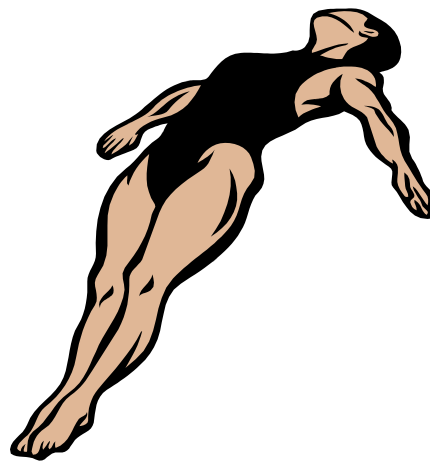
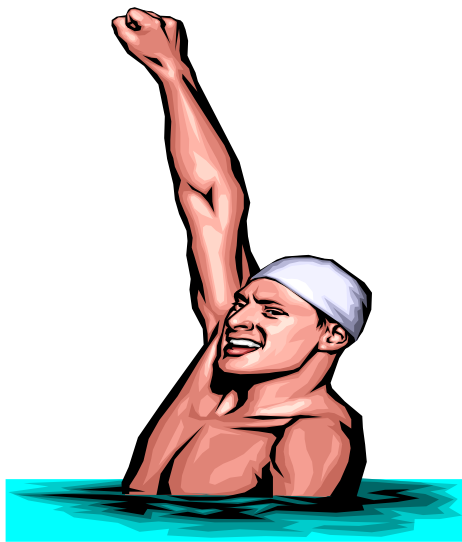


VHSL CLASS 5 & 6 STATE SWIMMING & DIVING CHAMPIONSHIP MEETS February 14-16, 2019



Swimming

Jim McKay Natatorium
George Mason Univ.
4520 Patriot Cir,
Fairfax, VA 22030
Main Number: 703-993-3939
www.aquatics.gmu.edu

Diving

Oak Marr RECenter
3200 Jermantown Road
Oakton, VA 22124
Main Number: 703-281-6501
<http://www.fairfaxcounty.gov/parks/rec/oakmarr/>

Dive – Class 6 Thursday, February 14 at Oak Marr
Dive – Class 5 Friday, February 15 at Oak Marr
Swim – Class 6 Friday, February 15 at GMU
Swim – Class 5 Saturday, February 16 at GMU

Meet Director: Patrick Full
Director of Student Activities
Oakton High School, 2900 Sutton Road, Vienna VA 22181
Office # (703) 319-2763, Email: plfull@fcps.edu

Sanction and Rules: Held in accordance with 2018 – 2019 NFHS and VHSL rules and regulations governing High School Swimming and Diving competition and championships.

Admission: \$10.00 per person/per session
Only designated coaches, participants, managers, officials, staff, volunteers, and accepted pass holders are eligible for free admission.

Concessions: **Swimming:** Limited concessions will be sold in the upstairs classroom. Fine Designs will be selling State Memorabilia.
Diving: Concessions will **not** be available at Oak Marr RECenter. Fine Designs will NOT be at diving, however, flyers for online orders should be available

Facility: **Swimming:** The competition pool is a 50 meter pool with bulkheads that offer two 25 yard pools with a depth ranging from 7' to 13'. *The competition will take place in an 8-lane 25 yard course with the depth ranging from 7' to 8' deep.*
Diving: Oak Marr has a 50 meter / 25 yard pool separated by bulkheads. The diving will take place in the deep end of the facility separated by a bulkhead. The remaining portion of the pool will remain open to the community. Oak Marr has two Maxi-Flex B 1-meter springboards with proper frames, which is why the diving is at this location.

Bus Parking:

Parking info will be released once confirmed by GMU. This may not be until early February. Check the VHSL web site for updates.

Meet Format: **Swimming:** Trials (Prelims) and finals will be held for all events.
All Class 5 trials will be held on **Saturday** morning with the top 16 finishers advancing to Consolations/Finals Competition later on Saturday evening.
All Class 6 trials will be held on **Friday** morning with the top 16 finishers advancing to the Consolations/Finals Competition later on Friday evening.

Hospitality: Hospitality will be provided for all coaches and working officials.
Swimming: Breakfast & dinner will be provided for coaches and officials.
Diving: Breakfast & lunch will be provided for coaches and officials.

Appeals Committee: Each Region will be responsible for nominating one individual that will act as a representative on the appeals committee. The committee will consist of these four individuals, the swim and dive meet referees (ex-officio), a VHSL administrator, and the meet Director.

Meet Format Continued: The prescribed National Federation warm-up procedures and safety policies will be followed. The Meet Director has the right to assign warm-up periods and

lanes to ensure a safe environment.

Swimming Timeline:

Friday (Class 6) & Saturday (Class 5)

7:15 am – 8:45 am:	Warm-up	(6 Friday, 5 Saturday)
9:00 am – 12:00 pm:	Prelim Competition	(6 Friday, 5 Saturday)
4:00 pm – 5:30 pm:	Warm-up	(6 Friday, 5 Saturday)
5:45 pm – 9:00 pm:	Finals Competition	(6 Friday, 5 Saturday)

Diving: Boys and Girls competition will be held at Oak Marr RECenter. The schedule is the same for both days with Class 6 competing on Thursday and Class 5 on Friday.

Diving Timeline:

Thursday: Class 6 Competition

8:45 am	Coaches Meeting
9:00 am – 10:00 am	Boys ONLY Warm-ups
9:00 am	Officials Meeting
10:00 am – 12:00 pm	Boys Competition
***** At the conclusion of the boys' competition, warm-ups for the girls will begin.	
12:00 pm – 1:00 pm	Girls ONLY Warm-ups
12:00 pm	Officials Meeting
1:00 pm – 3:00 pm	Girls Competition

Friday: Class 5 Competition

8:45 am	Coaches Meeting
9:00 am – 10:00 am	Boys ONLY Warm-ups
9:00 am	Officials Meeting
10:00 am – 12:00 pm	Boys Competition
***** At the conclusion of the boys' competition, warm-ups for the girls will begin.	
12:00 pm – 1:00 pm	Girls ONLY Warm-ups
12:00 pm	Officials Meeting
1:00 pm – 3:00 pm	Girls Competition

Awards:

Individual events: Medals will be awarded to the top 8 finishers in each event.
Relay events: Medals will be awarded to the top 8 relay teams in each relay event.
Team Champions: Trophies will be awarded to the boys' and girls' team champions as well as the runner-up teams.

Shaving:

Shaving is forbidden on-site by NFHS rule. This will result in the athlete being removed from further competition.

Swimmers & Divers:

Swimmers and coaches will be housed on the competition pool deck. Only identified coaches, competitors, and officials will be allowed on the pool deck. Proper identification badges must be worn at all times.

Eligibility: Participation is open to Virginia High School League (VHSL) Class 5 & Class 6 swimmers/divers who meet all VHSL eligibility criteria for participating in sports, and the following competition standards:

Swimming:

1. Achieve a VHSL qualifying time in one or more individual or relay events. A qualifying time may be obtained during any 2018-2019 regular season High School meet, a VHSL sanctioned invitational, or in the school's District or Regional Championship meet. *A qualifying time must be achieved in High School competition. USA Swimming and YMCA times are not allowed.*
2. **Top 5 finish in individual events in his/her Regional championship.**
3. **Top 4 finish in relay events in his/her Regional Championship.**
***** Automatic qualifiers must still be entered by coach/team through the meet entry procedures.**

Diving:

Obtain a State qualifying diving score during a VHSL sanctioned invitational, District or Regional Championship. Score must have been obtained during this current sports season (winter 2018-2019). Scores must have been achieved in 11-Dive format competition. **All top 5 Regional qualifiers are eligible to advance to the state meet.** Qualifying divers must also meet requirements for championship meets as specified in the 2018-2019 National Federation of State High School Association Rulebook. **No USA Diving, YMCA Diving, AAU Diving scores are allowed.**

***** All divers must still be entered by coach/team through the Hy-Tek entry file in addition to the dive sheet entry procedures.**

Scoring: The top 16 finishers (swimming and diving) will score points in each event. Points will be awarded starting with 1st place receiving 20 points as follows: Swimming events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Relay events: Double individual points (40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2).

