

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<p align="center">VISAA Swimming & Diving Championship February 13-15, 2025 Jeff Rouse Swim and Sport Center THURSDAY, FEB 13 <u>Girls</u> Dive Prelims 5:30 pm FRIDAY, FEB 14 Swim Prelims 9:15 am, Finals 5:50 pm <u>Boys</u> Dive Prelims 1:00 pm, <u>Girls</u> Finals 5:50 pm SATURDAY, FEB 15 Swim Prelims 9:15 am, Finals 5:15 pm <u>Boys</u> Dive Finals 5:15 pm</p>	<p align="center">Hosted by:</p>   <p align="center">Bishop Ireton HS, Trinity Christian School & Collegiate School</p>
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Dear All,

Bishop Ireton, Trinity Christian, and Collegiate are excited to share the 2025 VISAA State Championship meet announcement. We are eager to bring our teams together at Jeff Rouse Swim and Sports Center for an unforgettable experience - both in the water and on deck!

Coaches, please review this announcement in its entirety and be familiar with important deadlines and the weekend schedule. As a reminder, it was our charge “to plan, design, and deliver the highest quality and most exciting championship meet experience for high school swimmers and divers from Virginia’s independent schools through and in the following order: good sportsmanship, team character, positive spirit, and quality athleticism,” and we hope to do so!

Please visit the [VISAA Swimcloud site](#) for any information pertaining to the meet, including psych sheets, heat sheets, meet photography, and more. [Spectator tickets will be available for purchase online here in January 2025.](#)

Kaitlyn Gerke, Bishop Ireton Head Coach
Mike Peters, Collegiate Head Coach
Alyssa Knauf, Trinity Christian Head Coach

Important Deadlines

	Deadline/Date
Warm-up Requests submitted in Google Form here	Monday, January 27 by 11:59 pm
Athlete Waiver Requests sent to Kaitlyn Gerke & Mike Peters	Monday, January 27 by 11:59 pm
Meet Entries submitted in SwimCloud	Sunday, February 9 by 11:59 am
Dive Sheets completed on Dive Live	Sunday, February 9 by 11:59 am
Final Psych Sheet published	Wednesday, February 12 by 12:00 pm

Meet Location	Jeff Rouse Swim and Sport Center 1600 Mine Rd, Stafford, VA 22554 https://www.rousecenter.com/
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Meet Co-Directors	Kaitlyn Gerke, Mike Peters, and Alyssa Knauf	
Subcommittee Chairpersons	Officiating	Bill Gill, Norfolk Academy Alan Broderick, Walsingham Academy
	Entry Coordinators	Bucka Watson, St. Christopher's and St. Catherine's Mike Peters, Collegiate School
	Timing & Scoring	Volunteers needed!!
	Senior Parade	Denis Schmidt, St. Gertrude/Benedictine
	Hospitality	The Carmel School & PVI
	Awards	Kristen Kirkman, Norfolk Academy
	Diving Coordinator	Diane Maiese Diane@diverva.com
	Ready Room Coordinator	St. Anne's-Belfield
	Meet Announcer	Brett Hawkins, St. Catherine's Jeff Frederick & Andrea Scaletta, John Paul
	Live Streaming	Woodberry Forest School
	SwimCloud Webmaster	Mike Peters, Collegiate Bucka Watson, St. Christopher's and St. Catherine's
	Meet Photography	Claire Thompkins, Trinity Christian
	T-Shirt Vendor	MSP Design Group
	Suit & Goggle Vendor	Sport Fair
	Warm-up Assignments	Jim Koehr, Seton
Athletic Trainer	Scott Winston, Virginia Episcopal School	
Rules	The Meet will be governed by 2024-2025 National Federation High School <i>Swimming and Diving</i> rules for championship meets.	
Eligibility	<ul style="list-style-type: none"> ● The meet is open to current 8th-12th grade students. ● Athletes must be in good standing with the school he/she represents. ● Athletes cannot be older than 19 years of age on August 1, 2024 ● A swimmer must have achieved the VISAA qualifying time established for the events entered. <u>The qualifying time must be swum in a VISAA meet during the current season.</u> <ul style="list-style-type: none"> ○ A VISAA meet is a multi-team meet officiated by certified starter/referee and stroke and turn judges, in which an athlete represents their school. ○ Times must be recorded with either a touchpad or at least two watches. ○ Times swum in a single team time trial do not count. 	

