



2024 6B Regional Swim and Dive Championships

February 2nd (Dive) and February 5th (Swim)

LOCATION:	<u>Prince William County Schools Aquatic Center</u> <u>13833 Dumfries Road</u> <u>Manassas, Va</u>
FACILITY:	<ul style="list-style-type: none">• 25-yard, 8 lane competition lanes, non-turbulent lane lines.• Colorado Timing system will be used.• The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2.C(4). A copy of such certification is on file with USA Swimming.
MEET DIRECTORS:	Director - John Ellenberger – jellenberger@mcpsva.org Swim Master – Matt Mast – MastMS@pwcs.edu
MEET SCHEDULE:	Dive – Friday, February 2, 2024 Warmups: 10:00am Competition: 11:00am Swimming – Monday, February 5, 2024 Warmups: 5:00pm Coaches Meet: 5:30pm Sprints: 6:00pm Officials Meeting: 5:15pm Timers Meeting: 6:00pm National Anthem: 6:28pm Competition: 6:30pm Warmup lanes will be assigned after receipt of entries. <i>Doors Open 30 Minutes prior to all Warm-Ups</i>
ELIGIBILITY:	<p>The top five qualifiers from each individual event and the top four relays will advance from the Cardinal, Cedar Run and Commonwealth Districts. Additional individuals meeting the region swimming time standards at a Virginia High School League sanctioned meet, where three watches or touch pads were used, may also participate. Each school shall be permitted a maximum of four (4) qualifiers in an individual event and one (1) team in a relay event. Each boy's event will precede the girl's event.</p> <p>After entries are received, additional athletes will be invited according to times earned at the 3 District Championships until we reach exactly 24 athletes in every individual event.</p> <p>Restrictions:</p>

- Each school shall be permitted a maximum of four (4) qualifiers in an individual event and one (1) team in a relay event.
- A diver must place in the top six (6) at the Cardinal, Commonwealth, or Cedar Run District Meet, meet the regional qualifying standard at the District meet, or score 200 points at any sanctioned regular season dive meet to advance to the Regional Meet.

QUALIFYING TIMES	Boys	Event	Girls
	1:42.11	200 Medley Relay	1:58.56
	1:48.11	200 Freestyle	2:02.60
	2:04.02	200 Individual Medley	2:14.87
	22.41	50 Free	25.22
	Score of 200 or more	1 Meter Diving	Score of 200 or more
	53.91	100 Butterfly	1:00.87
	49.72	100 Freestyle	55.25
	4:57.44	500 Freestyle	5:23.58
	1:34.22	200 Freestyle Relay	1:46.52
	54.97	100 Backstroke	1:00.43
	1:02.31	100 Breaststroke	1:08.93
	3:30.50	400 Freestyle Relay	3:53.40

FORMAT:

- Held in accordance with 2023-2024 NFHS and VHSL rules and regulations.
- The diving competition shall consist of five voluntary dives and six optional dives. The five voluntary dives shall come from each of the five groups, with their assigned DD and have a sum total of 9.0 or less. The six optional dives shall include at least one chosen from each of the five groups. No more than one optional dive from the same group is permitted through semifinals. The dives to be performed during each round of Championship competition shall be as follows:
Preliminaries: Any 2 voluntary and 3 optional
Semifinals: Any 2 voluntary and 1 optional
Finals: Any 1 voluntary and 2 optional
- Swim - Timed Finals

WARM-UP:

- **Swimming Warm Ups: Warm Up lanes and times will be sent out closer to Regionals when the number of swimmers attending has been determined.**

