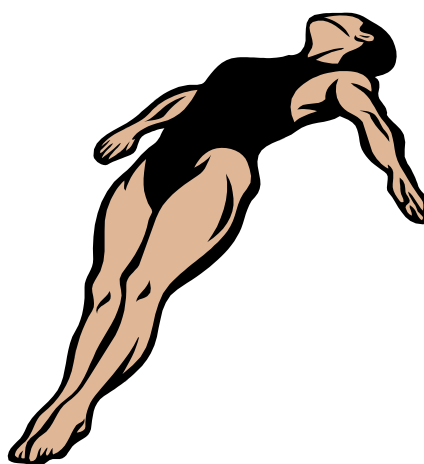
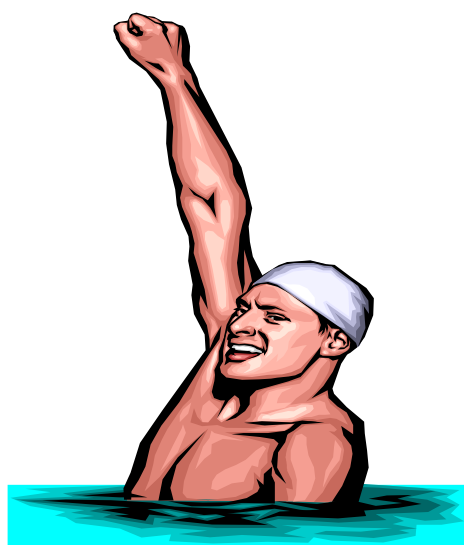


# VHSL CLASS 5 & 6 STATE SWIMMING & DIVING CHAMPIONSHIP MEETS February 15-17, 2018



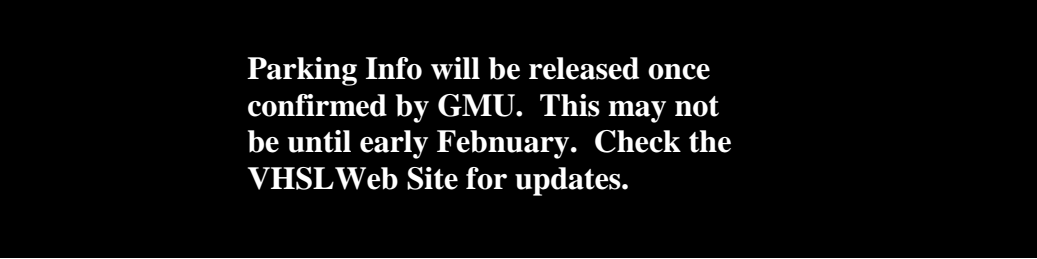
## Swimming

Jim McKay Natatorium  
George Mason Univ.  
4520 Patriot Circle  
Fairfax, VA 22030  
Main Number: 703-993-3939  
[www.aquatics.gmu.edu](http://www.aquatics.gmu.edu)

## Diving

Oak Marr RECenter  
3200 Jermantown Road  
Oakton, VA 22124  
Main Number: 703-281-6501  
<http://www.fairfaxcounty.gov/parks/rec/oakmarr/>

**Dive – Class 5 Thursday, February 15 at Oak Marr**  
**Dive – Class 6 Friday, February 16 at Oak Marr**  
**Swim – Class 5 Friday, February 16 at GMU**  
**Swim – Class 6 Saturday, February 17 at GMU**

- Meet Director:** Patrick Full  
Director of Student Activities  
Oakton High School, 2900 Sutton Road, Vienna VA 22181  
Office # (703) 319-2763, Email: [plfull@fcps.edu](mailto:plfull@fcps.edu)
- Sanction:** Held in accordance with 2017 – 2018 NFHS and VHSL rules and regulations governing High School Swimming and Diving competition and championships.
- Admission:** \$10.00 per person/per session  
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 upstairs classroom. Fine Designs will be selling State Memorabilia.  
**Diving:** Concessions will not be available at Oak Marr RECenter.
- 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:** Oak Marr has a 50 meter / 25 yard pool separated by bulkheads. The diving will take place in the deep end of the facility separated by a bulkhead. The remaining portion of the pool will remain open to the community. Oak Marr has two Maxi-Flex B 1-meter springboards with proper frames, which is why the diving is at this location.
- Bus Parking:** 
- Meet Format:** **Swimming:** Trials (Prelims) and finals will be held for all events.  
All Class 5 Trials will be held on **Friday** morning with the top 16 finishers advancing to Consolations/Finals Competition later on Friday evening.  
All Class 6 Trials will be held on **Saturday** morning with the top 16 finishers advancing to the Consolations/Finals Competition later on Saturday evening.
- 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  
Continued:**

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.