	<ul style="list-style-type: none"> ● To ensure promotion of High School Swimming student-athletes must participate in at least half of their team's in-season meets. ● Waivers may be requested from a committee that consists of: Meet Director(s), VISAA Swim Chair, Head Referee, and Diving Coordinator (if applicable). ● Waivers may be allowed in limited cases, including: <ul style="list-style-type: none"> ○ Swimmers involved in school sponsored exchange programs ○ Prolonged sickness or other approved medical reasons. ● <u>Waivers must be submitted by Monday, January 27th to VISAA Swimming Co-Chairs, Kaitlyn Gerke and Mike Peters.</u>
<p>Entry Rules</p>	<ul style="list-style-type: none"> ● Individual Events <ul style="list-style-type: none"> ○ Any eligible swimmer who has swum the qualifying time <u>during the 2024-2025 season</u> may be entered in that individual event. ○ Each team is allowed unlimited entries in individual events, but only a team's top four (4) qualifiers are eligible for finals. <ul style="list-style-type: none"> ■ In the event any team qualifies more than 4 swimmers in the top 16 during prelims, the coach must designate which 4 swimmers will compete in finals. Designations are due to the timing & scoring operator prior to the end of prelims. ○ An individual swimmer may swim no more than two (2) individual events and no more than four (4) total events, including relays. ● Bonus 50 Free <ul style="list-style-type: none"> ○ Any swimmer that qualified for the meet in an individual or relay event, and meets the Bonus qualification time, is eligible to enter the Bonus 50 Freestyle. ○ Entry in the event will count toward a swimmer's event total. ○ Bonus event swimmers are not eligible to score points in the event. ○ A relay only swimmer entered in the bonus 50 free must participate in at least one relay. ● Relays <ul style="list-style-type: none"> ○ Each team that had a relay swim the qualifying time during the season may enter a single "A" relay in that relay event. ○ Swimmers who participated in a relay during the season that meets the VISAA State qualifying time are eligible to swim in that relay. ○ Swimmers who qualified for an individual event, including diving, are eligible to swim in any relay at States. ○ Each team may enter one exhibition "B" Relay in any relay event, but every swimmer on that relay must have <u>qualified either individually or on a relay that met the qualifying time during the season.</u> "B" Relays may not score. ○ Relays may be entered without swimmers' names, but final relay cards are due prior to the race. ○ Swimmers who participate in a "B" Relay during the preliminary session may compete in an "A" Relay of the same event during finals. This will still count as 1 event for the swimmer. ● Relay Cards <ul style="list-style-type: none"> ○ All Relay Cards (200 Medley, 200 Free, 400 Free) specifying the relay line-up shall be submitted 30 minutes prior to the start of the session. ○ Swimmers whose names are submitted on the relay cards must swim that event, in the order listed on the card, unless the Meet Referee allows for a substitution.