	<ul style="list-style-type: none"> • Diving Warm Ups
SWIM ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 1/29/24 at 8:30pm. Meet File will be emailed to each school by 1/27/24. <i>Timeline for processing entries is going to be very tight! Please send in entries early to help this process go as quickly as possible.</i></p> <ul style="list-style-type: none"> • Entries must be submitted in yards times using Hy-Tek Team Manager 7.0 or newer. Teams submit entries as an e-mail attachment • A Team Manager printout of entries must be included and phone number of the person to contact in case of questions must accompany the entries. <ul style="list-style-type: none"> • Swimmers may enter a maximum of <u>4 events</u>, no more than <u>two of which may be individual events</u>. <u>Diving counts as an individual event.</u> • Coaches MUST enter their divers when they send the entry file with the swimmer names. • Team: <u>Each team may enter a maximum of four entries per individual events</u>. Each team is allowed <u>1 relay entry per relay event</u>. For administrative purposes, please enter relays with names. Relay names can be changed at meet. Be sure that all relay only swimmers or alternates are entered in the meet. • Email swim entries to: John Avelis at javelis3@mac.com • Confirmation of your entries will be sent. Entries will need to be double checked. • Psych sheet will be sent out once all entries are confirmed. Unless an error has been made by the meet management, no changes will be made. • By submitting entries, coaches are certifying that all swimmers are eligible and achieved times at a VHSL meet during the 2023-2024 season.
DIVE ENTRIES:	<p>DEADLINE FOR RECEIPT OF ENTRIES IS 1/29/24. • Diving entries: Enter all divers in meet with your entry file and submit diving information using online directions. Dive sheets are to be emailed.</p>
SCRATCHES:	<ul style="list-style-type: none"> • All swimmers listed in the heat sheet are considered as entered in the meet. If you have swimmers who are entered, but need to scratch either a single event or all events, provide names and events to the Head Referee at the Coaches Meeting PRIOR to the start of meet. • Swimmers must report to the starting block. If a swimmer no shows for events without scratching, they will be disqualified from further competition at the meet. • Alternates should be listed and available if a swimmer scratches the day of the meet.
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 Swimming time or record. • Please make sure that you have the following information included in your

	<p>event file for each athlete to be observed: first name, middle initial, last name, birthday, and ID</p> <ul style="list-style-type: none"> • Please include a list of swimmers to be observed in email with entries along with their USA Swimming ID number.
AWARDS:	<p>Individual events: Medals will be awarded to the 1st-3rd place. Relay events: Medals will be awarded to the 1st – 3rd place. Team: Trophies will be awarded for 1st place for both the boys and girls. Awards will be distributed at the breaks and end of the meet.</p>
RULES:	<p>Please remind your athletes of the following VHSL rules prior to the meet:</p> <ul style="list-style-type: none"> • Cap and suit rule, tape rule, electronic timing rule, false start rule, and unsportsmanlike conduct. • Shaving and deck changing is forbidden on site at all NFHS events and will result in the athlete being removed from further participation. • Championship Meets: If an athlete misses an event, he or she is disqualified in all other events. • Swimmers with disabilities or medical approved needs per VHSL MUST be reported to Meet Referee prior to Meet start • Each team will provide their own individual lap counter (equipment is provided) for their 500-yard freestyle swimmers – only 1 counter per lane.
OFFICIALS:	<p>Meet Referee: Chris Oliver Administrative Referee: John Avelis</p> <ul style="list-style-type: none"> • Officials for all positions (dry and wet) will be required for this meet. • All teams should email Chris Oliver at cntoliver@hotmail.com with names and contact information for all officials by February 1, 2024. • Officials shall be certified by VHSL to officiate championship meets.
SAFETY:	<ul style="list-style-type: none"> • Swimmers will enter water feet first during warm-up and any time in the warm- up/down area. • All athletes, coaches, and spectators must follow facility rules and any directions/requests made by facility staff or lifeguards. Injuries must be reported to lifeguards, the meet director, and meet referee immediately. • Athletes, coaches, and spectators are not permitted to leave the pool area to enter the gym or basketball court at any time.
TIMERS and VOLUNTEERS:	<ul style="list-style-type: none"> • All participating schools will need to provide timers and volunteers in addition to the officials listed above. • Through the duration of the meet, we will need 24 Timers, 2 Head Timers, 1 runner, (check on # of stroke and turn) and 6 Marshals (combination of male/female).

