



2022 NVSL HANDBOOK

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Northern Virginia Swimming League (NVSL®)

FOREWORD

The Northern Virginia Swimming League was founded in 1956 to sponsor competitive swimming and diving events and activities among community swimming pools of Northern Virginia, and to develop in the children participating in this program —

A love for the sport, advanced aquatic skills, teamwork, and the principles of good sportsmanship.

The rules for the Northern Virginia Swimming League are predicated upon a program which:

- (a) Groups all participating pool organizations into divisions of approximately six pools each, with a pool being assigned to a specific division in accordance with a seeding procedure approved by the League.
- (b) Provides a basic swimming program of approximately five dual meets, Division Relay Carnivals, an All-Star Relay Carnival, Division Individual Championships and an Individual All-Star Meet.
- (c) Provides a diving program consisting of dual meets, Division Diving Championship meets, a Diving All-Star meet, and a 3-meter meet.

The League strives to improve these rules to ensure fair and equitable competition. In furtherance of these goals, the League welcomes the participation of athletes, officials, coaches and parents with a disability in NVSL events and activities.



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STANDARDS OF CONDUCT

The following Standards of Conduct shall guide swimming and diving within the Northern Virginia Swimming League (NVSL). They promote respect, fairness, civility, honesty, responsibility, and appropriate behavior. These Standard foster a positive environment at all swim and dive meets; establish an atmosphere of respect for all participants, officials, and spectators; produce positive learning outcomes for all; build participant and team spirit; and enhance the sports of swimming and diving.

All Athletes, Coaches, Team Representatives, Officials, Parents, Spectators, and NVSL Leadership shall:

- Abide by the established rules of the NVSL.
- Respect all officials at all times and address them in a courteous manner.
- Avoid using inappropriate language, profanity, humiliating or intimidating remarks or behavior, (including through social media), verbal or physical assault toward any athlete, coach, Team Representative, official, NVSL leadership representative, or spectator.
- Follow applicable management, pool, and facility rules, respecting others' property at all times.
- Display respect, courtesy, and good manners toward athletes, coaches, Team Representatives, and spectators. Team Representatives shall assist officials in maintaining control of spectators during meets.
- Demonstrate humility in victory and courtesy in defeat.

Head Coaches shall:

- Ensure athletes and assistant coaches demonstrate maturity and good sportsmanship toward other athletes, officials, coaches, and spectators at all times.
- Lead by example to instill a love for the sport, advanced aquatic skills, teamwork and good sportsmanship in their team.

Spectators shall:

- Maintain an appropriate distance from the competition area by remaining in established viewing areas and shall not encroach the pool deck or interfere with any officials.
- Not engage in loud, intimidating, disrespectful, or negative behavior toward officials, athletes, other spectators, support personnel, or pool staff (including lifeguards).

OATHS

Athletes & Coaches:

As representatives of all athletes and coaches, we promise that we will take part in this NVSL competition, respecting and abiding by the rules and standards of conduct which govern it, in the true spirit of sportsmanship, for the advancement of the sport and the honor of our teams.

Officials:

As a representative of all judges and officials, I promise that we will officiate in this NVSL competition with impartiality, respecting and abiding by the rules and standards of conduct which govern it, in the true spirit of sportsmanship."



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VOLUNTEER RECOGNITION & PAST PRESIDENTS

The Northern Virginia Swimming League was formed in 1956. The success of the League is dependent on the volunteer support of many swimmers' parents and of friends of aquatic sports. The NVSL wishes to thank all of those who have donated their time so that approximately 17,000 swimmers and divers can participate in this league each year. More than 2,500 family and friends volunteer across the league on any given meet day in addition to those who help throughout the season and the year, giving their time, energy, food and funds to create a wonderful program that not only builds a love for the sport of swimming and advanced aquatic skills, but builds teamwork, principles of good sportsmanship, a stronger community, and memories to last a lifetime! While it would be impossible to thank all of those who contribute so much each year, the following is a list of Past Presidents who are representative of our many volunteers.

1956–57 John Connelly	1989–90 Steve Alterman
1958 J. N. Swarthley	1991–92 Judy Strauss
1959–60 Jack McGregor	1993–94 Dick Rankin
1961–62 Richard Kane	1995–96 Bob Mahony
1963–64 Don Stocking	1997–98 Bill Lind
1965–66 J. T. Gissendanner	1999–00 Jay Copan
1967–68 John Horgan	2001–02 Lynn Black
1969–70 A. E. Highley	2003–04 Rick Hoffman
1971–72 George Falck	2005–06 Rick Healy
1973–74 Gene Zink	2007–08 Steve Burnley
1975–76 Gail Frank Sedgwick	2009–10 Christine Loeser
1977–78 Bill Gillen	2011–12 Jack Schaeffer
1979–80 Dick Young	2013–14 Jim Shlesinger
1981–82 Bill Bancroft	2015–16 Bill Cook
1983–84 Pierre Brosseau	2017–18 Kelly Parry
1985–86 Peter Marino	2019–20 Nancy Jessen
1987–88 Ray Kostosky	

SCHOLARSHIP PROGRAM

In 1991, the NVSL decided to honor one of its graduating seniors, swimmer and/or diver, with a gift that would be used to help defray some of the costs of his/her collegiate career; thus, the MacDuff Scholarship (now named the Community Service Scholarship) was instituted. In 1994, the Presidents' Scholarship was inaugurated. In 2008, a third scholarship was awarded in honor of Olivia Aull and named the Spirit Scholarship. A fourth scholarship was added in 2014 and named in honor of Joan Olson, the Sportsmanship Scholarship. The Excellence in Technique Scholarship, a memorial scholarship in honor of Lou Sharp was added in 2017. These five scholarships are supported by contributions from members and friends of the NVSL and are open to swimmers and divers. Contact askNVSL@gmail.com to contribute.

Community Service Scholarship

The Community Service Scholarship was created in memory of the many NVSL swimmers, divers and volunteers. This scholarship was named for George MacDuff and his daughter, Melinda. George served for many years as the League's Records Chairman.

1991 Cara Garvey (FP)	2005 Stephannie McKinney (NS)
1992 Brian Craft (BF)	2005 Christine Nelson (CH)
1993 Christina Hagopian (IC)	2006 Brian Fletcher (R)
1994 Jennie Stallings (THA)	2006 Molly Turner (MVP)
1995 Brian Gaffney (OAK)	2007 Mara Bealy (G)
1996 Valerie Ann Stasik (S)	2007 Caroline Manning (FS)
1997 Stephen LaGarde (S)	2008 Katie Nelson (CH)
1998 Dana Lea Nelson (THA)	2009 Andrew Frank (CCC)
1999 Mary Catherine Manning (FS)	2010 Chloe Grishaw (SHB)
1999 Stephen Krebs (THA)	2011 Kelly Corish (DL)
2000 Susan Kasimer (A)	2012 Katherine Van Winkle (DL)
2000 Andrew Velarde (LE)	2013 Nicolette Powell (OAK)
2001 Katherine Payne Reid (KG)	2014 Elizabeth Georgie Jones (SHB)
2001 Greg Landrum (SRA)	2015 Clare Kehoe (CH)
2002 Elizabeth Ann Wasilewski (O)	2016 Sandy Kendall (HRA)
2002 Jennifer L. Piantedosi (PC)	2017 Aidan Jones (SHB)
2003 James 'Shea' Manning (FS)	2018 Mia Oppler (WG/RH)
2003 Elizabeth McConville (WC)	2019 Leah Horan (T)
2004 Katie Guida (RG)	2020 Rylie Kiefaber (LRR)
2004 Christina Sweeder (NS)	2021 Kate Walter (L)

Sportsmanship Scholarship

The Sportsmanship Scholarship was created in 2014 and named to honor Joan Olson who served as a Director of the NVSL Director and Chair of the Swimming Seeding Committee for many years. She was also a passionate advocate for sportsmanship throughout the league.

2014 Cathryn Kost	(PV)	2018 Hannah Rollins	(LG)
2015 Anise Muir	(HF)	2019 Cara Patrick	(LRR)
2016 Ashley Weldon	(FS)	2020 Madeline Ice	(LG)
2017 Natalie Hohman	(HM)	2021 Juliana Skopp-Cardillo	(MVP)

Spirit Scholarship

The Spirit Scholarship was created in memory of athlete Olivia Aull to recognize spirited swimmers and divers from within the NVSL family.

2008 Nicole Sharer	(OAK)	2015 Erin Murphy	(H)
2009 Jillian Brown	(HTM)	2016 Maureen Duesterhaus	(G)
2010 Natalie Leake	(LG)	2017 Eleanor Ridgeway	(O)
2011 Julia Choudhury	(LE)	2018 Ian Peverall	(HM)
2012 Shannon Smith	(WC)	2019 Kate Billingsley	(PL)
2013 Alexander Place	(O)	2020 Carrie Morrison	(OH/HV)
2014 Jack Capra	(LE)	2021 Andrei Zaitsev	(MVP)

Presidents' Scholarship

The Presidents' Scholarship was named to honor all those volunteers who have served the youth of Northern Virginia and especially those who have served as President of the NVSL.

1994 Brian Rosman	(HP/MHC)	2008 Michael Piantedosi	(PC)
1995 Linda Popels	(DH)	2009 Shannon Yi	(FX)
1996 John Kowalski	(O)	2010 Alexander Howe	(HRA)
1997 Marianne Koszorus	(T)	2011 Beverly Dobrenz	(LE)
1998 David Dansereau	(LB)	2012 Sarah Plombon	(VW)
1999 Christopher Williams	(PV)	2013 Sarah Bergen	(R)
2000 Margaret Chadbourne	(HM/LHP)	2014 Rachel Anderson	(LRR)
2001 Jiffy Bennett	(RG)	2015 Allison Davis	(FX)
2002 Aaron Daniel Bergman	(M)	2016 Kirsten Chase	(BKS)
2003 Parker Ramsdell	(OAK)	2017 Evan Chase	(BKS)
2004 Benjamin Zisk	(OAK)	2018 Hannah Karlin	(O)
2005 Justin Anderson	(FME)	2019 Troy Young	(R)
2006 Peter Krawczyk	(DL)	2020 Madi Flinn	(CSC/OKM)
2007 Katherine Lesniewski	(LRR)	2021 Jenna Potoker	(FCE)

Excellence in Technique Scholarship

The Excellence in Technique Scholarship, created in 2017, is funded by a grant from Mr. Sharp's estate. Lou Sharp was a strong supporter of the NVSL through the Competition Swim Clinics he founded. Under Lou's guidance, generations of swimmers learned stroke technique and a love for the sport of swimming.

