

VIRGINIA HIGH SCHOOL LEAGUE	2018 BULL RUN DISTRICT SWIMMING CHAMPIONSHIP JANUARY 27, 2018, 2:00pm	HOSTED BY: CENTRAL & GEORGE MASON HIGH SCHOOLS
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SANCTION	Held under the sanction of VHSL and NFHS Swimming and Diving Rules.		
LOCATION	Manassas Park Community Center, 99 Adams St., Manassas Park, VA		
FACILITY	8 lane 25 SCY indoor facility.		
MEET DIRECTORS	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Steve Shaffer, Swim Coach Central-Woodstock High School Phone: 540-758-9360 email: spshaffer@shenandoah.k12.va.us</td> <td style="width: 50%;">Julie Bravin, Athletic Director George Mason High School School: 703-248-5598 Cell- 571-722-6332 email: bravinj@fccps.org</td> </tr> </table>	Steve Shaffer, Swim Coach Central-Woodstock High School Phone: 540-758-9360 email: spshaffer@shenandoah.k12.va.us	Julie Bravin, Athletic Director George Mason High School School: 703-248-5598 Cell- 571-722-6332 email: bravinj@fccps.org
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FORMAT	22 Events		
MEET SCHEDULE	1:00 Warm-ups begin, Gates open to the public 1:15 Officials Meeting in the office 1:30 Timers Meeting in the hallway or office 1:45 Coaches/Captains Meeting in the hallway 1:55 National Anthem 2:00 Meet begins		
ENTRIES	<p>DEADLINE FOR RECEIPT OF ENTRIES IS 10PM, TUESDAY January 23rd, 2018 Send your entries as an email attachment to Steve Shaffer at spshaffer@shenandoah.k12.va.us If your entries are not received by that time, your AD will be contacted.</p> <ul style="list-style-type: none"> • Entries must be submitted in YARDS times using Hy-Tek software. Standard 22 events. • All entries should have times, and times must have been achieved during a meet and after 11/27/17. Time Trials do not count. • If you would like to request a lead off relay swim to be observed, please notify the Referee before the start of the meet. • A Team Manager report of entries must be included along with your entries. • Swimmers may enter a maximum of 2 individual events and 2 relay events OR 1 individual event and 3 relay events. • Each School may enter 2 swimmers per individual event and 1 relay team per relay event. • Exception: Individuals that have already met the state qualifying time may be entered in addition to your two regular entries with a maximum of 4 entries per team, per event. The above limits governing the maximum number of entries per swimmer will still apply. Only the top 2 swimmers, however, can score team points and receive medals. • Relays- Schools can enter relay teams without names; however, we would encourage schools to enter individual names when possible for administrative purposes. Designating Relay alternates is not necessary as all swimmers entered in the meet are eligible to compete on a relay. A Relay Entry Card indicating names and order of individual swimmers must be presented to the lane timer by the conclusion of the race. • All Events will be pre-seeded and swim slowest to fastest. Swimmers should report directly to the blocks. • Once entries have been submitted on <u>January 23rd</u>, no substitutions are allowed, only scratches or administrative corrections. • A Psych sheet will be sent out by Wednesday January 24th for confirmation. 		
AWARDS:	<ul style="list-style-type: none"> • Medals awarded for top 3 places in individual and relay events. • Trophies will be awarded to each Team Champion and Individual High Point (Boys and Girls). 		
SEEDING	All events will be pre-seeded.		
RULES	The current VHSL/NFHS Swimming Rules and Regulations will apply. Shaving is forbidden on site. Shaving on site will result in the athlete's removal from further competition.		

OFFICIALS	<p>Meet Referee: Dawn Funkhouser - must be VHSL Certified for this year Starter: _____ TBA _____ - must be VHSL Certified for this year</p> <p>Each team should provide:</p> <p><u>1 VHSL Certified Official</u> (for this year) Stroke and Turn/Relay Take-off, etc. <u>1 Additional worker</u> (table, awards, marshal or runner) <u>4 timers</u></p> <p>Volunteers will NOT be charged admission to the meet. Meetings: Officials meeting at 1:15, timers meeting at 1:30, and a Coaches/Captains Meeting at 1:45</p> <p>Return the attached form Tuesday, January 23rd to spschaffer@shenandoah.k12.va.us with your volunteer information. <i>Official's credentials will be checked!</i></p>
LAP COUNTERS/ STOPWATCHES	<p>Please bring lap counters for your 500 Free swimmers. Please bring stopwatches for your timers.</p>
SCORING	<p>Individuals: 9-7-6-5-4-3-2-1 Relays: 18-14-12-10-8-6-4-2</p>
GENERAL	<p>Admission - \$7.00, Meet Program - \$1.00</p>
FACILITY RULES	<p>DECK SPACE IS LIMITED. Bleachers are for paying spectators. No swimmers or coaches are to be in front of the bleachers.</p> <p>No shaving on site. No glass, food or drink (except water) allowed on deck</p>
EVENT ORDER Breaks	<p>The standard VHSL Order of 22 Events will be followed with a 15 minute breaks for open warm-ups between the Girls 50 freestyle and the Boys 100 Butterfly, and a 10 minute break between the Girls 200 Free Relay and the Boys 100 Back where the pool will be closed.</p>
WARM-UPS	<p>1:00-1:15: Central 1-4, Strasburg 5-8 1:15-1:30: Clarke 1-4, Madison 4-8 1:30-1:45: George Mason</p>

2018 Bull Run Swimming Championship Officials/Volunteer Information

Please send this information to Steve Shaffer (spshaffer@shenandoah.k12.va.us)
by Tuesday, January 23rd. Staffing list will be sent out on Wednesday Jan 24th.

School: _____

Coach: _____ Cell Phone _____

Email _____

Certified Officials:

Name: _____

Positions trained for: _____

Certification Number: (Circle) VHSL or USS? _____

Phone number: _____

e-mail: _____

Name: _____

Positions trained for: _____

Certification Number: (Circle) VHSL or USS? _____

Phone number: _____

e-mail: _____

Other Officials:

Name: _____

Position: (Circle) Computer/Table Worker, Head Timer, Runner

Timers: 1) _____

2) _____

3) _____

4) _____

For meet officials and workers to not pay admission, they must be on this list.
Thank you in advance!