



Welcome to Virginia high school swimming! If you're new to high school swim, you may find it a bit confusing. So forget what you know about USA Swimming, YMCA, or typical summer league meets. High school swim is structured to match the way the sport is competed collegiately

At dual meets it is common **not** to have traditional heat sheets, a scoreboard, or posted times. Even when heat sheets are obtained the lane assignments may be incorrect

The Patriot coaches will do their best to keep both swimmers and parents informed of the latest information

Following the dual meets on successive weeks (typically) are the district championship meet, the region championship meet, and the state championship meet.

The Patriot swim team competes in the Cedar Run District and the Class 6 Region B (see next page)

All Virginia high school meets have 1 dive event and 11 swimming events - eight individual events and three relay events.

Event #	Event	
1 - 2	200 Yard Medley Relay	<ul style="list-style-type: none"> <li>• For dual meets, each team enters a <u>maximum</u> of <b>four swimmers in each individual event</b> and <b>four relay teams in each relay event</b> <ul style="list-style-type: none"> <li>o Relays are scored: 10-5-3-0 — only two relay teams from the same school being allowed to score for each team in each relay event</li> <li>o Individual events are scored: 8-6-5-4-3-2-1-0</li> </ul> </li> <li>• Boys and girls alternate in swimming each of the events (boys odd event #s, girls event #s)</li> <li>• Swimmers may enter a <u>maximum of four events</u>, <b>no more than two</b> of which can be individual events</li> <li>• Swimmers are selected by the coach for each event or relay based on their times and the coach's goals for that meet</li> <li>• <u>Coaches may change swimmers' events virtually up to the minute they swim</u></li> <li>• Some meets have exhibition swim opportunities, though the same max event rules apply</li> </ul>
3 - 4	200 Yard Freestyle	
5 - 6	200 Yard Individual Medley	
7 - 8	50 Yard Freestyle	
9 - 10	Dive	
11 - 12	100 Yard Butterfly	
13 - 14	100 Yard Freestyle	
15 - 16	500 Yard Freestyle	
17 - 19	200 Yard Freestyle Relay	
19 - 20	100 Yard Backstroke	
21 - 22	100 Yard Breaststroke	
23 - 24	400 Yard Freestyle Relay	

- Lanes are assigned based on time (fastest swimmers/relays inside lanes, slower times outside)
- Relays are labeled A, B, C, and D and competitors are normally assigned based on time
- Normally there will be a 10-minute break after the 50 yard freestyle
- In meets against less competitive teams, swimmers may have the opportunity to swim their "off" events to mix things up or attempt to achieve a regional or state qualifying time in multiple events.
- There are no ribbons or other awards for the dual meets, just an opportunity for swimmers to better their times, help the team win, set a team record, or get a Region or State qualifying time
- To take advantage of pool space and officials availability, some dual meets are scheduled as "double duals" in which two separate competitions are occurring at the same time.

## VHSL Class 6 Region B

### Cardinal District

- Colgan
- Forest Park
- Freedom
- Gar-Field
- Hylton
- Potomac
- Woodbridge

### Commonwealth District

- Colonial Forge
- Massaponax
- Riverbend

### Cedar Run District

- Battlefield
- John Champe
- Osbourn
- Osbourn Park
- Patriot
- Stonewall Jackson

### District Championship

Teams may enter a **max of four swimmers/divers per individual event and one relay team per relay event**. As in dual meets, individuals may enter a maximum of four events, no more than two of which can be individual events. Unlike dual meets, however, these meets do have meet sheets and use scoreboards, and often use touch pads for more accurate timing.

The team's dual meet win/loss record has no effect on the District Championship. The **top six swimmers/divers and top three relays, plus any other swimmers/divers/relays who have met the Region qualifying time standard advance to the Region Meet**.

**Scoring:** Top 16 places    Relay Events: 40-34-32-30-28

Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

### Region and State Meets & Qualifying Time Standards Explained

Teams may enter a **max of four swimmers/divers per individual event and one relay team per relay event** in the Region Meet or the State Meet based on qualifying criteria. Region and State qualifying time standards are commonly referred to as cuts. You should think of them more as guarantees. Athletes who have met the time/score standard may compete in the meet regardless of their performance - or even ability to attend - the preceding championship meet. Teams may also bring alternates for relays.

In addition to qualifying times, **athletes can make States by being one of the top five finalists at the Region Meet**. Relay teams without a qualifying time must place in the top **four** places in the Region Meet.

<b>(2018-2019) Region and 2019-2020 State Qualifying Times - Short Course Yards</b>				
<b>Boys</b>		<b>Event</b>	<b>Girls</b>	
<b>Region</b>	<b>State</b>		<b>Region</b>	<b>State</b>
1:42.59	1:39.39	<b>200 Yard Medley Relay</b>	1:53.79	1:50.69
1:48.89	1:45.89	<b>200 Yard Freestyle</b>	1:57.99	1:55.19
2:00.19	1:58.09	<b>200 Yard Individual Medley</b>	2:13.09	2:08.89
22.49	21.99	<b>50 Yard Freestyle</b>	24.99	24.59
<b>310.99</b>	<b>383.09</b>	<b>Diving* (pts)</b> <small>(11-dive format)</small>	<b>271.79</b>	<b>318.59</b>
54.09	52.49	<b>100 Yard Butterfly</b>	59.89	58.49
49.59	48.59	<b>100 Yard Freestyle</b>	54.79	53.59
4:54.29	4:47.99	<b>500 Yard Freestyle</b>	5:19.69	5:11.89
1:31.59	1:29.19	<b>200 Yard Freestyle Relay</b>	1:42.59	1:40.39
55.29	53.49	<b>100 Yard Backstroke</b>	1:00.29	58.69
1:01.59	1:00.39	<b>100 Yard Breaststroke</b>	1:08.39	1:06.29
3:22.59	3:16.99	<b>400 Yard Freestyle Relay</b>	3:47.09	3:39.19

Region and State time standards are recalculated each year based on an average of 12<sup>th</sup> place times in recent years' competition.