be allowed. ● All entries, including divers, must be submitted in Swimcloud. <u>No HyTek, manual or hardcopy entries will be accepted.</u> ● Meet entry fees: \$6.00/individual event; \$30.00/relay; \$5.00/athlete surcharge; \$400 cap per team <ul style="list-style-type: none"> ○ An invoice will be sent directly to the Athletic Director of each participating school in order to collect each team’s respective entry fees following the VISAA meet.
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<p>Diving</p>	<ul style="list-style-type: none"> ● The Diving portion is hosted by Dive Coordinator, Diane Maiese <ul style="list-style-type: none"> ○ Diane can be reached at: diane@diverva.com or (856)816-0153 ● All Diving Coaches should make contact with Coach Diane as soon as possible so she can communicate meet details to them directly. ● Diving entries are restricted to athletes that can <u>prove</u> they can successfully complete eleven (11) dives necessary for a championship event. ● 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"> ○ Awards that are dropped and not used in calculating the dive total score may not be used. ● Divers that fail two dives will be disqualified from the competition. ● Dive selection must comply with 2022-2023 National Federation High School <i>Swimming and Diving</i> Rule 9, Section 4, Article 1. ● Diving Entries should be entered with Swimcloud along with the swimmers by February 12. <ul style="list-style-type: none"> ○ Dive entries will be coordinated through Clean Entries at the following link: https://www.cleanentries.com/allmeets.aspx
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	<ul style="list-style-type: none"> ○ Please navigate to the above website and, when available, you will find the 2023 VISAA Championship meet in order to complete your entries. ○ 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 Dive Coordinator. ● All Diving coaches will meet in the hospitality room to coordinate final details of the diving competition. ● Diving results will be announced immediately after each event. Awards for the top-8 will be presented during finals Friday (girls) and Saturday (boys) at finals, following the first swimming event. The coach of the first-place diver will present the awards. 	
Meet Format	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.	
Warmup Time Requests/ Lane Assignments	<ul style="list-style-type: none"> ● Submit requests for any/all warmup slots to Kaitlyn Gerke kaitlyn.gerke@bishopireton.org and Jon Larson larsonj@fuma.org by 11:59pm, January 30. ● If a request is made for a late warmup on one day, you will most likely have an early warmup for the other day. ● Following the submission deadline, warmup assignments will be posted to SwimCloud and distributed via email following the request deadline. 	
Thursday Night Warm-up Schedule:	Session I: 4-4:30 pm Session II: 4:30-5 pm Session III: 5:30-6 pm Session IV: 6-6:30 pm Session V: 6:30-7 pm	16 Lanes per session - Assignments will be posted on SwimCloud following warm-up deadline requests
	Diving Warm-up: 4-7pm	Diving boards are open to all teams at any point during Thursday warm-up.
Packet Pick Up	Coach packets can be picked up from Kaitlyn Gerke, Jon Larson or Joe Ferguson at Liberty 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.	

Friday Swim Preliminaries Schedule	Warm-up I: 7:45–8:10 am	16 Lanes - Team Assignments TBD
	Warm-up II: 8:10–8:35 am	16 Lanes - Team Assignments TBD
	Warm-up III: 8:35–9:00 am	16 Lanes - Team Assignments TBD

	Final Warmup: 9:00-9:15 am	<ul style="list-style-type: none"> • Lanes 1,2+9 – Relay Starts • Lanes 3-8 – One way sprints • Warm down pool (7 lanes) – Continuous swim
	Officials Meeting: 8:15 am	Hospitality Room
	Coaches Meeting: 8:30 am	Hospitality Room
	Timers Meeting: 9:00 am	Hospitality Room
	National Anthem: 9:25 am	
	Preliminaries Start: 9:30 am	Events 1 through 12, excluding diving events 9-10
	Annual VISAA Coaches Meeting immediately following prelims	Hospitality Room
Friday Girl's Diving	Coaches Meeting: 11:00 am	Hospitality Room for all dive coaches (boy's and girl's team coaches)
	Girl's Warm-Up: 11:00 am	All 1 meter boards open
	Girl's Diving Event will begin 30 minutes after the completion of swim prelims	

