

**2020 6B Regional Swim and Dive Championships  
February 7 (Dive) and February 8 (Swim), 2020**

<b>LOCATION:</b>	Prince William County Schools (PWCS) Aquatics Center, Located at Colgan HS, 13833 Dumfries Rd ( <b>Door 27</b> ), Manassas, VA 20112 <u>(571) 374-6333</u>																								
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• 8 lane, 25- yard length pool. 4 Lanes available for continuous warm-up / cool down.</li> <li>• Colorado Timing system will be used.</li> <li>• Spectator capacity for 465, plus 10 wheelchair spaces.</li> <li>• The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2.C(4). A copy of such certification is on file with USA Swimming.</li> </ul>																								
<b>MEET DIRECTORS:</b>	<p>Annemarie Juhlin - Swim <a href="mailto:ajuhlin@msn.com">ajuhlin@msn.com</a> 571-264-6265</p> <p>John Guice – Dive <a href="mailto:john.guice@guicepatents.com">john.guice@guicepatents.com</a></p> <p>Brian Parke, DSA, Forest Park HS <a href="mailto:ParkeBT@pwcs.edu">ParkeBT@pwcs.edu</a> 571-589-3456</p>																								
<b>MEET SCHEDULE:</b>	<p><b>Diving – Friday, February 7, 2020</b> Warm ups (Boys): 8:00am Competition (Boys): 9:00am</p> <p>Warm ups (Girls): 11:30am Competition (Girls): 12:30pm</p> <p><b>Swimming – Saturday, February 8, 2020</b></p> <table border="1" data-bbox="513 1310 1539 1671"> <thead> <tr> <th></th> <th>Preliminaries</th> <th>Finals</th> </tr> </thead> <tbody> <tr> <td>Open Warm Ups</td> <td>7:00am</td> <td>4:00pm</td> </tr> <tr> <td>Starts/Sprints</td> <td>8:00am</td> <td>4:45pm</td> </tr> <tr> <td>Coaches/Captain’s Meeting</td> <td>8:00am</td> <td>4:45pm</td> </tr> <tr> <td>Officials Meeting</td> <td>7:30am</td> <td>4:30pm</td> </tr> <tr> <td>Timer’s Meeting</td> <td>8:00am</td> <td>4:30pm</td> </tr> <tr> <td>National Anthem</td> <td>8:27am</td> <td>4:57pm</td> </tr> <tr> <td>Competition</td> <td>8:30am</td> <td>5:00pm</td> </tr> </tbody> </table> <p><i>Doors Open 30 Minutes prior to all Warm-Ups</i></p>		Preliminaries	Finals	Open Warm Ups	7:00am	4:00pm	Starts/Sprints	8:00am	4:45pm	Coaches/Captain’s Meeting	8:00am	4:45pm	Officials Meeting	7:30am	4:30pm	Timer’s Meeting	8:00am	4:30pm	National Anthem	8:27am	4:57pm	Competition	8:30am	5:00pm
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<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• The top six (6) qualifiers from each individual event and the top three (3) relays will advance from the Cardinal (Colgan, Forest Park, Freedom, Gar-Field, Hylton, Potomac, Woodbridge) and Cedar Run District (Battlefield, Stonewall, Osbourn, Osbourn Park, Patriot, John Champe) Meets to the Regional Tournament.</li> </ul>																								

- The top three (3) qualifiers from each individual event and the top one (1) relay from the Commonwealth District (Colonial Forge, Massaponax, Riverbend) Meet advances to the Regional Tournament.
- Additional individuals meeting the region swimming time standards below at a Virginia High School League sanctioned meet, where three watches or touch pads were used, may also participate.

Boys	Event	Girls
1:43.4	200 Medley Relay	1:53.03
1:47.16	200 Freestyle	1:58.29
2:01.41	200 Individual Medley	2:12.75
22.37	50 Free	24.95
270.03	1 Meter Diving	260.96
54.10	100 Butterfly	59.30
48.9	100 Freestyle	54.52
4:58.0	500 Freestyle	5:19.44
1:32.89	200 Freestyle Relay	1:42.89
54.7	100 Backstroke	1:00.02
1:01.01	100 Breaststroke	1:08.3
3:25.34	400 Freestyle Relay	3:44.38

- Each school shall be permitted a maximum of four (4) qualifiers in an individual event and one (1) team in a relay event.
- A diver must place in the top six (6) at the Cardinal and Cedar Run District Meet, place in the top three (3) at the Commonwealth District Meet, meet the regional qualifying standard at the District meet, or score 200 points at any sanctioned regular season dive meet to advance to the Regional Meet.

