



Swim Team Handbook
2026 Season

Message from the Board

Dear Swimmers and Parents,

Welcome to the Bridlewood Bridlewaves! Whether this is your first summer on a swimming team or your first season with us, you're in for an unforgettable experience. We take pride in being a competitive team that demonstrates outstanding sportsmanship—but above all, we're known for having the most fun in the league.

The Bridlewaves are more than just a team, we're a close-knit community that feels like family. Each summer, it's inspiring to watch swimmers ages 4 through 18 support one another, grow together, and work toward shared goals. While we strive for excellence in the pool, our top priority will always be to maximize fun.

This handbook is designed to guide you through the summer swim season and answer many of your questions along the way. It includes important information to help you make the most of your experience with the BWaves family. If you still have questions after reviewing it, please don't hesitate to reach out to a Board member or a fellow team family—we're always happy to help.

To cover the basics, we are one of twenty-four teams in the Greater Prince William Swim League (PWSL). The league provides ribbons, sets the meet schedule, establishes time standards, and oversees scoring. PWSL follows USA Swimming guidelines to ensure safe, fair, and equitable competition for all swimmers.

Our team is entirely run by parent volunteers, and we appreciate your patience and understanding as we work together throughout the season. The Board is responsible for hiring and supporting coaches, managing finances and equipment, coordinating team activities and volunteers, recognizing swimmer achievements, maintaining records and times, and handling team communications. A successful season, especially hosting swimming, requires tremendous team effort. We rely on our families to help fill a variety of volunteer roles to ensure each meet runs smoothly and that our swimmers have the best possible experience. More details can be found in this handbook and the Volunteer Guide.

We are excited to welcome Matt Hazelworth as our Head Coach this season.

Our mission is to create a fun, competitive, and family-centered environment where every swimmer is encouraged to challenge themselves and do their very best. We hope to foster a lifelong love of swimming and create lasting memories along the way.

Welcome (back) to the Bridlewaves—we can't wait to see you on deck!

The Bridlewaves Board of Directors
2026



A Message from the Head Coach



Matt Hazelworth brings over a decade of coaching experience from OCCS (Occoquan), along with seven years of summer swim coaching both within and outside the PWSL. A local to the area, Matt is a Bristow native and a graduate of George Mason University. He is currently leading our Sunday evening off-season swimming practices.



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Board of Directors

Jonathan Conn	President	president@bwaves.org
Steve Verosko	Vice President	vicepresident@bwaves.org
Jenelle Bryan	Treasurer	Jbryan.bwaves@gmail.com
Stephanie Poumade	Secretary	Stephanie.bwaves@gmail.com
Colleen Savage	Team Manager	teammanager@bwaves.org
Mike Labman	League Rep	Bwavesmike@gmail.com
Bob Edenberg	Member-at-large	bedenberg@gmail.com

Committee Chairs

Activities		TBD
Apparel (Spirit Wear & Shirts)	apparel@bwaves.org	Colleen Savage
Awards Banquet		TBD
Clerk of Course		TBD
Computers		Reggie Sheetz & Jenelle Bryan
Concessions	concessions@bwaves.org	TBD
Contributions and Donations		Board
Fundraisers		Board
Guppies		Kyle Terhearr
Officials Chair	officials@bwaves.org	Nahee Mcdonald / Tom Nourse
Pep Rallies (Food) & Breakfasts	pep@bwaves.org	TBD
Records & Awards		Board
Spirit Nights		Board
Sponsors	sponsorship@bwaves.org	Board
Volunteer Coordinator		Dara Ambrose / Brenda Carrier
Website		Board



2026 Coaching Staff

Head Coach

Matt Hazelworth

HeadCoach@bwaves.org

Assistant Coaches

Haley Edenberg
Kylie Terhaar
Peyton McDonald
Michael Brox
Elodie Brox

Junior Coaches

Nina Labman
Ethan McDonald
Maeve Horni
Emma Anders
Abby Curisinche
Emma Woolf
Madison Woolf
Jacob Thorpe
Dylan Keeling
Geo Garcia
Emily Pace
Harper Fontaine
Greyson White
Joel Ha
Grant Eyre
Chris Verosko
Trista Hutchins
Olivia Conn
Liam Horni
Noemi Rodriguez
Daniel Uribe
Annabelle Mikkelson
Brooke Buchanan



2026 BWaves Code of Conduct

Bridlewaves Swim Team

Code of Conduct

Parents and Spectators

As a parent or spectator of the Bridlewaves Swim Team, I understand that I represent the team and agree to uphold the following standards:

- I will model and promote good behavior and excellent sportsmanship at all practices, swim meets, team events, and in public.
 - I recognize that good sportsmanship is more important than winning and will applaud quality team play, individual effort, and fair play demonstrated by all teams.
 - I understand that the primary purpose of the Bridlewaves Swim Team is to promote the physical, mental, moral, social, and emotional development of each swimmer through competition. Winning or losing is secondary.
 - I will treat visiting teams, officials, and volunteers as guests and always extend courtesy and respect.
 - I will be modest in victory and gracious in defeat.
 - I will respect the judgment and integrity of meet officials, understanding that their decisions are based on what they observe.
 - During all team-related activities (including practices, meets, spirit events, and pep rallies), I will refrain from using profanity or behaving in a manner deemed inappropriate by the coaching staff or team representatives.
 - I will follow the team's communication guidelines and will not interrupt practices or meets with questions or comments, choosing instead to communicate with coaches at appropriate and convenient times.
-



Swimmers

As a member of the Bridlewaves Swim Team, I understand that I represent the team and agree to the following:

- I will demonstrate good behavior and sportsmanship at all practices, swim meets, team events, and in public.
- I will always swim to the best of my ability and remain determined, even when faced with challenges or discouragement.
- I will respect all teammates, opponents, and officials. Fighting, bullying, or intentionally striking another athlete is strictly prohibited.
- Win or lose, I will congratulate fellow swimmers, remain in the pool until all swimmers in my heat have finished, and refrain from bragging, taunting, or teasing.
- I will show loyalty to the team by participating in and supporting team activities. Swimmers are expected to wear a BWaves swimsuit and cap at meets to display team pride and ensure easy identification.
- I will respect and follow the directions of the coaching staff, meet officials, and volunteers. Disrespectful behavior or failure to follow instructions will not be tolerated.
- I will respect the property of others. Vandalism, intentional damage, or theft will not be tolerated.
- I will use appropriate language at all times. Profane or abusive language or obscene gestures are prohibited.

I understand that violation of this Code of Conduct may result in being sent home and/or dismissal from the team. This Code of Conduct remains in effect for as long as I am a member of the Bridlewaves Swim Team.

