

VHSL GROUP 3A and 4A STATE SWIMMING & DIVING CHAMPIONSHIP MEET



**February 16-18, 2017
Richmond, Virginia**



3A Hosted by:



4A Hosted by:



Meet Directors

Adam Kennedy
Swimming Director
Email: adam.kennedy@swimrichmond.org
Cell: 804-334-7669

Dan Mullen (3A)
Host School Student Activities Director
Warhill High School
Email: daniel.mullen@wjccschools.org
Office: 757-565-9121

Dougie Phillips
Diving Director
Email: flamingomom40@aol.com
Cell: 804-314-3336

Andrew Linn (4A)
Host School Student Activities Director
Lafayette High School
Email: andrew.linn@wjccschools.org
Office: 757-810-6466

Sanction

Held in accordance with 2016-2017 National Federation and Virginia High School League rules and regulations governing High School Swimming competition and championships.

Eligibility

Participation is open to Virginia High School League (VHSL) 3A and 4A 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 2016-17 regular season High School meet, a VHSL sanctioned invitational, or in the school's Conference or Regional Championship meet. *A qualifying time must be achieved in High School Competition. USA Swimming and YMCA times are not allowed.*
2. Top 10 finish in individual events in his/her respective Regional Championship.
3. Top 8 finish in relay events in his/her respective Regional Championship.

*****AUTOMATIC QUALIFIERS MUST STILL BE ENTERED BY COACH/TEAM THROUGH 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 2016-17). Scores must have been achieved in 11-Dive format competition. All top 10 Regional qualifiers are eligible to advance to the state meet. Qualifying divers must also meet requirements for championship meets as specified in the 2016-17 National Federation of State High School Association Rulebook. **NO USA DIVING, YMCA DIVING, AAU DIVING SCORES ALLOWED.**

*****ALL DIVERS MUST BE ENTERED ON THE TEAM HY-TEK ENTRY FILE.**

*****AUTOMATIC QUALIFIERS MUST STILL BE ENTERED BY COACH/TEAM THROUGH MEET ENTRY PROCEDURES.**

Disability Athletes

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.

Location

Swimming

SwimRVA | Collegiate School Aquatics Center
5050 Ridgedale Parkway
Richmond, VA 23234
804-271-8271

Diving

St. Catherine's School
6001 Grove Ave
Richmond, VA 23226
804-288-2804

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

Concessions will be available. Fine Designs will be selling State Memorabilia.

Diving

Concessions will be available at St. Catherine's School. Fine Designs will be selling State Memorabilia.

Facility

Swimming

The 50-meter competition pool with bulkhead offers two 25 yard competition pools with a depth of seven feet and seven inches at the sides and eight feet and two inches in the center. Competition lanes are a minimum of 9 feet wide swum wall to bulkhead.

- Indoor 6 lane 25 yard pool for continuous warm-up, cool-down.
- Non-Turbulent Lane Markers in both pools
- Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, Dolphin wireless backup stopwatches.
- The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including Hospitality, a swim shop, classroom and wireless internet.
- Spectator seating for more than 700.

The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4)

Diving

St. Catherine's School pool is located in the Kenny Athletic Center on the Maple Avenue side of campus. The pool features 2 competition Duraflex boards and stands with a 12 foot well. The Natatorium seats offer excellent viewing of the entire pool.

Meet Format

Thursday, February 16th, 2017 – 3A and 4A Diving (Kenny Center at St. Catherine's)

Friday, February 17th, 2017 – 4A Swimming (Trials and Finals)

Saturday, February 18th, 2017 – 3A Swimming (Trials and Finals)

Swimming

DIVE OVER STARTS WILL BE EMPLOYED AT THIS EVENT.

Trials (Prelims) and finals will be held for all events.

All 4A Trials will be held on Friday with the top 16 finishers advancing to Consolations/Finals Competition later Friday evening.

All 3A Trials will be held on Saturday with the top 16 finishers advancing to Consolations/Finals later Saturday evening.

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. Coaches will be notified if such a situation occurs and signs will be posted showing lanes and warm-up times.