2020 Regional Dive Standard:

Boys: 270.03

Girls: 260.96

**FORMAT:**

- Held in accordance with 2019-2020 NFHS and VHSL rules and regulations.
- Swimmers will be seeded in a preliminary race format based upon seeded times. The top eight (8) qualifiers will advance to the finals. Nine (9) through sixteenth (16) place will swim in the consolation heat. The consolation heat will precede the finals of each event. Each boy's event will precede the girl's event.
- The diving competition shall consist of five voluntary dives and six optional dives. The five voluntary dives shall come from each of the five groups, with their assigned DD and have a sum total of 9.0 or less. The six optional dives shall include at least one chosen from each of the five groups. No more than one optional dive from the same group is permitted through semifinals. The dives to be performed during each round of Championship competition shall be as follows:  
Preliminaries: Any 2 voluntary and 3 optional

	<p>Semifinals: Any 2 voluntary and 1 optional</p> <p>Finals: Any 1 voluntary and 2 optional</p> <p>After preliminaries, the number of qualifiers may be cut to twenty. After semifinals, the number of qualifiers shall be cut to sixteen.</p>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• <b>Swimming Warm Ups:</b> General Warm Up Sessions (Open) 7:00am--8:00am Open Warm-Ups 8:00am – 8:15am competition pool lane 1 &amp; 8 continuous swim (pace) and lanes 2-7 one-way starts and sprints.</li> <li>• 4 warm up lanes will be available during the meet.</li> <li>• <b>Diving Warm Ups</b>, Friday February 7, 2020 will start at 8:00am for boys and 11:30am for the girls.</li> </ul>
<b>SWIM ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Monday, February 3rd, by noon.</b></p> <p><b>Meet File is located here:</b> <a href="https://www.pwcs.edu/common/pages/DisplayFile.aspx?itemId=39995549">https://www.pwcs.edu/common/pages/DisplayFile.aspx?itemId=39995549</a> <i>Timeline for processing entries is going to be very tight! Please send in entries early to help this process go as quickly as possible.</i></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in yards times using Hy-Tek Team Manager 7.0 or newer. Teams submit entries as an e-mail attachment</li> <li>• A Team Manager printout of entries must be included and phone number of the person to contact in case of questions must accompany the entries.</li> <li>• Swimmers may enter a maximum of <u>4 events</u>, no more than <u>two of which may be individual events</u>. <u>Diving counts as an individual event</u>.</li> <li>• Coaches MUST enter their divers when they send the entry file with the swimmer names.</li> <li>• Team: <u>Each team may enter a maximum of four entries per individual events</u>. Each team is allowed <u>1 relay entry per relay event</u>. For administrative purposes, please enter relays with names. Relay names can be changed at meet. Be sure that all relay only swimmers or alternates are entered in the meet.</li> <li>• Email swim entries to: AJ Dunn at <a href="mailto:pwcsaquatics@gmail.com">pwcsaquatics@gmail.com</a></li> <li>• Confirmation of your entries will be sent. Entries will need to be double checked and any changes sent by noon on Wednesday, January 29th.</li> <li>• Psych sheet will be sent out once all entries are confirmed. Unless an error has been made by the meet management, no changes will be made.</li> <li>• By submitting entries, coaches are certifying that all swimmers are eligible and achieved times at a VHSL meet during the 2019-2020 season.</li> </ul>
<b>DIVE ENTRIES:</b>	<p><b>DEADLINE FOR RECEIPT OF ENTRIES IS Sunday, February 2nd, by 4:00pm.</b></p> <ul style="list-style-type: none"> <li>• Diving entries: Enter all divers in meet with your entry file and submit diving information using online directions. Dive sheets are to be emailed to <a href="mailto:john.guice@guicepatents.com">john.guice@guicepatents.com</a> by Sunday, February 2, 2020, by 4:00pm. Use the Dive Verifier Program available for download at <a href="http://diverline.com/DiveVerifierProgram.htm">http://diverline.com/DiveVerifierProgram.htm</a>. <b>Make sure you download the <u>High School Dive Sheet Verifier, Excel</u></b> - DvfmHS2019-20.xls -</li> </ul>

