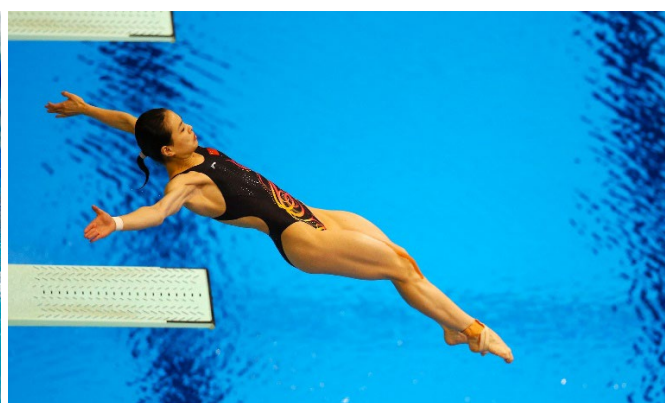


VHSL CLASS 5 & 6 STATE SWIMMING & DIVING CHAMPIONSHIP MEETS February 16-19, 2022



Swimming and Diving

Jeff Rouse Swim & Sport Center
1600 Mine Rd.
Stafford, VA 22554
Main Number: (540) 318-6332
<https://www.rousecenter.com/>

Dive – Class 6 Wednesday, February 16
Dive – Class 5 Thursday, February 17
Swim – Class 6 Friday, February 18
Swim – Class 5 Saturday, February 19

- Meet Director:** Traci Abramson
North Stafford High School Swim Coach
North Stafford High School, 839 Garrisonville Rd., Stafford, VA 22554
Cell phone: (540) 287-1179, Email: northswim@yahoo.com
- Diving Director:** Jim Harris
Coordinator of Athletics and Student Activities
Alexandria City High School, 3330 King Street, Alexandria, VA 22302
Cell phone: 703-407-6324, Email: james.harris@acps.k12.va.us
- Sanction and Rules:** Held in accordance with 2021 – 2022 NFHS and VHSL rules and regulations governing High School Swimming and Diving competition and championships.
- Admission:** Tickets will be sold online only through GoFan (<https://gofan.co>); \$10.00 per person/**per session** plus \$1.50 service fee. (Children age 6 and under free with a paying adult.)
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 Rouse Center cafe. MSP Design Group will be selling State Memorabilia.
Diving: MSP Design Group 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: The diving will take place in the deep end of the facility separated by a bulkhead. The Rouse Center has two Maxi-Flex B 1-meter springboards with proper frames.
- Mask Policy:** All athletes, team personnel, volunteers, and spectators must wear masks while in the facility, with the exception of the athletes when actively participating in warmups or competition.
- Bus Parking:** Buses may use open parking in the lot beside the far soccer fields beyond the Rouse Center.
Overflow parking is available at Colonial Forge High School, 550 Courthouse Rd., Stafford, VA 22554
- 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.
- 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 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.

Meet Format Continued: **Swimming:** Trials (Prelims) and finals will be held for all events. The schedule is the same for both days with Class 6 competing on Friday and Class 5 on Saturday. Swimming Trials will be in the morning with the top 16 finishers advancing to Consolations/Finals Competition later in the evening for each class.

Swimming Timeline:

Friday (Class 6) & Saturday (Class 5)

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

Diving: Boys and Girls competition will be held at the Rouse Center. The schedule is the same for both days with Class 6 competing on Wednesday and Class 5 on Thursday.

Diving Timeline:

Wednesday: Class 6 Competition

9:45 am	Coaches Meeting
10:00 am – 11:00 am	Girls ONLY Warm-ups
10:00 am	Officials Meeting
11:00 am – 1:00 pm	Girls Competition
***** At the conclusion of the girls' competition, warm-ups for the boys will begin.	
1:00 pm – 2:00 pm	Boys ONLY Warm-ups
1:00 pm	Officials Meeting
2:00 pm – 4:00 pm	Boys Competition

Thursday: Class 5 Competition

9:45 am	Coaches Meeting
10:00 am – 11:00 am	Girls ONLY Warm-ups
10:00 am	Officials Meeting
11:00 am – 1:00 pm	Girls Competition
***** At the conclusion of the girls' competition, warm-ups for the boys will begin.	
1:00 pm – 2:00 pm	Boys ONLY Warm-ups
1:00 pm	Officials Meeting
2:00 pm – 4:00 pm	Boys 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.

**Specific Rules
Reminders:**

All uniforms must comply with NFHS Rule 3-3. Outside club/team logos are prohibited. Bikini tops, or other non-compliant uniforms, are prohibited before, during, and after the competition. Wearing such an illegal uniform will be treated as an illegal deck change, resulting in penalties set forth in NFHS Rule 3-6-1.

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

Celebratory diving into the pool at the conclusion of the competition is prohibited. Doing so constitutes a sportsmanship violation and the appropriate penalties will be assessed to the school.

**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 2021-2022 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 2021-2022). Scores must have been achieved in 11-Dive format competition. **The top 5 Regional finishers are eligible to advance to the state meet.** Qualifying divers must also meet requirements for championship meets as specified in the 2021-2022 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 spectator section. Only officials, swimmers / divers, and coaches, will be allowed on the entire pool deck. Please note that all spectators will be subject to the current mask policy for the event, which means they will need to be masked while in the facility.