Friday and Saturday 4A Friday | 3A Saturday

- 7:30am: Athlete Entrance Opens (Team packets, deck passes given out)
- 8:00am: Warm-Up Begins, main entrance opens for spectators
- 8:15am: Officials Meeting in Hospitality Room (see facility map)
- 8:30am: Timers Meeting in Instructional Pool Area (see facility map)
- 8:50am: Warm-Up concludes. Coaches Meeting in Hospitality Room
- 9:00am: National Anthem – open for performer or will use recorded version
- 9:05am - 12:00pm: Prelim Competition

- 4:30pm: Athlete Entrance Opens for Finals
- 5:00pm: Warm-Up Begins, main entrance opens for spectators
- 5:30pm: Officials Meeting in Hospitality Room (see facility map)
- 5:45pm: Timers Meeting in Instructional Pool Area (see facility map)
- 5:50pm: Warm-Up concludes. Coaches Meeting in Hospitality Room
- 6:00pm: National Anthem
- 6:05pm - 9:00pm: Finals Competition

Diving

3A and 4A Thursday

- 3:45 pm: REQUIRED Coaches Meeting
- 4:00 pm: Judges and Officials Meeting
- 4:00 pm: Open Warm-Up
- 5:05 pm: Warm up Closes
- 5:10 pm: National Anthem
- 5:15 pm: Competition Begins
- 8:30 pm: Awards

DEADLINE FOR THE RECEIPT OF ENTRIES is Sunday, February 12th at 5pm.

- All entries must be in electronic format. Team Manager Lite is available for free at the Hy-Tek website; (<http://www.hy-tekltd.com/downloads.html>). The Team Manager Event File will be posted on the VHSL Web Site for download.
- 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. All athlete class/grades must be listed as well. They should be listed in this format: FR/SO/JR/SR.
- All individual event swimmers, relay swimmers, alternates and team divers must be included on the team roster. **Individuals not listed will not be allowed to compete.** *PLEASE DOUBLE CHECK YOUR DIVERS ARE LISTED ON YOUR HY-TEK ROSTER.*
- **If your swimmer qualifies for the state meet by placing in the top 10 individual and top 8 relay at the Regional meet, but does not have a state qualifying time, their entry must also be included in the Hy-tek meet entry file submitted by the coach/school.**
- Each team is limited to a maximum of four entries per individual event and one relay team.
- Each swimmer is limited to a maximum of four events, no more than two of which may be individual events.
- 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 entered swimmers in the relay meet the qualifying time or advanced from their respective regional meet. Schools may enter relay teams without individual names. Schools are encouraged to enter relay names when possible for administrative purposes. Relay names will not be included in the psych sheet or heat sheet. Relay must 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 Adam Kennedy at adam.kennedy@swimrichmond.org
Contact at: 804-334-7669
- **All entries must include information sheet at end of this invitation.**

Swimming and diving entry procedures, as well as specific information regarding Diving Sheets, are attached later in this packet.

Seeding

- All events will be pre-seeded.
- Prelim events will be swum slowest to fastest with the top 3 heats of each event being circle seeded. The top 16 finishers will advance to the Championship Finals.
- Finals events will be swum Consolation Final then Championship Final for each event.
- 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 report to the ready room and will be walked out immediately before the start of their heat.

Penalties

Penalties for entries using fraudulent and/or non-verifiable entry times: ***Your swimmer will be disqualified from the remainder of the meet and your school will be reported to the VHSL for further disciplinary action.***

Warm-Up/Clerk of Course

Swimming - 4A Friday | 3A Saturday

Prelims

- 7:30am – 8:00am: Open Warm Up
- 8:00am – 8:25am: Assigned Warm Up period #1
- 8:25am – 8:50am: Assigned Warm Up period #2

- *Timeline for specific warm up and meetings will be sent out again once entries are in. Adjustments will be as needed and appropriate by referees and/or meet director.*
- *The designated open lanes in the east end (non-competition side of the 50 M pool) can be used for warm up and warm down during the meet. A coach must be present when swimmers are warming up or down. If swimmers are not using the warm up pool appropriately or with a coach present, they will be asked to exit the pool immediately.*

Finals

- 5:00pm – 5:50pm: OPEN WARM UP
- 5:25pm—5:50pm: Lanes 1 and 8 pace
Lanes 2 and 7 One-Way Sprints

- For the Finals, the consolation heat will report directly to the starting blocks. The FINAL HEAT ONLY will report to the ready room located in the Instructional Pool. Athletes will be marched out behind the blocks.

Diving - 3A and 4A Thursday

- 3:45 pm: REQUIRED Coaches Meeting
- 4:00 pm: Judges and Officials Meeting
- 4:00 pm: Open Warm-Up
- 5:05 pm: Warm up Closes
- 5:10 pm: National Anthem
- 5:15 pm: Competition Begins
- 8:30PM: APPROX FINISH

Team Check-In Policy

Swimming and Diving: All Teams will be required to check-in at their respective venue to receive deck passes and meet information. Diving check-in will be located in the lobby. Swimming check-in will be located directly inside the athlete entrance which will be marked with SwimRVA flags (see attached map).

There will be a limit to the number of coaches permitted on deck based on team size. Teams with 1 to 10 swimmers will be allowed 2 coaches on deck. Teams with 11 or more athletes will be allowed up to 3 coaches on deck.