Swimmer's Name: _____ **Signature:** _____

Parent's Name: _____ **Signature:** _____



General Information

If you have further inquiries after reviewing this booklet, please consult Head Coach, Matt Hazelworth, or a Board Member. Board Members are typically present during practice sessions, while coaches are generally available prior to or following practice. Alternatively, you may utilize the contact information provided above.

COMMUNICATION

Engaging in conversation with coaches during swimming practice is not permitted. Coaches are tasked with ensuring both the safety and instruction of swimmers, and any time spent in discussion detracts from their primary responsibilities.

For direct communication with a coach, please contact them at HeadCoach@bwaves.org, or reach out to the Board at board@bwaves.org to arrange a suitable meeting time.

ONLINE COMMUNICATION

Communication is essential for making sure everyone enjoys a successful season and stays in the loop. The BWaves Board and Coaches use several ways to share updates:

WEBSITE – We strive to keep our website (www.bwaves.org) updated with the latest information, including this handbook. You'll find event schedules, calendars, photos, and more, so be sure to check regularly.

SOCIAL MEDIA – Connect with us on [Facebook](#), [X](#), or [Instagram](#). Our social channels feature reminders, alerts, and helpful announcements you won't want to miss.

EMAILS – Expect regular email communication from us. If you're not receiving messages, please let us know which address to use.

TEXT MESSAGES – If your cell number is in your account and you've given permission; you'll also get important updates via text.

SPIRIT WEAR & SWIMSUIT

All swimmers must wear the official team suit and cap during competitions or similar color. Each team member will receive a swim cap and T-shirt as part of the registration fee. Additional team apparel and accessories are available for purchase, though they are not mandatory, through Swim and Tri. Please note that these items must be ordered online and will require shipping time.

If a team suit is required (the Black/Blue TYR Durafast Elite Hexa), it must be purchased separately via the following link: [Swim and Tri](#). The Swim and Tri website can be accessed directly from our team site, and the provided link leads to the specific page for ordering.



PEP RALLIES

We host optional pep rallies throughout the season for swimmers and families to connect outside of practice. For home meets, rallies are held Friday nights with food and activities; families may sign up to bring dishes or help with setup, serving, or cleanup. Afterward, volunteers help prepare the pool deck for the meet and can reserve tent spots once setup is complete. For away meets, we hold breakfast potlucks after each practice; families bring items for their practice group. Weekly specifics will be shared as dates near. For questions or to assist, contact board@bwaves.org.

SPIRIT NIGHTS

We occasionally team up with local businesses to offer activities outside the pool, like dinners or group games. Spirit Nights are optional and enjoyable, and the team often receives some of the proceeds. Details will be shared about a week or two in advance.

SPONSORSHIP

To minimize costs and reduce fundraising, BWaves are sponsor-supported. We appreciate our sponsors and welcome new ones. Families play a key role in connecting us with potential partners. Current sponsors and sponsorship details are listed on our website, including incentive information for bringing in new sponsors.

Here's a quick overview of the Sponsorship Structure:

Bronze (\$100)	Silver (\$250)	Gold (\$500+)
Small ad in program Logo on website	Bigger ad in program Linked logo on website 3' x 5' Banner	Largest ad in program Linked logo on website 4' x 6' Banner Year-round promotion

TEAM PHOTOS

All Bridlewaves swim team members will have their photos taken during the season. Please wear your 4team suit and stay dry, as the group photo will be taken first and we hope everyone can participate (there's no requirement to buy a copy). Individual portraits will also be captured.

FUNDRAISERS, ETC.

We offer fundraising opportunities throughout the year to reduce participation costs and support the team. Fundraising is optional, and we strive to provide benefits such as rewards for top sellers and discounts based on funds raised to boost involvement. Thank you for your dedication and efforts in making BWaves successful.



LOST & FOUND

We collect and store items left after practice or meets. Check the lifeguard office or ask a coach or board member to see if your item is in the storage shed.



Swim Practices

LOCATION

All practices will be at Bridlewood Pool, with groups set by coaches after the first week. Groups generally follow age divisions (8 & under, 9-12, 13 & older), but may vary based on swimmer ability, lane space, or other factors as determined by coaching staff.

AGE

A child's age on June 1 decides their age group for the entire swimming season, even if they have a birthday during summer.

SCHEDULE

Our team will commence weekday practices on Tuesday, May 26th, continuing through Friday, July 24th. Prior to the conclusion of the school year, practices are held exclusively in the evenings. Following the end of the academic term, both morning and evening practice sessions will be available. Please note that a revised schedule will take effect beginning Monday, June 15th.

See chart below for approximate practice times.

May 26 – June 12	June 15 – July 24	
<u>Evenings</u> M, TU, W, TH, F	<u>Mornings</u> M, TU, W, TH, F	<u>Evenings</u> M, TU, W, TH
<u>8 & under:</u> 7:00 – 7:45 pm	<u>13 & Overs:</u> 7:30 – 8:30 am	<u>All Ages (3 lanes only) *:</u> 7:00 – 7:45 pm
<u>9-12:</u> 7:45 – 8:30 pm	<u>9-12:</u> 8:30 – 9:30 am	<u>Evening Clinics</u> In addition, up to two specialized clinics will be held each week on Tuesday and Thursday evenings, starting at 7:45 pm. Details, focus, and times of each clinic will be announced as they are scheduled – with at least three days' notice.
<u>13 & Overs:</u> 8:30 – 9:15 pm	<u>8 & Under:</u> 9:30 – 10:30 am	

* This practice is intended to be a make-up session for swimmers who cannot attend in the mornings

MISSING PRACTICES

You don't need to inform coaches if you miss a single practice.

Especially during the early weeks of evening sessions, we know that other sports and end-of-year events might conflict.

However, if you'll be absent from multiple practices in succession due to other obligations, please let the coaching staff know.



CANCELLATIONS

If weather conditions are uncertain and you need to confirm whether swimming practice will proceed, please check your email. Notifications regarding practice decisions will be sent promptly to all team members. Note that summer storms can develop rapidly; unless there is lightning in the immediate vicinity, practice will generally continue as scheduled.

Occasionally, practice may commence but could be cancelled due to circumstances such as thunder, lightning, water contamination, or factors beyond the team's control. Swimmers attending practice without adult supervision should be prepared for the possibility of sudden cancellation. Please discuss contingency plans with your swimmer beforehand. A telephone is available in the guard house for swimmers who need to contact a parent or neighbor.

A Bridlewaves Coach or Board Member will remain with any swimmer awaiting transportation. However, it is the swimmer's responsibility to seek assistance from the Coach or Board Member if needed. Swimmers who are not able to call the appropriate individual or request help should not attend practice without an accompanying adult.

