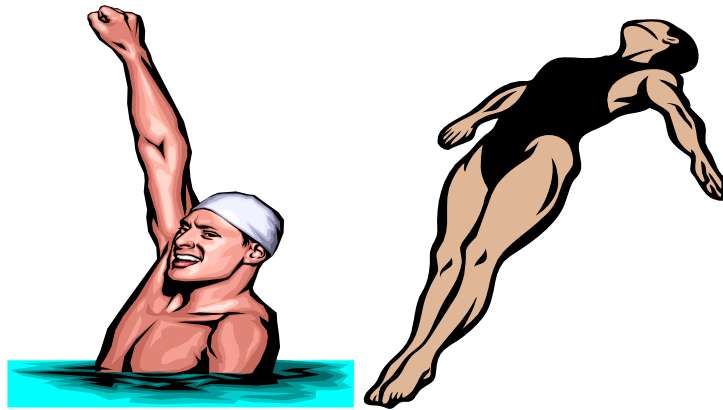


**Virginia AAA State High School Swim and Dive Championship
George Mason University, Jim McKay Natatorium, Fairfax, VA
February 15 & 16, 2013**

VHSL GROUP AAA STATE SWIMMING & DIVING CHAMPIONSHIP MEET



**February 15-16, 2013
George Mason University
Jim McKay Natatorium
Fairfax, Virginia**

**Virginia AAA State High School Swim and Dive Championship
George Mason University, Jim McKay Natatorium, Fairfax, VA
February 15 & 16, 2013**

- Meet Director:** Patrick Full
Director of Student Activities
Oakton High School, 2900 Sutton Road, Vienna VA 22181
Office # (703) 319-2763 Email: Pat.full@fcps.edu
- Sanction:** Held in accordance with 2012 – 2013 National Federation and Virginia High School League rules and regulations governing High School Swimming competition and championships.
- Location:** On the campus of George Mason University
Jim McKay Aquatic & Fitness Center
4400 University Dr. MSN 1C6
Fairfax, VA. 22030
Main # 703-993-3939
Web site: www.acquatics.gmu.edu
- 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:** Limited concessions will be sold in the up stairs classroom. Martin Screen and Printing will be selling State Memorabilia.
- Facility:** Competition Pool: Eight 50 meter lanes, Twenty-two 25 yard lanes. The competition will take place in an 8-lane 25 yard course. Water depth ranges from 7' at the shallow end to 13'5" in the diving well. Swimming competition will take place in the 7' to 8' well portion of the pool. Diving well equipped with two 1-meter and two 3-meter springboards. Recreational/Warm up/down Pool: Six 25 yard lanes.
- Parking:** Parking for all 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.
- Meet Format:** **Swimming:** Trials (Prelims) and finals will be held for all events. All Trials will be held on Friday with the top 16 finishers advancing to Consolations/Finals Competition on Saturday. 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.
- Diving:** Boys and girls competition will be held on Saturday morning. Coaches meeting will begin at 7:30 a.m. on Saturday, February 16th, 2013. **NOTE: See attached schedule for additional details.**

Virginia AAA State High School Swim and Dive Championship
George Mason University, Jim McKay Natatorium, Fairfax, VA
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Entries: See entry directions
Eligibility: Participation is open to Virginia High School League (VHSL) AAA 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 2012-2013 regular season High School meet, a VHSL sanctioned invitational, or in the school's District or Regional Championship meet. **A qualifying time must be achieved in High School Competition. USA Swimming and YMCA times are not allowed.**
2. Top 6 finish in individual events in his/her respective Regional Championship.
3. Top 3 finish in relay events in his/her respective Regional Championship.

Diving:

Obtain a State Qualifying diving score during a VHSL sanctioned invitational, District, or Regional Championship. Score must have been obtained during this current sports season (winter 2012-2013). All top 6 Regional qualifiers are eligible to advance to the state meet. Qualifying divers must also meet requirements for championship meets as specified in the 2012-2013 National Federation of State High School Association Rulebook.

Hospitality: Hospitality will be provided for all coaches and working officials. Friday, hospitality will be open for lunch/dinner for officials only at 2 p.m. It will be open for all Coaches and officials from 3- 8 p.m.. Saturday, Breakfast hospitality will be open at 7:30 a.m. for all diving coaches and officials. Lunch/Dinner hospitality will be open from 2-6 p.m.

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 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.

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 top 3 Boy's and Girl's teams.