Scoring

The top 16 finishers (swimming and diving) will score points in each event. Points will be awarded starting with 1st 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.

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 TEAM performers.

Rules

2016-17 National Federation rules apply.

Medical Support

An athletic training room will be available throughout the meet. A Head Athletic trainer will be on site and EMS will be on call at all times. The athletic training area will be located in the instructional pool area. Lifeguards, certified in water safety, CPR/AED and first aid will be on duty during all warm-ups and competitions.

TBD

3A Head Athletic Trainer

Email:

Phone:

Dan Gotthard

4A Head Athletic Trainer

Email: daniel.gotthard@wjccschools.org

Phone: 757-810-4573

In case of injury, SwimRVA staff and/or the head trainer will make arrangements for transfer to the hospital by ambulance, if necessary. If an ambulance is not necessary, the athlete may be released only to a parent or person designated by the athlete's head coach.

Local Area Hospital (6 miles from CSAC): Chippenham Hospital
7101 Jahnke Road
Richmond, VA 23225

Directions to hospital from CSAC: <https://goo.gl/maps/LdzqboxaeMQ2>

Officials

Swimming Referees

Steve Woolfolk

4A Swimming Referee

Email: woolfolks@aol.com

Phone: 540-312-1259

Steve Woolfolk

3A Swimming Referee

Email: woolfolks@aol.com

Phone: 540-312-1259

- Officials at all positions will be required for this meet.
- ANY OFFICIAL WHO WOULD LIKE TO WORK. PLEASE submit the name and contact information for officials along with work availability (prelims/finals and which days), positions for which they are trained, and experience to **adam.kennedy@swimrichmond.org**.

Diving Referee

Eliot Clark

stonewallconstruction@gmail.com

- Judging will be a 5 judge panel of independent diving judges. Coaches will not be used for judging of the contest.

Appeals Committee

Each Regional Director will be responsible for nominating one individual that will act as a representative on the appeals committee. The committee will consist of these TWO individuals; the swim OR dive meet referee, Dan Mullen (3A, Warhill HS, SAD) or Andrew Linn (4A, Lafayette HS, SAD) and Shawn Knight (VHSL administrator).

Hospitality

Hospitality will be provided for working officials and volunteers ONLY.

Recognizing Seniors

Seniors will be recognized for each group. We would like **one group picture** of your team's seniors. Please name the picture file with your group and school name.

Example: 3A Christiansburg Senior

Please send a jpeg (the larger the better) to: Brad Burton (brad.burton@swimrichmond.org)

Spectators

Swimming: All spectators shall enter through the front of the building will be seated in the mezzanine. Only officials, swimmers, and coaches, will be allowed on the any part of the pool deck.

** The spectator section will be cleared after each session.*

Diving: All spectators will be seated in the mezzanine. Only officials, divers, and coaches, will be allowed on the entire pool deck.

Facility Rules

Collegiate School Aquatic Center Rules:

- All participants, volunteers, workers, and spectators are expected to follow the posted rules of the CSAC as well as follow directions/rules given by lifeguards, pool staff and/or management.
- ***Only painter's tape can be used to hang posters. Teams must supply their own painter's tape. CSAC management has final decision about if and where signs are displayed.***
- ***Glass of any kind, containers or otherwise, is STRICTLY PROHIBITED anywhere in the facility.***
- Lawn/deck chairs are not permitted in the grandstand.
- No spectators/parents will be allowed on deck unless working the meet.
- Doors are not to be propped open (HVAC) and the front door is the only entry/exit door from the Facility.
- All rules are posted pool side
- Young children must be supervised by an adult.
- Observers are to stay in designated areas.
- No smoking is permitted on campus.
- Collegiate School Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings.
- 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 Collegiate School Aquatic Center will not be permitted to participate in the contest and may be asked to leave the facility.

Photo and Video

Swimming: There shall be no acceptable flash photography. There shall be no photography or video from behind the starting blocks.

Diving: Official filming for All-America or other will have a designated photography and film area. This is available on a limited availability and must have approval from the Diving Meet Director, Dougie Phillips no later than Monday, February 8, 2016.

Swimmers & Divers

Only Swimmers and Divers that have qualified for the meet will be permitted on deck during the contest. Non-qualifying team members must purchase a ticket and sit in designated spectator areas.

Volunteer Check-In

All Volunteers should enter the building through the main entrance. A volunteer check in table will be located in the lobby near the elevator (see attached map).

Shaving

Shaving on-site is forbidden by NFHS rule 3, section 5, article 7. This will result in the athlete being removed from further competition.