Spectator Seating: Rouse Center: 700

**Team Signs/
Banners:** Banners, signs, and posters can only be attached to the cables surrounding the pool. **Only painters blue tape may be used to attach posters to any surface and posters must not cover up the sponsorship murals on the wall. No balloons will be allowed in the 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.

In Policy: **Diving:** All visiting teams are to enter 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.

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 recreation pool end, by the kiddie pool area. During the final competition the consolation and final heats will be marched to the blocks from Clerk-of-Course.

Sequence of Events
VHSL Class 6 & Class 5 State Swimming and Diving Championships 2021 – 22

Diving (at Rouse Center)

Wednesday, February 16, 2022:

Class 6 COMPETITION

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

Thursday, February 17, 2022:

Class 5 COMPETITION

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

Swimming (at Rouse Center)

Friday, February 18, 2022: 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; 1 & 8 will revert 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 18, 2022: 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; 1 & 8 will revert 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 19, 2022: 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; 1 & 8 will revert 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 19, 2022: 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; 1 & 8 will revert 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

2021 – 2022 State Swim & Dive Standards - Class 5

Events	2022 Class 5 BOYS Standard (YARDS)	2022 Class 5 BOYS Standard (METERS)	2022 Class 5 GIRLS Standard (YARDS)	2022 Class 5 GIRLS Standard (METERS)
200 Medley Relay	1:40.49	1:52.09	1:52.39	2:05.49
200 Freestyle	1:46.59	1:58.19	1:58.09	2:10.89
200 Individual Medley	1:59.59	2:12.89	2:11.09	2:25.59
50 Freestyle	22.59	25.29	24.99	27.89
Diving	248.39		248.49	
100 Butterfly	53.49	59.59	59.09	1:05.69
100 Freestyle	49.19	54.69	54.29	1:00.39
500 Freestyle (400 M)	4:48.89	4:13.69	5:14.69	4:36.09
200 Freestyle Relay	1:31.39	1:41.99	1:42.79	1:54.89
100 Backstroke	54.69	1:00.79	59.99	1:06.69
100 Breaststroke	1:01.09	1:07.89	1:08.19	1:15.89
400 Freestyle Relay	3:20.09	3:42.99	3:44.49	4:10.09

2021 – 2022 State Swim & Dive Standards - Class 6

Events	2022 Class 6 BOYS Standard (YARDS)	2022 Class 6 BOYS Standard (METERS)	2022 Class 6 GIRLS Standard (YARDS)	2022 Class 6 GIRLS Standard (METERS)
200 Medley Relay	1:38.79	1:50.19	1:50.39	2:03.29
200 Freestyle	1:45.39	1:56.79	1:55.09	2:07.59
200 Individual Medley	1:57.69	2:10.79	2:08.69	2:22.89
50 Yard Freestyle	21.99	24.69	24.59	27.49
Diving	385.39		336.17	
100 Butterfly	52.49	58.49	58.09	1:04.59
100 Freestyle	48.49	53.89	53.29	59.29
500 Freestyle (400 M)	4:47.49	4:12.49	5:11.09	4:32.89
200 Freestyle Relay	1:28.89	1:39.29	1:40.19	1:51.99
100 Backstroke	53.39	59.39	58.49	1:04.99
100 Breaststroke	59.79	1:06.39	1:06.19	1:13.69
400 Freestyle Relay	3:16.89	3:39.39	3:37.89	4:02.79

2021-2022 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; (<https://hytek.active.com/downloads.html>). The Team Manager Event File will be posted on the VHSL Web Site for download no later than Thursday, February 3, 2022.
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 swim.brianp@gmail.com and Traci Abramson at northswim@yahoo.com. Entries are due by 12:00 P.M. on Monday, February 14, 2022. 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, North Stafford HS, Class 5 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 swim.brianp@gmail.com and Traci Abramson at northswim@yahoo.com a back- up of their Regional meet and the results of their Regional meet by 4:00 P.M. Sunday, February 13, 2022.
5. Entry confirmations will be returned by e-mail to the coach/person submitting entries by Tuesday, February 15, 2022. 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 Jim Harris at james.harris@acps.k12.va.us and to Jim Sweeder at jsweeder@verizon.net by 4 p.m. Sunday, February 13, 2022. 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 - DvfmHS2021-22.xls- (updated) 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 VHSL certified, including passing the NFHS swim & dive exam with a score of 85% or better, and completing the NFHS Implicit Bias course. 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: **Diving:** Please contact **Jim Sweeder** at jsweeder@verizon.net
Swimming: Please use the following link to sign up:

Swimming Officials Link: https://docs.google.com/forms/d/e/1FAIpQLSc-6fEThPX4ITC9snMXkWSW0vIDJPdCtoCWMDX_pyODYhtORw/viewform

Swimming Volunteer Sign Up Link: <https://forms.gle/EAYWoZUwDgK5pki66>

Swim Meet Referee: John Kost: MarlinsOfficials@gmail.com

Diving Referee: Jim Sweeder: jsweeder@verizon.net

Rouse Center 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.
- 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.
- No photographers will be permitted on deck without a press pass. Contact meet director to request deck access.