

	<p>1:00- Competition will begin ***once entries are in additional timeline information will be given.</p> <p>3:30 PM- Athlete entrance opens for finals</p> <p>4:00 PM- Warm ups for finals will begin (1 hour of open warm up and 15 minutes of specifics)</p> <p>4:15 PM- Main Doors open for spectators</p> <p>4:30 PM- Officials' Meeting in classroom located near the rec pool</p> <p>4:45 PM- Timers' Meeting will be located on deck near the rec pool</p> <p>5:15 PM- Warm ups end and coaches' meeting in hospitality room</p> <p>5:25 PM- National Anthem</p> <p>5:30 PM- Swimming Finals (top 16) Competition begins (Please refer to the award schedule and coach of winning relay team or individual should be ready to present awards to athletes in that event)</p>
<p>WARM-UP:</p>	<p>For each respective state meet:</p> <ul style="list-style-type: none"> -Warm ups for Swimming Prelims will begin at 7:30 AM and end at 8:30 AM. Teams will be assigned a warm up time and lane once entries are processed. Warm up schedule will be emailed out and posted at vhs1.org -Warm ups for Diving will begin at noon additional information will be emailed out and posted once entries are all processed. -Warm ups for Swimming Finals will begin at 4:00PM <ul style="list-style-type: none"> • 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/diver 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 15th at 4 PM.</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 77 • Qualifying times must have been achieved during the 2014-2015 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 2014-2015 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.vhs1.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

	<p>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.</p> <ul style="list-style-type: none"> Email entries to Amy Brehl at amybrehl@gmail.com Contact at: 540-230-1815 Remember to include information sheet at end of the invitation.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. 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. 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 be walked out from ready room.
AWARDS:	<p>For 2A, 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 (2014-2015) 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: Steve Woolfolks Email: woolfolks@aol.com</p> <p>Mary Ferrari 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 and which days), positions they are trained to work and experience or sign up at: http://www.signupgenius.com/go/10c0c4ea9ad229-swim <p>Diving Referee: Kelly McPherson Email: Kellymcperson@mcps.org</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, Saturday or all), and experience or sign up at: http://www.signupgenius.com/go/10c0c4ea9ad229-swim
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<p>Anyone interested in timing, please sign up at:</p> <p>For 2A Prelims and Finals: http://www.signupgenius.com/go/10C0C4EA9AD229-timers6</p> <p>For 3A Prelims and Finals: http://www.signupgenius.com/go/10C0C4EA9AD229-timers5</p> <p>For 4A Prelims and Finals: http://www.signupgenius.com/go/10C0C4EA9AD229-timers3</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 one group picture 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</p>

	<p>Picture.</p> <p>Pictures are due by Sunday, February 15th at 4 PM.</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. 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. Admission of coaches: 0-5 competing athletes = 1 coach, 6-10 competing athletes = 2 coaches, and 11+ competing athletes = 3 coaches</p>
Medical Support	<p>Trainer and EMT will be on site throughout the event. Additional information will be shared at coaches' meeting.</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>

Results will be posted online in real time at: http://www.christiansburg.org/index.aspx?NID=162 Results will be posted at vhs1.org following the meet. Any reporter needing results, can NEATLY write their name and email information on sign up by the meet office.

2015 VHSL 2A, 3A, 4A State Swimming and Diving Championship Meets

ORDER OF SWIMMING EVENTS

4A: Thursday, February 19th, 2015
3A(&2A Diving): Friday, February 20th, 2015
2A: Saturday, February 21st, 2015
Prelim Session
Warm-up: 7:30 AM & Start: 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

4A: Thursday, February 19th, 2015
3A(&2A diving): Friday, February 20th, 2015
2A: Saturday, February 21st, 2015
Finals Session
Warm-up: 4:00 PM & Start: 5:30 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		
<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: _____

Admission of coaches:

0-5 competing athletes = 1 coach

6-10 competing athletes = 2 coaches

11+ competing athletes = 3 coaches

NAMES OF COACHES ATTENDING: _____

NAMES OF OFFICIALS ATTENDING (include email, phone number & jobs trained to do) or sign up at

<http://www.signupgenius.com/go/10c0c4ea9ad229-swim>:
