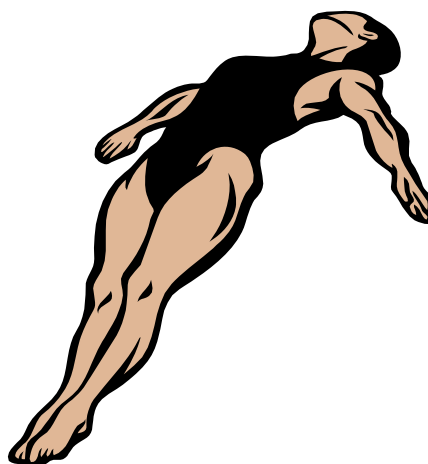
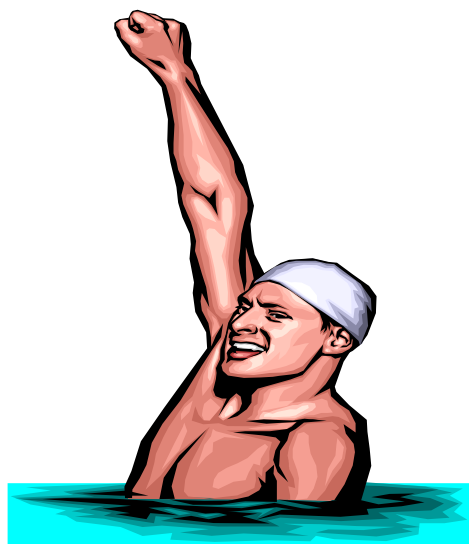


VHSL GROUP 5A & 6A STATE SWIMMING & DIVING CHAMPIONSHIP MEETS February 18-20, 2016



Swimming

Jim McKay Natatorium
George Mason Univ.
4400 University Drive MSN 1C6
Fairfax, VA 22030
Main Number: 703-993-3939
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 – 5A Thursday, February 18 at Oak Marr
Dive – 6A Friday, February 19 at Oak Marr
Swim – 5A Friday, February 19 at GMU
Swim – 6A Saturday, February 20 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

Sanction: Held in accordance with 2015 – 2016 NFHS and VHSL rules and regulations governing High School Swimming and Diving competition and championships.

Locations: See chart below:

Swimming	Diving
Jim McKay Natatorium 4400 University Drive MSN 1C6 Fairfax, VA 22030 Main Number: 703-993-3939 www.aquatics.gmu.edu	Oak Marr RECenter 3200 Jermantown Road Oakton, VA 22124 Main Number: 703-281-6501 http://www.fairfaxcounty.gov/parks/rec/oakmarr/

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. Martin Screen and Printing will be selling State Memorabilia.
Diving: Concessions will not be available at Oak Marr RECenter. Martin Screen and Print will be selling State memorabilia

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 be open to the community. Oak Marr has with two Maxi-Flex B 1-meter springboards with proper frames, which is why the diving is at this location.

Parking: **Swimming:** Parking for all **swimming** participants and staff is limited. **Follow the signs on campus. Lot A & C is for meet spectator parking.** The use of other lots will result in a ticket and/or possibly being towed. All Buses and Vans must park in Lot K and drop off at the designated location (see figure 1). No parking is available in the pool small parking lot. Neither the VHSL nor Oakton High School are responsible for parking tickets issued during the meet.
Diving: Open parking is available in the designated RECenter parking areas.

Meet Format: **Swimming:** Trials (Prelims) and finals will be held for all events.
All 5A Trials will be held on **Friday** morning with the top 16 finishers advancing to Consolations/Finals Competition later on Friday evening.
All 6A Trials will be held on **Saturday** morning with the top 16 finishers advancing to the Consolations/Finals Competition later on Saturday evening.

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

Swimming Timeline:

Friday (5A) & Saturday (6A)

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

Diving: Boys and Girls competition will be held at Oak Marr RECenter. The schedule is the same for both days with 5A competing on Thursday and 6A on Friday. There will be an open warm-up opportunity the day prior to each competition. **NOTE: See attached schedule for additional details.**

Diving Timeline:

Wednesday:

3:30 pm – 5:00 pm **Open Warm-up for 5A Divers**

Thursday: 5A 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 (& 6A warm-up)

3:00 pm – 5:00 6A divers may warm-up (*at the conclusion of the Girls 5A*)

Friday: 6A 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

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.

