

**Virginia AAA State High School Swim and Dive Championship  
Princess Anne and Bayside Recreation Centers, Virginia Beach  
February 19 & 20, 2010**



**Memorandum**

To: Virginia AAA Swim and Dive Coaches

From: Bruce Biehl, State Swim and Dive Meet Chairman  
Jim Moxey, State Swim and Dive Meet Director

Subject: VHSL AAA SWIM & DIVE CHAMPIONSHIP

Date January 11, 2010

Welcome to the 14th annual Virginia State Swim and Dive Championship. The following pages are designed to provide information about the meet including facilities, entries and personnel. Questions should be directed to Jim Moxey ([JamesB.Moxey@vbschools.com](mailto:JamesB.Moxey@vbschools.com)) or Phone (757)648-5421

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Meet Director: Jim Moxey ([jbmoxy@vbschools.com](mailto:jbmoxy@vbschools.com))  
(757)648-5421

Meet Referee: Rick Valente ([rvalente@globe-iron.com](mailto:rvalente@globe-iron.com))

Diving Referee: Keith Kopecky ([keith.kopecky@navy.mil](mailto:keith.kopecky@navy.mil))

Entry Chairperson: Betsy Durrant ([durrant6@cox.net](mailto:durrant6@cox.net))

Princess Anne Recreation Center Contact: Janis Sweeney ([jsweeney@vbgov.com](mailto:jsweeney@vbgov.com))

Bayside Recreation Center: Carol Fernheimer ([cfernhei@vbgov.com](mailto:cfernhei@vbgov.com))

Sanction: Held in accordance with 2009-2010 National Federation and Virginia High School League rules and regulations governing high school swimming competition.

Location: Princess Anne Recreation Center-Swimming  
1400 Nimmo Parkway, Virginia Beach, VA 23456  
757-426-0022

Bayside Recreation Center-Diving  
4500 First Court Rd., Virginia Beach, VA 23455  
757-460-7540

Facility: Swimming- 25 Meter, 8 lane pool. The pool has been measured and certified by the National Federation, US Masters Swimming and US Swimming. No warm-up/warm down pool is available. Additional warm-up sessions will be available during the meet. Colorado timing system will be used.

Diving: 2-1 meter 16' Duraflex brand Maxiflex diving boards that are used in all major diving competitive events in the world. An air generated water agitation system will be used.

No coolers, food, or drinks will be allowed in the pool area. Balloons (per VHSL) are not permitted in the pool area.

The Gymnasium has been reserved to accommodate swimmers during the meet. The recreation center and Virginia Beach City Public Schools are not responsible for personal items in the gym or pool area.

Officials: Officials from all schools are encouraged to forward names, contact information, and credentials to the Meet Referee, Rick Valente ([rvalente@globe-iron.com](mailto:rvalente@globe-iron.com)) by Feb 14, 2010. Duly certified VHSL and USA swimming officials will be contacted to officiate.

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- Volunteers: Please submit a list of volunteers, including their name and e-mail contact by Feb. 14, 2010 to Jim Moxey ([jbmoxy@vbschools.com](mailto:jbmoxy@vbschools.com))  
Timers, Runners, Place Judges, and Gym Supervisors will be needed each day.
- Eligibility: Open to all Virginia AAA High Schools.
- Qualifying: The top **6** swimmers and divers in individual events, and the top **3** relays in each relay event from the Region Swim & Dive Meets will advance to the State Meet.
- Swimmers, Divers, and Relays who achieve a State Qualifying Time/Points during the regular season at a VHSL sanctioned meet or invitational may enter that event in the State Meet.
- Entries: See entry directions
- Awards: Medals will be awarded to the top 8 individual event finishers and relay teams. First, second, & third place Boy's and Girl's Team trophies will be awarded.
- Admission: \$10.00 per person. Only designated coaches, participants, managers, officials, volunteers, and pass holders are eligible for free admission.
- Heat Sheets: Meet Programs with preliminary heat sheets will be sold for \$5 both days. An updated heat sheet for Saturday will be given to anyone who has a program that was purchased either day. Additional Finals heat sheets will be available on Saturday for \$2.
- Spectators: All spectators must sit in the bleachers. Personal chairs for spectators will not be allowed on the pool deck or in the gymnasium.
- Parking: Virginia Beach Police will be directing parking. Some spaces will be reserved for library patrons in front of the library adjacent to the recreation center. Buses will be directed where to park and may not be parked across several vehicle spaces. Vehicles parked in fire lanes or no parking areas will be towed.
- Coach's Area: Two areas on the pool deck will be designated for coaches to place a deck chair. These areas are restricted for coaches' use only. No swimmers or parents are allowed in these areas.
- Coach's Meeting: At least one coach or team representative should attend the coaches meeting each day. Heat Sheets, wristbands, relay cards, and other pertinent information will be disseminated at this meeting. Failure to have a representative attend will not excuse a team from following procedures that may be explained during this meeting.