**Swimming Timeline:**

**Friday (Class 5) & Saturday (Class 6)**

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

**Diving:** Boys and Girls competition will be held at Oak Marr RECenter. The schedule is the same for both days with Class 5 competing on Thursday and Class 6 on Friday.

**Diving Timeline:**

**Thursday: Class 5 Competition**

8:45 am	Coaches Meeting
9:00 am – 10:00 am	<b>Boys ONLY Warm-ups</b>
9:00 am	Officials Meeting
10:00 am – 12:00 pm	Boys Competition
***** At the Conclusion of the Boys Competition, warm-ups for the Girls will begin.	
12:00 pm – 1:00 pm	<b>Girls ONLY Warm-ups</b>
12:00 pm	Officials Meeting
1:00 pm – 3:00 pm	Girls Competition

**Friday: Class 6 Competition**

8:45 am	Coaches Meeting
9:00 am – 10:00 am	<b>Boys ONLY Warm-ups</b>
9:00 am	Officials Meeting
10:00 am – 12:00 pm	Boys Competition
***** At the Conclusion of the Boys Competition, warm-ups for the Girls will begin.	
12:00 pm – 1:00 pm	<b>Girls ONLY Warm-ups</b>
12:00 pm	Officials Meeting
1:00 pm – 3:00 pm	Girls 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 Team Boy's and Girl's champions as well as the respective Runner-Up Teams.

**Shaving:**

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

**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 2017-2018 regular season High School meet, a VHSL sanctioned invitational, or in the school's 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 respective Regional championship.**
3. **Top 4 finish in relay events in his/her respective 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, Conference, or Regional Championship. Score must have been obtained during this current sports season (winter 2017-2018). Scores must have been achieved in 11-Dive format competition. All top 5 Regional qualifiers are eligible to advance to the state meet. Qualifying divers must also meet requirements for championship meets as specified in the 2017-2018 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 1<sup>st</sup> place receiving 20 points as follows: 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).

**Rules:** 2017-2018 National Federation rules apply.

**Spectators:** All spectators will be seated in the upper deck/balcony section. Only officials, swimmers / divers, and coaches, will be allowed on the entire pool deck.

**Spectator Seating:** **GMU: 500**  
**Oak Marr: 500**

**Team Signs/  
Banners:** Banners, signs, and posters can only be attached to the cables surrounding the the pool. **Only painters blue tape may be used to attach posters to any surface at GMU or Oak Marr. 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 lies with 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.

**Diving:** All visiting teams are to enter through the main entrance. Meet credentials will be available at the entrance.

**Warm-up**

**Swimming warm-ups: (Friday – Class 5, Saturday Class 6)**

Preliminaries:

7:15 am – 8:45 am                      General warm-up period

Competition Pool Only – Below:

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 – Below

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:**

**Competition:** Swimmers must check in at the Clerk-of-Course prior to both preliminary and final competition. The Clerk-of-Course is located at the hallway by the Lifeguard Office. During the final competition the consolation and final heats will be marched down to the blocks.

**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.

**Sequence of Events**  
**VHSL Class 5 & Class 6 State Swimming and Diving Championships 2017 – 18**

**Diving (at Oak Marr RECenter)**

**Thursday, February 15, 2018:**

**Class 5 COMPETITION**

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

**Friday, February 16, 2018:**

**Class 6 COMPETITION**

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

**Swimming (at George Mason University)**

**Friday, February 16, 2018: Class 5 Preliminary Competition**

<b>6:45 am</b>	<b>Doors Open to Competitors</b>
7:15 am	Coaches Meeting
7:15 am	Warm-ups Begin
8:00 am	Doors open to Spectators
8:00 am	Officials Briefing
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 and 1 & 8 will convert to pace lanes
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 16, 2018: Class 5 Final Competition**

<b>3:45 pm</b>	<b>Doors Open to Competitors</b>
4:15 pm	Coaches Meeting
4:15 pm	Warm-ups Begin
5:00 pm	Doors open to Spectators
5:00 pm	Officials Briefing
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 and 1 & 8 will convert to pace lanes
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 17, 2018: Class 6 Preliminary Competition**

<b>6:45 am</b>	<b>Doors Open to Competitors</b>
7:15 am	Coaches Meeting
7:15 am	Warm-ups Begin
8:00 am	Doors open to Spectators
8:00 am	Officials Briefing
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 and 1 & 8 will convert to pace lanes
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 17, 2018: Class 6 Final Competition**

<b>3:45 pm</b>	<b>Doors Open to Competitors</b>
4:15 pm	Coaches Meeting
4:15 pm	Warm-ups Begin
5:00 pm	Doors open to Spectators
5:00 pm	Officials Briefing
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 and 1 & 8 will convert to pace lanes
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 Trophy & Runner Up Trophy**