Friday Swim Finals Schedule	Open Warm-up: 4:30–5:45 pm	All Lanes – Open Warm-up Lanes 1-9 (Competition pool) only for swimmers participating in Finals on Friday night
	Final Warm-up: 5:45-6:00 pm	<ul style="list-style-type: none"> • Lanes 1,2+9 – Relay Starts • Lanes 3-8 – One way sprints • Warm down pool (7 lanes) – Continuous swim
	Officials Meeting: 5:30 pm	Hospitality Room
	Timers Meeting: 6:00 pm	Hospitality Room
	National Anthem: 6:05 pm	
	Finals Start: 6:10 pm	Women's diving and events 1 through 12

	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.
Saturday Swim Preliminaries Schedule	Warm-up I: 7:45–8:10 am	16 Lanes - Team Assignments TBD
	Warm-up II: 8:10–8:35 am	16 Lanes - Team Assignments TBD
	Warm-up III: 8:35–9:00 am	16 Lanes - Team Assignments TBD
	Final Warmup: 9:00-9:15 am	<ul style="list-style-type: none"> • Lanes 1,2+9 – Relay Starts • Lanes 3-8 – One way sprints • Warm down pool (7 lanes) – Continuous swim
	Officials Meeting: 8:15 am	Hospitality Room
	Timers Meeting: 9:00 am	Hospitality Room
	National Anthem: 9:25 am	
	Preliminaries Start: 9:30 am	Events 13 through 24
	Continuous Warm-up/Warm-down	Warm-up pool – 7 lanes
Saturday Boy's Diving	Men's Warm-up: 12:00 pm	All 1 meter boards open
	Men's Diving Event will begin 30 minutes after the completion of swim prelims	

Saturday Swim Finals Schedule	Open Warm-up: 4:00-4:30 pm	16 Lanes – Open Warm-up Lanes 1-9 (Competition pool) only for swimmers participating in Finals
	Final Warm-up: 4:30-5:00 pm	<ul style="list-style-type: none"> • Lanes 1,2+9 – Relay Starts • Lanes 3-8 – One way sprints • Warm down pool (7 lanes) – Continuous swim
	Officials Meeting: 4:45 pm	Hospitality Room
	Timers Meeting: 5:00 pm	Hospitality Room
	Line up for Senior Parade: 5:15 pm	
	Senior Parade: 5:30 pm	See guidelines on page 14

	National Anthem: 5:55 pm	
	Finals Start: 6:00 pm	Men's diving and events 13-24
	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.

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
	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
USA Observed Swims	<ul style="list-style-type: none"> ● USA Swimming certified officials will be on deck. ● For times to be recognized by Virginia Swimming, the athletes 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 Swimcloud team roster prior to entering entries. 				
Meet Spectators & Admission Fees	<ul style="list-style-type: none"> ● General Admission Fees are available for purchase as a day pass. This will allow entry for any or all sessions on that day. <ul style="list-style-type: none"> ○ Friday: \$10 per person ○ Saturday: \$10 per person ○ Family Rate (2 adults + children): \$30 per day ● Team members in uniform are free ● Tickets may be purchased in advance of the event at TicketSpicket.com: <ul style="list-style-type: none"> ○ Tickets will need to be purchase for both day 1 and day 2 ○ All members of a pre-paid party must be present when entering the meet ● Spectators should go to swimcloud for all meet information, including heat sheets for both prelims and finals. ● Spectators must remain in the designated spectator bleachers. 				

Timer Assignments	<ul style="list-style-type: none"> School's mentioned below are responsible for providing timer(s) as outlined below. The Head Timer may adjust lane assignments. 				
	FRIDAY PRELIMINARIES		SATURDAY PRELIMINARIES		
	Lane	School	Lane	School	
	1	Covenant (1)/Veritas (1)	1	Potomac (2)	
	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. Anne's-Belfield (2)	
	8	Highland (2)	8	Saint John Paul (2)	
	FRIDAY FINALS		SATURDAY FINALS		
	Lane	School	Lane	School	
	1	Hampton Roads (2)	1	Oakcrest(1)/Madeira (1)	
	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	Bishop O'Connell (2)	
	6	Norfolk Academy (2)	6	Norfolk Academy (2)	
	7	St. Gertrude's/Benedictine (2)	7	Paul VI (2)	
	8	Trinity Episcopal (2)	8	Trinity Episcopal (2)	
	Scoring	<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. 			

