

VHSL Virginia High School League	VHSL Swimming & Diving State Championship Meets Combined 2A & 3A: February 20-21, 2014 4A: February 21-22, 2014 (updated 1/27/2014)	Hosted by CHRISTIANSBURG HIGH SCHOOL
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SANCTION:	Held under the sanction of the Virginia High School League and will be observed by USA Swimming.
LOCATION:	Christiansburg Aquatic Center, 595 North Franklin Street, Christiansburg, VA 540-381 POOL (7665)
FACILITY:	The pool is a 50 meter by 25 yard facility with non-turbulent lane lines and Colorado timing system with a scoreboard. Electronic relay judging equipment will be used. 8 or 10 lanes (decision will be made once entries are in) will be used for individual prelim events and 8 lanes for relay prelim events. 8 lanes will be used for finals. There are two 1 meter diving boards.
MEET DIRECTOR:	Amy Brehl, Christiansburg High School Coach amybrehl@gmail.com 540-230-1815 Kirk Litton klitton@mcps.org
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all 9-12 VHSL swimmers or divers that are in a 1A/2A(1A/2A schools will compete under 2A Championship), 3A or 4A school and <u>who meet the qualifying times and/or placed in the top 6 in the individual event entered or top 3 relay event at their respective Regional Meet.</u> • By National Federation of State High School Association rules: All Swimmers and Divers can enter 2 Individual events and 2 relay events or 1 individual event and 3 relay events as long as they have qualified to compete in each respective event. • Qualifying times have been posted at www.vhsl.org • Regional Meet Directors or Referees send results to Amy Brehl at amybrehl@gmail.com.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> • Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. • The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
FORMAT:	<ul style="list-style-type: none"> • Thursday, February 20th, 2014= 2A & 3A Diving (11 rounds in the afternoon/evening) • Friday, February 21st, 2014= 2A & 3A Swimming Prelims (morning) • Friday, February, 21st, 2014= 4A Diving (11 rounds afternoon) • Friday, February, 21st, 2014= 2A & 3A Swimming Finals (late afternoon/evening) • Saturday, February 22nd, 2014= 4A Swimming Prelims (morning) • Saturday, February 22nd, 2014= 4A Swimming Finals (late afternoon/evening) • Please see attached schedule with timeline for relay and individual award presentations.
WARM-UP:	<ul style="list-style-type: none"> • Thursday, February 20th, 2014: 2A & 3A Diving warm ups will start no earlier than 3:00PM and ending at 3:50 PM. Coaches meeting will start at 3:50 PM and the competition starting at 4:00 PM. All 11 dives will be completed. If there are a small number of entries for this event, boys and girls may be combined. This will be announced once entries have been processed. Top 8 in each event will be awarded their medals at end of all diving. Top 8 will be recognized during Swimming Finals as well (see schedule)* • Friday, February 21st, 2014: 2A & 3A Swimming Prelim Warm up time and lane assignments will be determined after all entries have been received. Warm up assignments will be posted on the VHSL website. Warm ups will begin at 7:00 AM and end at 8:00 AM. Coaches meeting will be at 8:00 AM and competition will begin at 8:15 AM.* • Friday, February, 21st, 2014: 4A Diving warm ups will begin no earlier than noon and last 50 minutes The coaches meeting will be at the end of warm ups. Meet will start one hour after the start of warm ups. All 11 dives will be completed. If there are a small number of entries for this event, boys and girls may be combined. This will be announced once entries have been processed. Top 8 in each event will be awarded their medals at end of all diving. Top 8 Will be recognized during Swimming Finals as well (see schedule).* • Friday, February, 21st, 2014: 2A & 3A Swimming Finals. Warm ups will start no earlier than