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Captain's Meeting:

Team Captains from each participating team must attend this meeting. Sportsmanship as well as meet procedures will be reviewed with team captains.

Hospitality:

Hospitality will be provided for all coaches and working officials. Hospitality will be available with snacks & drinks during the meet. There will be a meal provided around the break time in the meet.

Coffee, juice, & breakfast pastries will be available for working officials and dive coaches.

Concession:

A full concession stand will be provided during the swim meet at Princess Anne recreation center both days. There is also a variety of fast food and other restaurants located close to the recreation center.

Hotel Information:

Holiday Inn SunSpree Resort  
3900 Atlantic Avenue  
Virginia Beach, VA 23451  
Room Rate: \$69.00 – arrival Thursday, February 18 through Sunday, February 21. (Rates are offered 3 days before and 3 days after, based on availability)

Individual Rooms – Please call reservations at 1-888-465-4329  
Room Block is listed with the hotel as VHSL State Swim and Dive  
For Questions Concerning Rooms:

Please call Kim Liller at 757-428-1711

Web Address: <http://www.vboceanfrontnorth.com>

T-Shirts:

T-shirt sales will be located in the concession area. Items are priced from \$10 up.

Apparel:

Aquawear Swim Shop will be on site.

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Swim meet Format: Swimming Preliminaries will be run on Friday. Dive over starts will be used. The top 16 finishers in both individual and relay events will advance to the Finals on Saturday. Awards will be presented for the previous finals after each consolation race, starting with the girls 200m Medley Relay. Top 8 finishers should report to the awards area immediately following their swim.

The Aquatic Classroom will serve as the staging area for the Clerk of Course. All swimmers on Friday will check in with the Clerk of Course before proceeding to the starting end of the pool. It is the swimmers' responsibility to report. The Clerk of course WILL NOT page or otherwise try to locate a missing swimmer. Coaches should make sure their swimmers are aware of this procedure.

On Saturday, all finalists and consolation finalists must check in at the Clerk of Course. The finalists will be paraded to the starting blocks from the ready room. The fastest qualifier in each event will select the marching music. (Staff and school employees reserve the right to censure any music deemed inappropriate.) Team Warm-up times and lanes will be assigned and e-mailed to coaches by Wednesday, February 17, 2010.

A 15 minute break will be taken after event 8, the girls 50m freestyle and after event 16, the girls 400m freestyle. In order to provide the optimum warm-up for swimmers, it is suggested that only swimmers swimming in the next events use the pool during these times.

Dive meet Format: All diving competition will be conducted at the Bayside Recreation Center.

- Female Divers will compete on Friday. Awards will be given at the conclusion of the event.
- Male Divers will compete on Saturday. Awards will be given at the conclusion of the event.

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USA Swimming Observed Swims:

In accordance with United States Swimming 2009 rules, which are sanctioned by the Local Swimming Committee (LSC) Virginia Swimming, Inc., for the purpose of receiving a reportable USA Swimming time or record. Observed swims will be judged in accordance with the 2009 USA Swimming Rules. If a national level time is achieved (sectional, national, Top 16, High School All-American) coaches are responsible for completing OVC documents available at the coaches meeting and in the scoring office.

Scoring:

The top 16 finishers will score points in each event in accordance with the NFHS rule 7-1, article 3. The 2009-2010 Swimming and Diving rules published by the National Federation of State High School Associations will apply. Points will be awarded:

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Points	20	17	16	16	14	13	12	11	9	7	6	5	4	3	2	1

\*Relays score double the individual event points for each place finish.