SUPERVISION

Access to the pool during swim team practice is restricted to registered swimmers only. Coaches are tasked with providing swimming instruction and are not responsible for supervising or ensuring participation. They cannot monitor swimmers who leave the group or compel attendance. If there are concerns regarding your child's ability to remain with the coach or follow instructions, it is recommended that an adult accompany the child to practice. **During swim meets, swimmers below babysitting age must be accompanied by an adult.**

On certain evenings, team practices coincide with community pool open swim hours. During these periods, **swimmers may only use the pool during their scheduled practice time unless they are Bridlewood community members.** The baby pool is exclusively available during community swim hours and is never accessible to non-community members. Swimmers participating in open swim are supervised by community lifeguards—not Bridlewaves coaches—and must avoid disrupting team activities at any time.

SPECTATING

You may watch swim practice from designated areas. Please avoid coaching or speaking to your child or sitting near young swimmers' lanes, as it causes distractions. Coaches coach, swimmers swim, parents parent.

BEFORE YOU LEAVE

Before leaving the pool, return chairs, lounges, and tables to their original positions. Take all personal items and trash with you. After morning practice, swimmers and families must leave the deck promptly so lifeguards can get the facility ready for open swim.



PRACTICE EXPECTATIONS (SWIMMERS)

Please arrive at least 10 minutes early; late arrivals disrupt practice. Goggles are required, and swim caps are recommended—long hair must be tied back if no cap is worn.

Wear proper swimwear: Boys should use Speedo jammers or briefs (avoid trunks/board shorts); girls should wear Speedo suits (no bikinis or two-piece suits unless designed for swimming).

Respect all coaches and follow their instructions to maintain a safe and positive environment.

Enjoy the practice!

PRACTICE EXPECTATIONS (PARENTS)

Speak with coaches before 7:00pm or after 9:15pm, not during practice. Coach Matt is available from 6:30-6:55pm and 9:15-9:40pm; if these times don't work, request a separate meeting. Board members are on deck to address urgent questions.

Follow viewing guidelines; parents can observe but should avoid direct sightlines to their child and must not communicate with them during practice—coaches will bring children to parents if emergencies arise.

Respect the coaching staff. We appreciate your trust and ask for your cooperation as we teach your child the sport.

Enjoy!

EXPECTED BEHAVIOR

Bridlewood Bridlewaves Swim Team members must not:

- Push, run, hit, towel snap, or dive unless directed by a coach
- Splash excessively, dunk, hold others underwater, pull or block swimmers
- Use foul language or display unsportsmanlike, threatening, unwelcome, or inappropriate behavior

Failure to comply may result in discipline or removal from the team.



Swim Meets

MEET ATTENDANCE

Entries for swim meets are processed each week by Thursday evening. While attendance is highly valued, we recognize that circumstances may occasionally prevent a swimmer from attending. **Please ensure you log into the website no later than the Tuesday preceding each meet to indicate your swimmer's attendance status.** You may declare participation for all meets in advance; however, declarations submitted after the preceding Tuesday may result in your swimmer being ineligible for that week's competition.

When swimmers who will not attend a meet are entered, it can limit opportunities for other participants and require adjustments or withdrawals in relay teams if absences occur without proper notification. It is also requested that swimmers remain present until the conclusion of the event to support teammates and guarantee that all relay teams are adequately staffed.

SEASON SCHEDULE

Our swim season includes a single trial meet, six dual meets, and the Divisional Championship—a tri meet with our division rivals. This year, we belong to the Red Division, which consists of Dominion Valley and Wellington. Dominion Valley will host our Divisional Championship.

The 2026 Season Schedule follows:

<u>Date</u>	<u>Meet</u>	<u>Location</u>
May 30	Time Trials @ Bridlewaves	Home
June 6	Piedmont @ Bridlewaves	Home
June 13	Bridlewaves @ Kingsbrooke	Away
June 20	Sudley @ Bridlewaves	Home
June 27	Bridlewaves @ Brookside	Away
July 4	Stars and Stripes Invitational	Home
July 11	Braemar @ Bridlewaves	Home
July 18	Bridlewaves @ Meadowbrook	Away
July 25	Divisionals (w/Wellington) @ Dominion Valley	Away



SCHEDULE INFORMATION

Time trials and meets are open to all team members. Championships require participation in at least two meets (excluding time trials) and a legal time in one individual event during the season. Events take place every Saturday from May 30th to July 25th.

On July 4th, the 11th annual Stars and Stripes Invitational offers a fun, all-star meet with each age group sending four girls and four boys for individual and relay races. Coaches select swimmers based on their times and availability. The competition ends with an all-ages crescendo relay, and the winning team receives a trophy.

TIME TRIALS

Time trials are open to all and offer swimmers the opportunity to swim up to five individual events, unlike meets with a three-event limit. Coaches use these results for meet entries and time improvement awards. Although ribbons aren't given, swimmers can practice procedures like reporting to the Clerk of Course, and parents can test volunteer roles such as scorer or verifier. Time trials help everyone prepare for the upcoming season.

GENERAL MEET INFORMATION

Coaches will decide which events each swimmer joins. **Event information is sent to families before each meet, usually on Thursday evening or Friday morning.** Swimmers may compete in up to three individual events and two relays. The weekly email includes directions, parking details, and warm-up/start times. Pool directions are also available on the website.

WARM-UPS

Each team gets twenty minutes to warm up, with the home team going first. For home meets, arrive at Bridlewood by 6:00 am. Warm-ups are busy, so expect crowds on the pool deck. Lane assignments may differ from practice—check with coaches. After warming up, gather with the team to cheer, plan relays, and get ready for the meet.

WHAT TO BRING

Packing for a swim meet can be as involved as camping. Experienced swimmers bring tents, tarps, or umbrellas to stay shaded and claim their spot. Bring your warm-up suit for after warm-ups, and cards, games, or toys to keep kids entertained during downtime. **Label everything you bring.** Checklist:

- Swimsuit (plus spare), cap (plus spare), goggles (plus spare)
- Three or more towels per swimmer
- Warm-up suit
- T-shirt & shorts
- Baby powder (for caps)
- Sharpie/Ink pen (to mark event numbers)
- Money for concessions



- Cards, games, waterproof toys
- Tent, tarp, umbrella
- Sleeping bag or blanket
- Lawn chairs
- Sunblock

WHAT TO EXPECT

If you're new to swim meets, expect tents, towels, kids, limited viewing space (except for deck volunteers), chilly mornings, and hot later hours. Volunteering makes the day go faster, and you might get wet ankles as a timer or official. Get involved, make friends, and enjoy lots of cheering.

Arrive 15 minutes before warm-ups to set up, find gear, and check in with coaches. All swimmers must check in with the Team Manager upon arrival.