2017 Abigail Tisler	(FCE)	2020 Justin Brady	(FO)
2018 Martin Salamone	(V)	2021 Lauren Gagermeier	(CCC)
2019 Alexus Chua	(FO)		

Swim Ninja Scholarship

The Swim Ninja Scholarship, which was funded by Swim Ninja, LLC was awarded for four years (2010–2013). It was given to NVSL swimmers who served the community both in and out of the water.

2010 Stephen Sharer	(OAK)	2012 Meghan O'Neill	(CCC)
2011 Christopher 'CJ' Fiala	(SS)	2013 Jennifer Jessen	(FH/A)

Scholarship Application Process

Any graduating high school senior who is an NVSL swimmer and/or diver is eligible to apply for the 2022 scholarships**. Each Team Representative has information about the application process, and copies of the application packet which must be submitted by all applicants. The application packet can also be found on and downloaded from the NVSL website www.mynvsl.com under the documents tab in the Scholarship Program folder.

To be considered for the 2022 Scholarships, applications must be RECEIVED by the NVSL Scholarship Chair **no later than 6:00 PM on FRIDAY JUNE 24, 2022** via email at NVSLscholarship@gmail.com or via mail at 4610 4th St. S Arlington, VA 22204. Incomplete and/or late application packets will NOT be considered. Recipients will be announced on myvsl.com.

***It is requested that applicants who will be receiving athletic scholarships from their college or university ascertain their eligibility to accept an NVSL swimming/diving scholarship **PRIOR** to submitting the application packet.*


SAFE PRACTICE GUIDELINES

*The safety and conduct suggestions (listed below but not limited to) should be adhered to in order to ensure optimum safety in and around the swimming pool. **Any temporary adjustments will be distributed separately by the NVSL.***

- All NVSL participants; Athletes, Coaches, Team Reps, Officials, Parents / Spectators, and NVSL Leadership should abide by the Code of Conduct.
- All swimming practices should be open to observation by parents.
- An open and observable environment should be maintained for all interactions between adults and athletes. Private, or one-on-one situations, should be avoided unless they are open and observable.
- Athletes should not ride in a coach's vehicle without another adult present. Coaches driving swimmers/divers in ANY capacity should submit driving record to the hiring club.
- Two-deep Leadership: One coach member and at least one other adult who is not in the water should be present at all practices and other sanctioned team activities whenever at least one athlete is present.
- The second adult should be designated with the sole responsibility for monitoring the swimmers'/divers' safety at an aquatic activity and they should:
 - ☐ Ensure the safety of all swimmers/divers
 - ☐ Be alert and attentive at all times, do not get distracted
 - ☐ Always be near the edge of the pool and have a clear view of the entire pool
 - ☐ Visually scan above and below the water surface continually
 - ☐ Do not leave the pool area without another coach taking the position
 - ☐ All other coaches should adhere to all of the above responsibilities for their area
- A qualified life guard, or qualified educator, or qualified coach should always enter the pool area first, ensuring the deck and pool is clear of unsafe hazards, confirming safety of water chemicals, and visually checking that the necessary safety equipment is readily available each time the pool is in use; and they should be the last to leave.
- Backstroke flags should be used in practice. Pool deck should be kept clear of unnecessary equipment.
- A qualified life guard, or qualified educator, or qualified coach should confirm there is a telephone in close proximity of the pool deck designated for emergency calls with pool phone number and street address visible. Know where the record book is with parent emergency forms and phone numbers. Review emergency forms and be aware of medical issues of allergies, diabetic, asthma, heart problems and symptoms with a list of what to do if an issue arises.
- A safety orientation for all participants should be conducted prior to initially using the pool. It should include all safety rules and regulations, including "horse play", diving restrictions, safety procedures, water depth, and any other pertinent safety information. Some examples:
 - ☐ NVSL's Standards of Conduct
 - ☐ During warm-ups — feet first entry, facing water, no turning during entry (splitting chin)
 - ☐ No diving without coaches' permission
 - ☐ Special attention to safe situation during games
 - ☐ No hanging onto another person or pulling them under while in the water — even in games
 - ☐ Never push people into the pool
 - ☐ No inappropriate behavior on the deck or in the locker room
 - ☐ Skits, Driving, Other Activities — should be appropriate and safe — and reviewed with Team Rep
 - ☐ No open flames, no cars on deck, no climbing on roofs
- No use of advanced diving equipment, including but not limited to trampolines (land or over-the-water) or bubble machines.
- The diving boards should only be used by those instructed in the proper techniques of diving and only with the permission and supervision of the instructor/coach/ lifeguard.
- Any time an incident report is written up for an incident during team practice or meets, please forward a copy to the NVSL President for review and/or further action.

It is not the purpose of these guidelines to set standards of care for swimmer/diver safety. Safety considerations should be addressed by the swimmers and the community pool organizations where the meets are held. Pool safety rules and action plans should be enforced at ALL times.



2018/2019/2020/2021/2022



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Mt. Vernon Rec. Cen.
South Run Rec. Cen.



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2022 SWIM TEAM REPRESENTATIVES & POOL LOCATIONS

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Annie Kemps anniegreeley@hotmail.com

2. ARLINGTON FOREST (AF) 1958 9 703-527-1782 5401 Carlin Springs Rd., Arlington 22203

Kathy Evans swimteam@afctigers.org c 301-509-7915
Missy Britan swimteam@afctigers.org c 703-618-2101

3. BRANDYWINE (B) 1968 5 703-323-1109 9537 Helenwood Dr., Fairfax 22032

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Jason Frank brandywineteamrep@gmail.com c 612-270-9578

4. BROOKFIELD (BF) 1973 13 703-968-9281 13615 Pennsboro Dr., Chantilly 20151

Edna Duarte brookfieldbreakers@gmail.com c 571-225-7292
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5. BROYHILL CREST (BC) 1971 16 703-914-9608 7212 Early St., Annandale 22003

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Kathleen Fay kathfay85@gmail.com c 571-263-9844

6. BURKE STATION (BKS) 1977 16 703-912-9720 5820 Ridge Ford Rd., Burke 22015

Alexis Bridley Alexis.bridley@gmail.com c 843-422-9560
Matt Gorski mattiegg@yahoo.com c 703-403-7050

7. CAMELOT COMM CLUB (CCC) 1967 10 703-560-1222 3604 Balin Ct. (at Camelot Dr.), Annandale 22003

Molly Southworth cccknights@gmail.com c 703-577-9771
Melissa Snyder
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 Heather Page cottontailcobias@gmail.com c 832-205-3422
 Cristina Wallace cottontailcobias@gmail.com c 571-278-3622
- 13. COUNTRY CLUB HILLS (CCH) 1962 6 703-591-6114**
 3621 Old Post Rd., Fairfax 22032
 Deana McNeely deana.mcneely@gmail.com c 703-861-1715
 Lesley Shaw shawlesley@gmail.com c 703-728-2179
- 14. CROSSPOINTE (CP) 1995 2 703-690-4895**
 8275 Glen Eagle Ln., Fairfax Station 22039
 Wendy Iaci cpswimteamrep@gmail.com c 703-582-6536
 Meredith Harris mbharris05@gmail.com c 571-215-9803
- 15. DAVENTRY (DV) 1987 12 703-455-9810**
 7721 Painted Daisy Dr., Springfield 22152
 Melissa Ball daventryswim@gmail.com c 202-821-6841
 Katie McCroskey kate.mccroskey@gmail.com c 703-342-6617
- 16. DOMINION HILLS (DH) 1957 7 703-533-7550**
 6000 Wilson Blvd., Arlington 22205
 Meghan Fatouros meghanfatouros@yahoo.com c 703-582-6263
 Beth Newman newmaninva@comcast.net c 703-505-9631
 Tamara McFarren temcfarren@gmail.com c 202-285-7249

- 17. DONALDSON RUN (DR) 1960 1 703-522-3115**
 2729 Marcey Rd., Arlington 22207
 Trisha Madden trisha.m.madden@gmail.com c 571-271-3038
 Teresa Mason teresaepstein@gmail.com c 646-648-9923
- 18. DOWDEN TERRACE (DT) 1958 3 703-998-9761**
 6300 Holmes Run Pkwy, Alexandria 22311
 Dana Smullen dtdolphins@gmail.com c 703-966-7075
 Jeff Lungren dtdolphins@gmail.com c 202-271-1452
- 19. DUNN LORING (DL) 1965 6 703-560-9873**
 8326 Cottage St. (at Drexel St.), Vienna 22180
 Alison Jones acrclaire@gmail.com c 512-659-3685
 Jane Hwang jhwang02879@yahoo.com c 571-278-2358
 Kristi Zimmerman Kristicoolj@gmail.com c 571-551-9625
- 20. EDSALL PARK (EP) 1963 17 703-941-9823**
 5505 Montgomery St., Springfield 22151
 Amy Brown acsevern@aol.com c 571-243-4898
 Shannon Downell s.downell@gmail.com
- 21. FAIR OAKS (FO) 2000 2 703-758-1980**
 3720 Charles Stewart Dr., Fairfax 22033-7
 Stacey Manning manning.stacey@gmail.com c 240-401-4467
 Jessica Cooley jessicaleahcooley@gmail.com c 703-655-4961
- 22. FAIRFAX (F) 1964 8 703-691-8166**
 4200 Roberts Rd., Fairfax 22032
 Rita Muldoon-Laccone rmlaccone@gmail.com c 703-943-6794
 Tricia Connor pjconnor@gmail.com c 703-589-6068
- 23. FAIRFAX CLUB ESTATES (FCE) 1986 10 703-250-1151**
 5601 Snowy Owl Dr., Fairfax 22032
 Tricia Feinberg fceflippers@gmail.com c 703-843-6175
 Thomas DiPietro drum4god50@msn.com c 571-230-7435
- 24. FAIRFAX STATION (FS) 1985 7 703-250-6604**
 6203 Old Arrington Dr., Fairfax Station 22039
 Meghan Howard megmhoward@gmail.com c 315-382-8929
 Matt Howard howardmatthewp@gmail.com c 410-302-0129
 Kristin Prompol Kaknoblach@gmail.com c 240-687-7277