Team Sign/Banners

Team Banners should be turned into facility staff at the corresponding coaches meetings. The facility staff will hang in the facility. Additional signs and banners can be taped to the concrete walls with blue painter's tape only. Teams must supply their own painter's tape. CSAC management have final decision about if and where signs are displayed. ***USE OF ANY OTHER TAPE, INCLUDING BUT NOT LIMITED TO DUCT TAPE, DOUBLE-SIDED FOAM TAPE OR CLEAR PACKING TAPE IS STRICTLY PROHIBITED.***

Directions

Directions are attached within this packet.

Swimming – page 16

Diving – page 17

Parking

Swimming

Parking at the CSAC (swimming facility) is available to patrons of the pool associated with the meets, employees, coaches and officials. There will be a drop off area designated. Please follow the attached maps. Overflow Parking is available directly behind the venue in the Martin's Grocery Store Lot. **See attached map (page 20)**

Diving

Parking will be in the St. Catherine's activity lots on the north and south sides of the Kenny Center. On street parking is also available on Grove Avenue. **See attached map (page 21)**

Hotels

Hotel information is included on the attached list on page 18.

Information for Press

Reporters are required to bring credentials and check in at the admission table.

Any reporters on deck should be respectful of flow of the meet. No flash photography, no photography or filming of swimmers behind the blocks.

Results will be posted using the Active Meet Mobile App.

Results will be posted at vhsl.org following the meet.

**VHSL 3A/4A State Swimming and Diving Championships
2016 – 2017
SEQUENCE OF EVENTS**

Tuesday, February 14, 2017

REQUIRED SWIMMING COACH'S CONFERENCE CALL

6:00 PM: 4A Coaches

7:30 PM: 3A Coaches

***Dial-in information will be sent after entries are received.

Thursday, February 16, 2016 | Diving @ Kenny Center, St. Catherine's

3A & 4A Combined

3:45 pm: REQUIRED Coaches Meeting

4:00 pm: Judges and Officials Meeting

4:00 pm: Open Warm-Up

5:05 pm: Warm up Closes

5:10 pm: National Anthem

5:15 pm: Competition Begins

8:30 pm: Awards

Friday & Saturday, February 17 – 18, 2017 | Swimming @ CSAC

4A Friday

3A Saturday

Prelims

7:00am: Athlete Entrance Opens (Team packets, deck passes given out)

7:30am: Open Warm-Up Begins

8:00am: Open Warm-Up Ends

Assigned Warm-Up Begins, main entrance opens for spectators

8:15am: Officials Meeting in Hospitality Room (see facility map)

8:30am: Timers Meeting in Instructional Pool Area (see facility map)

8:50am: Warm-Up concludes. Coaches Meeting in Hospitality Room

9:00am: National Anthem – open for performer or will use recorded version

9:05am: Prelim Competition starts

12:00pm: Prelims Competition concludes (approximately)

Finals

4:30pm: Athlete Entrance Opens for Finals

5:00pm: Warm-Up Begins, main entrance opens for spectators

5:30pm: Officials Meeting in Hospitality Room (see facility map)

5:45pm: Timers Meeting in Instructional Pool Area (see facility map)

5:50pm: Warm-Up concludes. Coaches Meeting in Hospitality Room

6:00pm: National Anthem

6:05pm: Finals Competition starts

9:00pm: Finals Competition concludes (approximately)

VHSL 3A/4A State Swimming and Diving Championships 2016 – 2017

SWIMMING EVENT SCHEDULE

4A: Friday, February 17th, 2017 | 3A: Saturday, February 18th, 2017
8:00 AM & Start: 9:05 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
-----10 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

4A: Friday, February 17th, 2017 | 3A: Saturday, February 19th, 2017
Finals Session
Warm-up: 5:00 PM & Start: 6:05 PM

<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-----		
Presentation of Top 8 finishers from events 1 through 8 <i>Recognize Top 8 Divers</i> - Divers are strongly encouraged to take the podium with their awards		
11	100 Butterfly	12
13	100 Freestyle	14
15	500 Freestyle	16
17	200 Freestyle Relay	18
-----10 minute break-----		
Presentation of Top 8 finishers from events 11 through 18		
19	100 Backstroke	20
21	100 Breaststroke	22
23	400 Freestyle Relay	24
Presentation of Top 8 finishers from events 19 through 24 Presentation of Team Championship Trophy		