START OF THE MEET

Warm-ups begin at 6:00am, meets run from 7:00am to 12:30pm. After warming up, both teams sing the National Anthem before relays start. Check the relay board for your assignment and report to your coach right after warm-ups.

EVENT SCHEDULE

The event schedule will be the same each week and is as follows:

FREESTYLE RELAYS	15 -18 ONLY
MEDLEY RELAYS	8 & UNDER, 9-10, 11-12, 13-14, 15-18
FREESTYLE	8 & UNDER, 9-10, 11-12, 13-14, 15-18
I.M. (INDIVIDUAL MEDLEY)	8 & UNDER, 9-10, 11-12, 13-14, 15-18
BACKSTROKE	8 & UNDER, 9-10, 11-12, 13-14, 15-18
BREASTROKE	8 & UNDER, 9-10, 11-12, 13-14, 15-18
BUTTERFLY	8 & UNDER, 9-10, 11-12, 13-14, 15-18
FREESTYLE RELAYS	8 & UNDER, 9-10, 11-12, 13-14

RELAYS

Relay events are team competitions selected by the coaching staff. Please review the relay board on the morning of each meet to confirm if you have been chosen for a medley or freestyle relay. The "A," "B," and "C" relay teams will be composed based on the fastest possible combination of swimmers. As individual performance improves, relay team assignments may be adjusted accordingly.



CLERK OF COURSE

When your event number is announced, promptly report to the Clerk of Course where swimmers assemble for their events.

PARENTS: Let your child stay at the Clerk of Course area alone; minimizing distractions helps with organization.

Parent volunteers supervise swimmers at the Clerk of Course.

Note: Clerk of Course operations may be modified to limit deck attendees. We will communicate any changes—please remain flexible.

MEET PROGRAMS / PSYCH SHEETS

Psych sheets for home and most away meets are emailed to the team Thursday or Friday. These sheets list each event, swimmers entered, and their fastest (seed) times. Swimmers are ordered from fastest to slowest; those without a time are listed last, marked with **NT** for "no time".

SPECTATING

During your child's race, stand in the designated areas to cheer them on. Practice good sportsmanship by encouraging all swimmers. After the race, promptly leave the deck area so others can watch their event. **No photos or videos behind the starter block at any time!**

DISQUALIFICATION (DQ)

Our league follows USA Swimming rules, used at national meets like the Olympic Trials. These rules apply equally to all swimmers. If a swimmer breaks stroke or turn rules during a race, a Stroke & Turn Judge (in white shirts and blue shorts) writes a disqualification slip for referee approval. Disqualification is confirmed by the referee. Most swimmers have been disqualified at some point; it's a learning opportunity, not a failure. Swimmers should review the DQ with their coach in practice to make corrections.

CONCESSIONS

Our concessions stand is regarded as the finest in the league. At every meet, concessions help raise important funds for each team. The menu features breakfast sandwiches, donuts, bagels, fresh fruit, hot dogs, hamburgers (served around 9 AM), an assortment of beverages, candy, chips, and more.

50-50 RAFFLE

During our home meets, we often run a 50-50 Raffle to raise money for both the team and occasionally other community groups. You can purchase tickets throughout the meet, and we'll draw the winner before the last relays begin.



WHAT'S MY TIME?

After finishing a race, swimmers typically ask the recorder for their unofficial time immediately upon exiting the pool. Official results, listing each swimmer's name, time, and placement, are posted around the meet by parent volunteers. The event results are managed digitally and kept for every swimmer throughout the entire season.

MEET RESULTS

Meet results are posted at a designated pool area, or at the entrance during home events. After each event, parent volunteers verify and enter the results into the computer. Final results will be emailed to the team. For real-time results and top times, visit <http://www.pswimmeets.com>. Weekly summaries and "Top Times" lists are available at <http://www.pswim.com>. You can also track your swimmer's times using the OnDeck app for iOS or Android.



Divisionals

The summer season ends with the Divisional Championship Meet, or Divisionals—a tri-meet where swimmers from all three teams compete to determine the division's champion. Like other meets, you need to declare your swimmers by Tuesday before Divisionals. This year, our team is in the Red Division and will compete against Wellington and Dominion Valley swimmers. Dominion Valley is hosting the meet, which is approximately 15 minutes from the Bridlewood pool. You can find directions on the website, and they'll also be shared closer to the event.

QUALIFICATIONS

Swimmers must compete in at least two dual meets (excluding time trials) to qualify for Divisionals. They can only enter events in which they have a legal recorded time from a meet during the season. Swimmers who haven't competed or were disqualified in an event are not eligible for that event at Divisionals.

THE CYBER MEET

Once all Divisional Championship Meets are finished, team representatives will gather to compile results. The top 24 swimmers in each event across the Prince William Swim League receive special recognition ribbons.

LOGISTICS AND CONSIDERATIONS

With hundreds of swimmers and families at the Divisional Championship Meet, parking and space are limited. Please follow these rules to ensure a safe and enjoyable event:

Only swimmers called to the Clerk of Course, current volunteers, and spectators whose children are about to swim may access the competition deck. Others must stay outside the barriers. Volunteer for a deck job for the best view.

Each team will have an assigned camping area. Stay together to help coaches find swimmers and build team unity.



Volunteering

Running a swim meet needs many volunteers, and everyone is expected to help. All families agreed to volunteer during registration—**no exceptions**. Most jobs, like timing or recording, are easy to learn, while some, such as Officials, require extra training. We suggest attending a free training clinic for insight, even if you choose not to take on those roles.

WORKING AT SWIM MEETS

Swim meets require many volunteers, keeping parents busy and minimizing poor sportsmanship. Parent workers handle jobs that keep the meets safe, organized, fair, fun, and clean. Some roles allow you to pause and watch your child swim.

For each meet, you can choose your volunteer position and shift; look for an email, typically Sunday afternoon, with sign-up details. **Every job matters!** If you can't work as scheduled, please find a replacement or notify the Volunteer Coordinator promptly.

POSITIONS AND DESCRIPTIONS

Here's an overview of the different roles you can volunteer for at the meets:

CONCESSIONS (COMMITTEE)

Helping out with concessions involves cooking, cleaning, serving food, handling cash, and—everyone's favorite—grilling. As part of the committee, you'll help at each home meet rather than just one, and this position won't appear on the weekly signups. To join, you'll need to arrange it directly with the concessions team.

PHOTOGRAPHY

With everyone busy volunteering around the deck, nobody has time to capture all those memorable moments—especially since my photos tend to be blurry! That's where the Photography team steps in. If you own a fancy camera or have a knack for getting great shots, consider taking photos during one or more shifts. Your responsibility is to take pictures and upload them to the team website. Please keep things simple—no watermarks or special edits. If your photo is used anywhere else, you'll receive credit. Thanks!