	<p>3:00. Warm ups will be open lanes general for 45 minutes (no starts) followed by 15 minutes of specifics with lanes assigned for starts, pace and continued general warm up.</p> <ul style="list-style-type: none"> • Saturday, February 22nd, 2014: 4A Swimming warm ups will begin at 7:00 AM and end at 8:00 AM. Coaches meeting at 8:00 AM and competition will begin at 8:15 AM.* • Saturday, February 22nd, 2014: 4A Swimming Finals. Warm ups will start no earlier than 3:00. Warm ups will be open lanes general for 45 minutes (no starts) followed by 15 minutes of specifics with lanes assigned for starts, pace and continued general warm up. • Warm up lanes will be available for swimmers entered in that session of the meet during both prelims and finals. • Swimmers are not allowed to be using the pool during the diving portion of the meet or outside of their assigned time during the weekend (Ex. 4A swimmer can not come to pool during 2A & 3A meet and be on pool deck or in the water.) <p>(*= timeline with warm ups and meetings will be sent out again once entries are in. Adjustments will be as needed and appropriate by referees and/or meet director.)</p>
<p>ENTRIES:</p> <p>Entries (continued)</p>	<p>DEADLINE FOR THE RECEIPT OF ENTRIES is Sunday, February 16th.</p> <ul style="list-style-type: none"> • We will have a very short amount of time between receiving meet entries and the meet starting. If your regional meet is done earlier in the week, it would be greatly appreciated if you send your entries in earlier. Thanks in advance!! • Entries must be submitted in YARDS times using Hy-Tek software. • Qualifying times that have been achieved in meters will need to be converted to yards. Use the conversion directions in the NFHS rule book on page 75 • Qualifying times must have been achieved during the 2013-2014 at a high school meet. Athletes advancing from their region meet must use their time/score from that event (even if it isn't a best time/score from the season) to enter the event properly. • Teams submit entries as an e-mail attachment • Meet will be observed for USA Swimming. Be sure correct ID information is included with your entries. If you would like to request a lead off relay swim to be observed, please complete the needed information on the sheet by the recorder before the end of the meet. • A Team Manager report of entries must be included along with the name of the person to contact in case of questions must accompany the entries. Each coach should bring a copy of this signed by your AD verifying that all entries are accurate and were achieved during the 2013-2014 season at a high school meet. • Include your divers in the entry file, but complete diving entry information online. Directions for online diving entries will be posted separately at www.vhsl.org. Questions should go to Tina Piemonte at newriverdiving1@gmail.com. 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. Corrections can be made up to 1 hour prior to competition and both athlete and coach will sign diving sheet. • Swimmers and Divers may enter a maximum of 2 individual events and 2 relay events or 1 individual event and 3 relay events if they meet the qualifying standards for that event. • Each school can enter 1 relay team per relay event as long as the entered swimmers in the relay meet the qualifying time or advanced from their respective regional meet. Schools may enter relay teams without individual names. We would like to encourage schools to enter relay names when possible for administrative purposes. Relay names will not be included in the psych sheet or heat sheet. Relay names need to be listed correctly with the recorder (referee's designee) by the conclusion of the race. Only swimmers entered in the meet can compete on a relay. Remember that entering an athlete in a relay does not count as an entry unless the athlete actually competes in the event, and any team member may swim in prelims, swim-offs and/or finals provided he/she does not exceed the permitted entries for the meet. • Email entries to Amy Brehl at amybrehl@gmail.com Contact at: 540-230-1815 Remember to include information sheet at end of the invitation.
<p>SEEDING:</p>	<ul style="list-style-type: none"> • All events, except events 15 and 16 (500 Yard Free) will be pre-seeded. • Events 15 and 16 will require positive check-in to swim Prelims. • Positive check in will close each day 30 minutes prior to the start of prelims. Once events

	<p><u>15 and 16 have been seeded, it will be distributed to coaches and posted behind the blocks for swimmers.</u></p> <ul style="list-style-type: none"> Prelim events will be swum slowest to fastest with the top 3 heats of each event being pyramid seeded. The top 16 finishers will advance to the Championship Finals. (For the 2A & 3A meet, swimmers will be seeded together for prelims and then split out for finals). Finals events will be swum Consolation Final then Championship Final for each event. (For the 2A & 3A meet, order will go 2A consolation heat/final heat and then 3A consolation heat/final heat....there will be 4 heats for each event at finals). Swimmers should report directly to the blocks for their prelim events. For final, consolation heats will report to the blocks and the final heat will be walked out from ready room.
AWARDS:	<p>For each group (1A/2A(2A Championship), 3A and 4A) respectively:</p> <ul style="list-style-type: none"> Individual & Relay events: Medals will be awarded for 1st-8th Team trophies will be awarded for the Top 2 teams for both the Boys and Girls. See attached schedule listing when awards will be given.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> Your swimmer will be disqualified from the rest of the meet and your school will be turned into the VHSL for further disciplinary action.
RULES:	<ul style="list-style-type: none"> The current Swimming and Diving Rules (2013-2014) by the National Federation of State High School Associations will be the governing rules for this meet. USA observers (Stroke & Turns) will also observe the meet. They will use the USA Swimming rules for verifying times for USA Swimming. Good sportsmanship is expected from all involved in the meet: athletes, coaches, trainers, officials, and spectators.
OFFICIALS:	<p>Meet Referee: Greg Ryder Mary Ferrari Email: jryder3@radford.edu mferrari@radford.edu</p> <ul style="list-style-type: none"> Officials at all positions will be required for this meet. Coaches should submit the names and contact information for officials along with when they are available to work (prelims, finals, both), positions they are trained to work and experience. Swim Officials meeting will be 45 minutes prior to the start of the meet for each session <p>Diving Referee: Kelly McPherson Email: Kelly@triadventure.com</p> <ul style="list-style-type: none"> Coaches should submit the names and contact information of diving judges along with when they are available to work (Thursday, Friday, both), and experience.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<p>Anyone interested in timing, please sign up at:</p> <p><u>For 1A/2A & 3A Prelims and Finals:</u> http://www.signupgenius.com/go/10C0C4EA9AD229-timers1</p> <p><u>For 4A Prelims and Finals:</u> http://www.signupgenius.com/go/10C0C4EA9AD229-timers2</p> <p>Those who volunteer by Wednesday, February 18th will get in free for the session you are working☺</p>
Recognizing Seniors	<p>We would like to recognize seniors for each group. We would like <u>one group picture</u> of your team's seniors.</p> <p>Please send a jpeg (the larger the better) to Lauren Woodcock at: lwoodcock@christiansburg.org</p> <p>Please name your picture with your group and school name. Example: 3A Christiansburg Senior Picture.</p> <p>Pictures are due by Sunday, February 16th.</p>
GENERAL:	<p>Christiansburg High School will provide hospitality to all coaches and officials. Blue Ridge Catering will be handling concessions available to athletes and spectators. Blue Ridge Catering also offers box lunches for teams to preorder. Please use additional order form and contact them directly with questions. Heat Sheets will be sold. Swim and Tri Swim Shop will be on site as well as a T-shirt Shop with meet T-Shirts on site.</p> <p>Spectators are to stay in the upper deck seating area. Spectators are not allowed on the pool deck.</p>