*****ALL ATHLETES IN TEAM SWEATS FOR AWARDS*****

VHSL STATE ENTRY PROCEDURE

Entry Instructions

1. All entries must be in electronic format. Team Manager Lite is available for free at the Hy-Tek website; (<http://www.hy-tekltd.com/downloads.html>). The Team Manager Event File will be posted on the VHSL Web Site for download.
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. All athlete class/grades must be listed as well. They should be listed in this format: FR/SO/JR/SR.
3. All individual event swimmers, relay swimmers and alternates and team divers must be included on the team roster. **Individuals not listed will not be allowed to compete.** PLEASE DOUBLE CHECK YOUR DIVERS ARE LISTED ON YOUR HY-TEK ROSTER.
4. If your swimmer qualifies for the state meet by placing in the top 10 individual and top 8 relay at the Region meet, but does not have a state qualifying time, their entry must also be included in the Hy-tek meet entry file submitted 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 entries to Adam Kennedy, adam.kennedy@swimrichmond.org . Entries are due by 5:00 PM on Sunday, February 12, 2017.
2. *All email correspondence MUST include the name of the school in the subject line. For example, Lafayette HS, entries*
3. Entry confirmations will be returned by e-mail to the coach/person submitting entries by NOON Monday, February 13, 2017. Coaches should contact the Meet Director, Adam Kennedy adam.kennedy@swimrichmond.org immediately if there are any discrepancies. Return receipt email will be used and each coach will have a maximum of 24 hours to confirm entries. After 24 hours there will be no changes to the entries.
4. Late entries or entry changes will not be accepted.
5. An e-mail address and phone numbers (home, cell, work) of a contact person must accompany the entries.
6. Entries not in the proper format will not be accepted.

DIVING ENTRIES

****** BE SURE YOUR DIVERS ARE ENTERED ON THE HY-TEK ENTRY WITH THE SWIMMERS. IF THEY ARE NOT ENTERED ON THE HY-TEK ENTRY THEY ARE NOT ELIGIBLE TO COMPETE.**

1. E-mail completed dive sheets to diving meet director by NOON on Monday, February 13, 2017. Diving Meet Director: Dougie Phillips flamingomom40@aol.com
2. Use the Dive Verifier Program available for download at <http://diverline.com/DiveVerifierProgram.htm>. Make sure you download the “High School Diver Sheet Verifier, Excel 5.0 – DvfmHS2011-12.zip- (Updated), Released: August 15, 2011”
3. Diver Signatures for the dive sheets will occur during dive warm-ups.
4. Be sure you mark sheets 3A or 4A. Example: “4A Lafayette HS”
5. 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.

MEET OFFICIALS AND TIMERS

HS Officials: Referee, starters, chief judges, diving judges, stroke inspectors, and turn judges will be assigned by the host team no later than one week prior to the meet. Walk-on officials will not be used. Volunteers from all schools are encouraged to forward their names and credentials to the Meet Referee. The uniform for officials working finals will be white shirt with collar and navy blue full-length slacks or skirt. Officials working prelims may substitute navy blue shorts.

USA Swimming Observing Officials: This meet will be observed in accordance with USA Swimming rules. Current USA Swimming Officials wishing to act as observers are requested to notify the Meet Referee.

Officials Credentials: VHSL Officials wishing to work this meet should provide their name, phone number, e-mail address, position requested (starter, stroke, referee, etc.) and brief description of high school swimming officiating experience to the Meet Referee. Likewise, those wishing to act as USA Swimming observers should provide their name, phone number, e-mail address, current level of certification, and LSC affiliation.

TIMERS: Teams must provide timers. Assignments as to the number of timers for each team will be based on # of entries. The assignments will be distributed during the coach's conference call on Tuesday, February 16, 2016. Please start preparing from your team.

Meet Referee:	TBD	TBD
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Diving Referee:	TO BE ANNOUNCED
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Directions to SwimRVA | CSAC (SWIMMING VENUE)

5050 Ridgedale Parkway Richmond, VA 23234

From Washington & points north:

- Take I-95 S
- Take exit 79 for I-195 S/I-64 W toward Powhite Pkwy
- Keep left and follow signs for I-195 S/Powhite Parkway/U.S. 60 and merge onto I-195 S
- Continue onto VA-76 W
- Take the exit on the left onto VA-150 S/Chippenham Pkwy
- Exit onto VA-10 E/Iron Bridge Rd toward Chesterfield
- Turn right onto Ridgedale Pkwy
- Collegiate School Aquatics Center will be on the right

From Raleigh & points south:

- Take I-95 N towards Richmond
- Take exit 67B to merge onto VA-150 N/Chippenham Pkwy toward US-60/US-360 W
- Exit onto VA-10 E/Iron Bridge Rd toward Chesterfield
- Turn right onto Ridgedale Pkwy
- Collegiate School Aquatics Center will be on the right

From Williamsburg & points east:

- Take I-64 W
- Take exit 200 for I-295 toward US-60/Wash./Rocky Mt. NC
- Keep left toward I-295
- Keep right and follow signs for I-295 S/US-60/Rocky Mt. NC
- Keep left and merge onto I-295 S
- Take exit 25, merge onto VA-895 W toward Richmond (toll road)
- Continue onto VA-150 N (toll road)
- Exit onto VA-10 E/Iron Bridge Rd. toward Chesterfield
- Turn right onto Ridgedale Pkwy.
- Collegiate School Aquatics Center will be on the right

From Charlottesville & points west:

- Take I-64 E
- Take Exit 186 for I-195 S/Laburnum Ave. toward Powhite Parkway
- Keep left and follow signs to I-195 S/Powhite Pkwy./Downtown, merge onto I-195 S
- Continue onto VA- 76 W (partial toll road)
- Take left exit onto VA-150 S/Chippenham Pkwy. (partial toll road)
- Exit onto VA-10 E/Iron Bridge Rd. toward Chesterfield
- Turn right onto Ridgedale Pkwy.
- Collegiate School Aquatics Center will be on the right

DIRECTIONS TO ST. CATHERINE'S SCHOOL KENNY CENTER **(DIVING VENUE)**

**6001 Grove Avenue
Richmond, VA 23226**

From Washington & points north:

- I-95 South
- Merge onto I-195 South via Exit 79
- Take the exit toward CARY STREET
- Merge onto Cameron Street
- Turn right onto CARY STREET
- Slight right onto THREE CHOPT RD
- Turn right onto GROVE AVE
- 6001 GROVE AVE

From Raleigh & points south:

- I-95 North
- Merge onto VA 150 North/Chippenham Parkway
- Follow VA 150 N/Chippenham Parkway approximately 8 miles
- Exit right onto Huguenot Road (VA 147 North)
- Follow Huguenot approximately 2.8 miles
- Turn left onto Three Chopt Road (2nd light after crossing Huguenot Bridge)
- Take Three Chopt to 1st light and turn right onto Grove Avenue
- St. Catherine's School is on the right.
- Kenny Athletic Center is located in the south-east corner of the campus.

From Collegiate School Aquatic Center:

- Take Ridgefield to Iron Bridge Rd (Rt 10)
- Turn left onto Iron Bridge Rd
- Merge onto VA 150 North/Chippenham Parkway
- Follow VA 150 N/Chippenham Parkway approximately 8 miles
- Exit right onto Huguenot Road (VA 147 North)
- Follow Huguenot approximately 2.8 miles
- Turn left onto Three Chopt Road (2nd light after crossing Huguenot Bridge)
- Take Three Chopt to 1st light and turn right onto Grove Avenue
- St. Catherine's School is on the right.
- Kenny Athletic Center is located in the south-east corner of the campus.

Parking at St. Catherine's School – St. Catherine's School is an urban school setting with many businesses, churches, and homes surrounding it. Parking restrictions are enthusiastically enforced. Please take note of all posted parking regulations and BELIEVE THEM. Parking is available in lots located at the north-east corner of the school (Grove Ave and Maple Ave) and a small lot at the south end of the school. Parking is also located on the street.

RICHMOND AND CHESTERFIELD HOTELS

2017 VHSL Swimming and Diving Championships

Double Tree – Midlothian

\$139/night

1021 Koger Center Boulevard, Richmond, VA 23235

Phone: (804) 379-3800

*includes breakfast

Fairfield Chester

\$109/night

12400 Redwater Creek Road, Chester, VA 23831

Phone: (804) 778-7500

*includes hot breakfast buffet

Holiday Inn South Bells Road

\$109/night

4303 Commerce Road, Richmond, VA 23234

Phone: (804) 592-2900

*includes hot breakfast buffet

VHSL 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 Number: _____

E-mail Address: _____

Number of Swimmers Entered: _____

Name(s) of Coaches Attending: _____

*Coach limits:
1 to 10 swimmers - limit 2 coaches
11 + swimmers - limit 3 coaches*