Timing	<ul style="list-style-type: none"> ● Timing will be done using the Omega Timing System.
Results	<ul style="list-style-type: none"> ● Live results will be posted on Meet Mobile. Full results will be posted on SwimCloud and Meet Mobile. ● Printed copies of the meet results will be posted on deck.

Starting Procedures for Prelims and Finals	<ul style="list-style-type: none"> ● The Referee and Starter will use the standard USA Swimming whistle start. ● The procedure is 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 the 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. ● Dive over starts will be used for Prelims, but not Finals. ● For each Final Event: <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.
Scratch Procedures for PRELIMS	<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 prelims 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.
Scratch Procedures for FINALS	<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.

Seeding/ Alternates	<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 prelims, heats will be seeded from slowest to fastest with the final three heats circle seeded. ● The first and second alternates for the Finals events should 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 begin.
Music/ Procession Leader for Top Qualifier	<ul style="list-style-type: none"> ● Top qualifiers may select a pre-race song of their choice for Finals. <ul style="list-style-type: none"> ○ Inappropriate song selections will not be played. ○ Music selections must be delivered to the Meet Announcer by the end of the prelim session. ● Top qualifiers may also select an individual(s) to lead the procession of finalists to the blocks.
Meet Dispute Procedure	<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 "Meet Committee" consisting of; the VISAA President, the VISAA Meet Director (for swimming and administrative issues) or Diving Coordinator (for diving issues), the VISAA Regional Representatives and the VISAA Secretary, will have the authority to settle such disputes. ● 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 and reaches a final decision, the VISAA President will communicate the decision.
Deck Changing and Shaving	<ul style="list-style-type: none"> ● Athletes are not permitted to remove their swimsuits outside of the locker rooms to include 'deck changing.' ● Shaving is not permitted within Liberty University Natatorium. ● Athletes who deck change or shave onsite may be sanctioned up to and including ejection from the meet at the discretion of the Meet Referee.

Competition Swimsuits and Caps	<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. Suits cannot have zippers or other fasteners. ○ Swimmers may only wear one suit during the competition. ○ 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 swimsuits and swim caps. Club team caps are not allowed.
Hospitality	<ul style="list-style-type: none"> ● A Hospitality room for Coaches and Officials will be established in the wet room off the pool deck.
Apparel	<ul style="list-style-type: none"> ● State Meet apparel will be for sale both days by Swim & Tri. An online shop will also be available on SwimCloud.
Photography	<ul style="list-style-type: none"> ● Photos will be available for download free of charge from meet photographer, Caroline Gerke’s website. Once available, the link will be posted to swim cloud and emailed to coaches.
Team Seating	<ul style="list-style-type: none"> ● Only credentialed team members, coaches and officials will be allowed on the pool deck. ● Team areas will be in the bleachers and pool deck on either side of the pool. ● There will be a watch and go section for swimmers to cheer for teammates along the competition pool. Teams should not camp out here!

Webcast	<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. https://www.wfspn.org ● There will be a direct link to the live stream through SwimCloud.
Senior Parade	<p>Prior to Saturday night Finals, we will run a Senior Parade to recognize all seniors. The parade is a time of celebration and spirit and 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> <ul style="list-style-type: none"> ● Athletes are encouraged to wear their school warm-ups or other school-related attire. Non-school apparel must be appropriate! ● Athletes may get creative with accessories to their outfits, however no face or body paint is allowed. ● Athletes 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.

<p>Awards</p>	<ul style="list-style-type: none"> ● Overall Team State Champion: Men & Women ● Division II Team State Champion: Men & Women ● Overall Team State Runner-up: Men & Women ● Division II Team State Runner-up: Men & Women ● 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"> ○ Male & Female Swimmer of the meet ○ Male & Female Diver of the meet ○ Male Team & Female Team Swimming Coach of the year ○ Male Team & Female Team Diving Coach of the year ● Sportsmanship: Men & Women (recognized, but not awarded a trophy) ● Spirit: Men & Women (recognized, but not awarded a trophy)
<p>Inclement Weather Contingency Plans</p>	<ul style="list-style-type: none"> ● 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. ● 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. All divers will compete Saturday morning (session 2). All final rounds will be swum in session 3 on Saturday evening.
<p>Pool Rules</p>	<p>As guests of Liberty University, all rules and regulations of Liberty University Natatorium must be followed. Pool rules and policies can be reviewed here.</p>