Rules: 2012-2013 National Federation rules apply.

Virginia AAA State High School Swim and Dive Championship
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- Spectators:** All spectators will be seated in the upper deck/balcony section. Only officials, swimmers, and coaches, will be allowed on the entire pool deck.
- Shaving:** This is forbidden on-site by NFHS rule 3, section 5, article 7. This will result in the athlete being removed from further competition.
- Team Signs/
Banners:** Banners, signs, and posters can only be attached to the cable surrounding the scoreboard end of the pool. **Nothing can be placed on the building walls. No balloons will be allowed in the building.**
- Swimmers &
Divers:** Swimmers and coaches will be housed on the competition pool deck and the deck of the warm-up pool. 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:** ALL VISITING TEAMS MUST CHECK IN AT **OAKTON HIGH SCHOOL** BEFORE ARRIVING AT THE ACQUATICS CENTER (See figure 2). AT **OAKTON**, BADGES WILL BE HANDED OUT AND MUST BE WORN AT ALL TIMES. ANY TEAM GOING TO THE ACQUATICS CENTER FIRST WILL NOT BE ALLOWED TO ENTER AND WILL BE SENT TO **OAKTON HIGH SCHOOL**. Once teams arrive at the aquatics center, they will enter through the lower rear door (signs will be posted) and go directly to the pool deck. Only spectators may enter through the main entrance. The lobby area is to remain free of competitors. Only spectators and individuals wishing to purchase concessions and state memorabilia will be allowed in the aquatics center lobby. Teams may **not** enter the Swim & Dive Facility prior to 1:00 on Friday.
- Warm up/
Clerk of Course:** **Warm-ups:** Warm-ups will begin Friday the 15th at 1:30 p.m. The entire competition pool will be used. **Divers may also warm up during this time. Once Prelims start, diving warm-ups will be over.** At 2:45 p.m. Lanes 1 and 8 will open for sprints. At 3 p.m. lanes 2 and 7 will open for sprints. The meet referee reserves the right to open more sprint lanes. The designated open lanes in the deep end (diving board side) of the pool can be used for warm up and warm down once the meet has started and can continue to be used during the prelim session only. During the Finals the warm-up section of the competition pool will be closed once Finals starts. The warm-up pool will remain open during both sessions throughout the entire meet. However, 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.** Saturday the 16th, warm ups will start 2 p.m. Sprint lanes 1 and 8 will open at 3 p.m.. Sprint lanes 2 and 7 will open at 3:10 p.m.. Diving will take place Saturday morning. See attached scheduled for warm-up and start times.
- Competition:** Swimmers ready to compete must enter from behind the blocks for the prelims. **For the Finals, the consolation heat and final heat must check in at the Clerk-of-Course located at the hallway by the Lifeguard office. They will be marched down the deck to the blocks.**

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**SEQUENCE OF EVENTS
VHSL AAA STATE SWIMMING AND DIVING CHAMPIONSHIPS
2012-2013**

FRIDAY, FEBRUARY 15

11:00 a.m.-1:00 p.m.:	Team Check In At <u>Oakton High School</u>
1:00 p.m.-1:30 p.m.:	<i>Swim Coaches Meeting – At the GMU Pool</i>
1:30 p.m.-3:50 p.m.:	Swimming and Diving Warm-ups 2:45 p.m. Sprint Lanes 1&8 open 3:00 p.m. Sprint Lanes 2 & 7 open
3:00 p.m.:	Officials Briefing
3:50 p.m.:	First Event Called
3:55 p.m.:	National Anthem
4:00 p.m.:	Swimming Preliminaries Begin
8:30 p.m.	Preliminaries End (Approximately)

SATURDAY, FEBRUARY 16

7:30 a.m.	<i>Diving Coaches Meeting</i>
8:00 a.m.	Diving Judges/Officials Meeting
8:00 a.m.-8:55 a.m.	Boys Diving Warm-up
9:00 a.m.-11:00 a.m.	Boys Diving Competition
11:00 a.m.-11:55 a.m.	Girls Diving Warm-up
12:00 p.m.-2:00 p.m.	Girls Diving Competition
1:30 p.m.-2:00 p.m.	<i>Swimming Coaches Meeting</i>
2:00 p.m.-3:50 p.m.	Swimming Warm-ups 3:00 p.m. Sprint Lanes 1 & 8 open 3:10 p.m. Sprint Lanes 2 & 7 open
3:00 p.m.	Officials Briefing
3:50 p.m.	First Event Called
3:55 p.m.	National Anthem
4:00 p.m.	Swimming Finals Begin

