



2018-19 VHSL
 CLASS 4 REGION B
 SWIMMING
 CHAMPIONSHIP
 Friday, February 8, 2019

Hosted by
 Hanover High School



LOCATION:	SwimRVA 5050 Ridgedale Parkway, Richmond, VA 804-271-8271 Directions: http://www.swimrichmond.org/directions.htm
FACILITY:	A 50-meter, 8-lane competition pool with movable bulkheads. This pool was used in the 2008 Olympic trials in Omaha, Nebraska. Twenty-One American records and nine world records were set in this pool! At 7'7" and 79 degrees, and grandstand seating, this spectacular competition pool is one of the finest along the East Coast! Colorado Timing System will be used in conjunction with Hy-Tek Meet Management software.
MEET DIRECTOR:	Bob Bollander, Student Activities Director, Hanover High School mailto:rbollander@hanover.k12.va.us 804-723-3750
OFFICIALS:	Meet Referee: Bryan Wallin thewallin5@comcast.net . <ul style="list-style-type: none"> • Each team is asked to provide two stroke and turn officials. Send names and email contact to the Meet Referee by Sunday, February 3rd, 5:00pm. • This is a USA Swimming observed meet, so officials should indicate whether they are certified. We need both for the meet. Officials meetings will be at 5:10PM.
SCHEDULE:	<ul style="list-style-type: none"> • Coaches Meeting: 4:40PM. (Hospitality) • Warm-ups: 5:00-6:00PM. (Assigned) • Officials Meeting: 5:10PM (Hospitality) • Timers Meeting : 5:30PM (By starting blocks, grandstand side) • Meet Start: 6:10PM (West side)
WARM UPS:	<ul style="list-style-type: none"> • 5:00-6:00PM • Three 20 minute warmups. Teams will be assigned specific lanes for warm-ups. This information will be emailed no later than Wednesday, February 6th. During the meet, warm-up/cool down lanes will be available for general swimming. • Starts will be one way traffic and under coach's supervision.
TEAM SEATING	<ul style="list-style-type: none"> • Teams will have assigned seating on deck. This information will be emailed no later than Wednesday, February 6th.

ELIGIBILITY:	<p>VHSL HANDBOOK SECTION 28: Individual Eligibility Regulations. To be eligible to represent the school in any VHSL, Inc. sponsored interscholastic contest a student shall meet all VHSL requirements.</p> <ul style="list-style-type: none"> • Open to the Class 4, Region B high schools. • Each school will be permitted to enter three (3) athletes in each event. Additional entries must meet or exceed the regional qualifying standard. A maximum of four (4) athletes from a school may be entered into each event provided all four (4) of those athletes have met or exceeded the regional qualification. • Qualifying standards will be calculated using 8th place times from the previous year Regional Championship. • Each school is allowed one relay per event.
FORMAT and PENALTIES:	<ul style="list-style-type: none"> • All swimming events will be timed finals. Times on the scoreboard are unofficial. Results will be posted on the pool deck and in the hallway. • This meet will be run in a championship format. • SCRATCH. A scratch will withdraw a competitor from any further competition. • If a swimmer misses an event and does not declare a false start they unable to participate in the rest of the meet. • DECLARED FALSE START. A competitor may withdraw from an individual event without further penalty with a declared false start. Notice must be given to the Deck Referee before the event is called to the blocks. The event will still count as an entry for the competitor, but does not disqualify the competitor from further competition.
RULES:	<ul style="list-style-type: none"> • Held in accordance with the 2018-19 NFHS Swimming and Diving Rules. • Please remind your athletes of the following VHSL rules: cap and suit rule, tape rule, false start rule, and unsportsmanlike conduct. • Photography behind the blocks is NOT PERMITTED.
ENTRIES:	<ul style="list-style-type: none"> • Entries are due Sunday, February 3rd, by 5:00pm. • Send entries to the George Massey at hhswimming1@gmail.com. You will receive a confirmation email and request to review the entries as received. If you have questions or problems, call 804-852-8639. • Each swimmer may be entered in up two individual events and two relays, or one individual event and three relays. • Information to send: <ul style="list-style-type: none"> ➤ Hy-Tek Team Manager entry file. Must be in short course yards. ➤ Hy-Tek Team Manager entry report with PROOF OF TIME. When printing the report click on "Include Proof of Time" located upper right under 'Other Options'. • Relay cards will be used and must be turned into the lane timers prior to the event. Relay names submitted on the relay cards must be from individuals listed on the official Master Entry List. The Master Entry List must include "relay-only" swimmers. Only the four swimmers declared on the card, including relay lead-off swimmers, are permitted to report to the blocks to compete. • Once all entries have been received and verified, a psych sheet will be sent out to all teams. After the psych sheet has been sent, no changes, substitutions, or additions can be made to the individual events. • By submitting entries, coaches are certifying that all swimmers are eligible and achieved times at VHSL meet during the 2018-2019 season.