	<ul style="list-style-type: none"> ○ Any team that does not submit a relay card by the deadline must swim the relay as listed in the meet program. ○ If enforcement of this regulation causes a swimmer's total event count to exceed four (4) total events, the swimmer/relay is subject to the following NFHS regulation: <ul style="list-style-type: none"> ■ The competitor(s) is/are disqualified from that event and further competition. ● The competitor(s) shall not be disqualified from events in subsequent rounds for which he/she has previously, legally qualified.
<p>Entry Submission</p>	<p>All entries must be submitted to Swimcloud by Sunday, February 9, 11:59 am.</p> <ul style="list-style-type: none"> ● Go to the Home page of the VISAA Swimming & Diving State Championship webpage. ● Select either: <ul style="list-style-type: none"> ○ <i>Add entries by event</i> ○ <i>Add entries by swimmer</i> ● Entries must include first and last name, gender, grade level and seed times. Seed times should be actual or converted short-course yard times that meet the qualifying standards. ● Entry times must be in results of a meet that has been uploaded to Swimcloud. <ul style="list-style-type: none"> ○ Click here for SwimCloud meet upload instructions. ● Except for relays, all entries are final once they are submitted. ● The final psych sheet will be published on SwimCloud, Wednesday, February 12 ● No changes can be made to the preliminary psych sheet after it's published. Only clerical corrections will be allowed. ● All entries, including divers, must be submitted in Swimcloud. No HyTek, manual or hardcopy entries will be accepted. ● Meet entry fees: \$6.00/individual event; \$30.00/relay; \$5.00/athlete surcharge; \$400 cap per team, \$300 cap per single gender school <ul style="list-style-type: none"> ○ An invoice will be sent directly to the Athletic Director of each participating school in order to collect each team's entry fees following the VISAA meet.
<p>Diving</p>	<ul style="list-style-type: none"> ● The Diving portion is hosted by Dive Coordinator, Diane Maiese. Diane can be reached at Diane@diverva.com or (856-816-0153) ● Qualifications <ul style="list-style-type: none"> ○ Divers may qualify in one of the two following ways. <ul style="list-style-type: none"> ■ 1. Obtain an 11-dive score of 200 points. Divers must submit a score sheet that proves all 11 dives were executed successfully with no failed dives. ■ 2. Obtain two 6-dive scores of 140 points. Divers must submit a score sheet that proves all 11 dives were executed successfully with no failed dives within the two meets. ○ Dive selection and list order must comply with 2024-2025 National Federation High School Swimming and Diving Rules ● Registration <ul style="list-style-type: none"> ○ Diving Entries should be entered on Swimcloud along with the swimmers by February 9. ○ The diving event will be run using Dive Live. ○ Entries will be due on February 9th at 11:59 am

	<ul style="list-style-type: none"> ○ Further signup details will be sent out once the meet is registered on Dive Live. Expect an email from Diane in mid-January. ○ Dive coaches, please download the Dive Live app onto your phones and make sure your team (your school) is registered with the program. Have your divers download the app as well so that they can access their sheets and make changes as necessary. ○ Dive Changes will be permitted up until one hour before the event, changes will be made within the Dive Live app. ○ Click here for tutorial videos explaining how Dive Live works. ● All diving coaches must be prepared to help judge our meet. We will need a panel of 7 on each day. ● All Diving coaches will meet in the hospitality room to coordinate final details of the diving competition. ● Diving results will be announced immediately after each event. Awards for the top-8 will be presented during finals each evening, following the first swimming event. The coach of the first-place diver will present the awards. 	
Meet Format	Qualified swimmers will participate in Preliminaries on Friday and Saturday morning. The eight (8) fastest swimmers will return in the evening to swim in the Championship Finals. The next eight (8) fastest swimmers in preliminaries will return in the evening to swim in the Consolation Finals.	
Warm-up Requests	<ul style="list-style-type: none"> ● All warmup requests must be submitted online here by 11:59 pm, January 27. ● Warmup assignments will be posted to SwimCloud and distributed via email following the request deadline. 	
Thursday Night Swim Warm-up and Dive Schedule:	Session I: 4-4:25 pm Session II: 4:25-4:50 pm Session III: 4:50-5:15 pm Session IV: 5:15-5:40 pm Session V: 5:40-6:05 pm Session VI: 6:05-6:30 pm Session VII: 6:30-6:55 pm Session VIII: 6:55-7:20 pm	Lanes 9-19 - Assignments will be posted on SwimCloud following warm-up deadline requests
	Diving Warm-up: 4-5:20 pm	Diving boards are only open to girls' teams on Thursday evening.
	Coaches meeting: 3:30 pm	Hospitality Room for all dive coaches
	Girls Dive Prelims & Semifinals: 5:30 pm	
Packet Pick Up	Coach packets, to include bag tags, psych sheets, voting ballots, etc. can be picked up during warmups Thursday evening. Bill Gill will be available to answer questions regarding officiating of the meet.	