	<p>Admission will be: \$10 per session</p> <p>SPECTATOR SECTION WILL BE CLEARED FROM THE BUILDING AFTER EACH SESSION.</p> <p>Competing athletes and coaches as well as any workers or officials will have deck passes.</p>
FACILITY RULES:	<p><u>Christiansburg Aquatic Center Rules:</u></p> <ul style="list-style-type: none"> • All participants, volunteers, workers, and spectators are expected to follow the posted rules of the Christiansburg Aquatic Center as well as follow directions/rules given by lifeguards, pool staff and/or management. • <u>Only painter's tape can be used to hang posters. Teams must supply their own painter's tape. Meet Referee and CAC management have final decision about if and where signs are displayed.</u> • Concessions will be allowed in designated areas only. Drinks permitted in plastic bottles or covered cups. • Young children must be supervised by an adult. • Observers are to stay in designated areas. • Only Aquatic Staff are permitted in the Aquatic Offices, Equipment room and First Aid office unless approved by Aquatic Staff Management. • No smoking is permitted within the Town of Christiansburg Aquatic Center. • The Town of Christiansburg Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings. • No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director. • No glass containers of any kind are to be brought into the pool complex. • The Aquatic Center strongly encourages showering prior to entering the pool. • All emergency exits and walkways must remain clear. • Any individual or team member not complying with the Rules and Regulations associated with the Town of Christiansburg Aquatic Center and the Terms and Conditions of this agreement will not be permitted to participate in the above said event and will be asked to leave the facility.
DIRECTIONS:	<p>Directions can be found at: http://www.christiansburg.org/index.aspx?NID=367</p>
PARKING:	<p>Parking is limited at Christiansburg Aquatic Center. Be sure to follow all instructions on posted signs. Please see attached information about parking and shuttle. Additional Parking Information will be posted at vhs.org.</p>
HOTELS:	<p>See attached list</p>
Information for Press	<p>Reporters need to bring credentials and check in at the admission table</p> <p>Any reporters on deck need to be respectful of flow of the meet. No flash photography, no photography or filming of swimmers behind the blocks.</p> <p>Results will be posted online in real time at: http://www.christiansburg.org/index.aspx?NID=162</p> <p>Results will be posted at vhs.org following the meet.</p> <p>Any reporter needing results, can NEATLY write their name and email information on sign up by the meet office.</p>