Banners:

Official Team Banners may be displayed. Please bring banners to the scoring office by noon on Friday to be displayed. Any banners received after noon may not be hung.

Appeals Committee

Each Region will be responsible for nominating one individual who will act as a representative on the Appeals Committee. The committee will consist of these four individuals, the swim and/or dive meet referees (ex-officio), a VHSL administrator, meet manager, and the Meet Director. Regional Directors will submit their representative's name and contact information to the Meet Director ([JamesB.Moxey@vbschools.com](mailto:JamesB.Moxey@vbschools.com)) by 4:00 p.m. Sunday, February 14, 2010. Remember this must be a person who will be in attendance at the meet.

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**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 Monday, February 1st, 2010.
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 Regionals, 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 for points per relay event.
6. Each swimmer is limited to a maximum of four events, no more than two of which may be individual events.

**Swimming Entries:**

1. Coaches or Schools are to submit entries to Betsy Durrant ([durrant6@cox.net](mailto:durrant6@cox.net)) and James Moxey ([JamesB.Moxey@vbschools.com](mailto:JamesB.Moxey@vbschools.com)). Entries are due by 4:00 P.M. on Sunday, February 14, 2010.
2. Entries must be submitted in short-course meter times. The TM event set up will automatically calculate time conversions. **DO NOT CALCULATE THEM AND PUT IN MANUAL TIMES.**
3. All regional meet directors are to e-mail Betsy and Jim the results of their regional meet by 4:00 P.M. Sunday, February 14, 2010.
4. Entry confirmations will be returned by e-mail to the coach/person submitting entries by Tuesday, February 16, 2010. Coaches should contact the entry official (Betsy) 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.
8. Master qualification list must include the following information:
  - Name (First, Middle Initial, and Last)
  - Date of Birth
  - USA swimming membership number (if applicable)
  - Gender
  - Relay swimmer only (yes or no)
  - Region Top 6 Finisher (yes or no) and event, time, meet and date for non-region qualifier.
9. Coaches are to submit a master list of their US certified swimmers and their USAID number to Betsy Durrant and James Moxey by Feb. 14, 2010.

**Diving Entries:**

1. E-mail completed dive sheets to Betsy Durrant ([durrant6@cox.net](mailto:durrant6@cox.net)) and James Moxey ([JamesB.Moxey@vbschools.com](mailto:JamesB.Moxey@vbschools.com)) by 4:00 p.m. Sunday, February 14, 2010.
2. Use the Dive Verifier Program available for download on the VHSL Web Site.
3. Diver Signatures for the dive sheets will happen 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 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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**State AAA – Meter Records**

1	Boys 200 Medley Relay	1:48.65	2007	James Robinson
2	Girls 200 Medley Relay	2:01.35	2007	Yorktown
3	Boys 200 Free	1:53.01	2007	Cameron Gledhill - McLean
4	Girls 200 Free	2:03.12	2007	Rebecca Jones - First Colonial
5	Boys 200 IM	2:05.53	2007	Andy Brake - Lake Braddock
6	Girls 200 IM	2:19.87	2003	Emily Verdin - T. Jefferson S&T
7	Boys 50 Free	23.80	1998	John McLaren - Kempsville
8	Girls 50 Free	26.47	2007	Amanda Kendall - James Robinson
9	Girls 1 mtr Diving	357.95	2002	Bea Ackenbom - Charlottesville
10	Boys 1 mtr Diving	378.40	2009	Ben Davidson - Jamestown
11	Boys 100 Fly	56.10	2007	Sean Fletcher - James Madison
12	Girls 100 Fly	1:01.35	2003	Yeng Lan Beller - Westfield
13	Boys 100 Free	51.76	2007	Zach Holmes - James Robinson
14	Girls 100 Free	57.17	2007	Amanda Kendall - James Robinson
15	Boys 400 Free	4:00.99	1998	Greg Long - South Lakes
16	Girls 400 Free	5:26.07	2003	Meghan Thiel - Yorktown
17	Boys 200 Free Relay	1:37.08	2007	James Robinson
18	Girls 200 Free Relay	1:49.04	2007	Yorktown
19	Boys 100 Back	58.16	2003	Brett MacLennan - Gar-Field
20	Girls 100 Back	1:03.42	2007	Meredith Cavalier - Brooke Point
21	Boys 100 Breast	1:03.35	1998	Ed Moses - Lake Braddock
22	Girls 100 Breast	1:10.31	2007	Ellyn Baumgardner - Fairfax
23	Boys 400 Free Relay	3:32.98	2007	James Robinson
24	Girls 400 Free Relay	3:55.88	2007	James Robinson