CLERK OF COURSE

Every event starts with the clerk of course. Swimmers check in here, and parent volunteers make sure they're placed in the correct heat, lane, and event. You can sign up weekly for a shift or two to help organize the swimmers and get them where they belong.

TIMING TEAM



Swim times are measured down to hundredths of a second. While some say “milliseconds,” it’s technically centi-seconds—even if that’s not common terminology. Timers use stopwatches, and we assign three timers per lane (from mixed teams for fairness). Recorders then write down the times to become official results. Recorders need clear handwriting so scorers can read without confusion. Note: You’ll definitely get wet in these roles.

SCORING TEAM

The scoring team works in the air-conditioned clubhouse, verifying times, entering them into the computer, and printing out the results everyone eagerly awaits. Runners collect the recorded times and deliver them to the clubhouse. Scorers confirm the times are accurate and logical. Some math skills help, but cheat sheets and calculators make the job less stressful. The computer representative enters results and prints them as they’re finalized.

AWARDS TEAM

Swimming comes with a lot of ribbons! The awards team hands out ribbons to heat winners after each race and organizes other achievement ribbons. This also involves labeling placement ribbons as results roll in (usually beginning in the second shift) and sorting them for later distribution. Sometimes you’ll get to work in the air conditioning!

POOL AND GROUNDS CLEAN UP

It’s our responsibility—not Bridlewood HOA’s—to tidy up after ourselves. During home meets, the cleanup crew keeps trash cans emptied, ensures restrooms are stocked and tidy, and maintains a safe, debris-free area. After each meet, our team “puts the pool back together” by removing lane lines and flags, returning furniture to its original spots, dismantling pavilions, and clearing trash and lost items. If everyone pitches in around their area and moves a few chairs, cleanup will be quick.

FRIDAY NIGHT SETUP CREW

The Friday night setup crew is a sought-after volunteer spot available for home meets and offers the perk of priority tent placement. Before each swim meet, the pool undergoes major changes, and this crew makes it happen. The group meets at the clubhouse around 7:45 pm after the pep rally to set up the pool deck before heading home. Tasks include moving ropes, chairs, tables, setting up tents, and more. Those on the setup list can bring their tents early and claim a prime spot once setup is finished. Others setting up tents must wait for this crew to finish first.

VOLUNTEER COORDINATOR

The Volunteer Coordinator manages all volunteers. Duties include creating weekly signup lists, sending reminders via email, keeping track of who’s signed up, handing out name tags, and ensuring each position is covered. The coordinator also communicates with the other team to relay needs at home meets or clarify requirements for away meets.



OFFICIALS (TRAINING REQUIRED)

Officials—including Stroke & Turn Judges, Referees, and Starters—need training. Attend an upcoming online Officials' Clinic (May 23rd–June 6th; schedule on the team website under events and news). No appointment necessary.

To start early, watch the USA Swimming YouTube Playlist for stroke and event rules:

<https://www.youtube.com/playlist?list=PLJUznzZd1j8Urx4pxOW9gYFCzrWMb0jgx>

For more details, contact Nahee McDonald or Tom Nourse at officials@bwaves.org.



SWIM TEAM BOARD MEMBER (ELECTION REQUIRED)

If you're interested in joining the Swim Team Board, reach out to any current Board member for additional information. Voting occurs at the End of Season party. All candidates should submit a brief summary outlining their reasons for running, and they may also provide a digital photo to share with the team. Board members are elected for two-year terms.

For further details about the Board and how the team operates, please review the team By-Laws. These can be found under "documents" on <http://bwaves.org>.



Awards and Recognition

SWIM MEET AWARDS

Heat ribbons are given to the fastest swimmer of each heat at Dual-Meet and Divisional Tri-Meet swim meets, usually as they leave the pool. Other awards will be handed out by coaches after practices early in the week. If your swimmer misses practice or has questions about ribbons, they should ask their coach. All ribbons except Heat Ribbons are kept in an awards box near the lifeguard area, with folders labeled by last name, and are available throughout the season or at the Awards Ceremony.

STARS AND STRIPES INVITATIONAL AWARDS

The Stars and Stripes Invitational awards medals to the top three swimmers in each event, with only one heat per event. The highest-scoring team receives a trophy. Awards are given throughout the meet.

WEEKLY DUAL-MEET AWARDS

Weekly awards are as follows:

Time Improvement Ribbon: Given when a swimmer improves their event time.

Place Ribbon: Awarded to the 12 fastest swimmers in each event.

Wave of the Week: Recognizes attitude, effort, and attendance at practice; chosen by coaches.

Wave of the Meet: Recognizes attitude, effort, and attendance at meets; chosen by coaches.

DIVISIONAL CHAMPIONSHIP AWARDS

Awards will be given to eligible swimmers after the Divisional Championship meet during the Awards Ceremony.

Time Improvement Ribbon - awarded for improving an event time by more than 1 second.

Place Ribbon - given to the 24 fastest swimmers in each event at a meet.

Cyber Meet Ribbons – presented to the top 24 swimmers across the league.

SEASON AWARDS

Season awards are presented at the Awards Ceremony held on the evening of the Divisional Meet. The following end-of-season recognitions will be conferred:

Most Improved – Presented to one boy and one girl in each age group, based on the following criteria: 50% weight on time improvement; 25% on attitude and effort during practices and meets; and 25% on attendance.



Coaches Award – Given to one boy and one girl per age group, evaluated as follows: 50% for attitude and effort in practices and meets, 25% for attendance, and 25% for time improvement.

Age Group High Point – Bestowed upon one boy and one girl who accumulated the highest number of points for their age group during regular season meets.

Nalu Award – Awarded to swimmers who have participated each summer with the Bridlewaves, beginning in the 8 & under age group through to "aging out" at 18 years old.

Heidel Award – A special recognition for a volunteer who has demonstrated exceptional dedication to the Bridlewaves swim team over several years. This award is only granted when deemed appropriate.

SCHOLARSHIP PROGRAM

The 15–18 age group holds a special place on our team. Many of our high school swimmers have spent years with BWaves and bring valuable experience and leadership to our younger athletes. At the same time, this stage of life is filled with new opportunities and responsibilities, making it easy for summer swimming to take a back seat to jobs, social activities, and preparing for college.

To recognize and celebrate those who remain committed through their high school years and into graduation, BWaves offers a scholarship program for swimmers in the 15–18 age group. Participants earn \$10 for each meet they swim as a BWave, with the opportunity to receive a \$20 bonus for competing in all 28 meets—bringing the total scholarship award to \$300.

This scholarship is a small token of our appreciation, intended to support expenses like books, tuition, or dining—but more importantly, to serve as a lasting reminder of the friendships, growth, and memories made each summer.