Friday Swim Prelims Schedule	Warm-up I: 7:45–8:05 am	19 Lanes - Team Assignments TBD
	Warm-up II: 8:05–8:25 am	19 Lanes - Team Assignments TBD
	Warm-up III: 8:25–8:45 am	19 Lanes - Team Assignments TBD

	Final Warmup: 8:45 - 9:00 am	<ul style="list-style-type: none"> • Lanes 1,2+7,8 – Relay Starts • Lanes 3-6 – One way sprints • Lanes 9-19 – Continuous swim
	Officials Meeting: 8:15 am	Hospitality Room
	Coaches Meeting: 8:30 am	Hospitality Room
	Timers Meeting: 8:45 am	Hospitality Room
	National Anthem: 9:10 am	
	Preliminaries Start: 9:15 am	Events 1 through 12, excluding dive events 9-10
	Annual VISAA Coaches Meeting immediately following prelims	Hospitality Room
Friday Boys Dive Prelims/ Semifinals & Girls Dive Finals Schedule	Diving Warm-up: 12-1:00 pm	All 1-meter boards open
	Boys Dive Prelims & Semis: 1:00 pm	
	Open Boards for Girls Dive: 2:30-3:50 pm	

Friday Finals Schedule	Open Warm-up: 4:00-5:00 pm	All Lanes – Open Warm-up <ul style="list-style-type: none"> • Lanes 1-8 (Competition pool) only for swimmers participating in Finals on Friday night
	Final Warm-up 5:00-5:15 pm	19 Lanes – Open Warm-up <ul style="list-style-type: none"> • Lanes 1+8 – Relay starts • Lanes 2+7 – One way sprints • Lanes 3-6 – Closed for Diving • Lanes 9-19 – Continuous swim
	Officials Meeting: 5:00 pm	Hospitality Room
	Timers Meeting: 5:15 pm	Hospitality Room
	Line up for Senior Parade: 5:20pm	Far side by Recreational Pool
	Senior Parade: 5:30 pm	See guidelines on page 14
	National Anthem: 5:45pm	
	Finals Start: 5:50 pm	Women’s diving and events 1 through 12

	Medal Ceremonies	Medals for each boy's and girl's event will be presented during the break between the next boy's and girl's events. The coach of the first place finisher will give out awards.
Saturday <u>Swim Prelims</u> Schedule	Warm-up I: 7:45–8:05 am	19 Lanes - Team Assignments TBD
	Warm-up II: 8:05–8:25 am	19 Lanes - Team Assignments TBD
	Warm-up III: 8:25–8:45 am	19 Lanes - Team Assignments TBD
	Final Warmup: 8:45 - 9:00 am	<ul style="list-style-type: none"> ● Lanes 1,2+7,8 – Relay Starts ● Lanes 3-6 – One way sprints ● Lanes 9-19 – Continuous swim
	Officials Meeting: 8:15 am	Hospitality Room
	Timers Meeting: 8:45 am	Hospitality Room
	National Anthem: 9:10 am	
	Preliminaries Start: 9:15 am	Events 13 through 24
	Continuous Warm-up/Warm-down	Warm-up pool – lanes 9-19
Saturday <u>Boys Dive</u> Finals Schedule	Open Boards for Boys Dive: 2:30-3:50 pm	

Saturday Finals Schedule	Open Warm-up: 3:45-4:50 pm	All Lanes – Open Warm-up Lanes 1-8 (Competition pool) only for swimmers participating in Finals on Friday night
	Officials Meeting: 4:50 pm	Hospitality Room
	Timers Meeting: 5:05 pm	Hospitality Room
	Meet Director Notes & National Anthem: 5:10 pm	
	Finals Start: 5:15 pm	Men's diving and events 13 through 24
	Medal Ceremonies	Medals for each boy's and girl's event will be presented during the break between the next boy's and girl's events. The coach of the first place finisher will give out awards.