25. FOREST HOLLOW (FH) **1966 12 703-750-9737**
4300 Old Columbia Pike, Annandale 22003
 Chase Chichester teamrepfhsc@gmail.com c 703-963-0417
 Terry O'Brien terryobrien44@yahoo.com c 410-245-1845

26. FOX HUNT (FX) **1974 12 703-451-5015**
7024 Spaniel Rd., Springfield 22153
 Courtney van Schagen
 foxhuntsplash@outlook.com c 703-597-7317
 Betsy Fawsett

27. FOX MILL ESTATES (FME) **1977 13 703-860-5540**
2720 Viking Dr., Herndon 20171
 Michelle Siraj michelledsiraj@yahoo.com c 571-294-6163
 Jill Pellerin pelljill@gmail.com c 916-317-7869

28. FOX MILL WOODS (FMW) **1980 14 703-860-0628**
2634A Black Fir Ct., Reston 20191
 Kelly Roshelli kellyeroshelli@yahoo.com c 571-263-0482
 Lara Rosa lara.c.rosa@gmail.com c 703-919-1596

29. GREAT FALLS (GF) **1973 9 703-759-3299**
761 Walker Rd., Great Falls 22066
 Jeff Minsky jeff.minsky@gmail.com c 917-442-7276
 Robin Dillon-Merrill rld9@georgetown.edu c 703-470-9009

30. GREENBRIAR (G) **1973 8 703-378-4421**
13001 Point Pleasant Dr., Fairfax 22033
 Dan Klanderman
 dan.klanderman@greenbriardolphins.org c 703-989-6334
 Rob Waymen
 rob.wayment@greenbriardolphins.org c 703-968-6517

31. HAMLET (HSC) **1970 2 703-893-7255**
8209 Dunsinane Ct., McLean 22102
 Jill Cramer greenfeetteamrep@gmail.com c 202-321-2493
 David Kuhn greenfeetteamrep@gmail.com c 202-321-6374
 Cecillia Chang sealmin@yahoo.com c 703-350-8547

32. HAYFIELD FARM (HF) **1971 12 703-971-9837**
7820 Hayfield Rd., Alexandria 22315
 Colleen Ferguson cojo0418@aol.com c 703-869-3352

33. HERNDON (H) **1960 15 703-707-0726**
1114 Monroe St., Herndon 20170
 Tara Stone Medina tstone28@yahoo.com c 703-888-9235
 Sara Murphy sara@murphmail.org c 412-414-6413
 Shannon Nieves Turpyn
 nieves.shannon@gmail.com c 703-415-6613

34. HIDDENBROOK (HB) **1979 5 703-437-9736**
1508-A Sadlers Wells Dr., Herndon 20170
 Neal Jarvis hbteamrep@gmail.com c 703-309-4625

35. HIGH POINT POOL (HPP) **1967 3 703-241-9386**
6840 Woodland Dr., Falls Church 22043
 Gracemarie Braunberg gmva@verizon.net c 703-869-1008
 Renee Sturgeill renee@sturgills.com c 703-405-3568
 Allison Jimenez grinnell803@yahoo.com c 571-328-2412

36. HIGHLAND PARK (HP) **1960 9 703-971-9439**
6406 Telegraph Rd., Alexandria 22310
 Cynthia Allen hphurricanes@gmail.com c 703-863-2487
 Chris Capistran hphurricanes@gmail.com
 Michele Peterson hphurricanes@gmail.com c 703-350-2056

37. HIGHLANDS SWIM (HS) **1967 1 703-821-9893**
1515 Bryan Branch Rd., McLean 22101
 Gillian Russell gillianr@whompingturtles.org c 703-328-6089
 Cheryl Farley cheryl@whompingturtles.org c 703-887-2717

38. HOLLIN HILLS (HH) **1956 14 703-765-9628**
1600 Paul Spring Rd., Alexandria 22307
 Brooke Lombardi belombardi@hotmail.com c 703-470-6965

39. HOLLIN MEADOWS (HM) **1966 10 703-765-9859**
2500 Woodlawn Trail, Alexandria 22306
 Lauren Iannitto LFalkenhan@gmail.com c 202-669-8739
 Kim Dwyer kim.f.dwyer@gmail.com c 773-220-2143

40. HOLMES RUN ACRES (HRA) (25Y) **1958 13 703-560-2750**
3451 Gallows Rd., Falls Church 22042
 Heidi Gallacher teamrephra@gmail.com c 703-200-0924

41. HUNT VALLEY (HV) 1975 3 703-451-9137*7100 Sydenstricker Rd., Springfield 22153*

Dan Stevens c 571-242-3481
 swimteamrep@huntvalleyswimclub.org
 Amy Schmeck c 814-771-9547
 swimteamrep@huntvalleyswimclub.org

42. HUNTER MILL (HTM) 1986 8 703-262-0033*10339 Brittenford Dr., Vienna 22182*

Thursa Pecoraro c 703-439-0199
 thursalapecoraro@hotmail.com
 Megan White c 314-226-7641
 meganseferianwhite@gmail.com
 Ashley Lawson ashleylawso@gmail.com c 703-401-1272

43. ILDA COMMUNITY (IC) 1965 16 703-323-9813*8900 Braeburn Dr., Annandale 22003*

Janice Viola janice@vra.net c 703-628-4480
 Beth Guerra dbguerra@cox.net c 703-606-8231

44. KENT GARDENS (KG) (25Y) 1961 2 703-893-7573*1906 Westmoreland St., McLean 22101*

Bethany Nguyen swim@kentgardens.org c 412-901-9136
 Lauren Braccia lauren.braccia@gmail.com c 917-318-8587

45. KINGS RIDGE SWIM CLUB (KR) 1978 15 703-323-1811*4850 Gainsborough Dr., Fairfax 22032*

Kris Bondanella krwaterwizards@gmail.com c 703-919-2199
 Stacy Dolfis krwaterwizards@gmail.com c 703-599-7839

46. LAKE BRADDOCK (LB) 1973 14 703-323-5332*9528 Ashbourn Dr., Burke 22015*

Karen Spencer c 703-508-9512
 karen.spencer@brighthorizons.com
 Kevin Cyron Cyronbusiness@hotmail.com c 703-203-7905

47. LAKEVALE ESTATES (LE) 1968 7 703-242-1521*2554 Oak Valley Dr., Vienna 22181*

Brett Leis leteamrep@gmail.com c 267-300-1690
 Kathy Goodman c 571 527-9588
 kathy.goodman1976@gmail.com

48. LAKEVIEW (LV) 1973 6 703-323-9510*5352 Gainsborough Dr., Fairfax 22032*

Elaina Moy lakeview.swim@gmail.com c 703-967-6361
 Tara Fleck lakeview.swim@gmail.com c 904-422-8254

49. LANGLEY CLUB (L) 1958 1 703-821-9316*728 Live Oak Dr., McLean 22101*

John Jones swim@langleyclub.org c 571-239-0788
 Kirk Volovar kirkvolovar@gmail.com c 301-524-5824

50. LAUREL HILL (LH) 2006 15 703-493-8961*8380 Laurel Crest Dr., Lorton 22079*

Mike Lloyd 19hokie93@gmail.com c 703-483-1569

51. LEE GRAHAM (LG) 1956 4 703-573-9706*7319 Lee Hwy., Falls Church 22042*

Kathleen Wilson Kgw99hound@gmail.com c 703-217-7086
 Erin Yeh erinmyeh@gmail.com c 301-801-7282

52. LINCOLNIA PARK (LP) 1960 15 703-941-9676*6501 Montrose St., Alexandria 22312*

Kate Wise Lazersrep@gmail.com c 703-795-3496

53. LITTLE HUNTING PARK (LHP) 1956 5 703-765-9642*7000 Canterbury Ln., Alexandria 22306*

Tony Almeida talmelda@verizon.net c 703-939-3239
 Brooke Emery brooke.s.emery@gmail.com c 703-772-2703

54. LITTLE ROCKY RUN (LRR) 1987 2 703-815-3836*6201 Sandstone Way, Clifton 20124*

Eileen Goff teamrep@lrrstingrays.com c 571-201-7475
 Kristen Elder teamrep@lrrstingrays.com c 703-350-1020

55. LONG BRANCH (LBR) 1980 16 703-764-2744*9100 Burnetta Dr., Annandale 22003*

Erin St.Louis kestlouis@gmail.com c 619-788-7994
 Jennifer Gibson jkaygibson@gmail.com c 361-779-0045

56. MANSION HOUSE (MHC) 1968 13 703-780-6485
 9321 Old Mt. Vernon Rd., Alexandria 22309

Emily Lussier swimrep@mansionhouseclub.com c 571-216-9447
 Jeannine Carrado swimrep@mansionhouseclub.com c 703-861-1568
 Jennifer McDonald swimrep@mansionhouseclub.com c 703-328-8193

57. MANTUA (M) 1964 4 703-273-5363
 9330 Pentland Pl., Fairfax 22031

Lori Recher mantuamarlins@gmail.com c 703-599-9043
 Amy Sheridan mantuamarlins@gmail.com c 602-818-5812

58. McLEAN (ML) 1961 2 703-409-3520
 1700 Margie Dr., McLean 22101

Megan Frantz mfrantz73@gmail.com c 703-517-8336
 Allison O'Rourke allison.orourke@live.com c 843-437-2222
 Matt Williams mattidwill@yahoo.com c 703-200-3135