To distribute these funds, the Board will need information on the college or university your swimmer will attend following their final season (at age 18 or upon graduation), along with instructions on how the check should be made payable. Please note that all checks must be issued directly to an institution (such as the school or bookstore) and cannot be made out to the swimmer.

Families and community members are also invited to support this program by contributing or securing sponsorships. As a non-profit organization, all donations are tax-deductible and reflect a meaningful investment in our swimmers and community.

For more information about the scholarship program or how to contribute, please contact us at board@bwaves.org



END OF SEASON PARTY

At the end of the season, we hold an Awards Ceremony after the Divisional Championship meet. All participants receive awards, special recognitions are presented, and Board member voting occurs. The event is on Saturday, July 25th at Patriot High School; more details will be shared during the season.

TROPHY PICK-UP

If you miss the end-of-season party, please contact board@bwaves.org afterward to arrange a convenient time to pick up your swimmer's award(s).



Appendix A: Records and Standards

BRIDLEWAVES INDIVIDUAL RECORDS

BOYS

GIRLS

Freestyle

Brayden Chouinard	17.22	7/17/2021	8 & Under 25M	7/16/2016	17.87	Madalyn Witt
Paul Querijero	30.78	7/28/2018	9 & 10 50M	7/15/2017	32.82	Maecy Wells
Paul Querijero	28.94	7/27/2019	11 & 12 50M	7/28/2018	30.20	Kaley Neal
Joe Durocher	26.07	7/28/2018	13 & 14 50M	7/29/2023	28.53	Haley Edenberg
AJ Ross	24.12	7/29/2017	15 - 18 50M	7/28/2018	26.58	Erin Quinn

Individual Medley

Paul Querijero	1:23.13	7/28/2018	10 & Under 100M	7/29/2017	1:22.02	Maecy Wells
Spencer Rowe	1:11.93	6/16/2012	11 & 12 100M	7/13/2019	1:15.78	Maecy Wells
Spencer Rowe	1:03.13	6/14/2014	13 & 14 100M	7/31/2021	1:08.40	Maecy Wells
Spencer Rowe	58.57	7/29/2017	15 - 18 100M	7/27/2019	1:04.75	Erin Quinn

Backstroke

Jacob Thorpe	20.29	6/30/2018	8 & Under 25M	7/2/2016	20.71	Madalyn Witt
Jacob Thorpe	38.50	7/27/2019	9 & 10 50M	7/14/2018	38.13	Madalyn Witt
Christian Carroll	34.27	7/28/2018	11 & 12 50M	7/13/2019	34.28	Madalyn Witt
Spencer Rowe	29.00	7/26/2014	13 & 14 50M	7/31/2021	31.26	Maecy Wells
Christian Carroll	26.97	7/29/2023	15 - 18 50M	7/30/2016	29.31	Reni Moshos

Breaststroke

Brock Lanthaler	23.54	7/25/2009	8 & Under 25M	7/23/2011	23.50	Elizabeth Ozark
Trenton Woolf	44.97	7/15/2023	9 & 10 50M	7/17/2021	41.63	Ellie Wells
Daniel Uribe	36.50	7/24/2021	11 & 12 50M	7/27/2013	39.22	Daisy Orellana
Spencer Rowe	31.34	7/26/2014	13 & 14 50M	7/1/2023	37.01	Olivia Buckley
Spencer Rowe	28.97*	7/28/2018	15 - 18 50M	7/27/2019	33.21	Georgia Johnson

* PWSL Record

Butterfly

Jacob Thorpe	18.95	7/28/2018	8 & Under 25M	7/25/2015	19.28	Maecy Wells
Paul Querijero	15.53	7/28/2018	9 & 10 25M	7/27/2019	16.39	Haley Edenberg
Paul Querijero	31.77	7/27/2019	11 & 12 50M	7/31/2021	31.75	Haley Edenberg
Joe Durocher	28.59	7/28/2018	13 & 14 50M	7/29/2023	30.00	Haley Edenberg
Blake Eyre	26.45	7/30/2022	15 - 18 50M	7/28/2018	28.57	Erin Quinn



BRIDLEWAVES RELAY RECORDS

BOYS

GIRLS

Freestyle Relays					
Tyler Terhaar, Shane McGrath, Ethan McDonald, Jacob Thorpe	1:16.71	7/14/2018	8 & Under 100M	Julia Mayes, Elodie Brox, Makenzie Witt, Madalyn Witt	
				7/2/2016	1:17.59
Zack Reimbold, Landon Sheetz, Michael Brox, Paul Querijero	1:04.69	6/23/2018	9 & 10 100M	Hazel Klein, Carli Wells, Madalyn Witt, Makenzie Witt	
				7/14/2018	1:05.19
Tyler Terhaar, Geo Garcia, Joel Ha, Jacob Thorpe	57.93	7/30/2022	11 & 12 100M	Madalyn Witt, Makenzie Witt, Ella Cypher, Maecy Wells	
				7/27/2019	57.40
John Verosko, Ryan Chmielenski, Blake Eyre, Joe Durocher	1:49.39	6/23/2018	13 & 14 200M	Makenzie Witt, Madalyn Witt, Peyton McDonald, Maecy Wells	
				7/31/2021	1:57.89
John Verosko, Christian Carroll, Chris Shankle, Blake Eyre	1:38.64	7/30/2022	15 - 18 200M	Katie Tillotson, Kylie Stronko, Erin Quinn, Reni Moshos	
				7/30/2016	1:50.96*

* PWSL Record

Medley Relays					
	1:26.08	7/28/2018	Mixed 8 & Under 100M	Tyler Terhaar, Ellie Wells, Jacob Thorpe, Noel Rahmouni	
Christian Carroll, Peter Gilbert, John Ross, Manny King	1:15.56	8/1/2015	9 & 10 100M	Emerson Cantilena, Ellie Wells, Olivia Conn, Abigail Edenberg	
				7/31/2021	1:14.71
Jacob Thorpe, Daniel Uribe, Joel Ha, Grant Eyre	1:05.26	7/31/2021	11 & 12 100M	Madalyn Witt, Maecy Wells, Cordelia Simms, Makenzie Witt	
				6/29/2019	1:05.38
Joe Durocher, Brandon Gardner, Ryan Chmielenski, John Verosko	2:01.57	7/28/2018	13 & 14 200M	Madalyn Witt, Olivia Buckley, Haley Edenberg, Makenzie Witt	
				7/30/2022	2:08.20
Jeffrey Pfannenstien, Spencer Rowe, TJ Hall, AJ Ross	1:49.19	7/7/2015	15 - 18 200M	Sarah Yowell, Georgia Johnson, Erin Quinn, Shay Walker	
				7/27/2019	2:01.27*