Entries: See entry directions
Eligibility: Participation is open to Virginia High School League (VHSL) 5A & 6A 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 2015-2016 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 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 2015-2016). 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 2015-2016 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.**

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.

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 (40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2).

Rules: 2015-2016 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:** Banner, 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.

**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.

**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 spectator 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 memorability will be allowed in the aquatics center lobby. Teams may not enter prior to 6:30 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 – 5A, Saturday 6A)**
Preliminaries:
7:00 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 & 4 will open for One Way Sprints
8:30 am Lanes 5 & 6 will open for One Way Sprints

Finals:
4:00 pm – 5:45 pm General warm-up period
Competition Pool Only – Below
5:00 pm Lanes 1 & 8 Pace Lanes, 2 & 7 One Way Sprints
5:15 pm Lanes 3 & 4 will open for One Way Sprints
5:30 pm Lanes 5 & 6 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.

Friday, February 19, 2016:

5A Final Competition

3:30 pm	Doors Open to Competitors
3:40 pm	Coaches Meeting
4:00 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 20, 2016:

6A Preliminary Competition

6:30 am	Doors Open to Competitors
6:40 am	Coaches Meeting
7:00 am	Warm-ups Begin
8:00 am	Doors open to Spectators
8:00 am	Officials Briefing
8:00 am	Lanes 1 & 8 will open for one way sprints
8:15 am	Lanes 2 & 7 will open for one way sprints
8:30 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 20, 2016:

6A Final Competition

3:30 pm	Doors Open to Competitors
3:40 pm	Coaches Meeting
4:00 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

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

2015 – 2016 State Swim & Dive Standards - 5A

Events	2016 5A BOYS Standard (YARDS)	2016 5A BOYS Standard (METERS)	2016 5A GIRLS Standard (YARDS)	2016 5A GIRLS Standard (METERS)
200 Medley Relay	01:40.7	01:52.3	01:53.6	02:06.8
200 Freestyle	01:47.5	01:59.2	01:59.6	02:12.6
200 Individual Medley	01:59.2	02:12.5	02:12.9	02:27.6
50 Freestyle	22.39	25.09	24.99	27.89
Diving	314.89		304.49	
100 Butterfly	53.69	59.89	59.19	01:05.8
100 Freestyle	48.89	54.39	54.69	01:00.9
500 Freestyle (400 M)	04:51.6	04:16.1	05:17.8	04:38.8
200 Freestyle Relay	01:31.1	01:41.7	01:43.6	01:55.8
100 Backstroke	54.99	01:01.1	01:00.7	01:07.5
100 Breaststroke	01:01.2	01:08.0	01:09.0	01:16.8
400 Freestyle Relay	03:19.8	03:42.6	03:44.6	04:10.2

2015 – 2016 State Swim & Dive Standards - 6A

Events	2016 6A BOYS Standard (YARDS)	2016 6A BOYS Standard (METERS)	2016 6A GIRLS Standard (YARDS)	2016 6A GIRLS Standard (METERS)
200 Medley Relay	01:40.3	01:51.9	01:51.9	02:04.9
200 Freestyle	01:46.4	01:57.9	01:56.5	02:09.1
200 Individual Medley	01:58.4	02:11.6	02:10.7	02:25.1
50 Yard Freestyle	22.19	24.89	24.69	24.89
Diving	348.09		315.79	
100 Butterfly	53.09	59.19	58.69	01:05.3
100 Freestyle	48.79	54.29	53.99	01:00.1
500 Freestyle (400 M)	04:48.1	04:13.0	05:12.5	04:34.2
200 Freestyle Relay	01:30.2	01:40.7	01:41.4	01:53.3
100 Backstroke	54.29	01:00.4	59.59	01:06.3
100 Breaststroke	01:01.0	01:07.8	01:07.2	01:14.8
400 Freestyle Relay	03:18.4	03:41.1	03:41.3	04:06.6

