

## 2019 NORTHERN REGION SWIM & DIVE CHAMPIONSHIOPS

Dates	Wednesday, January 30, 2019, 5:30 PM – Boys' Diving Thursday, January 31, 2019, 5:30 PM – Girls' Diving Friday, February 1, 2019, 5:30 PM – Swimming Preliminaries Saturday, February 2, 2019, 5:30 PM – Swimming Finals
Director	Patrick Full, DSA, Oakton HS (Phone 703-319-2763; Fax 703-319-2761) Justin Janis – ADSA, Oakton
Location	Oak Marr Recreation Center
Admission	General Admission is \$7.00 and programs \$3.00 each night. VIAAA, VHSL coaches passes, Northern Region Administrative and working press passes will be honored at the gate.
Rules	2018 – 2019 Edition, National Federation and the 2018 – 2019 VHSL Handbook
Entries Due	<b>Dive</b> sheets must be emailed to <b>BOTH</b> the dive meet director, Pat Full at <a href="mailto:oaktonathletics@fcps.edu">oaktonathletics@fcps.edu</a> AND the dive referee, Russ Jeffries at <a href="mailto:Jeffries.ra@gmail.com">Jeffries.ra@gmail.com</a> <b>NO LATER THAN Sunday January 27, 2019.</b> (details outlined on page 3 in the dive sheet section). <b>Swim and Dive</b> entries must be emailed to <b>BOTH</b> the Meet Director, Pat Full at <a href="mailto:oaktonathletics@fcps.edu">oaktonathletics@fcps.edu</a> and Brian Pawlowicz at <a href="mailto:bpawlowicz@nationscapitalswimming.com">bpawlowicz@nationscapitalswimming.com</a> <b>NO LATER THAN 2:00 p.m. Monday January 28, 2019.</b> Coaches <b>MUST</b> use HyTek Team Manager to submit <b>ALL</b> entries, <b>including relay names and diver names</b> and scores. Late entries will only be accepted with the principals signature and will be assessed an automatic \$50.00 fine. Any entry time not achieved at the district competition will require a copy of the regular season verification at the scratch meeting on January 28, 2019.
Scratch Meeting	The scratch meeting will be held on Monday, January 28, 2019 6:30 PM at Oakton High School in the library.
Qualifying To The Region Meet	<ol style="list-style-type: none"><li>1. A swimmer must place in the top <b>eight</b> places in the District Meet, or meet the Regional qualifying time at the District Meet or at any sanctioned regular season meet.</li><li>2. Relay teams must place in the top <b>eight</b> places in the District Meet or meet the Regional qualifying times at any sanctioned regular season meet.</li><li>3. If a swimmer or relay team achieves a Region Qualifying Standard and plans to use the faster time to change event(s) for regional entry, the coach must verify that time/score to the regional meet director at the scratch meeting on <u>January 28, 2019</u>, by submitting the score sheet from the regular season dual meet.</li><li>4. A diver must place in the top <b>eight</b> at the District Meet, meet the regional qualifying standard at the District meet, or score 200 points at any sanctioned regular season dive meet.</li></ol>
Limitations	A team shall be permitted a maximum of four entries in an individual event and one team in a relay event. Individuals may enter a maximum of four events; no more than two shall be individual.

Awards: Trophy and patches for the championship team and a trophy for runner-up teams. Medals for First through Third places for individual events and First through Third Places for relays.

Scoring: Scoring will be through 16 places  
Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2  
Individuals: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Warm-Ups: **Swimming Warm-ups** will start at 4:00 pm each day according to the following schedule:  
4:00 – 4:30 – General Warm-ups both pools  
4:30 – 4:45 – Sprint Lanes 2 & 7 Open (Competition Pool)  
Pace Lanes 1 & 8 Open (Competition Pool)  
4:45 – 5:00 – Additional Sprint Lanes 3 & 6 Open (Competition Pool)  
5:00 – 5:15 – Additional Sprint Lanes 4 & 5 Open (Competition Pool)  
General Warm-ups confined to the Non-Competition Pool  
The Non-Competition Pool will remain open for continuous Warm-up and Warm-down throughout the meet.

**Diving Warm-ups** will start at 4:00 for Girls and Boys.

Events & Breaks:	<u>Preliminary Sessions</u>	<u>Final Session</u>
	200 Medley Relay	200 Medley Relay
	200 Freestyle	200 Freestyle
	200 Individual Medley	200 Individual Medley
	50 Freestyle	50 Freestyle
	----- 10 Minute Break-----	----- Awards Break-----
	100 Butterfly	100 Butterfly
	100 Freestyle	100 Freestyle
	500 Freestyle	500 Freestyle
	200 Freestyle Relay	200 Freestyle Relay
	---- 10 Minute Break----	----- Awards Break-----
	100 Backstroke	100 Backstroke
	100 Breaststroke	100 Breaststroke
	400 Freestyle Relay	400 Freestyle Relay

Qualifying To Swimming Finals  
The eight fastest swimmers in the prelims will qualify for the finals. The next eight fastest swimmers qualify for the consolation finals.