Order of Events	GIRLS	EVENT	DAY	BOYS
	1	200 Medley Relay	Friday	2
	3	200 Freestyle	Friday	4
	5	200 Individual Medley	Friday	6
	7	50 Freestyle	Friday	8
	101	50 Freestyle - BONUS	Friday	102
	9	Women's Diving	Thursday/Friday	
		Men's Diving	Friday/ Saturday	10
	11	100 Butterfly	Friday	12
	13	100 Freestyle	Saturday	14
	15	500 Freestyle	Saturday	16
	17	200 Free Relay	Saturday	18
	19	100 Backstroke	Saturday	20
	21	100 Breaststroke	Saturday	22
	23	400 Free Relay	Saturday	24

Meet Qualifying Times	WOMEN		EVENT	MEN	
	SCY	SCM		SCY	SCM
	2:11.33	2:28.88	200 Medley Relay	1:56.01	2:09.35
	2:10.79	2:24.92	200 Freestyle	2:02.68	2:15.93
	2:27.91	2:44.18	200 Individual Medley	2:18.04	2:33.36
	26.78 28.78	29.86 32.09	50 Freestyle 50 Freestyle - Bonus	24.03 26.03	26.89 29.13
	Dive				
	*11-dive score: 200 points *6-dive score: 140 points			*11-dive score: 200 points *6-dive score: 140 points	
	The 6-dive score must be obtained in two separate competitions				
	1:06.82	1:14.24	100 Butterfly	1:01.02	1:07.98

	59.04	1:05.65	100 Freestyle	53.50	59.44
	5:58.88	5:14.81	500 Freestyle	5:41.90	5:00.19
	1:57.34	2:11.07	200 Freestyle Relay	1:42.23	1:54.09
	1:06.85	1:14.27	100 Backstroke	1:02.90	1:09.88
	1:15.62	1:24.10	100 Breaststroke	1:08.10	1:15.59
	4:30.99	5:01.88	400 Freestyle Relay	3:59.45	4:26.75
USA Observed Swims	<ul style="list-style-type: none"> For times to be recognized by Virginia Swimming, the athlete's USA Swimming ID number must be included on SwimCloud. This requires coaches to put the swimmers USA Swimming ID in the swimmers profile on the Swimcloud team roster prior to entering entries. 				
Meet Spectators & Admission Fees	<ul style="list-style-type: none"> General Admission Fees are available for purchase as a day pass. This will allow entry for any or all sessions on that day. <ul style="list-style-type: none"> Friday: \$10 per person Saturday: \$10 per person Family Rate (2 adults + children): \$30 per day Team members in uniform and children under 6 are free Tickets may be purchased in advance of the event at GoFan: <ul style="list-style-type: none"> Tickets will need to be purchase for both day 1 and day 2 All members of a pre-paid party must be present when entering Spectators should go to Swimcloud for all meet information, including heat sheets for both prelims and finals. Spectators must remain in the designated spectator bleachers. 				

Timer Assignments	<ul style="list-style-type: none"> School's mentioned below are responsible for providing timer(s) as outlined below. The Head Timer may adjust lane assignments. 			
	FRIDAY PRELIMINARIES		SATURDAY PRELIMINARIES	
	Lane	School	Lane	School
	1	Covenant (1)/Veritas (1)	1	Potomac (2)
	2	North Cross (1)/ VES (1)	2	Hampton Roads (2)
	3	St. Christopher's (2)	3	St. Catherine's (2)
	4	Fredericksburg Christian (2)	4	Oakcrest(1)/Madeira (1)
	5	Seton School (2)	5	Seton School (2)
	6	Cape Henry (1)/ Norfolk Collegiate (1)	6	Norfolk Christian (1)/ Roanoke Catholic (1)
	7	Trinity Christian (2)	7	Collegiate (2)
8	St. Anne's Belfield (2)	8	Saint John Paul (2)	