**Virginia AAA State High School Swim and Dive Championship
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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 FOR
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**

**Virginia AAA State High School Swim and Dive Championship
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2012 – 2013 AAA State Swim & Dive Standards

The 2012 – 2013 AAA State Standards are determined by the following equation:
(2012 standard * 5 + the 2012 8th Place time or score) / 6 (Answer is than rounded up to
9/100^{ths})

Event #	Boys Events	2012 Standard in Yards	2012 8th Place in Yards	2013 YARD Standard	2013 METER Standard
1	200 Yd Medley Relay	1:41.19	1:38.68	1:40.79	1:52.39
3	200 Yard Freestyle	1:46.39	1:43.65	1:45.99	1:57.39
5	200 Yard Individual Medley	1:59.39	1:56.71	1:58.99	2:12.19
7	50 Yard Freestyle	22.29	21.90	22.29	24.89
9	Diving	346.69	344.0	346.29	NA
11	100 Yard Butterfly	53.49	52.43	53.39	59.39
13	100 Yard Freestyle	48.79	47.73	48.69	54.09
15	500 Yard Freestyle (400 M)	4:49.09	4:44.10	4:48.29	4:13.19
17	200 Yard Freestyle Relay	1:30.59	1:29.75	1:30.49	1:40.99
19	100 Yard Backstroke	54.39	53.52	54.29	1:00.29
21	100 Yard Breaststroke	1:01.39	1:00.30	1:01.29	1:07.99
23	400 Yard Freestyle Relay	3:19.59	3:15.94	3:18.99	3:41.69

Event #	Girls Events	2012 Standard in Yards	2012 8th Place in Yards	2013 YARD Standard	2013 METER Standard
2	200 Yd Medley Relay	1:52.99	1:50.87	1:52.69	2:05.79
4	200 Yard Freestyle	1:57.29	1:56.08	1:57.09	2:09.79
6	200 Yard Individual Medley	2:11.79	2:07.99	2:11.19	2:25.59
8	50 Yard Freestyle	24.59	24.69	24.69	27.49
10	Diving	333.69	308.05	329.49	NA
12	100 Yard Butterfly	59.29	57.55	59.09	1:05.59
14	100 Yard Freestyle	54.09	53.86	54.09	1:00.19
16	500 Yard Freestyle (400 M)	5:12.59	5:10.54	5:12.29	4:33.99
18	200 Yard Freestyle Relay	1:42.39	1:40.61	1:42.09	1:54.09
20	100 Yard Backstroke	1:00.29	58.54	1:00.09	1:06.69
22	100 Yard Breaststroke	1:08.19	1:05.31	1:07.79	1:15.29
24	400 Yard Freestyle Relay	3:43.19	3:39.22	3:42.59	4:07.99

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2012-2013 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, 2013.
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 6 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 entries to Eric Johnson at ejjohnson@fcps.edu and Pat Full at Oaktonathletics@fcps.edu. Entries are due by 4:00 P.M. on Sunday, February 10, 2013.
2. *All email correspondence MUST include the name of the school in the subject line. For example, Oakton HS, entries*
3. All **Regional Meet Directors** are to e-mail Eric Johnson at ejjohnson@fcps.edu 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 10, 2013.
4. Entry confirmations will be returned by e-mailed to the coach/person submitting entries by Tuesday, February 12, 2013. Coaches should contact the entry official (Eric Johnson) 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. 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 10, 2013.
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". **There have been some issues with the new verifier. If you have difficulty you may use last year's version located at <http://www.oaktonathletics.org/index.cfm?action=main.fileslinks> , please use the AAA State Meet Dive Verifier.**
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.

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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 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.

**NOTE: THE MEET REFEREE SHOULD RECEIVE REQUEST TO
OFFICIATE BY FEBRUARY 4, 2013
A FORM IS ATTACHED FOR THIS PURPOSE. YOU WILL BE
NOTIFIED BY FEBRUARY 11, 2013.**

**Meet
Referee:**

**Jim Thompson
E-Mail: jimthompson5802@aol.com**

**Diving
Referee:**

**Jim Sweeder
E-mail: jsweeder@verizon.net**

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- This Form May Be Copied As Needed -

Meet Worker or Volunteer Sheet

We need your assistance recruiting qualified workers (Meet Officials, Timers, 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 4, 2013 or E-mail to Jim Thompson for Swim jimthompson5802@aol.com and Jim Sweeder for Dive jsweeder@verizon.net.