**Event Order**

- Event 1 Boys 200m Medley Relay
- Event 2 Girls 200m Medley Relay
- Event 3 Boys 200m Freestyle
- Event 4 Girls 200m Freestyle
- Event 5 Boys 200m Individual Medley
- Event 6 Girls 200m Individual Medley
- Event 7 Girls 50m Freestyle
- Event 8 Boys 50m Freestyle

15 Minute Break

- Event 9 Girls Diving (Conducted at Bayside Recreation Center on Friday)
- Event 10 Boys Diving (Conducted at Bayside Recreation Center on Saturday)
- Event 11 Boys 100m Butterfly
- Event 12 Girls 100m Butterfly
- Event 13 Boys 100m Freestyle
- Event 14 Girls 100m Freestyle
- Event 15 Boys 400m Freestyle
- Event 16 Girls 400m Freestyle

15 Minute Break

- Event 17 Boys 200m Freestyle Relay
- Event 18 Girls 200m Freestyle Relay
- Event 19 Boys 100m Backstroke
- Event 20 Girls 100m Backstroke
- Event 21 Boys 100m Breaststroke
- Event 22 Girls 100m Breaststroke
- Event 23 Boys 400m Freestyle Relay
- Event 24 Girls 400m Freestyle Relay

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**Group AAA State Swim and Dive Schedule**

**2010 VHSL State Swim & Dive Championship Schedule**

**Thursday, February 18, 2010**

Bayside Recreation Center  
Pool open for girls diving practice from 6pm-8:30pm  
Princess Anne Recreation Center  
Lanes open for swimmers from 5:30pm-9pm  
Need to contact Janis Sweeney at [JSweeney@vbgov.com](mailto:JSweeney@vbgov.com)  
to set up a time, if anyone plans to use lanes during this time

**Friday, February 19, 2010**

Girls dive at Bayside Recreation Center  
Warm-up starts at 9:30am  
Competition starts at 10:30am

Swim Preliminaries at Princess Anne Recreation Center  
Coaches meeting at noon  
Assigned warm-up times to be determined will start at 12:30pm.  
Competition begins at 3pm.

Bayside Recreation Center  
Pool open for boys diving practice from 6pm-8:30pm

**Saturday, February 20, 2010**

Boys dive at Bayside Recreation Center  
Warm-up starts at 8am  
Competition starts at 9am

Swim Consolations & Finals at Princess Anne Recreation Center  
Coaches meeting at noon  
Assigned warm-up times to be determined will start at 12:30pm.  
Competition begins at 3pm.

Medals for First Boys' Event Awarded Prior to Succeeding Girls' Final  
Medals for First Girls' Event Awarded Prior to Succeeding Boys' Final  
Format to be followed for All Other Events  
Determination of Boys' and Girls' Team Champions

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**Team Member Responsibilities**

1. Supervision of team members and the team area in the gymnasium during and after the meet.
2. Placing trash in appropriate containers and cleaning up the team area before leaving.
3. Expected to behave appropriately with good sportsmanship.
4. Contain food and drink products to the gymnasium and concession areas.
5. Wear appropriate clothing when outside the pool area including shirts, shoes, and warm-up pants or shorts.
6. Respect other team areas
7. Shaving is not allowed in the recreation center. Athletes caught shaving will be removed and barred from further competition.

Smoking or consuming alcohol products is not allowed on Recreation Center property.

