

2020 Cedar Run District Swimming Championships

January 31, 2020, 7:00 p.m.

**District Dive meet will take place at PWCSAC on Thursday January 30, 2020. See Cardinal District Meet announcement for details, eligibility requirements, and rules.*

Patriot Activities Director Brad Qualls QuallsBJ@pwcs.edu	Meet Referee Chris Chmielenski cchmielenski@comcast.net	Admin Official Tony Knick wak426@comcast.net
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HOST SCHOOL	Patriot High School 10504 Kettle Run Rd. Nokesville, VA 20181 (703) 594-3020
LOCATION	Freedom Aquatic and Fitness Center 9100 Freedom Center Blvd. Manassas, VA 20110 25-yard, 10-lane pool with bulkhead, pool depth varies from 13 feet at the starting end to 6 feet at the bulkhead, non-turbulent lane lines. Automatic timing system will be used. General Admission is \$7.00. Only officials in uniform and meet workers with an assigned wristband will be admitted without admission. VIAAA, VHSL coaches passes, Northern Region Administrative and working press passes will also be honored at the gate. No exceptions. <i>*NOTE : The Freedom Center prohibits the use of duct tape for hanging team banners or posters throughout the facility (painter or masking tape is the preferred method) and prohibits balloons inside the pool area.</i>
ELIGIBILITY	Open to Cedar Run District Swimmers who meet all Virginia High School League eligibility criteria for participation in sports. All entry times for the district championship meet must have been achieved in a sanctioned VHSL meet during the 2019-2020 season. Also, each swimmer entered in an individual event must have a legal swim in that event in a sanctioned VHSL event during the same season. "No Times" (NT) and coach's times will not be allowed.
MEET FORMAT	Timed finals. Top six individual swimmers and top three relay teams in each event will advance to the Regional Meet regardless of time. Final entry to Regionals is determined by coaches from each school and subject to Regional entry limits.
WARM-UPS	Swimmers may arrive at the Freedom Center and report to the spectator areas beginning at 5:00 PM. Swimmers will NOT have access to the pool deck until 5:15 PM. The Warm-up session will commence at 5:30 PM and conclude at 6:30 PM (see lane assignments below). At least two (2) bulkhead lanes

	<p>will be made available throughout the meet for warm-up and warm-down sessions.</p> <p>5:30 - 5:50 Osbourn Park: Lanes 1 through 5 Patriot: Lanes 6 through 10</p> <p>5:50 to 6:10 Stonewall Jackson: Lanes 1 through 5 John Champe: Lanes 6 through 10</p> <p>6:10 to 6:30 Battlefield: Lanes 2 through 6 Osbourn: Lanes 7-9 Sprint Lanes 1, 10</p> <p>Bulkhead lanes will be open throughout the meet.</p>
COACHES MEETING	<p>A coaches meeting with the referees will be held at 5:20 PM in the hospitality area in the hallway by the deep end of the pool. All head coaches and captains are expected to attend.</p>
ENTRIES	<p>Each team may enter a maximum of four entries in each individual event and one team entry in each relay. Entries must be received by 7:00 PM on Tuesday, January 28, 2020. LATE ENTRIES OR ENTRY CHANGES WILL NOT BE ACCEPTED. Please ensure all eligibility issues are addressed prior to submitting entries. Entries will be submitted in short course yard times with:</p> <ul style="list-style-type: none"> • Meet Entries datafile from Team Manager (Hytek) • Meet Entries Report in Microsoft Word format from Team Manager with proof of times checked and Individual and Relays selected. • Your team name, name of head coach, names of all assistant coaches, and email address and phone number of the person who can verify entries if required. • A listing of team records in a Microsoft Word file (for publication in the heat sheet) and all records included in your Meet Entries datafile. <p>Please indicate on the entry sheet if the time was converted from short course meters. It is the responsibility of each team to do the conversion.</p> <p>Email entries to Jeanine Dehn (dehn.family@comcast.net) by Tuesday Jan 28, 2020, 7:00pm.</p> <p>Entry sheets provided by host team will be used during the meet for all relay events. Coaches will be provided with deck sheets for each relay event entered in the meet. Coaches must list the four participating members of the relay on relay entry cards in correct swim order. All entry cards will be presented to each lane recorder by a relay team member when the relay team reports to the starting block. Lane/Timer sheets will be provided by the host team for each individual event.</p>