	FRIDAY FINALS		SATURDAY FINALS	
	Lane	School	Lane	School
	1	Collegiate (2)	1	Bishop Ireton (2)
	2	Flint Hill (2)	2	Collegiate (2)
	3	St. Catherine's (2)	3	St. Christopher's (2)
	4	Bishop O'Connell (2)	4	Trinity Christian (2)
	5	Bishop Ireton (2)	5	Bishop O'Connell (2)
	6	Norfolk Academy (2)	6	Norfolk Academy (2)
	7	St. Gertrude's/Benedictine (2)	7	Paul VI (2)
	8	Trinity Episcopal (2)	8	Trinity Episcopal (2)
Scoring	<ul style="list-style-type: none"> For individual events, the first 16 places in the Championship and Consolation Finals will be awarded points in the following manner: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. For relay events, the first 16 places in the Championship and Consolation Finals will be awarded points in the following manner: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2. No swimmer or relay in the Consolation Finals may score ahead of a swimmer or relay in the Championship Finals. No Bonus swimmers may score points in the Bonus event. 			
Timing	<ul style="list-style-type: none"> Timing will be done using the Colorado Timing System. 			
Results	<ul style="list-style-type: none"> Live results will be posted on Meet Mobile. Full results will be posted on SwimCloud and Meet Mobile. Printed copies of the meet results will be posted on deck. 			

Starting Procedures for Prelims & Finals	<ul style="list-style-type: none"> The Referee and Starter will use the standard USA Swimming whistle start as found on pg 102 of the 2024-2025 USA Swimming Rulebook. Dive over starts will be used for Prelims, but not Finals. For each Final Event: <ul style="list-style-type: none"> Swim the Consolation Finals (Preliminary qualifier 9 thru 16). Parade the top 8 qualifiers to the blocks with music selected by the top qualifier. Swim the Championship Finals. After both the girls and boys have completed a particular event, there will be a medal ceremony for the top 8 finishers from the two previous events.
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Scratch Procedures for PRELIMS	<ul style="list-style-type: none"> ● Scratches are not accepted for Preliminary events. ● Swimmers may declare a false start by reporting to the head official prior to their event. ● A declared false start will count towards the event total of a swimmer. ● Any swimmer who misses their event and did not declare a false start during prelims, will be scratched from any further individual or relay events. <ul style="list-style-type: none"> ○ If the swimmer qualified for Consolation Finals or Finals prior to their missed event, he or she may still compete in that event.
Scratch Procedures for FINALS	<ul style="list-style-type: none"> ● Scratch Cards will be available from the scoring/timing table. ● Scratch cards must be filled out by any athlete/relay who qualified to compete in finals or consolation finals. ● Scratch cards for all events must be turned in to the scoring/timing table no later than 30-minutes after the conclusion of the preliminary session.
Seeding/ Alternates	<ul style="list-style-type: none"> ● All events will be seeded in advance, with lane assignments determined by seed times. ● Prelim heats will be seeded slowest to fastest with the final three heats circle seeded. ● First and second alternates for the Finals events should be behind the starter at the beginning of their respective event. <ul style="list-style-type: none"> ○ In the event a final swimmer is not present, the starter will call once for an alternate. If no alternate is readily available, the heat will begin.
Music/ Procession Leader for Top Qualifier	<ul style="list-style-type: none"> ● Top qualifiers may select a pre-race song of their choice for Finals. <ul style="list-style-type: none"> ○ Inappropriate song selections will not be played. ○ Music selections must be delivered to the Meet Announcer by the end of the prelim session. ● Top qualifiers may also select an individual(s) to lead the procession of finalists to the blocks.
Meet Dispute Procedure	<ul style="list-style-type: none"> ● Any coach may file a protest with the Head Referee for matters not specifically covered by the rules or a misapplication of the rules. <ul style="list-style-type: none"> ○ Judgment calls are not subject to protest. ○ Concerns over Stroke and Turn disqualifications may be referred to the Head Referee but cannot be protested unless the concern is a misapplication of the rules. ● If such an event occurs, a "Meet Committee" consisting of; the VISAA President, VISAA Meet Director (for swimming and administrative issues) or Diving Coordinator (for diving issues), the VISAA Regional Representatives and Secretary, will have the authority to settle disputes. ● The Meet Committee will have the original disqualification explained to them with all involved parties present, after which anyone else that wishes to speak will have their opportunity. ● Once the committee convenes and reaches a final decision, the VISAA President will communicate the decision.