* PWSL Record



STARS AND STRIPES MEET RECORDS

BOYS			FREESTYLE	GIRLS		
Jacob Hochard (KBSL)	18.39	2019	8&U 25M	Kenzie Alex (DVS)	18.14	2021
Ethan McDonald (BRDL)	32.64	2022	9-10 50M	Kenzie Alex (DVS)	33.70	2023
Ian Millsaps (WDST)	29.22	2021	11-12 50M	Emmy Fargo (DVS)	30.39	2022
Daniel Uribe (BRDL)	27.27	2023	13-14 50M	Savannah Nash (DVS)	28.25	2015
AJ Ross (BRDL)	24.59	2017	15-18 50M	Lexi Sawwa (DVS)	28.28	2021
BOYS			BACKSTROKE	GIRLS		
Mateus Nunes Fller (WDST)	21.16	2019	8&U 25M	Ariana Aldeguer (WDST)	19.14	2018
Ryan Maynard (DVS)	36.83	2018	9-10 50M	Madalyn Witt (BRDL)	37.90	2018
Mateus Nunes Fuller(WDST)	32.01	2023	11-12 50M	Madalyn Witt (BRDL)	33.14	2019
Quinn Caputo (DVS)	29.08	2023	13-14 50M	Jordan Durocher (BRDL)	31.03	2018
Christian Carroll (BRDL)	27.00	2023	15-18 50M	C. Purnell & Abby Daniel	30.75	2019
BOYS			BREASTSTROKE	GIRLS		
Ryan Maynard (DVS)	23.58	2016	8&U 25M	Ellie Wells (BRDL)	22.69	2019
Arinze Acholonu (DVS)	41.33	2023	9-10 50M	Hailey Sosinski (DVS)	40.45	2023
Daniel Uribe (BRDL)	36.77	2021	11-12 50M	Abigail Daniel (KBSL)	37.76	2016
Lionel Martinez (WDST)	32.33	2023	13-14 50M	Emma Young (DVS)	35.76	2023
Lleyton Arnold (DVS)	29.85	2023	15-18 50M	Georgia Johnson (BRDL)	33.71	2019
BOYS			BUTTERFLY	GIRLS		
Ryan Maynard (DVS)	19.15	2015	8&U 25M	Lucy Daniel (KBSL)	19.02	2016
Paul Querijero (BRDL)	15.68	2018	9-10 25M	Olivia Ahearn (DVS)	15.81	2018
Lionel Martinez (WDST)	29.45	2022	11-12 50M	Amelia Edwards (DVS)	33.22	2022
Calum O'Shea (DVS)	27.56	2022	13-14 50M	Maecy Wells (BRDL)	30.66	2021
Joshua Hochard (KBSL)	26.19	2022	15-18 50M	Sienna Golembiewski (BRB)	29.21	2021
BOYS			MEDLEY RELAY	GIRLS		
KINGSBROOKE	1:28.84	2019	8&U 100M	BRIDLEWOOD	1:31.75	2017
DOMINION VALLEY	1:13.90	2023	9-10 100M	DOMINION VALLEY	1:12.82	2023
WELLINGTON	1:01.53	2022	11-12 100M	KINGSBROOKE	1:04.62	2016
WELLINGTON	1:59.97	2023	13-14 200M	DOMINION VALLEY	2:12.96	2023
BRIDLEWOOD	1:51.58	2023	15-18 200M	BRIDLEWOOD	2:03.021	2019
BOYS			CRESCENDO	GIRLS		
DOMINION VALLEY	1:53.25	2022	18&U 200M	DOMINION VALLEY	2:00.58	2018



Prince William Swim League (PWSL) Time Standards

Background: PWSL maintains time standards to act as an additional way to incentive competition in the League. Time standards apply only to individual events and will not apply to relay events. The PWSL Scoring Committee with a goal of achieving the following breakdown reviews A-B-C Time Standards annually: A - time standard - Top 20% of swimmer times; B - time standard - Next 40% of swimmer times; C - time standard - Next 40% of swimmer times. Extreme variations in a few swimmer times may be discounted so as not to skew the standards. The Scoring Committee may, from time to time, recommend changes to the standards.

WOMEN		Event	MEN	
PWSL A	PWSL B	8&U	PWSL B	PWSL A
24.06	28.56	25y Free	27.27	21.63
28.88	35.58	25y Back	33.42	26.49
30.57	36.09	25y Breast	31.56	28.00
27.28	32.06	25y Fly	30.06	25.84
WOMEN		Event	MEN	
PWSL A	PWSL B	9-10	PWSL B	PWSL A
42.60	48.86	50y Free	47.32	41.24
52.70	1:00.02	50y Back	1:00.19	52.56
53.47	1:00.87	50y Breast	1:01.40	53.79
21.78	25.11	25y Fly	25.60	22.04
1:45.35	1:55.88	100y IM	1:57.55	1:45.62
WOMEN		Event	MEN	
PWSL A	PWSL B	11-12	PWSL B	PWSL A
37.61	41.69	50y Free	42.68	37.03
47.05	52.83	50y Back	54.02	46.80
49.00	54.66	50y Breast	52.12	48.14
43.04	49.49	50y Fly	48.75	42.00
1:36.21	1:46.56	100y IM	1:45.68	1:33.32
WOMEN		Event	MEN	
PWSL A	PWSL B	13-14	PWSL B	PWSL A
35.07	39.31	50y Free	34.92	31.46
41.00	46.92	50y Back	44.64	40.24
44.29	49.35	50y Breast	46.69	41.76
38.09	42.60	50y Fly	41.68	35.62
1:27.97	1:33.79	100y IM	1:32.06	1:21.84
WOMEN		Event	MEN	
PWSL A	PWSL B	15-18	PWSL B	PWSL A
32.93	36.07	50y Free	31.38	28.87
40.05	44.63	50y Back	39.78	37.05
43.44	47.84	50y Breast	41.56	38.32
34.80	40.85	50y Fly	35.20	32.14
1:22.88	1:32.13	100y IM	1:21.70	1:13.07



APPENDIX B: PWSL Information

The Bridlewood Bridlewaves are proud members of the Prince William Swim League (PWSL), which establishes and oversees our official rules and policies. The information below provides an overview of how the league is structured, how meets are scored, and where competitions take place. Much of this content is adapted from the PWSL By-Laws, available in full at PWSwim.com and BWaves.org.

PRINCE WILLIAM SWIM LEAGUE

Founded in 1973, the Prince William Swim League (PWSL) promotes competitive swimming among communities throughout Prince William County. The league is dedicated to offering a safe, enjoyable, and fair environment where swimmers can grow athletically while building strong sportsmanship, refining their skills, and developing teamwork.