Spectators: All spectators will be seated in the upper deck/balcony section. Only officials, swimmers / divers, and coaches, will be allowed on the entire pool deck.

Spectator Seating: **GMU: 500**
Oak Marr: 500

**Team Signs/
Banners:** Banners, signs, and posters can only be attached to the cables surrounding the the pool. **Only painters blue tape may be used to attach posters to any surface at GMU or Oak Marr. No balloons will be allowed in either building.**

**Inclement
Weather:** In the event that we have inclement weather the VHSL will work with meet staff to modify / reschedule / or cancel the events as scheduled. The final authority for weather related meet decisions is the Virginia High School League.

**Team Check
In Policy:** **Swimming:** All visiting teams will check in at the lower rear door (signs will be posted) of the Aquatics Center and go directly to the pool deck. Meet credentials will be provide at that location. Only spectators may enter through the

main entrance. The lobby area is to remain free of competitors. Only spectators and individuals wishing to purchase concession and state memorabilia will be allowed in the Aquatics Center lobby. Teams may not enter prior to 6:45 AM on Friday and Saturday.

Diving: All visiting teams are to enter through the main entrance. Meet credentials will be available at the entrance.

Warm-up

Swimming warm-ups: (Friday – Class 6, Saturday Class 5)

Preliminaries:

7:15 am – 8:45 am	General warm-up period
Competition Pool only:	
8:00 am	Lanes 1 & 8 pace lanes, 2 & 7 one way sprints
8:15 am	Lanes 3 & 6 will open for one way sprints
8:30 am	Lanes 4 & 5 will open for one way sprints

Finals:

4:00 pm – 5:30 pm	General warm-up period
Competition Pool only:	
4:45 pm	Lanes 1 & 8 pace lanes, 2 & 7 one way sprints
5:00 pm	Lanes 3 & 6 will open for one way sprints
5:15 pm	Lanes 4 & 5 will open for one way sprints

***** sprint and pace lanes will only open in the competition portion of the pool.**

Clerk of Course: Swimmers must check in at the Clerk-of-Course prior to both preliminary and final competition. The Clerk-of-Course is located at the dive well end, by the lifeguard office. During the final competition the consolation and final heats will be marched to the blocks from Clerk-of-Course.

All-American filming for diving: Official filming for All-American participation will have a designated filming area. Access to this area is limited to one person per diver.

Thursday, February 14, 2019:

Class 6 COMPETITION

8:45 am	Coaches Meeting
9:00 am – 10:00 am	Boys ONLY Warm-ups
9:00 am	Officials Meeting
10:00 am – 12:00 pm	Boys Competition
*****	At the conclusion of the boys' competition, warm-ups for the girls will begin.
12:00 pm – 1:00 pm	Girls ONLY Warm-ups
12:00 pm	Officials Meeting
1:00 pm – 3:00 pm	Girls Competition

Friday, February 15, 2019:

Class 5 COMPETITION

8:45 am	Coaches Meeting
9:00 am – 10:00 am	Boys ONLY Warm-ups
9:00 am	Officials Meeting
10:00 am – 12:00 pm	Boys Competition
*****	At the conclusion of the boys' competition, warm-ups for the girls will begin.
12:00 pm – 1:00 pm	Girls ONLY Warm-ups
12:00 pm	Officials Meeting
1:00 pm – 3:00 pm	Girls Competition

Swimming (at George Mason University)

Friday, February 15, 2019: Class 6 Preliminary Competition

6:45 am	Doors Open to Competitors
7:15 am	Warm-ups Begin
8:00 am	Officials Briefing
8:15 am	Doors open to Spectators
7:45 am	Lanes 1 & 8 will open for one way sprints
8:00 am	Lanes 2 & 7 will open for one way sprints
8:15 am	Lanes 3 & 6 will open for sprints and 1 & 8 will convert to pace lanes
8:30 am	Coaches Meeting
8:45 am	Competition Pool Closes
8:50 am	First Event Called
8:55 am	National Anthem
9:00 am	Preliminary Competition Begins
12:30 pm	Preliminaries Concludes (Approximate)

Friday, February 15, 2019: Class 6 Final Competition

3:45 pm	Doors Open to Competitors
4:15 pm	Warm-ups Begin
5:00 pm	Officials Briefing
5:15 pm	Doors open to Spectators
5:00 pm	Lanes 1 & 8 will open for one way sprints
5:15 pm	Lanes 2 & 7 will open for one way sprints

5:30 pm Lanes 3 & 6 will open for sprints and 1 & 8 will
convert to pace lanes

5:30 pm Coaches Meeting

5:45 pm Competition Pool Closes

5:50 pm First Event Called

5:55 pm National Anthem

6:00 pm Final Competition Begins

9:30 pm Final Competition Concludes (Approximate)

Saturday, February 16, 2019: Class 5 Preliminary Competition

6:45 am Doors Open to Competitors

7:15 am Warm-ups Begin

8:00 am Officials Briefing

8:15 am Doors open to Spectators

7:45 am Lanes 1 & 8 will open for one way sprints

8:00 am Lanes 2 & 7 will open for one way sprints

8:15 am Lanes 3 & 6 will open for sprints and 1 & 8 will
convert to pace lanes

8:30 am Coaches Meeting

8:45 am Competition Pool Closes

8:50 am First Event Called

8:55 am National Anthem

9:00 am Preliminary Competition Begins

12:30 pm Preliminaries Concludes (Approximate)

Saturday, February 16, 2019: Class 5 Final Competition

3:45 pm Doors Open to Competitors

4:15 pm Warm-ups Begin

5:00 pm Officials Briefing

5:15 pm Doors open to Spectators

5:00 pm Lanes 1 & 8 will open for one way sprints

5:15 pm Lanes 2 & 7 will open for one way sprints

5:30 pm Lanes 3 & 6 will open for sprints and 1 & 8 will
convert to pace lanes

5:30 pm Coaches Meeting

5:45 pm Competition Pool Closes

5:50 pm First Event Called

5:55 pm National Anthem

6:00 pm Final Competition Begins

9:30 pm Final Competition Concludes (Approximate)

EVENT SCHEDULE

EVENTS

9-Boys Diving
10-Girls Diving

Diving Awards Presentation at the Diving Events

1-Boys 200 Medley Relay
2-Girls 200 Medley Relay

3-Boys 200 Freestyle
4-Girls 200 Freestyle
5-Boys 200 Individual Medley
6-Girls 200 Individual Medley
7-Boys 50 Freestyle
8-Girls 50 Freestyle

10 MINUTE BREAK: PreLims – Break only
Finals – Presentation of awards for top 8 places from events 1-8

11-Boys 100 Butterfly
12-Girls 100 Butterfly
13-Boys 100 Freestyle
14-Girls 100 Freestyle
15-Boys 500 Freestyle
16-Girls 500 Freestyle
17-Boys 200 Freestyle Relay
18-Girls 200 Freestyle Relay

10 MINUTE BREAK: PreLims – Break only
Finals – Presentation of awards from top 8 places from events 11-18

19-Boys 100 Backstroke
20-Girls 100 Backstroke
21-Boys 100 Breaststroke
22-Girls 100 Breaststroke
23-Boys 400 Freestyle Relay
24-Girls 400 Freestyle Relay

