



**Patriot Swimming
2016-2017**

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 conference championship meet, the region championship meet, and the state championship meet.

The Patriot swim team competes in the Conference 8 and the 6A North Region (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"> ● For dual meets, each team enters a <u>maximum of four swimmers in each individual event</u> and four relay teams in each relay event <ul style="list-style-type: none"> ○ 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 ○ Individual events are scored: 8-6-5-4-3-2-1-0 ● Boys and girls alternate in swimming each of the events (boys odd event #s, girls event #s) ● Swimmers may enter a <u>maximum of four events</u>, no more than two of which can be individual events ● Swimmers are selected by the coach for each event or relay based on their times and the coach's goals for that meet ● <u>Coaches may change swimmers' events virtually up to the minute they swim</u> ● Some meets have exhibition swim opportunities, though same max event rules apply
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 6A North Region

Conference 5

formerly Concorde District

- Centreville
- Chantilly
- Herndon
- Oakton
- Robinson
- Westfield

Conference 6

formerly Liberty District

- Fairfax
- Langley
- Madison
- McLean
- South Lakes
- Hayfield
- Washington-Lee
- Yorktown

Conference 7

formerly Patriot District

- Annandale
- Lake Braddock
- South County
- West Potomac
- West Springfield
- TC Williams
- WT Woodson

Conference 8

formerly Cedar Run District

- Battlefield
- Osbourn
- Stonewall Jackson
- Osbourn Park
- Patriot

Conference Championship

Teams may enter a **max of four swimmers 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 score boards, and often use touch pads for more accurate timing.

The team's dual meet win/loss record has no effect on the Conference Championship. The **top six swimmers/relays, plus any other swimmers 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 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. Swimmers who have met the time standard may swim 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, **swimmers can make States by being one of the top ten finalists at the Region Meet**. Relay teams without a qualifying time must place in the top eight places in the Region Meet.

2015 – 2016 6A North Region and State Qualifying Times - Short Course Yards				
Boys		Event	Girls	
Region	State		Region	State
1:43.09	1:40.09	200 Yard Medley Relay	1:53.99	1:51.49
1:49.89	1:46.09	200 Yard Freestyle	1:58.49	1:56.19
2:01.09	1:58.29	200 Yard Individual Medley	2:13.39	2:10.29
22.59	22.09	50 Yard Freestyle	25.09	24.69
312.29	348.09	Diving* (pts) <small>(11-dive format)</small>	282.99	315.79
54.49	52.89	100 Yard Butterfly	59.89	58.69
49.69	48.69	100 Yard Freestyle	54.99	53.89
4:56.59	4:48.39	500 Yard Freestyle	5:20.59	5:12.29
1:31.59	1:29.79	200 Yard Freestyle Relay	1:42.89	1:41.39
55.59	53.99	100 Yard Backstroke	1:00.59	59.39
1:02.09	1:00.79	100 Yard Breaststroke	1:08.89	1:06.89
3:23.39	3:18.29	400 Yard Freestyle Relay	3:47.19	3:40.59

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