	(updated); This update incorporates the latest NFHS Dive Rule changes. <b>Note that you <u>must</u> ENABLE MACROS to fill out the sheet.</b> 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.
<b>SCRATCHES:</b>	<ul style="list-style-type: none"> <li>All swimmers listed in the heat sheet are considered as entered in the meet. If you have swimmers who are entered, but need to scratch either a single event or all events, provide names and events to the Head Referee at the Coaches Meeting PRIOR to the start of meet.</li> <li>It is very important that the swimmers get to the blocks on time for their events. <b>If a swimmer no shows for events without scratching, they will be disqualified from further competition at the meet.</b></li> </ul>
<b>OBSERVED SWIMS FOR USA SWIMMING:</b>	<ul style="list-style-type: none"> <li>This meet will be observed in accordance with USA Swimming Rules for the purpose of receiving a reportable USA Swimming time or record.</li> <li>Please make sure that you have the following information included in your event file for each athlete to be observed: first name, middle initial, last name, birthday, and ID</li> <li>Please include a list of swimmers to be observed in email with entries along with their USA Swimming ID number.</li> </ul>
<b>AWARDS:</b>	<p>Individual events: Medals will be awarded to the 1<sup>st</sup>-3<sup>rd</sup> place.</p> <p>Relay events: Medals will be awarded to the 1<sup>st</sup> – 3<sup>rd</sup> place.</p> <p>Team: Trophies will be awarded for 1<sup>st</sup> place for both the boys and girls.</p> <p>Awards will be distributed at the conclusion of Finals for all events.</p>
<b>RULES:</b>	<p>Please remind your athletes of the following VHSL rules prior to the meet:</p> <ul style="list-style-type: none"> <li>Cap and suit rule, tape rule, electronic timing rule, false start rule, and unsportsmanlike conduct.</li> <li>Shaving and deck changing is forbidden on site at all NFHS events and will result in the athlete being removed from further participation.</li> <li>Championship Meets: <b>If athlete misses an event, he or she is disqualified in all other events.</b></li> <li>Swimmers with disabilities or medical approved needs per VHSL MUST be reported to Meet Referee prior to Meet start</li> <li>Each team will provide their own individual lap counter (equipment is provided) for their 500-yard freestyle swimmers – only 1 counter per lane.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Chris Nicolai</b> <a href="mailto:chris.nicolai@comcast.net">chris.nicolai@comcast.net</a> (SWIM)</p> <ul style="list-style-type: none"> <li>Officials for all positions (dry and wet) will be required for this meet.</li> <li>All teams should email Chris Nicolai and Annemarie Juhlin with names and contact information for all officials by January 27, 2020</li> <li>Officials shall be certified by VHSL to officiate championship meets</li> <li><b>Dive Referee: John Guice</b> <a href="mailto:john.guice@guicepatents.com">john.guice@guicepatents.com</a> (Dive)</li> </ul>
<b>SAFETY:</b>	<ul style="list-style-type: none"> <li>Swimmers will enter water feet first during warm-up and any time in warm- up/down area.</li> </ul>

	<ul style="list-style-type: none"> <li>• All athletes, coaches, and spectators must follow facility rules and any directions/requests made by facility staff or lifeguards. Injuries must be reported to lifeguards, the meet director, and meet referee immediately.</li> <li>• Athletes, coaches, and spectators are not permitted to leave the pool area or auxiliary gym to enter Colgan High School at any time before, during, or after the swim meet.</li> </ul>
<b>TIMERS and VOLUNTEERS:</b>	<ul style="list-style-type: none"> <li>• All participating schools will need to provide timers and volunteers in addition to the officials listed above.</li> <li>• Through the duration of the meet, we will need 24 Timers, 2 Head Timers, 1 runner, and 6 Marshals (combination of male/female).</li> <li>• Katie Creedon is the volunteer coordinator for the meet and can be reached at: <a href="mailto:pwcsswim@hotmail.com">pwcsswim@hotmail.com</a></li> <li>• A sign-up genius will be created and sent to team coaches for volunteers to sign-up for preliminary sessions. Finals sessions will need to be staffed by volunteers at the meet.</li> <li>• Timer lane assignments and volunteer assignments will be emailed out once entries are submitted for prelims.</li> <li>• Volunteers assigned responsibilities will be admitted <u>for free</u> into the event. It's necessary to check in at the admission table upon arrival.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Hospitality: light food and drinks will be provided to coaches and officials.</li> <li>• Concessions: Pizza, candy, chips, soda, and water will be available for purchase.</li> <li>• Admission: <b>\$7 for spectators.</b> Passes will be accepted at the door (VHSL, VIAAA, VSBA, VHSCA).</li> <li>• Program/Heat sheets will be available for sale at the concession stand for spectators, but Coaches and Officials will be provided copies.</li> <li>• Information on commemorative shirts will be provided separately</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• All athletes, coaches, and spectators shall follow the posted rules of the PWCS Aquatics Center as well as directions given by lifeguards and other facility staff.</li> <li>• Only Officials, Volunteers, Timers, Coaches and Swimmers are allowed on the Pool Deck during the Region Meet.</li> <li>• Spectators must remain in the lobby, hallway, or spectator area (seating area located on second floor); spectators and non-swimming team members are not permitted on the pool deck.</li> <li>• Access to the following areas is restricted to facility staff: concessions stand, all offices, all storage rooms, pool equipment room.</li> <li>• Swimming is only permitted when a PWCS Aquatics Center lifeguard is present.</li> <li>• All walkways and emergency exits must remain clear at all times.</li> <li>• No tape of any kind is to be used inside to hang signs, banners or decorations.</li> <li>• Concessions will be allowed in designated areas only (lobby and spectator area). <b>Eating, drinking, and gum chewing is PROHIBITED on the pool deck. (Water is permitted).</b></li> <li>• Smoking is prohibited on PWCS property and inside the PWCS Aquatics Center; the use of smokeless tobacco and vapor producing products is also prohibited in the facility.</li> </ul>