Friday Preliminaries (15th)

Name: _____

Phone #: _____

E-Mail Address _____

Job: _____

Experience: _____

Certified VHSL Official

Yes or No _____

Saturday Finals (16th)

Name: _____

Phone #: _____

E-Mail Address _____

Job: _____

Experience: _____

Certified VHSL Official

Yes or No _____

**Virginia AAA State High School Swim and Dive Championship
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HOTEL INFORMATION

Mason Inn Conference Center and Hotel

4352 Mason Pond Drive
Fairfax, VA 22030
(Located on the Fairfax Campus)
For reservations call 1-877-296-6695

Residence Inn Fairfax City

3565 Chain Bridge Road
Fairfax, VA 22030
(703) 267-2525
2 miles from Fairfax Campus

Holiday Inn Express Fairfax - Arlington Blvd.

10327 Lee Highway
Fairfax, VA 22030
(703) 359-2888
2.2 miles from Fairfax Campus (*CUE Bus service available - \$1.45 per passenger*)

Best Western Fairfax

3535 Chain Bridge Road
Fairfax, VA 22030
(866) 207-3998
2.5 miles from Fairfax Campus (*CUE Bus service available - \$1.45 per passenger*)

Courtyard by Marriot - Fair Oaks

11220 Lee Jackson Highway
Fairfax, VA 22030
(703) 273-6161
(800) 321-2211
email: oliver.walton@marriott.com
2.8 miles from Fairfax Campus (*CUE Bus service available - \$1.45 per passenger*)

Comfort Inn University Center

11180 Fairfax Boulevard
Fairfax, VA 22030
(703) 591-5900
(800) 223-1223
3 miles from Fairfax Campus (*CUE Bus service available - \$1.45 per passenger*)

Econo Lodge

9700 Fairfax Boulevard
Fairfax, VA 22030
(703) 273-1160
3.3 miles from Fairfax Campus

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

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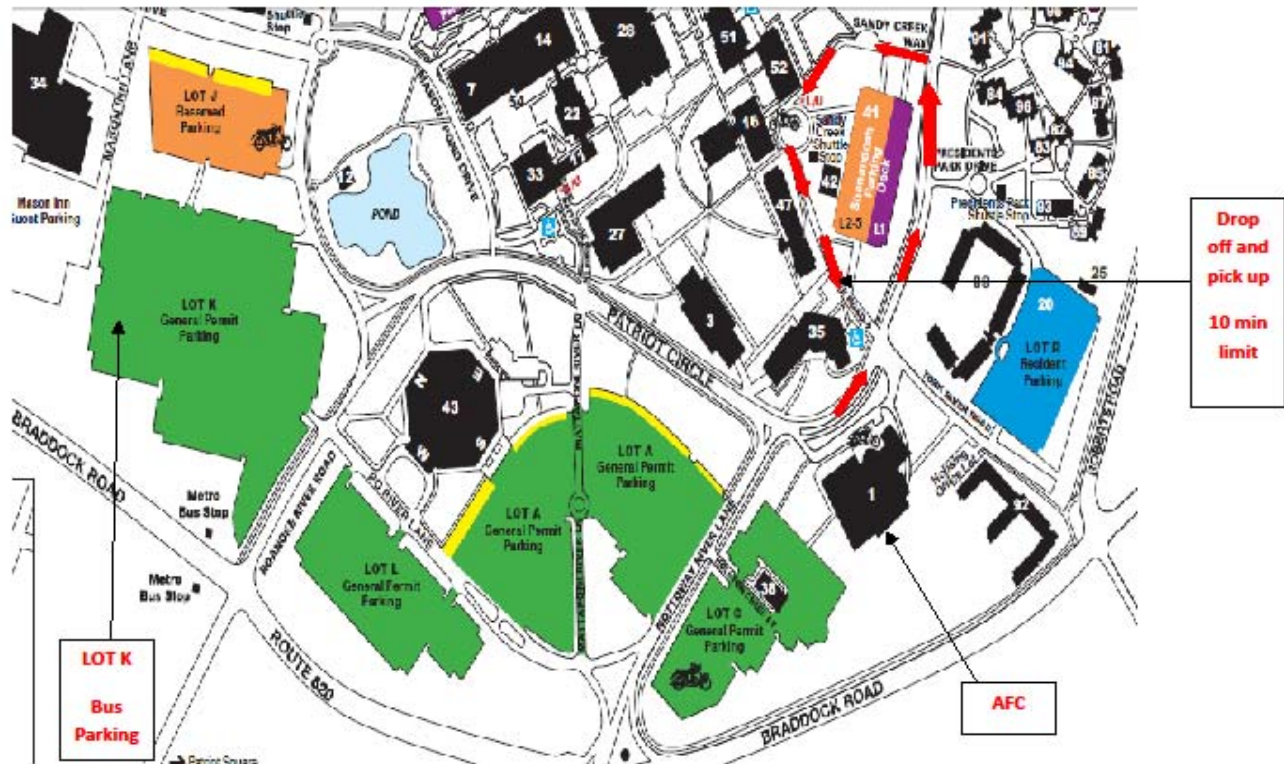