59. MOSBY WOODS (MW) 1966 11 703-691-9536
 3136 Plantation Pkwy (at Blue Coat Dr.), Fairfax 22030

Tricia Wankum patricia.wankum@gmail.com c 573-821-5281
 Kat Partington katdodd@gmail.com c 706-248-0875
 MW team swimteam@mosbywoodspool.com

60. MOUNT VERNON PARK (MVP) 1956 5 703-765-3688
 8040 Fairfax Rd., Alexandria 22308

Mike Anderson mvpgators@gmail.com c 703-795-8127
 Katy Jetton mvpgators@gmail.com c 214-202-0670

61. NEWINGTON FOREST (NF) 1983 17 703-440-9034
 8201 Southrun Rd., Springfield 22153

Mike Cabot mbchobbit@gmail.com c 505-228-7135

62. NORTH SPRINGFIELD (NS) 1961 17 703-256-4686
 5604 Earlhurst St., Springfield 22151

Katie Wayne ns.dolphin.swim@gmail.com c 703-380-4003

63. OAKTON (OAK) 1985 4 703-620-9800
 11714 Flemish Mill Ct., Oakton 22124

Lauren Hansen lauren_hansen78@yahoo.com c 703-980-4735
 Heather Lim hsl825@gmail.com c 703-965-2374
 Maggie Roth grattanm@gmail.com c 703-307-8074

64. OLD KEENE MILL (OKM) 1978 3 703-455-1312
 9534 Orion Ct., Burke 22015

Dave Bell swimrep@okmpool.com c 703-980-3015
 Sue Rizzardi asstswimrep@okmpool.com c 703-589-4102

65. ORANGE HUNT (OH) 1970 4 703-451-9815
 8600 Bridlewood Dr., Springfield 22152

Allison Hetzel swimteamreps@orangehunswimclub.org c 571-408-1164
 Laurie Smith swimteamreps@orangehunswimclub.org c 703-635-4151

66. OVERLEE (O) 1958 1 703-532-7819
 6030 Lee Hwy, Arlington 22205

Jenny York jsyork73@gmail.com c 703-939-2935
 Mina Nicholakos mina.nicholakos@gmail.com c 703-282-4424

67. PARKLAWN (PL) 1958 11 703-941-9808
 6011 Crater Pl., Alexandria 22312

Sipho Molife molifefamily@gmail.com c 612-508-3067
 Nicole Liffrog Molife parklawnpiranhas@gmail.com c 612-508-3898

68. PARLIAMENT (PAR) 1966 15 703-978-5522
 8510 Parliament Dr., Springfield 22151

Rebecca Henry rebeccalong3@gmail.com c 202-302-1810
 Colin Wiemer wiemerc@hotmail.com c 707-628-5369

69. PINECREST (PC) 1979 6 703-620-9883
 12515 Pinecrest Rd., Herndon 20171

Emily Madden pinecrestswimteam@gmail.com c 703-868-3684
 Rebecca Gibson pinecrestswimteam@gmail.com c 703-489-5692

70. PINEWOOD LAKE (PW) 1971 17 703-780-9600
 8159 Fernlake Ct., Alexandria 22309

Marshall Sutton marshall@pinewoodporpoises.org c 703-732-2325

71. PLEASANT VALLEY (PV) 1992 17 703-378-7930
 4347 Cub Run Dr., Chantilly 20151

Amber Dominick walter.amber@gmail.com c 757-685-2201
 Laura Walbert laurawalbert@gmail.com c 703-463-1358

72. POPLAR HEIGHTS (PH) 1956 9 703-237-7946
2463 Buckelew, Falls Church 22046

Mary Beth DeLuca wolfedeluca@me.com c 703-559-1675
 Joe Viola jviola@gonzaga.org c 703-899-5986

73. POPLAR TREE (PT) 1989 12 703-378-9836
13516 Point Pleasant Dr., Chantilly 20151

Paul Farello paulfbula@yahoo.com c 202-360-0854
 Alyssa Stoffer alyssastoffer@gmail.com c 973-725-0997

74. RAVENSWORTH FARM (R) 1964 7 703-321-4903
5210 Inverchapel Rd., Springfield 22151

Jill Mowbray c 571-232-0061
 swimteam@ravensworthfarmpool.com
 Nicole Ferrara c 703-915-9549
 swimteam@ravensworthfarmpool.com

75. RIVERSIDE GARDENS (RG) 1967 10 703-780-9088
8633 Buckboard Dr., Alexandria 22308

Emily DiBella emilydibella@yahoo.com c 202-365-9002
 Sabrina Scanlon sabrinascanlon@hotmail.com c 571-236-1321

76. ROLLING FOREST (RF) 1982 11 703-569-1472
7011 Flax St., Springfield 22152

Kwon Miller rfswimteam@gmail.com c 703-955-0039
 Kat Picardat rfswimteam@gmail.com c 703-201-7126

77. ROLLING HILLS (RH) 1966 9 703-451-9666
8301 Carrleigh Pkwy., Springfield 22152

Leanne Flanagan c 703-862-7757
 RHSCSwimTeamRep@gmail.com

78. ROLLING VALLEY (RV) 1970 13 703-912-4842
7019 Ashbury Dr., Springfield 22152

Stephanie Lundquist-Arora c 571-205-7222
 rollingvalley.dolphins@gmail.com

79. RUTHERFORD (RFD) 1966 11 703-978-9853
4609 Marley Rd. Fairfax 22032

Emma Miller emma.miller42@outlook.com c 703-223-9036

80. SHOUSE VILLAGE (SV) 1973 13 703-938-0171
1432 Towlston Rd., Vienna 22182

Christine Williams svteamrep@gmail.com c 330-322-5156
 Nathaniel Williams svteamrep@gmail.com c 571-582-8254

81. SIDEBURN RUN (SR) 1973 11 703-323-5698
10603 Zion Rd., Fairfax 22032

Nicki Miller nickimiller315@gmail.com c 703-675-4537
 Kristin Suma kristinsuma@gmail.com c 773-330-3400
 Shannon Danielson shannonasko@gmail.com c 843-468-0768

82. SLEEPY HOLLOW BATH (SHB) 1961 8 703-241-9731
3516 Sleepy Hollow Rd., Falls Church 22044

Scott Woodworth sealtentguys@gmail.com c 202-277-0511
 Eric Engstrom sealtentguys@gmail.com c 734-904-5768

83. SLEEPY HOLLOW REC (SHR) 1959 6 703-941-0456
3538 Sleepy Hollow Rd., Falls Church 22042

Paul Allvin paul.allvin@me.com c 602-315-4820
 Rhian Allvin rallvin72@gmail.com c 602-315-4952

84. SOMERSET-OLDE CREEK (SOC) 1968 14 703-323-9872
9703 Laurel St., Fairfax 22032

Heather Allison socteamrep@gmail.com c 703-489-9267
 Dorie Johanns socteamrep@gmail.com c 703-585-4523
 Jocelyn Lewis socteamrep@gmail.com c 202-270-0070

85. SOUTH RUN (SOR) 1987 6 703-455-5848
9908 South Park Circle, Fairfax Station 22039

Brendan O'Hara brendan@webmail.us c 703-568-7656
 Jasmin Cole jasminkcole@gmail.com c 571-214-6994
 Elizabeth O'Hara elizabeth@webmail.us c 703-447-1177

86. SPRINGBOARD (SB) 1962 8 703-719-7359
6500 Deepford St., Springfield 22150

Bethany Duffy bethanynicholsduffy@gmail.com c 803-528-7017

87. SPRINGFIELD (S) 1956 17 703-451-9880
7400 Highland St., Springfield 22150

Jennifer Killmer ssrctigersharks@gmail.com c 703-945-8574

88. STRATFORD (SRA) 1968 11 703-780-8900
2300 Brintzer Way, Alexandria 22308

Wendy Putnam swimteamsra@gmail.com c 703-864-3661
 Sarah Land swimteamsra@gmail.com c 612-810-6063

- 89. SULLY STATION (SS)** **1989 10 703-830-7566**
5101 Sequoia Farm Dr., Centreville 20120
 Leslie Whitacre lbwhitacre@gmail.com c 703-424-3514
- 90. SULLY STATION II (SS2)** **1997 14 703-968-9753**
5501 Sully Park Dr., Centreville 20120
 Lori Campbell lsc6@verizon.net c 703-216-4435
 Chris Campbell chriscn@verizon.net c 703-216-4425
- 91. TRURO HOMES ASSN. (THA)** **1971 12 703-978-3040**
4146 Elizabeth Ln., Annandale 22003
 Ally Powell-Switaj swim@trurohomes.org c 703-919-3297
 Kevin Switaj swim@trurohomes.org c 703-774-7441
- 92. TUCKAHOE (T)** **1956 1 703-356-1205**
1814 Great Falls St., McLean 22101
 Colleen Hughes colleenbhughes@yahoo.com c 703-407-2684
 Camille Flint cflint4@gmail.com c 703-624-7875
- 93. VIENNA AQUATIC CLUB (VAC)** **1963 4 703-938-4331**
625 Marshall Rd., Vienna 22183
 Gayle Schlueter vaccgators@gmail.com c 678-362-7836
 Katie Meredith meredithkatiem@gmail.com c 571-238-2625
- 94. VIENNA WOODS (VW)** **1959 3 703-938-4218**
109 Harmony Dr. SW, Vienna 22180
 Tom Peterson tepper7342@gmail.com c 202-905-1021
 Jason Somensatto jsomensatto@gmail.com c 571-334-6094
- 95. VILLA AQUATIC (VA)** **1964 9 703-591-9447**
4299 Andes Dr., Fairfax 22030
 Kristen Spencer villagorillas@aol.com c 703-507-7850
- 96. VILLAGE WEST (V)** **1969 16 703-451-9886**
7008 Elkton Dr., Springfield 22152
 Sarah Seufert villagewestvikings@gmail.com c 703-717-3884
- 97. VIRGINIA HILLS (VH)** **1961 5 703-960-9717**
6500 Virginia Hills Dr., Alexandria 22310
 Lisa McNichols vahillstidalwave@gmail.com c 703-509-3094
 Caitlin Irvin vahillstidalwave@gmail.com c 703-939-3114