SCORING	<p>Swimmers placing in the top 16 for each individual event will earn points for their respective team. Points will be awarded as follows: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, and 1 for places 1 through 16, respectively.</p> <p>Points will be doubled for relay events: 40, 34, 32, 30, and 28 for first through fifth place relay finish, respectively.</p>
AWARDS	<p>The top three finishers in each event will receive awards during the awards presentations. (Stonewall Jackson HS and John Champe HS) * See "Sequence of Events" below.</p>
MEET RESULTS	<p>Unofficial Meet results will be posted at the Freedom Center in two locations on the outside hallway by the double doors and by concession in the hallway. Results will also be uploaded to the Meet Mobile app. Coaches may obtain official results from the Administrative Official. Full meet results will be sent electronically to each team at the conclusion of the meet. Each Head Coach will receive a hard copy of the results at the conclusion of the meet.</p>
SEEDING	<p>Lane and heat assignments will be pre-seeded in the order of slowest to fastest according to entry times. There will be no clerk of course. Swimmers will report directly to the blocks as indicated in the program.</p>
USA SWIMMING OBSERVED	<p>This will be a PVS observed meet (sanction #PVO-20-215). Times will be entered into the SWIMS database for swimmers with a USA Swim Identification Numbers. Coaches please ensure you have entered USA ID numbers in your entry file.</p>
RULES	<p>The 2019-2020 Swimming and Diving Rules published by the National Federation of State High School Associations will apply.</p>
HOSPITALITY	<p>Light snacks and drinks items will be provided for meet officials and coaches. (Battlefield HS and Osbourn Park HS)</p>
TEAM AREA	<p>Each team will be assigned a team area. Only team members, coaches, and approved volunteers will be allowed in the team areas. Volunteers will be provided wristbands that will allow them in the team areas. As a courtesy to the spectators, coaches and swimmers are asked to not stand poolside from the spectator side of the pool.</p>
COACHES	<p>Each head coach will be provided a coaching packet at the coaches meeting.</p> <p>Each packet will contain four copies of the swim meet program, swim meet roster, relay team event entry cards, and the meet</p>

	<p>timeline. Coaches will be required to list swimmers on the relay event cards.</p>
MEET OFFICIALS	<p>Referees, starters, and stroke and turn judges will be assigned by the Meet Referee. Head Officials from each school are encouraged to forward the names, credentials and contact information for four (4) officials to Chris Chmielenski (cchmielenski@comcast.net) no later than January 28, 2020.</p> <p>The uniform for officials is a white, collared polo type shirt over navy blue pants, shorts, or skirt and white shoes. The officials meeting will be held at 6:00 PM in the hallway by the deep end of the pool.</p>
TIMERS	<p>The meet requires the use of three (3) timers/recorder per swimming lane. A timer may also serve as the recorder for that lane. Each team is to provide 4 names of timers/recorder and 2 relief timers no later than Tuesday, January 28, 2020. Please click on the following web link (or copy it into your web browser if clicking doesn't work) to go to the signup sheet:</p> <p>volunteersignup.org/ALYWH</p> <p>Each team is requested to bring stopwatches for their own timers. There will be a Timers meeting at 6:20 PM, First Shift timers must be behind the blocks at 6:45 PM.</p>
MARSHALLS	<p>Each team is also requested to provide the name for two deck marshals for time periods 4:15 PM to 7:15 PM and 7:00 PM to 10:00 PM when submitting the timer/recorder names. Marshalls should report to the Meet Referee or Volunteer Coordinator, Todd Hochard, for briefing. There is a need for two additional marshals, one for each time period to monitor the official's area of the bleachers.</p>
CONDUCT	<p>The Cedar Run District promotes good sportsmanship at all athletic contests. The Championship meet is meant to be a celebration of a successful swim season. Each coach, swimmer, official and parent is expected to contribute in a positive manner to this meet. Swimmers may only use the competition pool, the warm-up lanes and additional designated areas.</p> <p>Deck changes are prohibited. Deck changing will be considered as unsporting conduct and will be penalized.</p> <p>Officials from the Freedom Center may expel anyone displaying inappropriate behavior from the facility. Each team is responsible for cleaning their team area at the conclusion of the meet.</p>
INCLEMENT WEATHER	<p>Alternate date to be determined. If no alternate date is possible, eligibility for the Regional meet will be based on the final seeded meet for the Cedar Run District meet.</p>

	<p>A swimmer must place (or be seeded) in the top six places in the District Meet, or meet the Regional qualifying time at the District Meet or at any sanctioned regular season meet.</p> <p>Relay teams must place (or be seeded) in the top three places in the District Meet or meet the Regional qualifying times at any sanctioned regular season meet.</p>
ADMISSION	Admission is \$7.00 per person. (Osborn HS)
MEET PROGRAM	Meet Program and results will be available on the Meet Mobile app.

SEQUENCE OF EVENTS

<u>BOYS</u>	<u>EVENT</u>	<u>GIRLS</u>
1	200 Medley Relay	2
3	200 Freestyle	4
5	200 Individual Medley	6
7	50 Freestyle	8
PRESENTATION OF AWARDS FOR TOP 3 PLACES FOR EVENTS 1-6		
11	100 Butterfly	12
13	100 Freestyle	14
15	500 Freestyle	16
17	200 Freestyle Relay	18
PRESENTATION OF AWARDS FOR TOP 3 PLACES FOR EVENTS 7-16		
19	100 Backstroke	20
21	100 Breaststroke	22
23	400 Freestyle Relay	24
PRESENTATION OF AWARDS FOR TOP 3 PLACES FOR EVENTS 17-24		
PRESENTATION OF TEAM CHAMPIONSHIP TROPHIES		

Timeline for Cedar Run District Swimming Championships (Jan 31st)

5:00 PM	Swim Teams arrive at Freedom Center
5:20 PM	Coaches/Captains meeting with Referees
5:30 PM	Warm-ups begin
6:00 PM	Officials meeting
6:15 PM	Timers meeting
6:30 PM	Warm-ups end
6:45 PM	First Shift Timers behind the starting block
6:55 PM	National Anthem (or at the conclusion of the Team March)
7:00 PM	Swim meet commences (or at the conclusion of the National Anthem and all relay teams and timers are in place).
9:45 PM	Swim Meet concludes, clean-up commences