Diving Finals: 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
Semifinals:	Any 2 voluntary and 1 optional
Finals:	Any 1 voluntary and 2 optional

After preliminaries, the number of qualifiers may be cut to twenty. After semifinals, the number of qualifiers shall be cut to sixteen.

Dive Sheets	Email completed dive sheets to Pat Full ( <a href="mailto:oaktonathletics@fcps.edu">oaktonathletics@fcps.edu</a> ) and the dive referee, , Russ Jeffries at <a href="mailto:Jeffries.ra@gmail.com">Jeffries.ra@gmail.com</a> no later than Sunday, January 27, 2019. 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 <a href="#">High School Dive Sheet Verifier, Excel</a> - DvfmHS2016-17.xls- (updated)</b> Released: December 2, 2016. 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.
Teams:	Each team will provide a timer for preliminaries, a timer for finals, and a lap counter for each of its 500-yard Freestyle swimmers.
Spectator Seating	Doors will not open to spectators until 4:45 pm and reserved seating is <b><u>NOT PERMITTED</u></b> . Coaches and teams are expected to honor the single gender constraint on the first two swim nights. <b><u>Spectators may not leave the RECenter once they have paid admission. Any spectator leaving the RECenter will be asked to pay if they wish to reenter.</u></b>
Athletic Trainer	Athletic Trainer will be present.
Whistle Start	Whistle start protocols will be used in this meet.
State Meet	February 14-16, 2019, Location: Fairfax, VA. The swimming venue will be the George Mason Aquatic and Fitness Center on the George Mason University, Fairfax Campus and the diving will be at Oak Marr RECenter.
Officials	All those interested in officiating at the Region Swim Meet please fill out the attached Google Doc. All volunteers will be assigned by the meet referee.

## 2018 – 2019 Northern Region Swim / Dive Standards

The 2018 – 2019 Region Standards are determined by the following equation:  
 (2018 6D standard \* 5 + the 2018 6D 12<sup>th</sup> Fastest time or score) / 6 (Answer is then rounded up to 9/100<sup>ths</sup>)

Event #	<b>Boys Events</b>	2018 Time Standard	2018 12th Fastest Time/Score	2019 Standard
1	200 Yard Medley Relay	1:42.29	1:43.63	1:42.59
3	200 Yard Freestyle	1:49.29	1:46.49	1:48.89
5	200 Yard Individual Medley	2:00.29	1:59.35	2:00.19
7	50 Yard Freestyle	22.49	22.48	22.49
9	Diving	319.99	265.75	310.99
11	100 Yard Butterfly	54.19	53.07	54.09
13	100 Yard Freestyle	49.59	49.56	49.59
15	500 Yard Freestyle	4:54.99	4:50.49	4:54.29
17	200 Yard Freestyle Relay	1:31.29	1:32.55	1:31.59
19	100 Yard Backstroke	55.29	54.78	55.29
21	100 Yard Breaststroke	1:01.69	1:00.65	1:01.59
23	400 Yard Freestyle Relay	3:22.49	3:23.13	3:22.59

Event #	<b>Girls Events</b>	2018 Time Standard	2018 12th Fastest Time/Score	2019 Standard
2	200 Yard Medley Relay	1:53.39	1:55.68	1:53.79
4	200 Yard Freestyle	1:57.89	1:58.54	1:57.99
6	200 Yard Individual Medley	2:12.69	2:14.69	2:13.09
8	50 Yard Freestyle	24.99	24.81	24.99
10	Diving	281.79	221.50	271.79
12	100 Yard Butterfly	59.79	1:00.15	59.89
14	100 Yard Freestyle	54.89	53.91	54.79
16	500 Yard Freestyle	5:18.99	5:22.65	5:19.69
18	200 Yard Freestyle Relay	1:42.39	1:43.23	1:42.59
20	100 Yard Backstroke	1:00.39	59.55	1:00.29
22	100 Yard Breaststroke	1:08.49	1:07.84	1:08.39
24	400 Yard Freestyle Relay	3:45.89	3:43.09	3:47.09

# ADVERTISING AGREEMENT

## Northern Region Swim & Dive Tournament 2018 -2019

Name of Vendor	
Contact Person	
Address	
Phone Number	
E-mail	

This agreement is between \_\_\_\_\_ and the Program committee of Oakton High School. The Program Committee agrees to print souvenir programs for the 2018-2019 Northern Region Swim & Dive Tournament. The Business agrees to purchase the space as listed below:

Advertisement Size (Please Check):	_____ Business Card	\$ 50.00
	_____ Quarter (1/4) Page	\$ 75.00
	_____ One-half (1/2) Page	\$ 100.00
	_____ Full Page	\$ 150.00
	_____ Back Cover	\$ 200.00

\_\_\_\_\_  
Signature of Business Representative

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Program Committee Representative

\_\_\_\_\_  
Date

Checks Payable to: Oakton High School  
2900 Sutton Road  
Vienna, VA 22181

Attention: Pat Full  
E-mail: Pat.Full@fcps.edu  
Office: (703) 319-2760  
Fax: (703) 319-2761