

# Fairfax Developmental League

## Meet Guidelines

### 2026

**1. Teams:** Country Club Hills, Fair Oaks, Mantua, Mosby Woods, Villa Aquatic

**2. Mission:** The goal of the Northern Virginia Swim League (NVSL) and the Fairfax Developmental League (FDL) is to develop in children a love for the sport, advance aquatic skills, teamwork and the principles of good sportsmanship. Developmental meets are intended to provide competitive swim meets to those swimmers who have not had the opportunity to swim in the Saturday NVSL meets so they too can develop these skills and ideals in competitive conditions which are similar to the NVSL Saturday meets. Ideally, swimmers should have the opportunity to compete in at least two events per week, either on Saturday or on Monday.

**3. Standards:** Except as modified here (or as agreed to by the team representatives during the season), the current USA Swimming rules and the current NVSL Swimming rules will be observed in all FDL swim meets. The NVSL Standards of Conduct guide swimming in the FDL.

**4. Date & Time:** FDL developmental (B) meets will be held on Monday evenings beginning the Monday prior to the first Saturday NVSL (A) meet.

Home Team warms up from 5:15 - 5:30pm  
Away Team warms up from 5:30 - 5:45pm  
B Meet begins at 6:00pm

#### **5. Swimmer Eligibility:**

A. The eligibility of a swimmer to compete in a particular age group shall be determined by the NVSL rule from the current season handbook. Age groupings for the FDL will be as follows: 6 and Under, 7-8, 9-10, 11-12 and 13-18.

B. Eligible swimmers may participate in a maximum of two (2) stroke events plus the Individual Medley (IM). Swimmers that are 10 and under may swim two strokes plus fly or IM.

C. A swimmer is eligible to compete in a stroke for a ribbon in the FDL developmental (B) meets as long as he/she has not won a first, second or third place ribbon in that stroke in the Saturday NVSL A meet immediately prior. The FDL developmental B Meet eligibility assessment will be determined on a week-by-week basis, and by taking into consideration guidelines in 5D and 5E below.

D. True "A" level swimmers (Defined as: swimmers who consistently swim in two (2) events and generally place in the "A" meets) should not swim in the FDL developmental meet unless the coaches need updated times for the swimmer in that stroke. In those cases, the team should register the swimmer as "TIME ONLY".

E. Team representatives / coaches may make individual decisions on swimmer eligibility based on their own team needs, but should consider the spirit of the FDL developmental (B) meets in making these decisions and place swimmers in the the event and mark their timecard as "TIME ONLY" when appropriate. The team should register the appropriate swimmers as "TIME ONLY". The Team Representatives and Coaches should provide the Table Workers with a list of "TIME ONLY" swimmers at the beginning of each meet. In addition, entry cards will be marked as "TIME ONLY" or "TO". Additionally, the Clerk Of Course when possible will form these swimmers into a TIME ONLY heat for that age group and stroke as the last event for that stroke and age group.

## **6. Meet Procedures:**

In the spirit of FDL developmental (B) meet, swimmer development and in the interest of running efficient meets:

A. The Individual Medley (IM) events will be run at the end of the meet, with the exception of the first meet when swimmers are still in school. In this first meet, teams will not compete in the IM. The order of the stroke events for the meets will be freestyle, backstroke, breaststroke, butterfly and the IM. There is no butterfly event for the 6 and Under age group. Additionally, there are no events in the IM for age group 6 and Under or age group 7-8. The first age group for the IM will be 10 and Under. A listing of the standard meet events, age groupings, their event number and the order of events can be found in the attached FDL Listing of Events.

B. Officials will be assigned to both ends of the pool in order to simplify and shorten the disqualification process during the meet. The home team will supply the Referee and the away team will supply the Chief Judge. Our goal is to have a Referee and a Chief Judge on duty at each FDL B meet. If the away team cannot provide a trained Chief Judge, then an experienced Stroke & Turn Judge or Starter can fill the position.

C. If the home team pool does not have two (2) Colorado Starting Systems, the away team will bring their starting system so there can be one starting system at each end of the pool.

D. A swimmer shall not compete in the breaststroke or the butterfly events until the coaches have determined and certified with the Team Representatives that the swimmer has a reasonable chance to swim a legal stroke and not be disqualified.

E. A swimmer shall not compete in the Individual Medley (IM) until they have successfully completed each stroke in an individual stroke event.

F. Technical suits may not be worn by swimmers in FDL B meets.

**7. Time Cards:** Time cards must be available to the Clerk of Course for event seeding and should be presented by the swimmer to the timers in the lane assigned to that swimmer. Time cards shall be marked "TIME ONLY" or "TO" for swimmers who are not

eligible to earn placement ribbons / awards for the event. Teams will make every effort to put entry times on the cards to assist the Clerk of Course in seeding the event.

**8. Clerk of Course:** The Clerk of Course will seed the events and heats by filling all lanes to the greatest extent possible. Ages and / or genders may be mixed to fill all of the lanes for each heat and make the meet more efficient. Ribbons and place holders will still be based on appropriate age groups and genders, even if the events and heats are mixed. The Clerk of Course will try to make every effort to seed the events by placing the swimmers, from fastest to slowest, in the lane order of 3, 4, 2, 5, 1, 6 and with the fastest overall heat last. The last heat in each age group / event for a particular stroke will be the "TIME ONLY" heat for that age group / event if at all possible and can be organized without consideration for gender or seeding times.

**9. Ribbons:** Place ribbons will be awarded for overall places 1 through 6. These ribbons will be supplied by the Home Team. The number of places announced is at the discretion of the Home Team, but is generally limited to the top 3 places. Teams may choose to provide participation ribbons to their swimmers and each team is responsible for providing their own participation ribbons. Heat Winner ribbons will be awarded for the first place finisher in each heat for swimmers 10 and under (The decision to award Heat Winner ribbons for age groups 11 - 18 is at the discretion of the Home Team). These Heat Winner ribbons will be awarded to the swimmer immediately upon completion of the heat and without regard to any possible disqualification. These Heat Winner ribbons will be supplied by the Home Team.

**10. Weather:** Delays, postponements or cancellations for weather will be at the discretion of the home team and its pool management staff. If thunder/lightning occurs, swimmers will wait in cars until a decision has been made by the Team Representatives for a delay, postponement or cancellation. We will try to schedule make-up meets if possible depending upon pool availability and the mutual agreement of the respective Team Representatives.

**11. Individual Medley (IM) Carnival Volunteer Requirements:**

A. Home team provides the Referee, Starter, Head Timer and Announcer.

B. Visiting teams will provide one of the following officials; the Chief Judge or the Assistant Chief Timer.

C. A visiting team will provide a back-up Starter Device if the host team doesn't have 2.

D. Each team will provide the following:

- a. 2 Table Workers (1 verifier/place recorder & 1 awards clerk)
- b. 4 Timers plus stop watches. If 8 lanes are used vice 6, then the home team provides 4 timers plus the Head Timer, 1 visiting team provides 4 timers plus the Assistant Head Timer and the 3 other visiting teams provide 5 timers.
- c. 1 Marshal
- d. 1 Clerk of Course.

- e. 1 Stroke & Turn Official
- f. Participant / Competitor ribbons for their team.

Modify these requirements as needed based upon the number of teams participating and the number of lanes at the host pool.

## **12. Relay Carnival Volunteer Requirements:**

This meet, like the FDL Dual meets, is for the swimmers who don't swim in the Saturday meets in the relay portion of the meet. We should only use those swimmers sparingly and as needed to fill in a 4 person relay team.

- A. Home team provides the Referee, Starter, Head Timer and Announcer.
- B. Visiting teams will provide one of the following officials; the Chief Judge or the Assistant Chief Timer.
- C. A visiting team will provide a back-up Starter Device if the host team doesn't have 2.
- D. Each team will provide the following:
  - a. 2 Table Workers (1 verifier/place recorder & 1 awards clerk)
  - b. 4 Relay / Take-off Judges
  - c. 4 Timers plus stop watches. If 8 lanes are used vice 6, then the home team provides 4 timers plus the Head Timer, 1 visiting team provides 4 timers plus the Assistant Head Timer and the 3 other visiting teams provide 5 timers. Up to 2 of the Timers can also function as Relay / Take-off Judges.
  - d. 1 Marshal
  - e. 2 Clerks of Course
  - f. 1 Stroke & Turn Official
  - g. Participant / Competitor ribbons for their team.