2015-2016 STATE SWIM & DIVE CHAMPIONSHIP **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 no later than Friday, February 1st, 2016.
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 10 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 and Pat Full at Oaktonathletics@fcps.edu. Entries are due by 4:00 P.M. on Sunday, February 14, 2016. 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 (5A or 6A) in the subject line. For example, Oakton HS, entries***
3. All **Regional Meet Directors** are to e-mail Brian Pawlowicz at bpawlowicz@nationscapitalswimming.com and Pat Full at Oaktonathletics@fcps.edu a back up of their meet and the results of their regional meet by 4:00 P.M. Sunday, February 13, 2016.
4. Entry confirmations will be returned by e-mailed to the coach/person submitting entries by Tuesday, February 16, 2016. 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 athletes 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 and to Jim Sweeder at jsweeder@verizon.net by 4 p.m. Sunday, February 14, 2016. Please indicate whether your school is either 5A or 6A 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 Diver Sheet Verifier, Excel 5.0 – DvfmHS2012-13.zip- (Updated), September 20, 2012”. Diver Signatures for the dive sheets will occur prior to dive warm-ups.
3. 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.
4. 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 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/diving officiating experience to the Meet/Diving 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.

NOTE: THE MEET REFEREE SHOULD RECEIVE REQUEST TO OFFICIATE BY FEBRUARY 8, 2016
A FORM IS ATTACHED FOR THIS PURPOSE. YOU WILL BE NOTIFIED BY FEBRUARY 14, 2016.

Meet Referee:

Pamela Starke-Reed
E-Mail: pesreed@yahoo.com

Diving Referee:

Jim Sweeder
E-mail: jsweeder@verizon.net

- This Form May Be Copied As Needed -

Meet Worker or Volunteer Sheet

We need your assistance recruiting qualified workers (Meet Officials, Timers, and General Volunteers) for the meet this February at George Mason University. Please make a concerted effort to check with your parents attending the meet for volunteers.

Please return this form to: Attention Pat Full at 2900 Sutton Road, Vienna Virginia 22181 by February 8, 2016 or E-mail to Pamela Starke-Reed for Swim pesreed@yahoo.com and Jim Sweeder for Dive jsweeder@verizon.net.

5A Swimming: Friday 19th

Name: _____

Phone #: _____

E-Mail Address _____

Job: _____

Experience: _____

Certified VHSL Official

Yes or No _____

6A Swimming Saturday 16th

Name: _____

Phone #: _____

E-Mail Address _____

Job: _____

Experience: _____

Certified VHSL Official

Yes or No _____

5A Diving: Thursday 18th

Name: _____

Phone #: _____

E-Mail Address _____

Job: _____

Experience: _____

Certified VHSL Official

Yes or No _____

6A Diving: Friday 19th

Name: _____

Phone #: _____

E-Mail Address _____

Job: _____

Experience: _____

Certified VHSL Official

Yes or No _____

HOTEL INFORMATION

Spring Hill Suite Fairfax / Fair Oaks

11191 Waples Mill Road

Fairfax, VA 22030

703-691-7880

2.3 miles from Oak Marr RECenter & 2.8 miles from GMU Fairfax Campus

Residence Inn Fairfax City

3565 Chain Bridge Road

Fairfax, VA 22030

(703) 267-2525

1.9 miles from Oak Marr RECenter & 2 miles from GMU Fairfax Campus

Holiday Inn Express Fairfax - Arlington Blvd.