- 98. VIRGINIA RUN (VR)** **1990 5 703-815-9700**
15355 Wetherburn Ct., Centreville 22020
 Miki Citron miki.citron@variptide.com c 703-851-7764
 Russel Ramey russ.ramey@variptide.com c 703-725-9801
 Robin Osterhout robinosterhout@variptide.com c 703-229-7686
- 99. WAKEFIELD CHAPEL (WC)** **1970 3 703-323-9739**
4627 Holborn Ave., Annandale 22003
 Kris Anderson c 703-869-4468
 wakefieldchapelswimteam@gmail.com
 Liz Collins c 202-256-6937
 wakefieldchapelswimteam@gmail.com
- 100. WALDEN GLEN (WG)** **1971 10 703-451-9859**
6126 Harmon Pl., Springfield 22152
 Ralph J Klonsky specialk125@verizon.net c 703-624-1419
 Maura McGuire memcguire11@yahoo.com c 703-403-7289
- 101. WAYNEWOOD (WW)** **1961 7 703-780-9649**
1027 Dalebrook Dr., Alexandria 22308
 Frederick Hill c 202-669-0651
 waynewoodswimteam@gmail.com
 Thomas LoCascio c 240-441-5566
 waynewoodswimteam@gmail.com
- 102. WOODLEY (W)** **1956 14 703-573-9852**
7421 Camp Alger Ave., Falls Church 22042
 Carrie McCall woodleyswimrep@gmail.com c 703-401-6417





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2022 SWIMMING CALENDAR

**Please check www.myNVSL.com for clinics, meetings, and latest updates*

June 18, June 25, July 2, July 9, July 16 —	DUAL MEETS	9:00 AM
June 26	Deadline — Scholarship Applications	6:00 PM
July 6	DIVISION RELAY CARNIVALS	6:30 PM
July 7	All-Star Relay Prep Meeting	7:30 PM
July 13	ALL-STAR RELAY CARNIVAL Hamlet Pool	4:00 PM
July 23	DIVISION INDIVIDUAL CHAMPIONSHIPS	8:30 AM
— starts with Breaststroke events —		
July 23	All-Star Selection Meeting	3:30 PM
July 30	INDIVIDUAL ALL-STARs	9:00 AM
Sept	Team Reps End of Year Mtg	
Oct 31	Deadline — Submittal of Rule Changes	

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2022 SCHEDULE OF NVSL SWIMMING MEETS

SWIM DIVISION 1 Linda Klopfenstein c 703-919-4264

18-Jun	Donaldson Run (DR)	at	Tuckahoe (T)
	Chesterbrook (CB)	at	Highlands Swim (HS)
	Langley (L)	at	Overlee (O)
25-Jun	Tuckahoe (T)	at	Langley (L)
	Donaldson Run (DR)	at	Chesterbrook (CB)
	Overlee (O)	at	Highlands Swim (HS)
2-Jul	Overlee (O)	at	Tuckahoe (T)
	Langley (L)	at	Chesterbrook (CB)
	Highlands Swim (HS)	at	Donaldson Run (DR)
6-Jul	DIVISIONAL RELAYS	at	OVERLEE (O)
9-Jul	Highlands Swim (HS)	at	Tuckahoe (T)
	Chesterbrook (CB)	at	Overlee (O)
	Langley (L)	at	Donaldson Run (DR)
13-Jul	ALL-STAR RELAYS	at	HAMLET
16-Jul	Tuckahoe (T)	at	Chesterbrook (CB)
	Overlee (O)	at	Donaldson Run (DR)
	Highlands Swim (HS)	at	Langley (L)
23-Jul	DIVISIONALS	at	TUCKAHOE (T)
30-Jul	INDIVIDUAL ALL-STARS	at	Orange Hunt (OH)

SWIM DIVISION 2 Chris Mack c 703-801-9678

18-Jun	Fair Oaks (FO)	at	Crosspointe (CP)
	Little Rocky Run (LRR)	at	McLean (ML)
	Hamlet (HSC)	at	Kent Gardens (KG)
25-Jun	Kent Gardens (KG)	at	Crosspointe (CP)
	McLean (ML)	at	Fair Oaks (FO)
	Hamlet (HSC)	at	LITTLE ROCKY RUN (LRR)
2-Jul	Crosspointe (CP)	at	Hamlet (HSC)
	McLean (ML)	at	Kent Gardens (KG)
	Little Rocky Run (LRR)	at	Fair Oaks (FO)
6-Jul	DIVISIONAL RELAYS	at	Little Rocky Run (LRR)
9-Jul	Little Rocky Run (LRR)	at	Crosspointe (CP)
	Hamlet (HSC)	at	McLean (ML)
	Fair Oaks (FO)	at	Kent Gardens (KG)
13-Jul	ALL-STAR RELAYS	at	HAMLET
16-Jul	Crosspointe (CP)	at	McLean (ML)
	Fair Oaks (FO)	at	Hamlet (HSC)
	Kent Gardens (KG)	at	Little Rocky Run (LRR)
23-Jul	DIVISIONALS	at	LITTLE ROCKY RUN (LRR)
30-Jul	INDIVIDUAL ALL-STARS	at	Orange Hunt (OH)

SWIM DIVISION 3 Stewart Gordon c 703-850-8594

18-Jun	Hunt Valley (HV)	at	Dowden Terrace (DT)
	Wakefield Chapel (WC)	at	Vienna Woods (VW)
	Old Keene Mill (OKM)	at	High Point Pool (HPP)
25-Jun	Dowden Terrace (DT)	at	Old Keene Mill (OKM)
	Wakefield Chapel (WC)	at	Hunt Valley (HV)
	Vienna Woods (VW)	at	High Point Pool (HPP)
2-Jul	High Point Pool (HPP)	at	Dowden Terrace (DT)
	Old Keene Mill (OKM)	at	Wakefield Chapel (WC)
	Vienna Woods (VW)	at	Hunt Valley (HV)
6-Jul	DIVISIONAL RELAYS	at	WAKEFIELD CHAPEL (WC)
9-Jul	Vienna Woods (VW)	at	Dowden Terrace (DT)
	Wakefield Chapel (WC)	at	High Point Pool (HPP)
	Hunt Valley (HV)	at	Old Keene Mill (OKM)
13-Jul	ALL-STAR RELAYS	at	HAMLET
16-Jul	Dowden Terrace (DT)	at	Wakefield Chapel (WC)
	High Point Pool (HPP)	at	Hunt Valley (HV)
	Old Keene Mill (OKM)	at	Vienna Woods (VW)
23-Jul	DIVISIONALS	at	VIENNA WOODS (VW)
30-Jul	INDIVIDUAL ALL-STARS	at	Orange Hunt (OH)

SWIM DIVISION 4 Alison Galbraith c 571-212-9569

18-Jun	Oakton (OAK)	at	Orange Hunt (OH)
	Mantua (M)	at	Vienna Aquatic (VAC)
	Lee Graham (LG)	at	Cardinal Hill (CH)
25-Jun	Lee Graham (LG)	at	Oakton (OAK)
	Orange Hunt (OH)	at	Vienna Aquatic (VAC)
	Cardinal Hill (CH)	at	Mantua (M)
2-Jul	Cardinal Hill (CH)	at	Oakton (OAK)
	Vienna Aquatic (VAC)	at	Lee Graham (LG)
	Orange Hunt (OH)	at	Mantua (M)
6-Jul	DIVISIONAL RELAYS	at	LEE GRAHAM (LG)
9-Jul	Oakton (OAK)	at	Mantua (M)
	Cardinal Hill (CH)	at	Vienna Aquatic (VAC)
	Lee Graham (LG)	at	Orange Hunt (OH)
13-Jul	ALL-STAR RELAYS	at	HAMLET
16-Jul	Vienna Aquatic (VAC)	at	Oakton (OAK)
	Orange Hunt (OH)	at	Cardinal Hill (CH)
	Mantua (M)	at	Lee Graham (LG)
23-Jul	DIVISIONALS	at	CARDINAL HILL (CH)
30-Jul	INDIVIDUAL ALL-STARS	at	Orange Hunt (OH)

SWIM DIVISION 5 Karen & Jack Schaeffer c 703-508-2328

18-Jun	Brandywine (B)	at	Mount Vernon Park (MVP)
	Virginia Hills (VH)	at	Virginia Run (VR)
	Little Hunting Park (LHP)	at	Hiddenbrook (HB)
25-Jun	Little Hunting Park (LHP)	at	Mount Vernon Park (MVP)
	Virginia Run (VR)	at	Brandywine (B)
	Hiddenbrook (HB)	at	Virginia Hills (VH)
2-Jul	Mount Vernon Park (MVP)	at	Hiddenbrook (HB)
	Virginia Run (VR)	at	Little Hunting Park (LHP)
	Virginia Hills (VH)	at	Brandywine (B)
6-Jul	DIVISIONAL RELAYS	at	VIRGINIA RUN (VR)
9-Jul	Virginia Hills (VH)	at	Mount Vernon Park (MVP)
	Virginia Run (VR)	at	Hiddenbrook (HB)
	Brandywine (B)	at	Little Hunting Park (LHP)
13-Jul	ALL-STAR RELAYS	at	HAMLET
16-Jul	Mount Vernon Park (MVP)	at	Virginia Run (VR)
	Hiddenbrook (HB)	at	Brandywine (B)
	Little Hunting Park (LHP)	at	Virginia Hills (VH)
23-Jul	DIVISIONALS	at	LITTLE HUNTING PARK (LHP)
30-Jul	INDIVIDUAL ALL-STARS	at	Orange Hunt (OH)