<p>Competition Swimsuits and Caps</p>	<ul style="list-style-type: none"> ● Prior to the 2010 meet, the National Federation of High Schools announced that speed suits are banned from high school competition. <ul style="list-style-type: none"> ○ All suits must be made of a textile fabric. ○ Boys can only wear jammers or briefs – nothing above the waist or below the knee will be allowed. ○ Girls cannot wear suits that cover the shoulders or go below the knee. Suits cannot have zippers or other fasteners. ○ Swimmers may only wear one suit during the competition. ● Only school or manufacturer logos should be visible on swimsuits and swim caps. Club team caps are not allowed.
<p>Hospitality</p>	<ul style="list-style-type: none"> ● A Hospitality room for Coaches and Officials will be established in the wet room off the pool deck.
<p>Apparel</p>	<ul style="list-style-type: none"> ● State Meet apparel will be for sale both days by MSP Design Group.
<p>Photography</p>	<ul style="list-style-type: none"> ● Photos will be available for download free of charge from the meet photographer website. Once available, the link will be posted to swim cloud and emailed to coaches.
<p>Team Seating</p>	<ul style="list-style-type: none"> ● Only credentialed team members, coaches and officials will be allowed on the pool deck. ● Team areas will be around the pool deck. ● There will be a watch and go section for swimmers to cheer for teammates along the competition pool. Teams should not camp out here!
<p>Webcast</p>	<ul style="list-style-type: none"> ● The Woodberry Forest School Production Network (WFSPN) will be providing a commentated, live-stream of the entire swimming portion of the meet to include several interviews of athletes and coaches. https://www.wfspn.org ● There will be a direct link to the live stream through SwimCloud.
<p>Senior Parade</p>	<p>Prior to Friday night Finals, we will run a Senior Parade. The parade is a time of celebration and spirit and all seniors are encouraged to dress for the occasion! The Senior Parade Coordinator will ensure outfits are appropriate and sportsmanlike:</p> <ul style="list-style-type: none"> ● Athletes are encouraged to wear their school warm-ups or other school-related attire. Non-school apparel must be appropriate! ● Athletes may get creative with accessories to their outfits, however no face paint, body paint or feathers are allowed. ● Athletes that do not comply with the guidelines will not be allowed to walk in the Senior Parade.
<p>Awards</p>	<ul style="list-style-type: none"> ● Overall Team State Champion: Men & Women ● Division II Team State Champion: Men & Women ● Overall Team State Runner-up: Men & Women ● Division II Team State Runner-up: Men & Women ● All-State: Top 3 finishers in each event ● Medals: Top 8 finishers in each event ● The following awards will be presented based on coaches' votes. Each school is allocated one vote:

	<ul style="list-style-type: none"> ○ Male & Female Swimmer of the meet ○ Male & Female Diver of the meet ○ Male Team & Female Team Swimming Coach of the year ○ Male Team & Female Team Diving Coach of the year ● Sportsmanship: Men & Women (recognized, but not awarded a trophy) ● Spirit: Men & Women (recognized, but not awarded a trophy)
<p>Inclement Weather Contingency Plans</p>	<ul style="list-style-type: none"> ● In the event of inclement weather, the executive committee will work alongside the Executive Director of the VISAA to enact one of the following contingency plans. Updates will be posted to SwimCloud and sent via email. ● Contingency Plan A: <ul style="list-style-type: none"> ○ The meet format will remain the same but shift back by 1 day. Thursday evening warm-up session would be moved to Friday evening and the Friday/Saturday events would be switched to Saturday/Sunday, respectively. ○ Diving events will take place between preliminary and final sessions and Friday/Saturday sessions would be moved back to Saturday/Sunday, respectively. ● Contingency Plan B: <ul style="list-style-type: none"> ○ The format of the meet will be condensed, combining all preliminary heats into 1 session, both male and female diving into 1 session, and all final heats into 1 session. Warm-ups will be scheduled to take place on Friday morning/afternoon and session 1 (all preliminary heats) will be swum Friday afternoon/evening. All divers will compete Saturday morning (session 2). All final rounds will be swum in session 3 on Saturday evening.
<p>Pool Rules</p>	<p>As guests of Jeff Rouse and Sport Center, all rules and regulations of the facility must be followed and all facility staff should be respected.</p>