## 2017 – 2018 State Swim & Dive Standards - Class 5

<b>Events</b>	<b>2018 Class 5 BOYS Standard (YARDS)</b>	<b>2018 Class 5 BOYS Standard (METERS)</b>	<b>2018 Class 5 GIRLS Standard (YARDS)</b>	<b>2018 Class 5 GIRLS Standard (METERS)</b>
200 Medley Relay	1:40.99	1:52.69	1:52.99	2:06.19
200 Freestyle	1:46.99	1:58.59	1:59.69	2:12.69
200 Individual Medley	1:59.59	2:12.89	2:12.39	2:26.99
50 Freestyle	22.59	25.29	25.09	27.99
Diving	292.49		287.69	
100 Butterfly	53.59	59.79	59.99	1:06.69
100 Freestyle	49.19	54.69	54.59	1:00.79
500 Freestyle (400 M)	4:49.89	4:14.59	5:17.79	4:38.79
200 Freestyle Relay	1:32.09	1:42.79	1:43.19	1:55.29
100 Backstroke	54.89	1:00.99	1:00.29	1:06.99
100 Breaststroke	1:01.89	1:08.79	1:08.79	1:16.49
400 Freestyle Relay	3:20.49	3:43.39	3:45.09	4:10.79

## 2017 – 2018 State Swim & Dive Standards - Class 6

<b>Events</b>	<b>2018 Class 6 BOYS Standard (YARDS)</b>	<b>2018 Class 6 BOYS Standard (METERS)</b>	<b>2018 Class 6 GIRLS Standard (YARDS)</b>	<b>2018 Class 6 GIRLS Standard (METERS)</b>
200 Medley Relay	1:39.89	1:51.39	1:51.59	2:04.59
200 Freestyle	1:45.69	1:57.19	1:55.99	2:08.59
200 Individual Medley	1:58.19	2:11.39	2:09.79	2:24.09
50 Yard Freestyle	22.09	24.79	24.69	27.59
Diving	366.99		314.69	
100 Butterfly	52.69	58.79	58.59	1:05.09
100 Freestyle	48.59	53.99	53.69	59.79
500 Freestyle (400 M)	4:48.99	4:13.79	5:12.09	4:33.79
200 Freestyle Relay	1:29.69	1:40.09	1:41.09	1:52.99
100 Backstroke	53.89	59.89	59.09	1:05.69
100 Breaststroke	1:00.39	1:07.09	1:06.69	1:14.19
400 Freestyle Relay	3:17.99	3:40.59	3:40.19	4:05.29

**2017-2018 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; ( <http://www.hy-tek.com/downloads.html> ). The Team Manager Event File will be posted on the VHSL Web Site for Download no later than Wednesday, January 31<sup>st</sup>, 2018.
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 [bpawlowicz@nationscapitalswimming.com](mailto:bpawlowicz@nationscapitalswimming.com) and Pat Full at [Oaktonathletics@fcps.edu](mailto:Oaktonathletics@fcps.edu). Entries are due by 4:00 P.M. on Sunday, February 11, 2018. 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, Oakton HS, Class 6 entries***
3. All **Regional Meet Directors** are to e-mail Brian Pawlowicz at [bpawlowicz@nationscapitalswimming.com](mailto:bpawlowicz@nationscapitalswimming.com) and Pat Full at [Oaktonathletics@fcps.edu](mailto:Oaktonathletics@fcps.edu) a back-up of their regional meet and the results of their regional meet by 4:00 P.M. Sunday, February 11, 2018.
4. Entry confirmations will be returned by e-mail to the coach/person submitting entries by Tuesday, February 13, 2018. Coaches should contact the entry official (Brian Pawlowicz) immediately if the confirmation totals do not match the total numbers of entries submitted.
5. Late entries or entry changes will not be accepted.
6. **An e-mail address and phone numbers (home, cell, work) of a contact person must accompany the entries.**
7. **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.**
8. Entries not in the proper format will not be accepted.

### **Diving Sheets:**

1. E-mail completed dive sheets to [OaktonAthletics@fcps.edu](mailto:OaktonAthletics@fcps.edu) and to Jim Sweeder at [jsweeder@verizon.net](mailto:jsweeder@verizon.net) by 4 p.m. Sunday, February 11, 2018. 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 - DvfmHS2016-17.xls- (updated) Released on December 2, 2016. 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 NFHS/VHSL certified, including passing the swim & dive exam. No walk-on swim officials will be used. Volunteer swim officials must complete the on-line sign up 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:** Swimming: Please use the following link to sign up:

<https://docs.google.com/forms/d/e/1FAIpQLSexFnglLfh3SRbs04uWfnxtq1wDHxLw8giXvTlz9Cj6aq73ew/viewform>

**Swim Meet Referee: Mike Rubin: [mrubin1@cox.net](mailto:mrubin1@cox.net)**

**Diving Referee: Jim Sweeder: [jsweeder@verizon.net](mailto:jsweeder@verizon.net)**

**2018 VHSL  
Class 5 & 6 Swimming and Diving Championships**



We have secured a group discount at the below hotels over February 15-17, 2018.