**2014 VHSL 2A & 3A State Swimming and Diving Championship Meet
ORDER OF SWIMMING EVENTS**

Friday, February 21st, 2014 2A& 3A Prelim Session Warm-up: No earlier than 7 AM Start: No earlier than 8:15 AM		
<u>Boys</u>	<u>Events</u>	<u>Girls</u>
1	200 Medley Relay	2
3	200 Freestyle	4
5	200 Individual Medley	6
7	50 Freestyle	8
	15 Minute Break	
11	100 Butterfly	12
13	100 Freestyle	14
15	500 Freestyle	16
17	200 Freestyle Relay	18
19	100 Backstroke	20
21	100 Breaststroke	22
23	400 Freestyle Relay	24
Friday, February 21st, 2014 2A&3A Finals Session Warm-up: No earlier than 3:00 PM Start: No earlier than 4:30 PM		
<u>Boys</u>	<u>Events</u>	<u>Girls</u>
1	200 Medley Relay	2
3	200 Freestyle	4
	5 minute break to recognize Top 8 Divers	
5	200 Individual Medley	6
7	50 Freestyle	8
	15 min. break: Awards for 200 Medley Relay, 200 free, 200 IM	
11	100 Butterfly	12
13	100 Freestyle	14
	5 minute break: Awards for 50 free, 100 fly	
15	500 Freestyle	16
17	200 Freestyle Relay	18
	5 minute break: Awards 100 free, and 500 free	
19	100 Backstroke	20
21	100 Breaststroke	22
	10 min break: Awards for 200 free relay, 100 back, 100 breast	
23	400 Freestyle Relay	24
	Awards for 400 free relay and team awards	

**2014 VHSL 4A State Swimming and Diving Championship Meet
ORDER OF SWIMMING EVENTS**

Saturday, February 22nd, 2014 4A Prelim Session Warm-up: No earlier than 7 AM Start: No earlier than 8:15 AM		
<u>Boys</u>	<u>Events</u>	<u>Girls</u>
1	200 Medley Relay	2
3	200 Freestyle	4
5	200 Individual Medley	6
7	50 Freestyle	8
	15 Minute Break	
11	100 Butterfly	12
13	100 Freestyle	14
15	500 Freestyle	16
17	200 Freestyle Relay	18
19	100 Backstroke	20
21	100 Breaststroke	22
23	400 Freestyle Relay	24
Saturday, February 22nd, 2014 4A Finals Session Warm-up: No earlier than 3:00 PM Start: No earlier than 4:30 PM		
<u>Boys</u>	<u>Events</u>	<u>Girls</u>
1	200 Medley Relay	2
3	200 Freestyle	4
	5 minute break to recognize Top 8 Divers	
5	200 Individual Medley	6
7	50 Freestyle	8
	15 min. break: Awards for 200 Medley Relay, 200 free, 200 IM	
11	100 Butterfly	12
13	100 Freestyle	14
	5 minute break: Awards for 50 free, 100 fly	
15	500 Freestyle	16
17	200 Freestyle Relay	18
	5 minute break: Awards 100 free, and 500 free	
19	100 Backstroke	20
21	100 Breaststroke	22
	10 min break: Awards for 200 free relay, 100 back, 100 breast	
23	400 Freestyle Relay	24
	Awards for 400 free relay and team awards	

PARKING

Parking & Shuttle:

- Parking is limited at CAC. Please only park in marked spaces and follow any posted signs. If you don't follow parking instructions, you will be towed.
- Lot B will be reserved for officials while spaces last.
- Busses should drop swimmers off at the CAC and park in the Christiansburg High School (see directions below). CHS is very close to the pool.
- A shuttle will be available from CAC to overflow parking at Christiansburg High School and back to CAC. Follow these directions to Christiansburg High School:
 -Turn left out of pool
 -Turn right onto Franklin Street
 -At next traffic light, turn left onto Independence Drive. Christiansburg High School parking is on the right. Follow signs to shuttle.

Finals Sessions		
Friday, Feb. 21: 2A & 3A; Saturday, Feb. 22: 4A		
Warm-up: No earlier than 3:00 PM		
<u>Boys</u>	<u>Events</u>	<u>Girls</u>
1	200 Medley Relay	2
3	200 Freestyle	4
	5 minute break to recognize Top 8 Divers	
5	200 Individual Medley	6
7	50 Freestyle	8
	15 min. break: Awards for 200 Medley Relay, 200 free, 200 IM	
11	100 Butterfly	12
13	100 Freestyle	14
	5 minute break: Awards for 50 free, 100 fly	
15	500 Freestyle	16
17	200 Freestyle Relay	18
	5 minute break: Awards 100 free, and 500 free	
19	100 Backstroke	20
21	100 Breaststroke	22
	10 min break: Awards for 200 free relay, 100 back, 100 breast	
23	400 Freestyle Relay	24
	Awards for 400 free relay and team awards	

**VHSL 2A, 3A or 4A Swimming and Diving State Meet
Team Information Sheet**

****Please send this information with your entries either in an email or as an attachment.****

NAME OF SCHOOL: _____

CONTACT NAME: _____

PHONE # _____

EMAIL: _____

NAMES OF COACHES ATTENDING: _____

NAMES OF OFFICIALS ATTENDING (include email, phone number & jobs trained to do):