10327 Lee Highway

Fairfax, VA 22030

(703) 359-2888

2.2 miles from Oak Marr RECenter & 2.2 miles from GMU Fairfax Campus

Best Western Fairfax

3535 Chain Bridge Road

Fairfax, VA 22030

(866) 207-3998

1.9 miles from Oak Marr RECenter & 2.5 miles from GMU Fairfax Campus

Courtyard by Marriot - Fair Oaks

11220 Lee Jackson Highway

Fairfax, VA 22030

(703) 273-6161

(800) 321-2211

email: oliver.walton@marriott.com

2.6 miles from Oak Marr RECenter & 2.8 miles from GMU Fairfax Campus

Comfort Inn University Center

11180 Fairfax Boulevard

Fairfax, VA 22030

(703) 591-5900

(877) 344-1230

1.7 miles from Oak Marr RECenter & 3 miles from GMU Fairfax Campus

Econo Lodge

9700 Fairfax Boulevard

Fairfax, VA 22030

(703) 273-1160

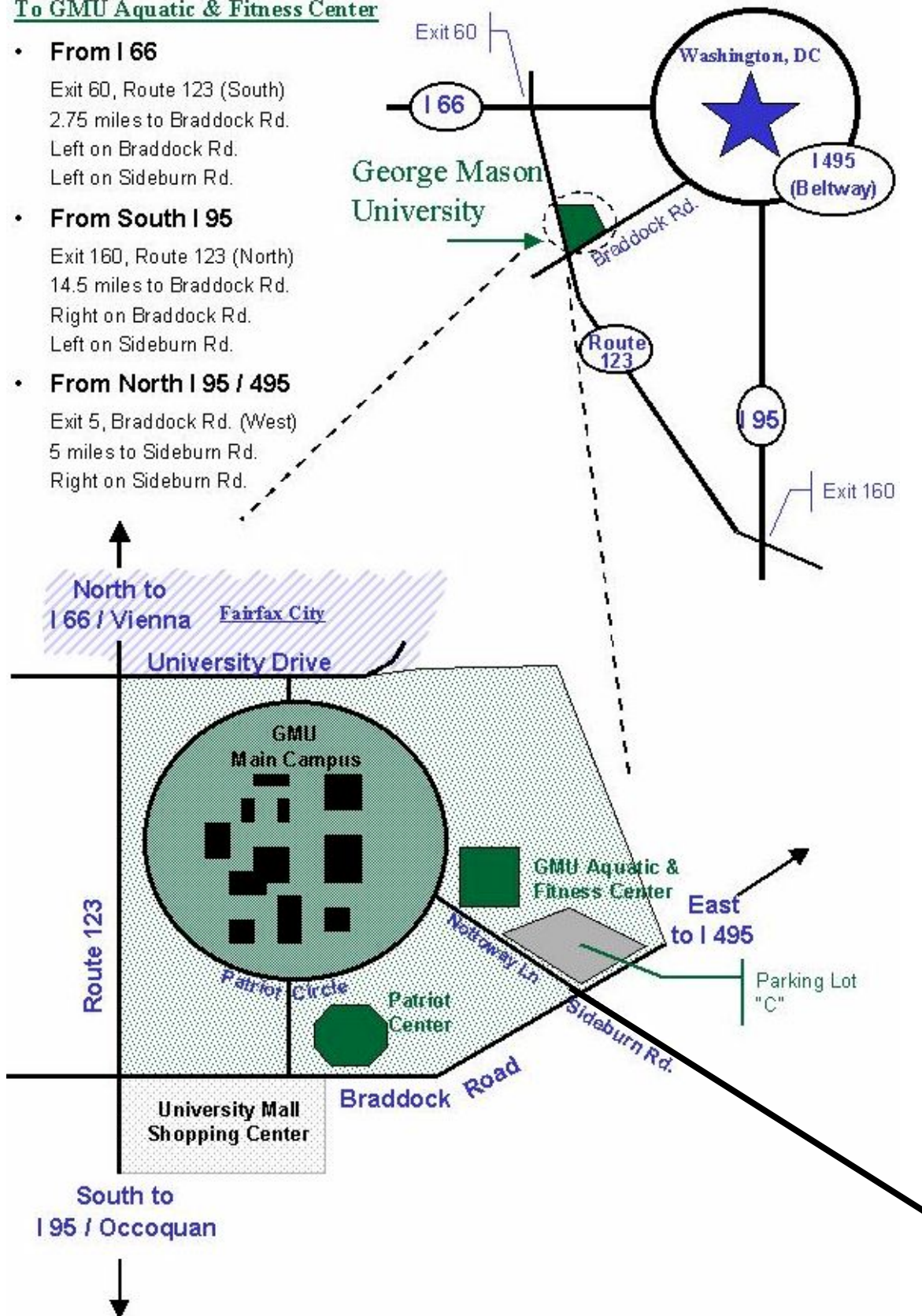
3.3 miles from Oak Marr RECenter & 3.3 miles from GMU Fairfax Campus

More Options at <http://www.gmu.edu/resources/welcome/hotel.html>

Swimming Venue Directions

To GMU Aquatic & Fitness Center

- **From I 66**
Exit 60, Route 123 (South)
2.75 miles to Braddock Rd.
Left on Braddock Rd.
Left on Sideburn Rd.
- **From South I 95**
Exit 160, Route 123 (North)
14.5 miles to Braddock Rd.
Right on Braddock Rd.
Left on Sideburn Rd.
- **From North I 95 / 495**
Exit 5, Braddock Rd. (West)
5 miles to Sideburn Rd.
Right on Sideburn Rd.



GMU Campus Map

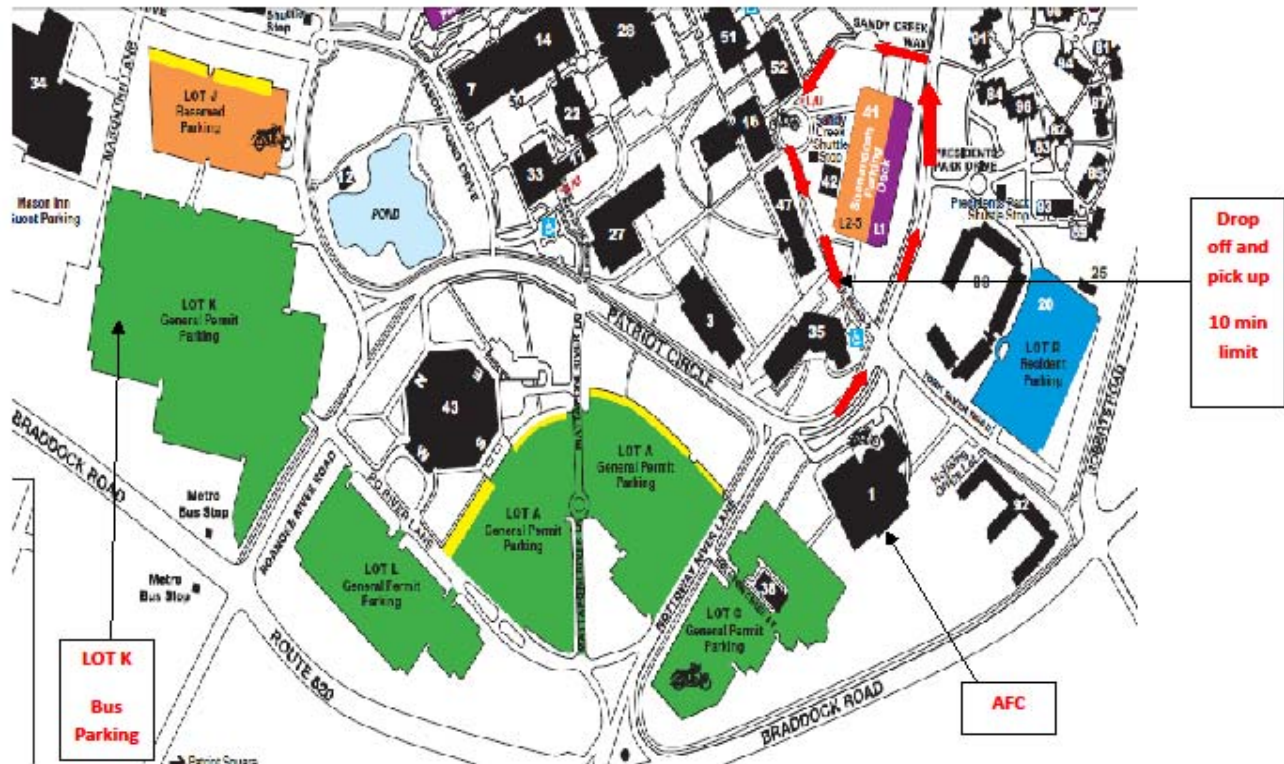


Figure 1

George Mason University Meet Reminders

- No parents will be allowed through the swimmers 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.
- Please park in Lot C: Saturday evening the back portion of lot C may be closed off for a motor cycle 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.

Diving Venue Directions

- From the West using I-66:
 - Take I-66 East
 - Take exit 60, for VA-123 S/VA-123 Toward Fairfax / Vienna
 - Keep Left and follow signs for Vienna and merge onto VA-123 N / Chain Bridge Road
 - Turn Left onto Jermantown Road
 - RECenter will be on the right
- From the South using I- 95:
 - Take I-95 North
 - Take exit 170 B for to merge onto I-495 N toward Tysons Corner
 - Using the right two lanes take exit 49B-A for I-66 W toward Front Royal
 - Take exit 60, for VA-123 S/VA-123 Toward Fairfax / Vienna
 - Turn Left onto Jermantown Road
 - RECenter will be on the right