Modify these requirements as needed based upon the number of teams participating and the number of lanes at the host pool.

**Fairfax Developmental League (FDL)  
Dual Meet Listing of Events**

<b>Boys</b>	<b>Heats</b>	<b>Freestyle</b>		<b>Girls</b>	<b>Heats</b>
1	1 2 3 4	6 & U	25M	2	1 2 3 4
3	1 2 3 4	7-8	25M	4	1 2 3 4
5	1 2 3 4	9-10	50M	6	1 2 3 4
7	1 2 3 4	11-12	50M	8	1 2 3 4
9	1 2 3 4	13-18	50M	10	1 2 3 4
<b>Boys</b>	<b>Heats</b>	<b>Backstroke</b>		<b>Girls</b>	<b>Heats</b>
11	1 2 3 4	6 & U 25M		12	1 2 3 4
13	1 2 3 4	7-8	25M	14	1 2 3 4
15	1 2 3 4	9-10	50M	16	1 2 3 4
17	1 2 3 4	11-12	50M	18	1 2 3 4
19	1 2 3 4	13-18	50M	20	1 2 3 4
<b>Boys</b>	<b>Heats</b>	<b>Breaststroke</b>		<b>Girls</b>	<b>Heats</b>
21	1 2 3 4	6 & U 25M		22	1 2 3 4
23	1 2 3 4	7-8	25M	24	1 2 3 4
25	1 2 3 4	9-10	50M	26	1 2 3 4
27	1 2 3 4	11-12	50M	28	1 2 3 4
29	1 2 3 4	13-18	50M	30	1 2 3 4

<b>Boys</b>	<b>Heats</b>	<b>Butterfly</b>		<b>Girls</b>	<b>Heats</b>
31	1 2 3 4	7-8 25M		32	1 2 3 4
33	1 2 3 4	9-10	25M	34	1 2 3 4
35	1 2 3 4	11-12	50M	36	1 2 3 4
37	1 2 3 4	13-18	50M	38	1 2 3 4
<b>Boys</b>	<b>Heats</b>	<b>INDIVIDUAL MEDLEY</b>		<b>Girls</b>	<b>Heats</b>
39	1 2 3 4	10 & U 100M		40	1 2 3 4
41	1 2 3 4	11-12	100M	42	1 2 3 4
43	1 2 3 4	13-18	100M	44	1 2 3 4

**Fairfax Developmental League (FDL)  
IM Carnival Listing of Events**

<b>Boys</b>	<b>Heats</b>	<b>IM</b>		<b>Girls</b>	<b>Heats</b>
1	1 2 3 4	10 & U 100M		2	1 2 3 4
3	1 2 3 4	11-12	100M	4	1 2 3 4
5	1 2 3 4	13-14	100M	6	1 2 3 4
7	1 2 3 4	15-18	100M	8	1 2 3 4

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**Fairfax Developmental League (FDL)  
Relay Carnival Listing of Events**

<b>Boys</b>	<b>Heats</b>	<b>Mixed Age Freestyle Relay</b>		<b>Girls</b>	<b>Heats</b>
1	1 2 3 4	8-18 200M		2	1 2 3 4
<b>Boys</b>	<b>Heats</b>	<b>Medley Relay</b>		<b>Girls</b>	<b>Heats</b>
3	1 2 3 4	8 & U 100M		4	1 2 3 4
5	1 2 3 4	9-10	100M	6	1 2 3 4
7	1 2 3 4	11-12	100M	8	1 2 3 4
9	1 2 3 4	13-14	200M	10	1 2 3 4

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11	1 2 3 4	15-18	200M	12	1 2 3 4
<b>Boys</b>	<b>Heats</b>	<b>Freestyle Relay</b>		<b>Girls</b>	<b>Heats</b>
13	1 2 3 4	6 & U 100M		14	1 2 3 4
15	1 2 3 4	7-8	100M	16	1 2 3 4
17	1 2 3 4	9-10	100M	18	1 2 3 4
19	1 2 3 4	11-12	100M	20	1 2 3 4
21	1 2 3 4	13-14	200M	22	1 2 3 4
23	1 2 3 4	15-18	200M	24	1 2 3 4