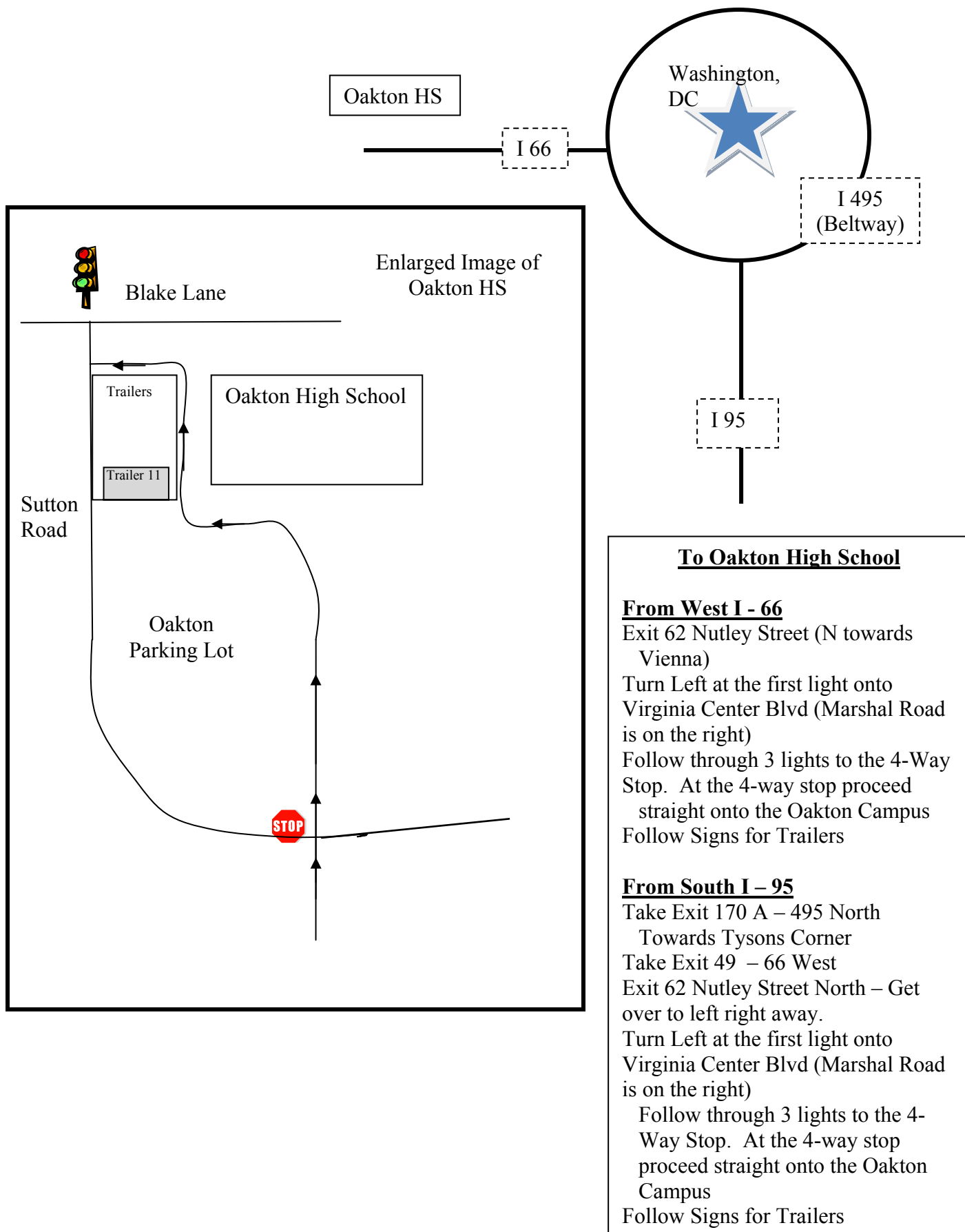
Figure 1

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.