PRESENTATION OF Awards for top 8 places from events 19 – 24

PRESENTATION OF Team Championship Trophies & Runner-Up Trophies

2018 – 2019 State Swim & Dive Standards - Class 5

Events	2019 Class 5 BOYS Standard (YARDS)	2019 Class 5 BOYS Standard (METERS)	2019 Class 5 GIRLS Standard (YARDS)	2019 Class 5 GIRLS Standard (METERS)
200 Medley Relay	1:40.59	1:52.19	1:52.69	2:05.79
200 Freestyle	1:46.89	1:58.49	1:59.19	2:12.09
200 Individual Medley	1:59.99	2:13.39	2:11.49	2:25.99

50 Freestyle	22.59	25.29	24.99	27.89
Diving	279.19		276.89	
100 Butterfly	53.69	59.89	59.39	1:05.99
100 Freestyle	49.39	54.89	54.29	1:00.39
500 Freestyle (400 M)	4:49.99	4:14.69	5:15.99	4:37.19
200 Freestyle Relay	1:31.69	1:42.39	1:42.69	1:54.79
100 Backstroke	54.79	1:00.89	1:00.09	1:06.79
100 Breaststroke	1:01.79	1:08.59	1:08.39	1:16.09
400 Freestyle Relay	3:20.29	3:43.19	3:44.29	4:09.89

2018 – 2019 State Swim & Dive Standards - Class 6

Events	2019 Class 6 BOYS Standard (YARDS)	2019 Class 6 BOYS Standard (METERS)	2019 Class 6 GIRLS Standard (YARDS)	2019 Class 6 GIRLS Standard (METERS)
200 Medley Relay	1:39.59	1:51.09	1:50.99	2:03.89
200 Freestyle	1:45.59	1:56.99	1:55.39	2:07.89
200 Individual Medley	1:58.09	2:11.29	2:09.09	2:23.29
50 Yard Freestyle	22.09	24.79	24.69	27.59
Diving	371.99		314.09	
100 Butterfly	52.59	58.59	58.59	1:05.09
100 Freestyle	48.59	53.99	53.69	59.79
500 Freestyle (400 M)	4:48.09	4:12.99	5:11.49	4:33.29
200 Freestyle Relay	1:29.39	1:39.79	1:40.69	1:52.49
100 Backstroke	53.69	59.69	58.79	1:05.39
100 Breaststroke	1:00.39	1:07.09	1:06.39	1:13.89
400 Freestyle Relay	3:17.69	3:40.29	3:39.99	4:05.09

2018-2019 STATE SWIM & DIVE CHAMPIONSHIP VHSL STATE ENTRY PROCEDURE

Entry Instructions

1. All entries must be in electronic format. **Be sure you use your 4 letter school code that the VHSL has designated!** Team Manager Lite is available for free at the Hy-Tek website; (<http://www.hy-tektd.com/downloads.html>). The Team Manager Event File will be posted on the VHSL Web Site for download no later than Thursday, January 31, 2019.
2. Please make sure that all swimmers' and divers' names are spelled properly and the upper/lower case typing is used to enter names in TM database.
3. All individual event swimmers, relay swimmers and alternates and team divers must be included on the team master entry list. **Individuals not listed will not be allowed to compete.**

4. If your swimmer qualifies for the state meet by placing in the **top 5** at the Region meet, but does not have a state qualifying time, their entry must also be included electronically by the coach/school.
5. Each team is limited to a maximum of four entries per individual event and one relay team.
6. Each swimmer is limited to a maximum of four events, no more than two of which may be individual events.

Swimming & Diving Entries:

1. Coaches or schools are to submit HyTek entries and HyTek roster to Brian Pawlowicz at bpawlowicz@nationscapitalswimming.com and Pat Full at Oaktonathletics@fcps.edu. Entries are due by 12:00 P.M. on Monday, February 11, 2019. Coaches should submit a "Proof of Time Entry Report" for any entry achieved prior to their Region swim & dive meet.
2. ***All email correspondence MUST include the name of the school AND Class (5 or 6) in the subject line. For example, Oakton HS, Class 6 entries***
3. Meters to Yards Conversion:
 - a. If your athlete(s) is advancing based on a meter state cut during the season, please convert that time to yards using the conversion table on page 100 of the NFHS rule book.
 - i. Please indicate in your email any times converted as they may not qualify in yards after the conversion. That will allow us to verify the information.
 - b. If your athlete(s) is advancing based on place at the region meet with a short course meter time, please leave that time as is.
4. All **Regional Meet Directors** are to e-mail Brian Pawlowicz at bpawlowicz@nationscapitalswimming.com and Pat Full at Oaktonathletics@fcps.edu a back-up of their Regional meet and the results of their Regional meet by 4:00 P.M. Sunday, February 10, 2019.
5. Entry confirmations will be returned by e-mail to the coach/person submitting entries by Tuesday, February 12, 2019. Coaches should contact the entry official (Brian Pawlowicz) immediately if the confirmation totals do not match the total numbers of entries submitted.
6. Late entries or entry changes will not be accepted.
7. **An e-mail address and phone numbers (home, cell, work) of a contact person must accompany the entries.**
8. **All athlete members of United States Swimming should have their USA Swimming numbers included on their entries. If they are not included, they will not be eligible to use the times for USA Swimming.**
9. Entries not in the proper format will not be accepted.

Diving Sheets:

1. E-mail completed dive sheets to OaktonAthletics@fcps.edu and to Jim Sweeder at jsweeder@verizon.net by 4 p.m. Sunday, February 10, 2019. Please indicate whether your school is either Class 5 or Class 6 on the dive sheet.
2. Use the Dive Verifier Program available for download at <http://diverline.com/DiveVerifierProgram.htm> . Make sure you download the High School Dive Sheet Verifier, Excel - DvfmHS2016-17.xls- (updated) Released on December 2, 2016. This update incorporates the latest NFHS Dive Rule changes. **NOTE: You must ENABLE MACROS** to fill out the sheet.
3. Diver Signatures for the dive sheets will occur prior to dive warm-ups.
4. Divers and coaches are responsible for the accuracy and completeness of the submitted dive sheet. Dive sheets must meet all requirements specified in Rule 9.4. Dive changes will be permitted until 30 minutes prior to the start of the dive event. Divers and coaches must ensure that any dive change keeps the dive sheet in compliance with all requirements specified in Rule 9.4.

5. Reminder that **ALL DIVERS NEED TO BE INCLUDED IN THE SCHOOLS HY-TEK ENTRY FILE!**

MEET OFFICIALS

HS Officials: Referee, starters, chief judges, diving judges, stroke inspectors and turn judges will be assigned by the Meet Referee (Swim) and Diving Referee. All swim officials must be NFHS/VHSL certified, including passing the swim & dive exam. No walk-on swim officials will be used. Volunteer swim officials must complete the on-line signup form using the link listed below. Volunteer dive officials should contact the Diving Referee. The uniform for officials working finals will be white shirt with collar and navy blue full-length slacks or skirts. Officials working prelims may substitute navy blue shorts.

USA Swimming This meet will be observed in accordance with USA Swimming rules.

Officials Sign-up: Swimming: Please use the following link to sign up:

<https://goo.gl/forms/2u8EOrsfTnt3ABL72>

Swim Meet Referee: Mike Rubin: mrubin1@cox.net

Diving Referee: Jim Sweeder: jsweeder@verizon.net

2019 VHSL
Class 5 & 6 Swimming and Diving Championships



We have secured a group discount at the below hotels over February 14-16, 2019.

Courtyard Dunn Loring Fairfax

\$94.00

Double Queen Beds

Hot Breakfast Buffet included in group rate

2722 Gallows Road

Vienna, VA 22180

(703) 573-9555

Courtyard Fairfax Fair Oaks

\$99.00

Double Queen Beds

Hot Breakfast Buffet included in group rate

11220 Lee Jackson Memorial Highway (Rte. 50)

Fairfax, VA 22030

(703) 273-6161

To secure reservations, please call the hotel directly
On or before February 12, 2018 and request the **VHSL Swimming & Diving Block**.



More Options made be found at <http://www.gmu.edu/resources/welcome/hotel.html>

GMU Campus Map

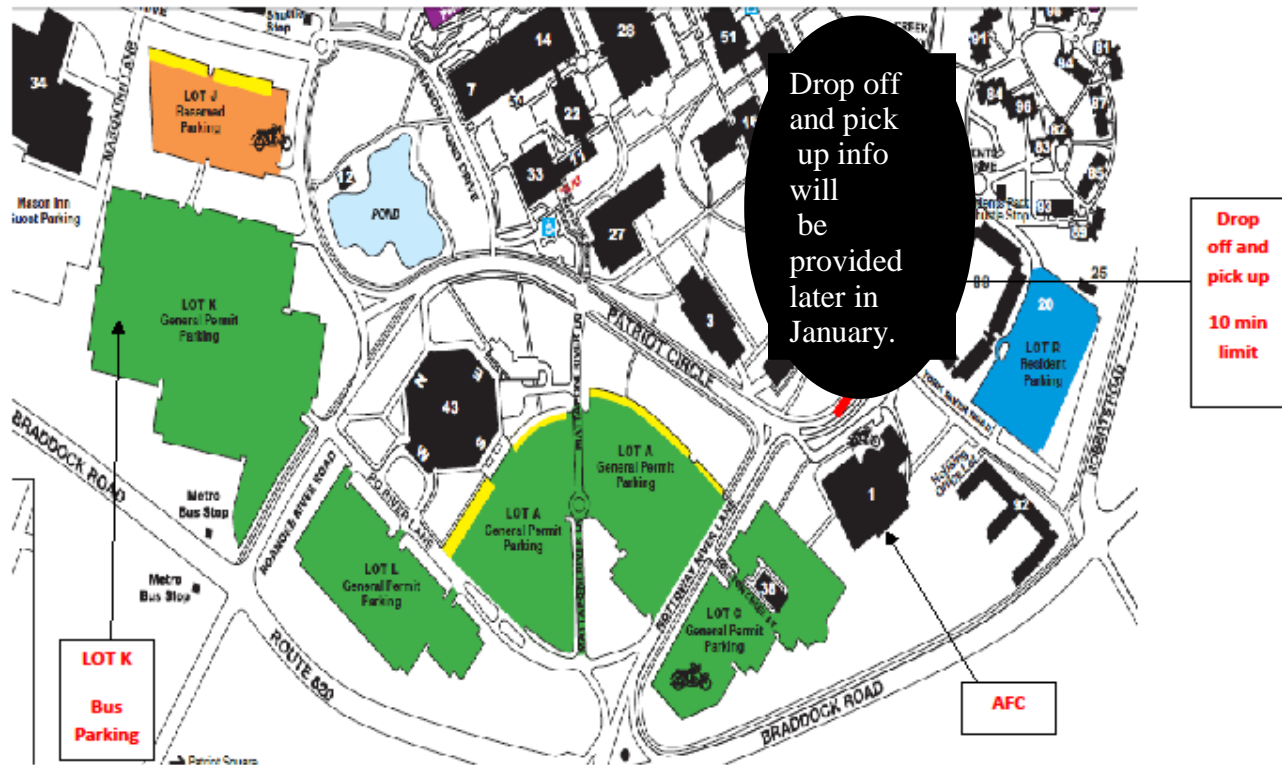


Figure 1

George Mason University Meet Reminders

- No parents will be allowed through the swimmer’s entrance, in the locker rooms, or on to the pool deck.
- No personal chairs on deck or in the facility. *If you have special needs, you must coordinate those with the meet director in advance.*
- No food allowed on deck.
- Parents and Spectators, please park in Lot C: Saturday evening the back portion of lot C may be closed off for a motorcycle class that will take place on Sunday. Be aware and respect George Mason Parking lot sign information. If Lot C is full, you may park in Lot A.
- **Do NOT drop off or pick up at the front of the facility.**
- No one will be permitted to enter the facility prior to the posted time in the meet announcement.
- Doors will open to spectators 45 minutes prior to session start.