Teams are placed into divisions based on several factors, including team size, the distribution of swimmers across age groups, and overall performance as measured by combined times at Divisional meets. This structure is designed to create balanced divisions and encourage competitive, exciting meets across the league.

DIVISIONS FOR 2026: The divisions and teams making up the PWSL for the 2026 season are:

BLUE DIVISION Sudley Seahorses Piedmont Tsunamis Meadowbrook Makos	RED DIVISION Dominion Valley Sharks Bridlewood Bridlewaves Wellington Dolphins Swim Team
WHITE DIVISION Braemar Blasters Swim Team Kingsbrooke Sea Lions Victory Lakes Piranhas	YELLOW DIVISION Brookside Hurricanes Montclair Seahawks Ashland Stingrays
GREEN DIVISION Ridgewood Barracudas Lake Ridge Lancers Southbridge Fighting Seals	BLACK DIVISION Old Bridge Breakers Virginia Oaks Sea Devils Westridge Waves
ORANGE DIVISION Dale City Frogs Stonewall Park Swim Team Lake Manassas Blue Dolphins	PURPLE DIVISION Ben Lomound Swim Team Veterans Park Marlins Urbanna Otters



MEET INFORMATION & SCORING

PWSL swim meets are comprised of 67 events: 19 relays and 48 individual events. Swimmers compete in one of the following age groups: 8 & under, 9-10, 11-12, 13-14, and 15-18, as determined by their age as of June 1. Each swimmer may compete in three individual events and two relays. Swimmers earn points for their teams by competing in relay events and by being one of the six fastest finishers on their team in individual events.

RELAY SCORING

For a dual meet, first place in relay events is won by the fastest legal swim and earns 47 points. The opponent takes second place (worth 32 points) by completing a legal swim. (The same team cannot be awarded first and second place points, regardless of the order of finish.) Ribbons will be awarded for the fastest three finishing times, regardless of team.

For the Divisional Championship meet (a tri-meet), the top three legal finishes based on time earn 79, 53, and 40 points, respectively. Each competing team can only earn points for their fastest finish, based on time. Ribbons will be awarded for the fastest three finishing times, regardless of team.

INDIVIDUAL SCORING

For dual meets, swimmers can earn individual points for their team in Freestyle, IM, Backstroke, Breaststroke, and Butterfly events. Individual points are assigned for up to **twelve** places, but a team can only have **six** swimmers score in any single event. Ribbons will be awarded for the fastest twelve finishing times, regardless of team. Ribbons are also awarded for the top twelve 6 year olds and younger finishers in Freestyle and Backstroke based on time.

The points for the top six swimmers on each team are awarded based on finish time as follows:

PLACE	1	2	3	4	5	6	7	8	9	10	11	12
POINTS	13	11	10	9	8	7	6	5	4	3	2	1

For the Divisional Championship meet (a tri-meet), swimmers can earn individual points for their team in Freestyle, IM, Backstroke, Breaststroke, and Butterfly events. Individual points are assigned for up to **eighteen** places, but a team can only have **six** swimmers score in any single event. Ribbons will be awarded for the fastest eighteen finishing times, regardless of team. Ribbons are also awarded for the top twelve 6 year olds and younger finishers in Freestyle and Backstroke based on time.



The points for the top six swimmers on each team are awarded based on finish time as follows:

PLACE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
POINTS	19	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1



EVENT NUMBERING

All PWSL swim meet event numbers and schedule will be the same each week in the following order (beginning with event 66):

Boys Event #	Event Description	Girls Event #
66	200 Free Relay 15-18	67
1	100 Medley Relay 8&U 1 (Mixed)	2
2	100 Medley Relay 9-10	3
4	100 Medley Relay 11-12	5
6	200 Medley Relay 13-14	7
8	200 Medley Relay 15-18	9
10	25 Freestyle 8&U	11
12	50 Freestyle 9-10	13
14	50 Freestyle 11-12	15
16	50 Freestyle 13-14	17
18	50 Freestyle 15-18	19
20	100 Individual Medley 10&U	21
22	100 Individual Medley 11-12	23
24	100 Individual Medley 13-14	25
26	100 Individual Medley 15-18	27
28	25 Backstroke 8&U	29
30	50 Backstroke 9-10	31
32	50 Backstroke 11-12	33
34	50 Backstroke 13-14	35
36	50 Backstroke 15-18	37
38	25 Breaststroke 8&U	39
40	50 Breaststroke 9-10	41
42	50 Breaststroke 11-12	43
44	50 Breaststroke 13-14	45
46	50 Breaststroke 15-18	47
48	25 Butterfly 8&U	49
50	50 Butterfly 9-10	51
52	50 Butterfly 11-12	53
54	50 Butterfly 13-14	55
56	50 Butterfly 15-18	57
58	100 Free Relay 8&U	59
60	100 Free Relay 9-10	61
62	100 Free Relay 11-12	63
64	100 Free Relay 13-14	65



POOL LOCATIONS

Ashland Stingrays	5550 Fincastle Dr., Manassas
Ben Lomond Flying Ducks	7500 Ben Lomond Park Dr., Manassas
Braemar Blasters	12300 Iona Sound Dr., Bristow
Bridlewood Bridlewaves	13622 Harness Shop Ct, Gainesville
Brookside Hurricanes	7197 Riley Rd., Warrenton
Dale City Frogs	14730 Birchdale Avenue, Dale City
Dominion Valley Sharks	15200 Arnold Palmer Dr., Haymarket
Kingsbrooke Sea Lions	Braided Stream, Bristow
Lake Manassas Blue Dolphins	Turtle Point Dr., Gainesville
Lake Ridge Lancers	Harbor Dr., Woodbridge
Meadowbrook Makos	Superior Ct., Manassas
Montclair Seahawks	16500 Edgewood Dr., Montclair
Old Bridge Breakers	3600 Beaver Pond Rd., Woodbridge
Piedmont Tsunamis	14030 Clatterbuck Loop, Gainesville
Ridgewood Barracudas	12452 Oakwood Dr., Woodbridge
Southbridge Fighting Seals	17325 River Ridge Blvd, Dumfries
Stonewall Park Explosion	8351 Stonewall Rd., Manassas
Sudley Seahorses	8613 Rixlew Ln., Manassas
Urbanna Otters	30 Urbanna Rd. Manassas
Veterans Park Marlins	14300 Veterans Dr., Woodbridge
Victory Lakes Piranhas	Victory Lakes Loop, Bristow
VA Oaks Sea Devils	7950 Virginia Oaks Dr., Gainesville
Wellington Dolphins	9700 Wellington Rd., Manassas
Westridge Waves	12764 Quarterhorse Ln., Woodbridge