**Virginia AAA State High School Swim and Dive Championship
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Directions to Oakton High School



**Virginia AAA State High School Swim and Dive Championship
George Mason University, Jim McKay Natatorium, Fairfax, VA
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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.

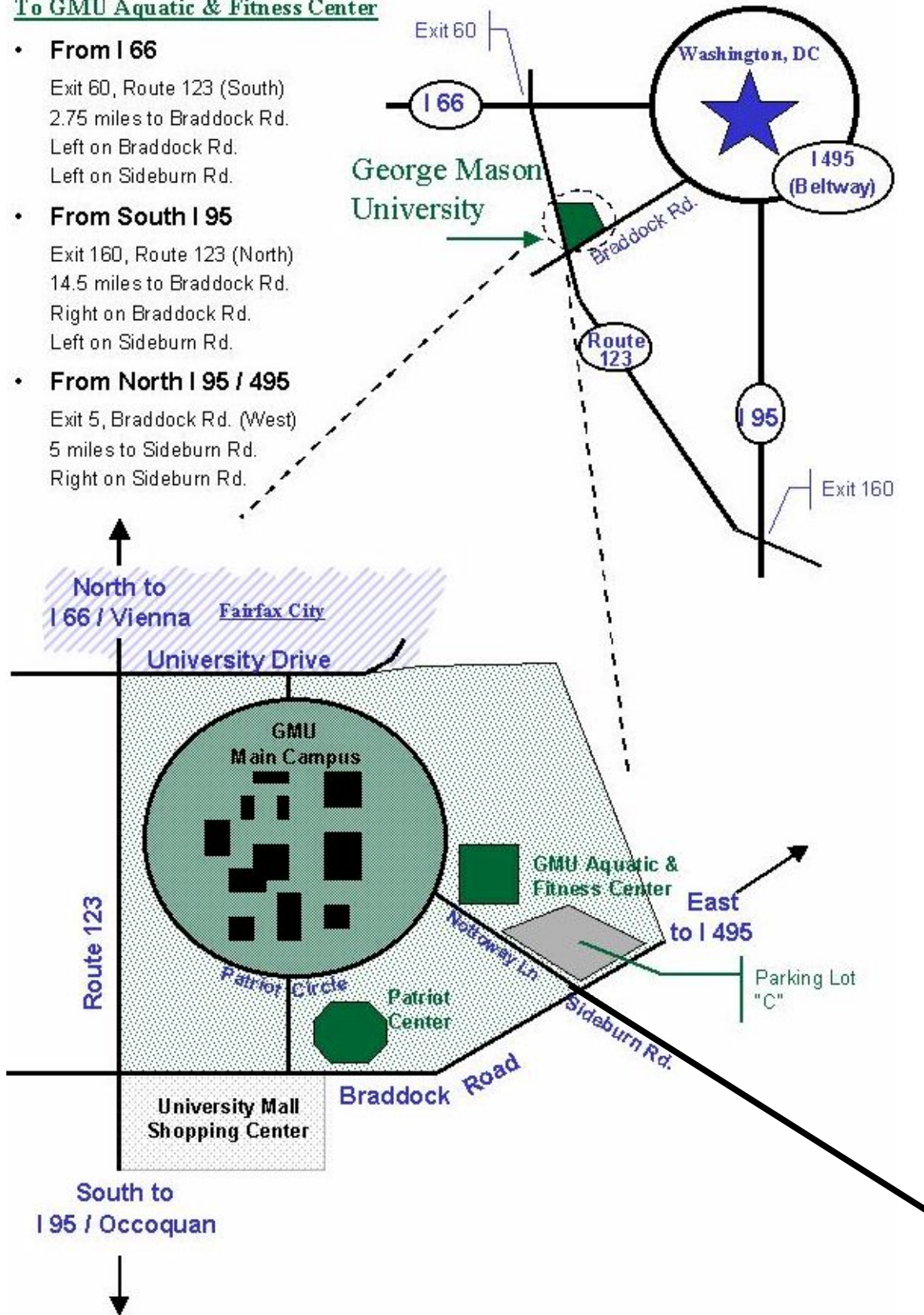


Figure 3