SWIM DIVISION 6 Jamie Sample c 703-927-9313

18-Jun	Pinecrest (PC)	at	Sleepy Hollow Rec (SHR)
	Country Club Hills (CCH)	at	Dunn Loring (DL)
	South Run (SOR)	at	Lakeview (LV)
25-Jun	Sleepy Hollow Rec (SHR)	at	South Run (SOR)
	Country Club Hills (CCH)	at	Pinecrest (PC)
	Dunn Loring (DL)	at	Lakeview (LV)
2-Jul	Sleepy Hollow Rec (SHR)	at	Lakeview (LV)
	South Run (SOR)	at	Country Club Hills (CCH)
	Dunn Loring (DL)	at	Pinecrest (PC)
6-Jul	DIVISIONAL RELAYS	at	SLEEPY HOLLOW REC (SHR)
9-Jul	Sleepy Hollow Rec (SHR)	at	Dunn Loring (DL)
	Lakeview (LV)	at	Country Club Hills (CCH)
	Pinecrest (PC)	at	South Run (SOR)
13-Jul	ALL-STAR RELAYS	at	HAMLET
16-Jul	Country Club Hills (CCH)	at	Sleepy Hollow Rec (SHR)
	Lakeview (LV)	at	Pinecrest (PC)
	Dunn Loring (DL)	at	South Run (SOR)
23-Jul	DIVISIONALS	at	DUNN LORING (DL)
30-Jul	INDIVIDUAL ALL-STARS	at	Orange Hunt (OH)

SWIM DIVISION 7 Terri Stukus c 571-277-9891

18-Jun	Dominion Hills (DH)	at	Ravensthorpe (R)
	Fairfax Station (FS)	at	Waynewood (WW)
	Lakevale Estates (LE)	at	Canterbury Woods (CW)
25-Jun	Canterbury Woods (CW)	at	Ravensthorpe (R)
	Waynewood (WW)	at	Dominion Hills (DH)
	Fairfax Station (FS)	at	Lakevale Estates (LE)
2-Jul	Ravensthorpe (R)	at	Lakevale Estates (LE)
	Waynewood (WW)	at	Canterbury Woods (CW)
	Dominion Hills (DH)	at	Fairfax Station (FS)
6-Jul	DIVISIONAL RELAYS	at	WAYNEWOOD (WW)
9-Jul	Fairfax Station (FS)	at	Ravensthorpe (R)
	Waynewood (WW)	at	Lakevale Estates (LE)
	Dominion Hills (DH)	at	Canterbury Woods (CW)
13-Jul	ALL-STAR RELAYS	at	HAMLET
16-Jul	Ravensthorpe (R)	at	Waynewood (WW)
	Lakevale Estates (LE)	at	Dominion Hills (DH)
	Canterbury Woods (CW)	at	Fairfax Station (FS)
23-Jul	DIVISIONALS	at	FAIRFAX STATION (FS)
30-Jul	INDIVIDUAL ALL-STARS	at	Orange Hunt (OH)

SWIM DIVISION 8 Amy Downey c 703-969-7749

18-Jun	Hunter Mill (HTM)	at	Springboard (SB)
	Sleepy Hollow Bath (SHB)	at	Fairfax (F)
	Greenbriar (G)	at	Cottontail (CT)
25-Jun	Cottontail (CT)	at	Hunter Mill (HTM)
	Springboard (SB)	at	Sleepy Hollow Bath (SHB)
	Fairfax (F)	at	Greenbriar (G)
2-Jul	Hunter Mill (HTM)	at	Greenbriar (G)
	Sleepy Hollow Bath (SHB)	at	Cottontail (CT)
	Fairfax (F)	at	Springboard (SB)
6-Jul	DIVISIONAL RELAYS	at	SLEEPY HOLLOW BATH (SHB)
9-Jul	Fairfax (F)	at	Hunter Mill (HTM)
	Sleepy Hollow Bath (SHB)	at	Greenbriar (G)
	Springboard (SB)	at	Cottontail (CT)
13-Jul	ALL-STAR RELAYS	at	HAMLET
16-Jul	Hunter Mill (HTM)	at	Sleepy Hollow Bath (SHB)
	Greenbriar (G)	at	Springboard (SB)
	Cottontail (CT)	at	Fairfax (F)
23-Jul	DIVISIONALS	at	SPRINGBOARD (SB)
30-Jul	INDIVIDUAL ALL-STARS	at	Orange Hunt (OH)

SWIM DIVISION 9 Ginny Rizzo c 703-505-1709

18-Jun	Highland Park (HP)	at	Villa Aquatic (VA)
	Arlington Forest (AF)	at	Poplar Heights (PH)
	Great Falls (GF)	at	Rolling Hills (RH)
25-Jun	Villa Aquatic (VA)	at	Rolling Hills (RH)
	Highland Park (HP)	at	Arlington Forest (AF)
	Poplar Heights (PH)	at	Great Falls (GF)
2-Jul	Villa Aquatic (VA)	at	Great Falls (GF)
	Rolling Hills (RH)	at	Arlington Forest (AF)
	Poplar Heights (PH)	at	Highland Park (HP)
6-Jul	DIVISIONAL RELAYS	at	VILLA AQUATIC (VA)
9-Jul	Villa Aquatic (VA)	at	Poplar Heights (PH)
	Great Falls (GF)	at	Arlington Forest (AF)
	Rolling Hills (RH)	at	Highland Park (HP)
13-Jul	ALL-STAR RELAYS	at	HAMLET
16-Jul	Arlington Forest (AF)	at	Villa Aquatic (VA)
	Highland Park (HP)	at	Great Falls (GF)
	Poplar Heights (PH)	at	Rolling Hills (RH)
23-Jul	DIVISIONALS	at	POPLAR HEIGHTS (PH)
30-Jul	INDIVIDUAL ALL-STARS	at	Orange Hunt (OH)

SWIM DIVISION 10 Carrie O'Hara c 703-304-3051

18-Jun	Walden Glen (WG)	at	Sully Station (SS)
	Fairfax Club Estates (FCE)	at	Riverside Gardens (RG)
	Hollin Meadows (HM)	at	Camelot (CCC)
25-Jun	Camelot (CCC)	at	Walden Glen (WG)
	Sully Station (SS)	at	Fairfax Club Estates (FCE)
	Riverside Gardens (RG)	at	Hollin Meadows (HM)
2-Jul	Hollin Meadows (HM)	at	Walden Glen (WG)
	Camelot (CCC)	at	Fairfax Club Estates (FCE)
	Sully Station (SS)	at	Riverside Gardens (RG)
6-Jul	DIVISIONAL RELAYS	at	SULLY STATION (SS)
9-Jul	Walden Glen (WG)	at	Riverside Gardens (RG)
	Hollin Meadows (HM)	at	Fairfax Club Estates (FCE)
	Camelot (CCC)	at	Sully Station (SS)
13-Jul	ALL-STAR RELAYS	at	HAMLET
16-Jul	Fairfax Club Estates (FCE)	at	Walden Glen (WG)
	Sully Station (SS)	at	Hollin Meadows (HM)
	Riverside Gardens (RG)	at	Camelot (CCC)
23-Jul	DIVISIONALS	at	Hollin Meadows (HM)
30-Jul	INDIVIDUAL ALL-STARS	at	Orange Hunt (OH)

SWIM DIVISION 11 Nicki Miller c 703-675-4537

18-Jun	Sideburn Run (SR)	at	Stratford (SRA)
	Rutherford (RFD)	at	Rolling Forest (RF)
	Parklawn (PL)	at	Mosby Woods (MW)
25-Jun	Sideburn Run (SR)	at	Parklawn (PL)
	Stratford (SRA)	at	Rutherford (RFD)
	Rolling Forest (RF)	at	Mosby Woods (MW)
2-Jul	Mosby Woods (MW)	at	Sideburn Run (SR)
	Parklawn (PL)	at	Rutherford (RFD)
	Stratford (SRA)	at	Rolling Forest (RF)
6-Jul	DIVISIONAL RELAYS	at	SIDEBURN RUN (SR)
9-Jul	Sideburn Run (SR)	at	Rolling Forest (RF)
	Mosby Woods (MW)	at	Rutherford (RFD)
	Parklawn (PL)	at	Stratford (SRA)
13-Jul	ALL-STAR RELAYS	at	HAMLET
16-Jul	Rutherford (RFD)	at	Sideburn Run (SR)
	Stratford (SRA)	at	Mosby Woods (MW)
	Rolling Forest (RF)	at	Parklawn (PL)
23-Jul	DIVISIONALS	at	STRATFORD (SRA)
30-Jul	INDIVIDUAL ALL-STARS	at	Orange Hunt (OH)

SWIM DIVISION 12 Michelle Hale c 703-209-6023

18-Jun	Hayfield Farm (HF)	at	Daventry (DV)
	Fox Hunt (FX)	at	Truro (THA)
	Forest Hollow (FH)	at	Poplar Tree (PT)
25-Jun	Poplar Tree (PT)	at	Hayfield Farm (HF)
	Daventry (DV)	at	Truro (THA)
	Forest Hollow (FH)	at	Fox Hunt (FX)
2-Jul	Hayfield Farm (HF)	at	Forest Hollow (FH)
	Truro (THA)	at	Poplar Tree (PT)
	Fox Hunt (FX)	at	Daventry (DV)
6-Jul	DIVISIONAL RELAYS	at	FOX HUNT (FX)
9-Jul	Fox Hunt (FX)	at	Hayfield Farm (HF)
	Truro (THA)	at	Forest Hollow (FH)
	Daventry (DV)	at	Poplar Tree (PT)
13-Jul	ALL-STAR RELAYS	at	HAMLET
16-Jul	Hayfield Farm (HF)	at	Truro (THA)
	Forest Hollow (FH)	at	Daventry (DV)
	Poplar Tree (PT)	at	Fox Hunt (FX)
23-Jul	DIVISIONALS	at	FOREST HOLLOW (FH)
30-Jul	INDIVIDUAL ALL-STARS	at	Orange Hunt (OH)