	<ul style="list-style-type: none"> • A sign-up genius will be created and sent to team coaches for volunteers to sign-up for the meet. • Timer lane assignments and volunteer assignments will be emailed out once entries are submitted for prelims. • Volunteers assigned responsibilities will be admitted <u>for free</u> into the event. It's necessary to check in at the admission table.
<p>GENERAL:</p>	<ul style="list-style-type: none"> • Hospitality: light food and drinks will be provided to coaches and officials. • Admission: \$10 for spectators. Passes will be accepted at the door (VHSL, VIAAA, VSBA, VHSCA). Tickets will be available on TicketSpicket.com • Program/Heat sheets will be available for sale at the concession stand for spectators, but Coaches and Officials will be provided copies. • Information on commemorative shirts will be provided separately
<p>FACILITY RULES:</p>	<ul style="list-style-type: none"> · All participants, volunteers, workers, and spectators are expected to follow the posted rules of the PWAC as well as follow directions/rules given by lifeguards, pool staff and/or management. · No flash photography/videography allowed during competition. · No artificial noise makers will be permitted (drums, horns, bells, whistles, etc. · No outside food or drink is permitted in the facility other than water and coffee, with the exception that participating athletes may bring in food and drink preferred for competition. Concessions will be allowed in the stands, but trash must be properly disposed of in the trash cans provided. Permitted drinks must be in plastic bottles or covered cups. · Guests need to enter the pool area through the doors in the wet corridor. Signs will be posted to show guests where to go. · Observers are to stay in designated area. Guests are not allowed to use any part of the facility other than the pool area and restrooms (i.e. guests are not allowed to work out in the gym or play basketball unless they purchase a day pass.) · Young children must be supervised by an adult. · Blue painters' tape may be used inside to hang signs, banners or decorations; however, they cannot cover any of the sponsor advertisements on the walls. Please consult with the Competitive Coordinator prior to hanging up any relevant decorations. · Nothing with glitter is allowed in the facility · No smoking is permitted. · The Prince William 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 PWAC 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.
PARKING:	Spectators will park in the main parking lot. Busses shall park in the bus lot.
SCORING:	Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relays: Double the individual points for that place
EVENTS:	<p style="text-align: center;">Boys Event Girls</p> <p style="text-align: center;">1 200 Medley Relay 2</p> <p style="text-align: center;">3 200 Freestyle 4</p> <p style="text-align: center;">5 200 Individual Medley 6</p> <p style="text-align: center;">7 50 Free 8</p> <p style="text-align: center;">*** 10-minute break *** Prelims</p> <p style="text-align: center;">*** Awards Break*** Finals</p> <p style="text-align: center;">9 1 Meter Diving* 10</p> <p style="text-align: center;">11 100 Butterfly 12</p> <p style="text-align: center;">13 100 Freestyle 14</p> <p style="text-align: center;">15 500 Freestyle 16</p> <p style="text-align: center;">17 200 Freestyle Relay 18</p> <p style="text-align: center;">*** 10-minute break *** Prelims</p> <p style="text-align: center;">***Awards Break*** Finals</p> <p style="text-align: center;">19 100 Backstroke 20</p> <p style="text-align: center;">21 100 Breaststroke 22</p> <p style="text-align: center;">23 400 Freestyle Relay 24</p> <p>*Diving held separately</p>
STATE QUALIFIERS (Class 6):	<p>Participation is open to Virginia High School League (VHSL) Class 6 swimmers/divers who meet all VHSL eligibility criteria for participating in sports, and the following competition standards:</p> <p>Swimming:</p> <ol style="list-style-type: none"> 1. Achieve a VHSL qualifying time in one or more individual or relay events. A qualifying time may be obtained during any 2023-2024 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 5 finish in individual events in his/her Regional championship. 3. Top 4 finish in relay events in his/her Regional Championship. <p>*** Automatic qualifiers must still be entered by coach/team through the meet entry procedures.</p> <p>Diving:</p>

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 2023-2024). Scores must have been achieved in 11-Dive format competition. All top 5 Regional qualifiers are eligible to advance to the state meet. Qualifying divers must also meet requirements for championship meets as specified in the 2021-2022 National Federation of State High School Association Rulebook. No USA Diving, YMCA Diving, AAU Diving scores are allowed.
*** All divers must still be entered by coach/team through the Hy-Tek entry file in addition to the dive sheet entry procedures.

Class 6 Qualifying State Times
[2023-24 State Swim and Dive Standards](#)