Officials Attending: _____

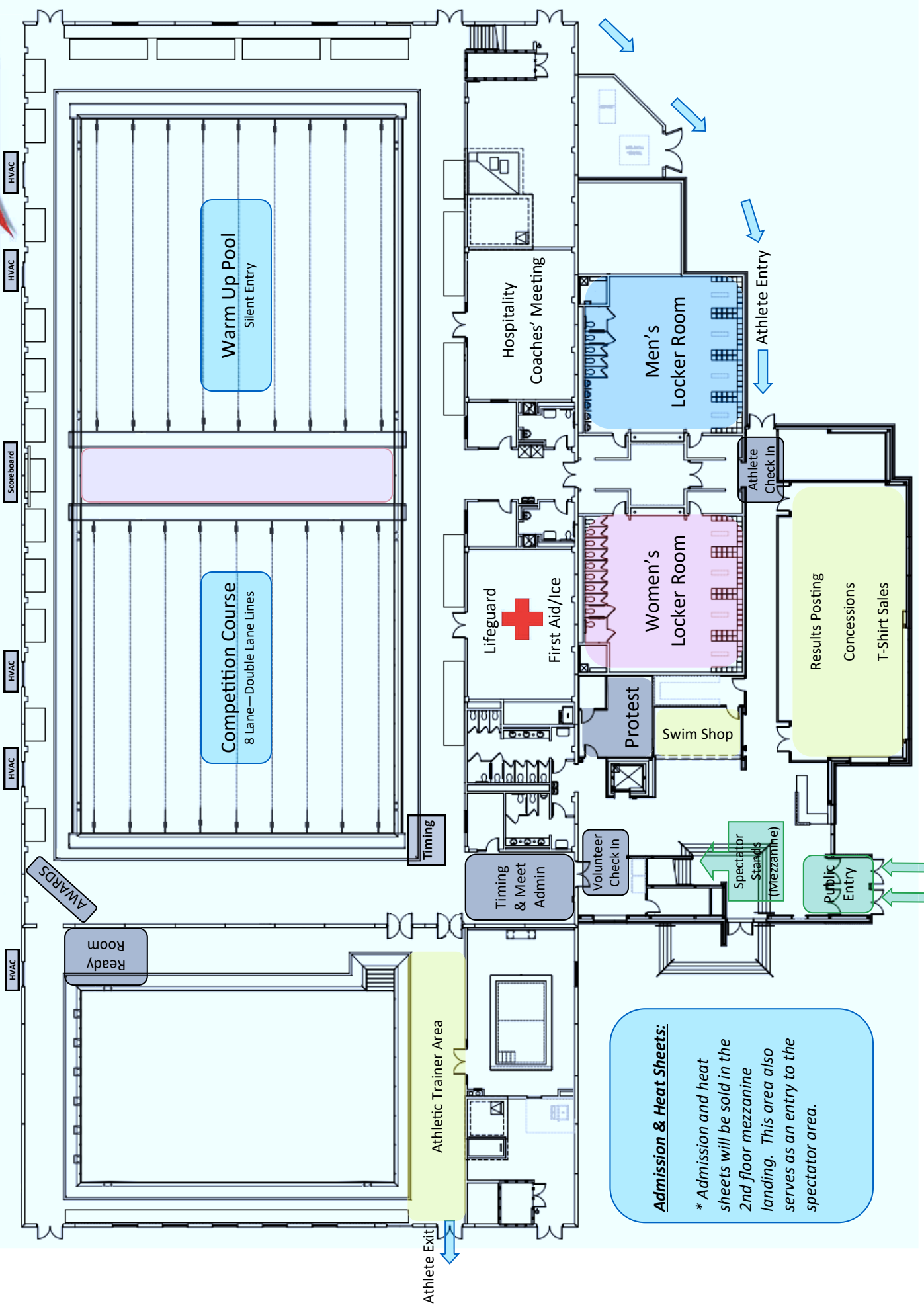
*Please include:
E-mail address
Phone Number
Training completed*

2016-17 STATE SWIMMING & DIVING STANDARDS - 3A

EVENT	GIRL'S STANDARD (G)	MTR. STANDARD	BOYS' STANDARD (B)	MTR. STANDARD
200 MEDLEY RELAY	1:59.89	2:13.79	1:48.19	2:00.59
200 FREESTYLE	2:03.09	2:16.39	1:52.59	2:04.69
200 IM	2:18.79	2:34.09	2:06.69	2:20.69
50 FREESTYLE	25.99	28.99	23.19	25.89
100 BUTTERFLY	1:02.69	1:09.59	56.69	1:03.09
100 FREESTYLE	56.99	1:03.29	50.99	56.59
500 (400m)	5:30.59	4:49.99	5:08.89	4:31.19
200 FREE RELAY	1:47.09	1:59.69	1:37.49	1:48.79
100 BACKSTROKE	1:03.59	1:10.59	58.59	1:05.09
100 BREASTROKE	1:12.49	1:20.59	1:04.99	1:12.09
400 FREE RELAY	3:55.59	4:22.49	3:33.99	3:58.39
DIVING	256.89		258.29	