SWIM DIVISION 13 Tertius Eksteen c 571-438-7000

18-Jun	Mansion House (MHC)	at	Fox Mill Estates (FME)
	Brookfield (BF)	at	Shouse Village (SV)
	Holmes Run (HRA)	at	Rolling Valley (RV)
25-Jun	Fox Mill Estates (FME)	at	Rolling Valley (RV)
	Mansion House (MHC)	at	Brookfield (BF)
	Shouse Village (SV)	at	Holmes Run (HRA)
2-Jul	Fox Mill Estates (FME)	at	Holmes Run (HRA)
	Rolling Valley (RV)	at	Brookfield (BF)
	Shouse Village (SV)	at	Mansion House (MHC)
6-Jul	DIVISIONAL RELAYS	at	FOX MILL ESTATES (FME)
9-Jul	Shouse Village (SV)	at	Fox Mill Estates (FME)
	Brookfield (BF)	at	Holmes Run (HRA)
	Mansion House (MHC)	at	Rolling Valley (RV)
13-Jul	ALL-STAR RELAYS	at	HAMLET
16-Jul	Fox Mill Estates (FME)	at	Brookfield (BF)
	Holmes Run (HRA)	at	Mansion House (MHC)
	Rolling Valley (RV)	at	Shouse Village (SV)
23-Jul	DIVISIONALS	at	SHOUSE VILLAGE (SV)
30-Jul	INDIVIDUAL ALL-STARS	at	Orange Hunt (OH)

SWIM DIVISION 14 Jen Guernsey c 703-887-6485

18-Jun	Fox Mill Woods (FMW)	at	Sully Station II (SS2)
	Hollin Hills (HH)	at	Somerset Olde Creek (SOC)
	Lake Braddock (LB)	at	Woodley (W)
25-Jun	Lake Braddock (LB)	at	Fox Mill Woods (FMW)
	Somerset Olde Creek (SOC)	at	Sully Station II (SS2)
	Hollin Hills (HH)	at	Woodley (W)
2-Jul	Woodley (W)	at	Fox Mill Woods (FMW)
	Somerset Olde Creek (SOC)	at	Lake Braddock (LB)
	Sully Station II (SS2)	at	Hollin Hills (HH)
6-Jul	DIVISIONAL RELAYS	at	SOMERSET OLDE CREEK (SOC)
9-Jul	Hollin Hills (HH)	at	Fox Mill Woods (FMW)
	Somerset Olde Creek (SOC)	at	Woodley (W)
	Sully Station II (SS2)	at	Lake Braddock (LB)
13-Jul	ALL-STAR RELAYS	at	HAMLET
16-Jul	Fox Mill Woods (FMW)	at	Somerset Olde Creek (SOC)
	Woodley (W)	at	Sully Station II (SS2)
	Lake Braddock (LB)	at	Hollin Hills (HH)
23-Jul	DIVISIONALS	at	LAKE BRADDOCK (LB)
30-Jul	INDIVIDUAL ALL-STARS	at	Orange Hunt (OH)

SWIM DIVISION 15**Ann Kim c 703-328-3200**

18-Jun	Annandale (A) Kings Ridge (KR) Lincolnia Park (LP)	at at at	Parliament (PAR) Herndon (H) Laurel Hill (LH)
25-Jun	Lincolnia Park (LP) Parliament (PAR) Laurel Hill (LH)	at at at	Annandale (A) Kings Ridge (KR) Herndon (H)
2-Jul	Laurel Hill (LH) Kings Ridge (KR) Herndon (H)	at at at	Annandale (A) Lincolnia Park (LP) Parliament (PAR)
6-Jul	DIVISIONAL RELAYS	at	KINGS RIDGE (KR)
9-Jul	Annandale (A) Laurel Hill (LH) Lincolnia Park (LP)	at at at	Herndon (H) Kings Ridge (KR) Parliament (PAR)
13-Jul	ALL-STAR RELAYS	at	HAMLET
16-Jul	Kings Ridge (KR) Parliament (PAR) Herndon (H)	at at at	Annandale (A) Laurel Hill (LH) Lincolnia Park (LP)
23-Jul	DIVISIONALS	at	LINCOLNIA PARK (LP)
30-Jul	INDIVIDUAL ALL-STARS	at	Orange Hunt (OH)

SWIM DIVISION 16**Joe O'Kane**

18-Jun	Long Branch (LBR) Village West (V) Burke Station (BKS)	at at at	Ilda (IC) Commonwealth (CSC) Broyhill Crest (BC)
25-Jun	Broyhill Crest (BC) Commonwealth (CSC) Village West (V)	at at at	Ilda (IC) Long Branch (LBR) Burke Station (BKS)
2-Jul	Ilda (IC) Commonwealth (CSC) Long Branch (LBR)	at at at	Burke Station (BKS) Broyhill Crest (BC) Village West (V)
6-Jul	DIVISIONAL RELAYS	at	COMMONWEALTH (CSC)
9-Jul	Ilda (IC) Burke Station (BKS) Broyhill Crest (BC)	at at at	Village West (V) Commonwealth (CSC) Long Branch (LBR)
13-Jul	ALL-STAR RELAYS	at	HAMLET
16-Jul	Commonwealth (CSC) Long Branch (LBR) Broyhill Crest (BC)	at at at	Ilda (IC) Burke Station (BKS) Village West (V)
23-Jul	DIVISIONALS	at	BROYHILL CREST (BC)
30-Jul	INDIVIDUAL ALL-STARS	at	Orange Hunt (OH)

SWIM DIVISION 17**Jennifer Killmer c 703-945-8574**

18-Jun	Newington Forest (NF) Pleasant Valley (PV) North Springfield (NS)	at at at	Springfield (S) Pinewood Lake (PW) Edsall Park (EP)
25-Jun	Edsall Park (EP) Springfield (S) Pinewood Lake (PW)	at at at	Newington Forest (NF) Pleasant Valley (PV) North Springfield (NS)
2-Jul	North Springfield (NS) Edsall Park (EP) Springfield (S)	at at at	Newington Forest (NF) Pleasant Valley (PV) Pinewood Lake (PW)
6-Jul	DIVISIONAL RELAYS	at	EDSALL PARK (EP)
9-Jul	Newington Forest (NF) Pleasant Valley (PV) Edsall Park (EP)	at at at	Pinewood Lake (PW) North Springfield (NS) Springfield (S)
13-Jul	ALL-STAR RELAYS	at	HAMLET
16-Jul	Pleasant Valley (PV) North Springfield (NS) Pinewood Lake (PW)	at at at	Newington Forest (NF) Springfield (S) Edsall Park (EP)
23-Jul	DIVISIONALS	at	NORTH SPRINGFIELD (NS)
30-Jul	INDIVIDUAL ALL-STARS	at	Orange Hunt (OH)



SWIMMING RECORDS FOR BOYS IN SATURDAY 'A' MEETS

Event	Time	Date Set	Name	Club
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8 and Under

25Y Free	13.90	7-31-1965	Roger McLeod	M
25M Free	15.10	1965	Roger McLeod	M
25Y Back	16.69	6-28-2014	John Paul Gonsalves	KG
25M Back	18.15	7-28-2007	Roman Lowery	FS
25Y Breast	17.37	7-14-2018	Andy Li	KG
25M Breast	19.35	7-28-2018	Andy Li	KG
25Y Butterfly	16.30	6-28-2014	John Paul Gonsalves	KG
25M Butterfly	16.21	7-28-2018	Andy Li	KG
100Y Free Relay	1:06.50	1977	Charles Thompson	O

			Steve Newlove	
			Guido Gerlitz	
			Craig Lanois	
100M Free Relay	1:09.10	7-18-2015	Evan Ingraham	O
			Matthew Aslaksen	
			Rory McNamara	
			Billy Weber	

9 and 10

50Y Free	27.90	1976	Paul Busa	RP
		1976	Marc Hagen	WC
50M Free	29.38	7-12-2014	Johnny Bradshaw	HSC
50Y Back	31.73	7-09-2016	John Paul Gonsalves	KG
50M Back	33.37	7-05-2014	Johnny Bradshaw	HSC
50Y Breast	34.69	6-22-2019	Andy Li	KG
50M Breast	37.26	8-04-2018	Brandon Lesser	DV
25Y Butterfly	14.00	7-19-2012	Max Cruz	HRA
25M Butterfly	14.36	8-02-2014	Johnny Bradshaw	HSC
100Y IM	1:12.00	1968	Randy Burnett	SB
100M IM	1:12.84	8-02-2014	Johnny Bradshaw	HSC
100Y Medley Relay	1:04.33	6-22-2019	Alexander Cafer	KG

			Andy Li	
			Blake Nguyen	
			James Davis	
100M Medley Relay	1:08.44	7-09-2012	Ollie Bernasek	CB
			Nick Spicer	
			Adi Kambhampaty	
			Andrew Bernstein	

11 and 12

50Y Free	24.15	7-19-2014	Max Cruz	HRA
50M Free	26.18	8-04-2018	Michael Mullen	OKM
50Y Back	28.36	7-23-2005	Freddy Crawford	LG
50M Back	29.09	7-07-2007	Philip Hu	MW
50Y Breast	31.97	6-21-2008	Howe Wang	MW
50M Breast	32.99	7-30-2016	Johnny Bradshaw	HSC
50Y Butterfly	26.31	7-19-2014	Max Cruz	HRA
50M Butterfly	28.47	7-28-2018	Nolan Dunkel	T
100Y IM	1:03.70	8-05-1978	Marc Hagen	WC
100M IM	1:05.56	7-30-2016	Johnny Bradshaw	HSC
100Y Medley Relay	58.40	1963	Roger Russell	VW
			Roger Williams	
			Jim Dickson	
			Steve Mason	

Boys 11 and 12 (cont.)