**Courtyard Dunn Loring Fairfax**

**\$94.00**

**Double Queen Beds**

**Hot Breakfast Buffet included in group rate**

2722 Gallows Road

Vienna, VA 22180

**(703) 573-9555**

**Courtyard Fairfax Fair Oaks**

**\$99.00**

**Double Queen Beds**

**Hot Breakfast Buffet included in group rate**

11220 Lee Jackson Memorial Highway (Rte. 50)

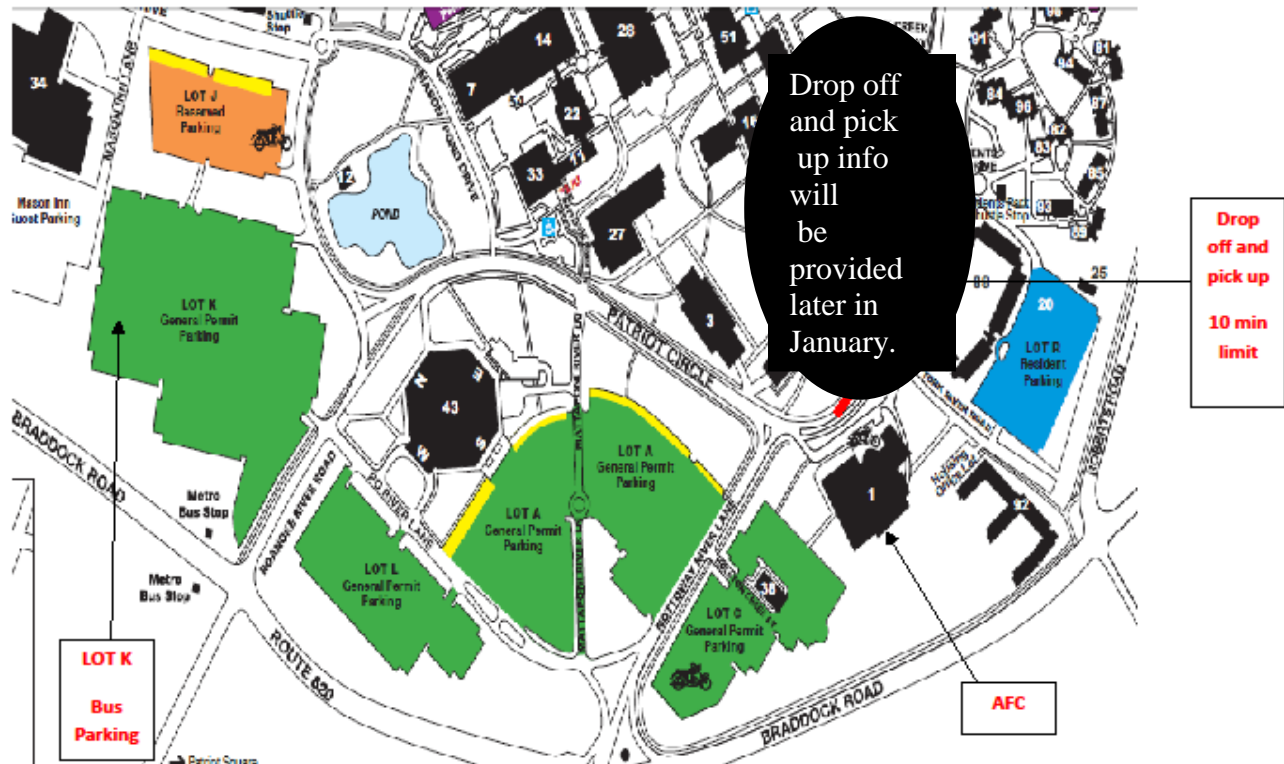
Fairfax, VA 22030

**(703) 273-6161**

To secure reservations, please call the hotel directly  
**On or before February 12, 2018** and request the **VHSL Swimming & Diving Block**.



## GMU Campus Map



**Figure 1**

### **George Mason University 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.
- Parents and Spectators, please park in Lot C: Saturday evening the back portion of lot C may be closed off for a motorcycle class that will take place on Sunday. Be aware and respect George Mason Parking lot sign information. If Lot C is full, you may park in Lot A.
- **Do NOT drop off or pick up at the front of the facility.**
- 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.