- Glass bottles and containers are prohibited on the pool deck.
- Children 12 years and younger must be accompanied by a responsible adult.
- Diving is permitted in areas that are deeper than six (6) feet.
- Running on the pool deck is prohibited.
- Please shower before entering the pool.
- Roughhousing, horseplay, pushing, and shoving are all prohibited on the pool deck and the entirety of the Aquatics Center.
- The use of cellular telephones or cameras is prohibited in PWCS locker rooms, family changing rooms, and bathrooms.
- Please secure your valuables in a locker or bring them onto the pool deck -- PWCS is not responsible for the loss, damage, or theft of any personal property.
- Individuals not complying with facility rules or the direction of facility staff will be asked to leave.

**PARKING:**

- Swimmers should enter at DOOR #28, Patrons will Enter through Door #27. We will not use PWCS Aquatics Center (Door #25) as an entrance. Parking is available in several lots. Park only in marked spaces.
- Buses should drop off swimmers/coaches and park in the very first parking lot on left when you enter the school grounds. (closest to Route 234 Dumfries Rd.)

**SCORING:**  
 Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1  
 Relays: Double the individual points for that place

**EVENTS:**

Boys	Event	Girls
1	200 Medley Relay	2
3	200 Freestyle	4
5	200 Individual Medley	6
7	50 Free	8
*** 10 minute break *** Prelims		
*** Awards Break*** Finals		
9	1 Meter Diving*	10
11	100 Butterfly	12
13	100 Freestyle	14
15	500 Freestyle	16
17	200 Freestyle Relay	18
*** 10 minute break *** Prelims		
*** Awards Break*** Finals		
19	100 Backstroke	20
21	100 Breaststroke	22
23	400 Freestyle Relay	24

\*Diving held separately

<p><b>STATE QUALIFIERS (Class 6):</b></p>	<p>Participation is open to Virginia High School League (VHSL) Class 6 swimmers/divers who meet all VHSL eligibility criteria for participating in sports, and the following competition standards:</p> <p><b>Swimming:</b></p> <ol style="list-style-type: none"> <li>1. Achieve a VHSL qualifying time in one or more individual or relay events. A qualifying time may be obtained during any 2019-2020 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.</li> <li>2. Top 5 finish in individual events in his/her Regional championship.</li> <li>3. Top 4 finish in relay events in his/her Regional Championship.</li> </ol> <p>*** Automatic qualifiers must still be entered by coach/team through the meet entry procedures.</p> <p><b>Diving:</b></p> <p>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 2019-2020). 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 2019-2020 National Federation of State High School Association Rulebook. No USA Diving, YMCA Diving, AAU Diving scores are allowed.</p> <p>*** All divers must still be entered by coach/team through the Hy-Tek entry file in addition to the dive sheet entry procedures.</p>
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<b>Class 6 Qualifying State Times</b>		
<b>Boys</b>	<b>Event</b>	<b>Girls</b>
1:39.39	200 Medley Relay	1:50.69
1:45.89	200 Freestyle	1:55.19
1:58.09	200 Individual Medley	2:08.89
21.99	50 Free	24.59
383.09	1 Meter Diving	318.59
52.49	100 Butterfly	58.49
48.59	100 Freestyle	53.59
4:47.99	500 Freestyle	5:11.39
1:29.19	200 Freestyle Relay	1:40.39
53.49	100 Backstroke	58.69
1:00.39	100 Breaststroke	106.29
3:16.99	400 Freestyle Relay	3:39.19