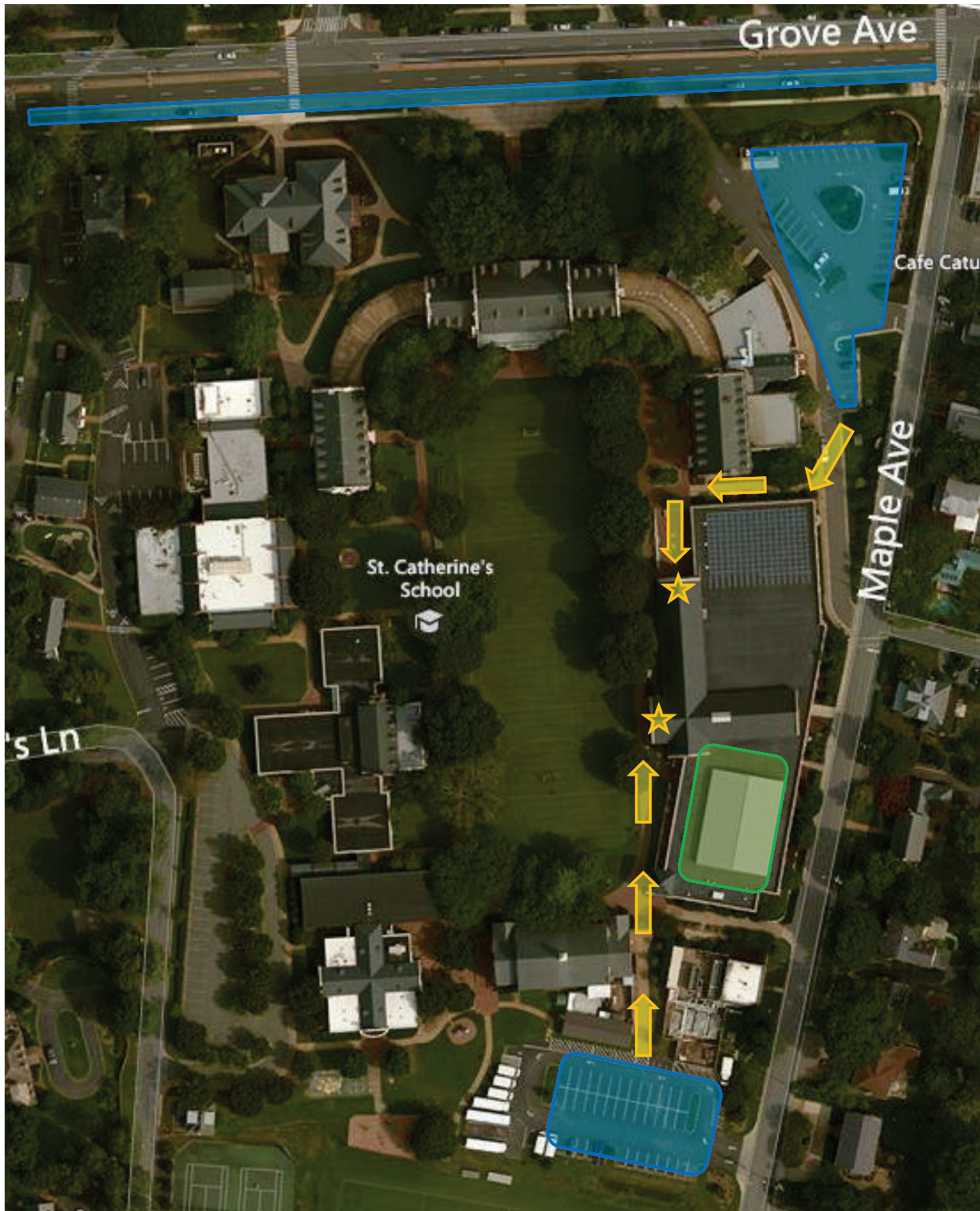
2016-17 STATE SWIMMING & DIVING STANDARDS - 4A

EVENT	GIRL'S STANDARD (G)	MTR. STANDARD	BOYS' STANDARD (B)	MTR. STANDARD
200 MEDLEY RELAY	1:59.79	2:13.69	1:46.49	1:58.79
200 FREESTYLE	2:04.09	2:17.49	1:51.79	2:03.89
200 IM	2:19.99	2:35.39	2:07.19	2:21.39
50 FREESTYLE	26.09	29.09	23.09	25.79
100 BUTTERFLY	1:03.09	1:10.09	56.59	1:03.09
100 FREESTYLE	57.19	1:03.59	51.09	56.69
500 (400m)	5:32.89	4:52.09	5:03.79	4:26.79
200 FREE RELAY	1:47.69	2:00.29	1:38.29	1:49.69
100 BACKSTROKE	1:03.89	1:10.99	58.19	1:04.59
100 BREASTROKE	1:13.29	1:21.49	1:04.39	1:11.49
400 FREE RELAY	3:57.09	4:24.19	3:31.39	3:55.49
DIVING	253.19		265.09	






VHSL 3A/4A State Championships
2017 Diving Venue - St. Catherine's School
Parking Areas and Building Entry



 Parking Areas (2 lots + street)

 Diving Venue (inside)

 Building Entry/Exit