

<b>VIRGINIA HIGH SCHOOL LEAGUE</b>	<b>2019 BULL RUN DISTRICT SWIMMING CHAMPIONSHIP JANUARY 26, 2018, 2:45 pm</b>	<b>HOSTED BY: CENTRAL &amp; GEORGE MASON HIGH SCHOOLS</b>
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<b>SANCTION</b>	Held under VHSL swimming and diving rules.		
<b>LOCATION</b>	Manassas Park Community Center Pool, 99 Adams Dr. Manassas Park, VA 20111		
<b>FACILITY</b>	8 lane 25 SCY indoor facility		
<b>MEET DIRECTORS</b>	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> Steve Shaffer, Head Swim Coach  Central-Woodstock High School  Phone: 540-758-9360  email: <a href="mailto:spshaffer@shenandoah.k12.va.us">spshaffer@shenandoah.k12.va.us</a> </td> <td style="width: 50%; border: none;"> Julie Bravin, Athletic Director, CAA  George Mason High School  Phone: 703-248-5598 – 571-722-6332  email: <a href="mailto:bravinj@fccps.org">bravinj@fccps.org</a> </td> </tr> </table>	Steve Shaffer, Head Swim Coach Central-Woodstock High School Phone: 540-758-9360 email: <a href="mailto:spshaffer@shenandoah.k12.va.us">spshaffer@shenandoah.k12.va.us</a>	Julie Bravin, Athletic Director, CAA George Mason High School Phone: 703-248-5598 – 571-722-6332 email: <a href="mailto:bravinj@fccps.org">bravinj@fccps.org</a>
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<b>FORMAT</b>	22 Events, with the fast heat last. There will be no Clerk of Course – Athletes will report directly to the blocks.		
<b>MEET SCHEDULE</b>	2:00 Warm-ups begin - Gates open to the public 2:10 Stroke and Turn Briefing 2:20 Timers Meeting 2:35 Coaches/Captains Meeting 2:40 National Anthem 2:45 Meet begins		
<b>ENTRIES</b>	<p><b>DEADLINE FOR RECEIPT OF ENTRIES IS NOON, WEDNESDAY January 23<sup>rd</sup>, 2019</b>  <b>Send your entries as an email attachment to Steve Shaffer at <a href="mailto:spshaffer@shenandoah.k12.va.us">spshaffer@shenandoah.k12.va.us</a></b>  If your entries are not received by that time, your AD will be contacted.</p> <ul style="list-style-type: none"> <li>• Entries must be submitted in short course yard times only using Hy-Tek Team Manager, <b>22 events</b> with boys as odd events and girls as even.</li> <li>• Meet will be run cardless with the exception of relay entries. Relay entry card must indicate names and order of swimmers not later than the completion of the event. Coaches may enter any eligible swimmers listed on the submitted relay entry submission provided that no swimmer exceeds the 4 allowed entry limitation. Relay cards will be provided.</li> <li>• <b>Times must have been achieved during a meet and after 11/26/18</b> (Time Trials do not count).</li> <li>• Swimmers may enter no more than 4 events of which only 2 may be individual events.</li> <li>• Each team may enter 2 swimmers per individual event (plus up to 2 swimmers with state qualified times).</li> <li>• Each team may enter 1 relay team per relay event.</li> <li>• Any individual that has 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 score team points).</li> <li>• Once entries have been submitted, no substitutions are allowed, only scratches. Relay swimmers can change up until the race as long as the correct swimmers are listed on the card and given to the timer.</li> </ul>		
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Medals awarded for top 3 places in individual and relay events.</li> <li>• Trophies will be awarded to each Team Champion (Boys and Girls).</li> </ul>		
<b>SEEDING</b>	All events will be pre-seeded using entry times		
<b>RULES</b>	The current VHSL Swimming Rules and Regulations will apply. Shaving is forbidden on site. Shaving on site will result in the athlete's removal from further competition.		

<b>OFFICIALS</b>	<p><b>Meet Referee: Dawn Funkhouser - VHSL Certified for this year</b>  <b>Starter: _____ - must be VHSL Certified for this year</b></p> <p>Each team should provide 1 VHSL Certified (for this year) Stroke and Turn/Relay Take-off judge plus at least one name for additional workers, (computer, awards, marshal or runner) and 5 timers.  Volunteers will NOT be charged admission to the meet.  There will be a Stroke and Turn meeting at 2:10, timers meeting at 2:20, and a Coaches/Captains Meeting at 2:35</p> <p><b>Return the attached form by Wednesday, January 23<sup>rd</sup> to <a href="mailto:spshaffer@shenandoah.k12.va.us">spshaffer@shenandoah.k12.va.us</a> with your volunteer information.</b></p>
<b>LAP COUNTERS/ STOPWATCHES</b>	<p>Please bring lap counters for your 500 Free swimmers.  Please bring stopwatches for your timers.</p>
<b>SCORING</b>	<p>Individuals: 9-7-6-5-4-3-2-1  Relays: 18-14-12-10-8-6-4-2</p>
<b>GENERAL</b>	<p>Admission - \$7.00  Meet Program - \$1.00</p>
<b>FACILITY RULES</b>	<p><b>DECK SPACE IS LIMITED. ONLY SWIMMERS ENTERED IN THE MEET ARE ALLOWED ON DECK. ALL OTHERS ARE CONSIDERED SPECTATORS AND WILL NEED TO SIT IN THE SPECTATOR AREA.</b></p> <p>No shaving on site  No glass, food or drink (except water) allowed on deck</p>
<b>EVENT ORDER</b>	<p>The standard VHSL order of events, excluding the diving events, will be followed with two 10 minute breaks for open warm-ups</p> <ol style="list-style-type: none"> <li>1.) between the Girls 50 freestyle and the Boys 100 Butterfly</li> <li>2.) between the Girls 200 Free Relay and the Boys 100 Back</li> </ol>
<b>WARM-UPS</b>	<p>2:00-2:15: <b>Central</b> – Lanes 1-3, <b>Madison</b> – Lanes 4-5, <b>Strasburg</b> – Lanes 6-8  2:15-2:30: <b>Clarke</b> – Lanes 1-4, <b>George Mason</b> – Lanes 5-8  (Warm up assignments may be adjusted once entries have been received)</p>
<b>HOSPITALITY</b>	<p>None</p>
<b>CONCESSIONS</b>	<p>None</p>

# 2019 Bull Run District Swimming Championship Officials/Volunteer Information

Please send this information to Steve Shaffer ([spshaffer@shenandoah.k12.va.us](mailto:spshaffer@shenandoah.k12.va.us)) by noon on Wednesday, January 23<sup>rd</sup>. Staffing list will be sent out on Thursday January 24<sup>th</sup>.

School: \_\_\_\_\_

**Certified  
Officials:**

**Name:** \_\_\_\_\_

Positions trained for: \_\_\_\_\_

Certification Number: (Circle) VHSL or USA? \_\_\_\_\_

Phone number: \_\_\_\_\_

e-mail: \_\_\_\_\_

**Name:** \_\_\_\_\_

Positions trained for: \_\_\_\_\_

Certification Number: (Circle) VHSL or USA? \_\_\_\_\_

Phone number: \_\_\_\_\_

e-mail: \_\_\_\_\_

**Other  
Officials:**

**Name:** \_\_\_\_\_

**Position:** (Circle) Table Worker, Head Timer, Runner

**Timers:**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

**For meet officials and workers to get in free, they must be on this list.  
Thank you in advance!**