OBSERVED SWIMS FOR USA SWIMMING	<ul style="list-style-type: none"> This meet will be observed in accordance with USA Swimming Rules for the purpose of receiving a reportable USA time or record.
AWARDS:	<ul style="list-style-type: none"> Team Champion Trophy: Boys and Girls. Medals: 1st-4th place for individuals and relays. Teams should pick up awards at the awards table located in hospitality.
SCORING:	<ul style="list-style-type: none"> Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relay: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2
SAFETY:	<ul style="list-style-type: none"> Swimmers enter the water feet first during scheduled warm-up time and any time in warm up/cool down area. All athletes, coaches, and spectator must follow facility rules and any directions/request made by facility staff or lifeguards. Injuries must be reported to lifeguards and meet director immediately.
SEEDING	<ul style="list-style-type: none"> All individual and relay events will be pre-seeded. Swimmers are to report directly to the starting area as called. Relay cards for the relay will be distributed in the coaches' packets before warm-ups. Coaches are asked to designate the FOUR (4) competitors in the correct order, choosing from the names listed on the Master Entry List, and have the relay swimmers submit the relay card to the lane timers when they report to the blocks for the event
TIMERS and VOLUNTEERS	<ul style="list-style-type: none"> All participating schools will need to provide 2 volunteers to assist with timing, posting results, and/or deck marshalling. A sign-up genius will be created for volunteers to sign-up. Timer lane assignments and volunteer assignments will be emailed out once entries are submitted. Volunteers that are assigned responsibilities will be admitted for FREE into the event. Volunteers check in at the volunteer table located behind the steps just inside the pool entrance doors.
STATE QUALIFYING	<ul style="list-style-type: none"> <i>The top 5 finishers in each individual event and the top 4 finishers in each relay in the Class 4, Region B Meet qualify for the Class 4 State Swim Meet.</i> <i>Individuals or relays may also qualify for the state meet by meeting the Class 4 State Swim Standards at a regular season meet or a VHSL-sanctioned invitational meet.</i> Refer to the State invitation for further clarification.
MEET RESULTS	<ul style="list-style-type: none"> Meet results will be e-mailed to all coaches as soon as possible and no later than February 9th, 9:00am.

GENERAL INFORMATION

- **Admission:** \$7.00 for spectators. Passes will be accepted at the door (VHSL, VIAAA, VSBA, VHSCA, VASSP, NASSP, VASS). Authorized Press credentials will be recognized.
- **Swimmer/Spectator:** Each team is responsible for the conduct of its swimmers/spectators. Any swimmer or spectator who violates Aquatic Center rules (posted at the pool) is subject to disqualification and removal from the facility. No shaving allowed.
- **Deck Access:** Access to the pool deck will be strictly controlled. Swimmers, coaches, officials, and volunteers ONLY on the pool deck. Swim teams will be given seating assignments on the pool deck.
- **Spectator Seating:** Spectators sit in the grandstands overlooking the pool.
- **Team Banners:** Banners can be hung at the facility. See lifeguards about putting banners on steel wire behind your team area (bring zip ties) or on the wall (painter's tape ONLY).
- **Hospitality:** Light food and drinks will be provided to coaches and officials.
- **Concessions:** Will be available.

SCHEDULE OF EVENTS:

4B REGIONAL SWIM CHAMPIONSHIPS
MEET START: 6:10PM

BOYS	QUALIFYING STANDARD	EVENT	QUALIFYING STANDARD	GIRLS
1		200 MEDLEY RELAY*		2
3	2:03.89	200 FREESTYLE	2:08.23	4
5	2:17.89	200 INDIVIDUAL MEDLEY	2:27.55	6
7	23.71	50 FREESTYLE	26.41	8
		- 15 MIN BREAK -		
11	57.36	100 BUTTERFLY	1:04.29	12
13	52.27	100 FREESTYLE	59.03	14
15	5:42.07	500 FREESTYLE	6:20.89	16
17		200 FREESTYLE RELAY*		18
19	59.52	100 BACKSTROKE	1:05.72	20
21	1:12.83	100 BREASTSTROKE	1:21.70	22
23		400 FREESTYLE RELAY*		24

<p>ANNOUNCEMENT OF TEAM SCORES AND AWARDING OF TEAM TROPHIES</p>
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***NO QUALIFYING TIMES FOR RELAYS. TEAMS AUTOMATICALLY SEND ONE RELAY EACH.**