**Recreation Center Rules**

1. Loitering, disruptive behavior or illegal actions are prohibited.
2. Admission will be charged at the main doors to the pool and only spectators will be allowed to enter at this location. To prevent a backlog at the ticket table at the spectator entrance, swimmers and divers will be required to enter and exit the pool deck through the locker rooms or Clerk of Course Check in.
3. Skateboards, heeleys, and bicycles are not allowed in the Center.
4. All Virginia Beach Municipal Facilities are smoke free environments. Please refrain from smoking.
5. Proper footwear and shirts are required outside the pool areas.
6. The recreation center is not responsible for lost or stolen property.
7. Swimmers are encouraged to put belongings in lockers. Automated lockers cost one quarter (\$.25).
8. Food or beverages are permitted only in the snack area, concession, and gym. No Food or drinks are allowed on the pool deck.
9. Respect for facility rules, regulations, and staff are required at all times.
10. Meeting rooms will be provided where coaches, meet officials, support personnel, and administrators can escape the pool area.
11. Swimmers are not allowed in the weight room, racquetball courts, or facility game room without a membership or day pass.
12. Walk; do not run in the pool area.
13. Do not hang on the lane lines.
14. No on site shaving is allowed.

These rules apply to all Recreation Centers and surrounding premises. Anyone failing to comply with these rules will be subject to possible disciplinary actions.

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2009 – 2010 VHSL GROUP AAA SWIM AND DIVE STANDARDS

**Girls**

Event	2009 Yards Standard	2009 Meters Standard	2009 – 8 <sup>th</sup> place time (yards)	Formula Time - Yards	Formula Time - Meters	2010 Standard - Yards	2010 Standard - Meters
200 Med Rel	1:54.19	2:07.39	1:50.60	1:53.591	2:06.766	1:53.59	2:06.79
200 Free	1:57.39	2:09.99	1:55.24	1:57.031	2:09.736	1:57.09	2:09.79
200 IM	2:12.79	2:27.39	2:12.12	2:12.678	2:27.286	2:12.69	2:27.29
50 Free	0:24.49	0:27.29	0:24.82	0:24.545	0:27.418	0:24.59	0:27.49
100 Fly	0:59.59	1:06.19	0:58.38	0:59.388	1:05.982	0:59.39	1:05.99
100 Free	0:53.89	0:59.99	0:53.52	0:53.828	0:59.926	0:53.89	0:59.99
500 Yd/400 M	5:13.29	4:34.79	5:11.75	5:13.033	4:34.643	5:13.09	4:34.69
200 Free Rel	1:42.99	1:54.99	1:41.02	1:42.661	1:54.705	1:42.69	1:54.79
100 Back	1:00.49	1:07.29	0:59.70	1:00.358	1:07.093	1:00.39	1:07.09
100 Breast	1:08.69	1:16.29	1:07.48	1:08.488	1:16.161	1:08.49	1:16.19
400 Free Rel	3:44.29	4:08.89	3:42.06	3:43.918	4:09.525	3:43.99	4:09.59
Dive	328.49	---	332.95	329.233	---	329.29	---

**Boys**

Event	2009 Yards Standard	2009 Meters Standard	2009 – 8 <sup>th</sup> place time (yards)	Formula Time - Yards	Formula Time - Meters	2010 Standard - Yards	2010 Standard - Meters
200 Med Rel	1:42.09	1:53.79	1:39.47	1:41.653	1:53.384	1:41.69	1:53.39
200 Free	1:47.09	1:58.09	1:44.00	1:46.575	1:58.102	1:46.59	1:58.19
200 IM	2:00.49	2:13.89	1:57.37	1:59.970	2:13.308	1:59.99	2:13.39
50 Free	0:22.29	0:24.89	0:21.78	0:22.205	0:24.943	0:22.29	0:24.99
100 Fly	0:53.89	0:59.99	0:52.79	0:53.707	0:59.922	0:53.79	0:59.99
100 Free	0:48.99	0:54.39	0:47.54	0:48.748	0:54.206	0:48.79	0:54.29
500 Yd/400 M	4:52.59	4:16.89	4:43.02	4:50.995	4:15.489	4:50.99	4:15.49
200 Free Rel	1:31.19	1:41.79	1:28.31	1:30.710	1:41.321	1:30.79	1:41.39
100 Back	0:55.09	1:01.19	0:52.55	0:54.667	1:00.760	0:54.69	1:00.79
100 Breast	1:01.69	1:08.49	1:00.44	1:01.481	1:08.253	1:01.49	1:08.29
400 Free Rel	3:20.99	3:43.89	3:15.12	3:20.011	3:42.900	3:20.09	3:42.99
Dive	344.29	---	394.80	352.708	---	352.79	---