100M Medley Relay	59.90	7-23-2016	Justin Singletary	F
			Justin Connors	
			Christopher Dobrydney	
			Graham Evers	

13 and 14

50Y Free	22.59	7-09-2011	Ben Lambert	HF
50M Free	24.03	8-02-2014	Tommy Hallock	FMW
50Y Back	25.80	1979	Jon Ballard	T
50M Back	26.19	7-15-2017	Anthony Grimm	FO
50Y Breast	28.91	7-17-2010	Joel DeSatnick	HF
50M Breast	30.41	7-28-2018	Aiken Do	RFD
50Y Butterfly	25.00	1979	Jon Ballard	T
		8-06-1983	Charles Thompson	O
50M Butterfly	25.88	7-22-2017	Anthony Grimm	FO
100Y IM	59.10	8-05-1978	Keith Moon	NS
100M IM	59.15	7-29-2017	Anthony Grimm	FO
100Y Medley Relay	50.50	1979	Jon Ballard	T

			Casey Lockard	
			Grant Smith	
			Jeff Clever	
100M Medley Relay	53.50	7-13-2019	JT Ewing	T
			Emanuel Rouvelas	
			Nolan Dunkel	
			Stefan Jafari	

15-18

50Y Free	21.48	7-16-2016	Tommy Hallock	FMW
50M Free	22.45	7-20-2019	Anthony Grimm	FO
50Y Back	23.65	6-22-2019	Adam Janicki	LG
50M Back	23.82	7-20-2019	Anthony Grimm	FO
50Y Breast	26.88	7-20-2019	Andrew Hale	RV
50M Breast	27.57	7-13-2019	Anthony Grimm	FO
50Y Butterfly	23.23	7-19-2012	Colin Stephenson	FX
50M Butterfly	23.63	7-13-2019	Anthony Grimm	FO
100Y IM	55.20	8-06-1983	Marc Hagen	WC
100M IM	54.83	7-27-2019	Anthony Grimm	FO
200Y Medley Relay	1:40.78	7-13-2019	Matthew Ferrari	SR

			Luke Shivik	
			Joey Dobrydney	
			Matt Mitros	
200M Medley Relay	1:44.84	7-06-2019	Ryan Soh	CB
			Tyler Lentine	
			Thomas Outlaw	
			Ryan Mathis	

Mixed Age Relays

200 Yard Free	1:43.80	1978	Patrice Sawicki	T
			Grant Smith	
			Jon Ballard	
			Gibby Smith	
200 Meter Free	1:49.40	7-14-2018	Ryan Bradshaw	HSC
			Alex Andrews	
			Johnny Bradshaw	
			David DiMeglio	

SWIMMING RECORDS FOR GIRLS IN SATURDAY 'A' MEETS

Event	Time	Date Set	Name	Club
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8 and Under

25Y Free	14.59	7-24-2004	Janet Hu	MW
25M Free	15.25	6-24-2017	Charis Roundtree	VR
25Y Back	16.70	8-06-1983	Rebecca Ottke	CH
25M Back	17.70	8-02-2014	Courtney Watts	HS
25Y Breast	18.30	8-06-1983	Shari Witham	LB
25M Breast	19.61	7-22-2017	Elizabeth Bryan	IC
25Y Butterfly	15.06	7-24-2004	Janet Hu	MW
25M Butterfly	16.54	7-13-2013	Kathleen Modder	WC
100Y Free Relay	1:06.74	7-13-1991	Lyndsay Delquadro Jaclyn Benjamin Meghan Ferguson Carrie McCormack	OAK

100M Free Relay	1:10.35	6-28-2014	Patricia Leonard Josie Gieseman Brook Thomas Catherine Hughes	T
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9 and 10

50Y Free	28.26	1987	Tracey Rankin	RG
		7-11-1998	Leslie Swinley	HTM
50M Free	29.43	6-22-2019	Charis Roundtree	VR
50Y Back	32.68	7-01-2017	Zoe Dunn	HRA
50M Back	33.16	7-09-2016	Courtney Watts	HS
50Y Breast	36.81	7-14-2018	Elizabeth Bryan	IC
50M Breast	36.38	8-03-2019	Elizabeth Bryan	IC
25Y Butterfly	13.98	7-14-2018	Sophie Fredericks	KG
25M Butterfly	14.74	7-31-2010	Cassidy Bayer	MVP
100Y IM	1:13.90	8-05-1978	Ingrid Hagen	WC
100M IM	1:12.55	8-03-2019	Elizabeth Bryan	IC
100Y Medley Relay	1:05.80	1976	Debby Bergman Kim Watson Cathy Bergman Kerry Danisavage	WC

100M Medley Relay	1:07.34	7-23-2016	Patricia Leonard Ellie Leonard Keira Gutierrez Madie Turley	CB
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11 and 12

50Y Free	25.50	7-15-1989	Tracey Rankin	RG
50M Free	27.36	6-23-2012	Cassidy Bayer	MVP
50Y Back	27.59	6-21-2008	Janet Hu	MW
50M Back	30.06	6-28-2008	Janet Hu	MW
50Y Breast	33.40	8-05-1978	Debby Bergman	WC
50M Breast	34.40	7-28-2018	Catherine Hughes	T
50Y Butterfly	26.84	6-21-2008	Janet Hu	MW
50M Butterfly	28.49	7-28-2012	Cassidy Bayer	MVP
100Y IM	1:05.70	8-06-1983	Sheri White	B
100M IM	1:06.78	7-28-2012	Cassidy Bayer	MVP
100Y Medley Relay	58.71	7-13-1991	Jeannine Schloendorn Kathryn Jobe Meliss Fransen Jenny Ramsdell	OAK

Girls 11 and 12 (cont.)

100M Medley Relay	1:00.66	7-18-2015	Samantha Gonzalez Dora Wu Olivia Brower Skylar Tennant	ML
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13 and 14

50Y Free	24.77	1991	Tracey Rankin	RG
50M Free	26.00	7-31-2010	Janet Hu	MW
50Y Back	27.94	6-19-2021	Sophie Fredericks	KG
50M Back	29.75	7-17-2010	Janet Hu	MW
		8-04-2018	Alexandra Dicks	HTM
50Y Breast	31.65	6-28-2014	Jacquée Clabeaux	G
50M Breast	32.83	6-21-1997	Lindsey Ertter	T
50Y Butterfly	26.80	8-06-1983	Mary Quinn	FH
50M Butterfly	27.89	7-27-2013	Cassidy Bayer	MVP
100Y IM	1:01.10	8-06-1983	Lisa Farris	LP
100M IM	1:03.70	7-25-2015	Katie Mack	HTM
100Y Medley Relay	54.75	7-13-2019	Anna Littleton Ameila Simonsen Sophie Scadron Jackie Dobrydney	SR

100M Medley Relay	57.33	7-06-2019	Cate Sheridan Ellie Leonard Caroline Burgeson Patricia Leonard	CB
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15-18

50Y Free	24.59	7-10-1993	Tracey Rankin	RG
50M Free	25.67	7-27-2013	Janet Hu	MW
50Y Back	27.28	6-19-2021	Darby Galbraith	VAC
50M Back	28.21	8-04-2012	Janet Hu	MW
50Y Breast	31.16	7-10-1999	Lauren Cornet	GF
50M Breast	31.37	7-27-2019	Anna Keating	VAC
50Y Butterfly	25.93	7-03-2021	Sophie Scadron	SR
50M Butterfly	27.30	7-26-2014	Janet Hu	MW
100Y IM	1:03.00	8-06-1983	Kristen Kornher	SHR
100M IM	1:02.10	7-27-2013	Janet Hu	MW
200Y Medley Relay	1:54.15	6-26-2021	Catherine Lim Annabel Lee Leena Knepper Lindsey Kotarski	OAK

200M Medley Relay	1:58.61	7-17-2021	Allison Martin Bridget Morris-Larkin Skye Sunderhauf Megan Craven	HS
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	2:00.90	7-20-2019	Mary Kate Reichert Kayle Park Kate Bailey Alexis Lee	O
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Mixed Age Relays

200 Yard Free	1:50.00	1978	Debby Bergman Ingrid Hagen Lisa Fallon Kathy Fallon	WC
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200 Meter Free	1:55.96	7-15-2017	Catherine Hughes Danielle Hughes Carolina Zubler Evie Gieseman	T
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RELAY CARNIVAL RECORDS FOR GIRLS

Event	Time	Date Set	Name	Club
Mixed Age				
200 M Free	1:54.89	7-18-2018	Courtney Watts Emma Watts Maggie Shi Brynn Curtis	CH
8 and Under				
100 M Medley	1:17.56	7-16-2014	Brook Thomas Ellie Leonard Catherine Hughes Josie Gieseeman	T
100 M Free	1:09.37	7-17-2013	Victoria Valko Anna Laszlo Lillie Paris Olivia Tennant	ML
100 M Modified Medley (<i>back, breast, free, free</i>)	1:17.30	7-15-2009	Paige Pilewski Sinead Eksteen Sara Vavonese Heather Geisler	SV
9 and 10				
100 M Medley	1:05.77	7-08-2015	Courtney Watts Hanna Boughanem Maria Alvarado Bridget O'Shaughnessy	HS
100 M Free	58.43	7-15-2015	Aminata Davis Maria Alvarado Courtney Watts Bridget O'Shaughnessy	HS
11 and 12				
100 M Medley	1:00.21	7-08-2015	Samantha Gonzalez Dora Wu Olivia Brower Skylar Tennant	ML
100 M Free	54.21	7-19-2017	Maria Alvarado Cate Sheridan Patricia Leonard Caroline Burgeson	CB
13 and 14				
200 M Medley	2:04.41	7-20-2016	Darby Galbraith Anna Keating Anna Sullivan Tess Wilhelm	VAC
200 M Free	1:52.98	7-10-2019	Patricia Leonard Ellie Leonard Cate Sheridan Caroline Burgeson	CB
15-18				
200 M Medley	1:59.14	7-10-2019	Mary Kate Reicherter Kayle Park Kate Bailey Alexis C Lee	O
200 M Free	1:49.44	7-13-2016	Ellie Ridgeway Katherine Lundy Kayle Park Suzanne Dolan	O

RELAY CARNIVAL RECORDS FOR BOYS

Event	Time	Date Set	Name	Club
Mixed Age				
200 M Free	1:48.76	7-18-2018	Ryan Bradshaw Alex Andrews Johnny Bradshaw David DiMeglio	HSC
8 and Under				
100 M Medley	1:19.73	7-17-2013	Isaac Bell James David Emanuel Rouvelas	T
100 M Free	1:08.72	7-15-1992	Gene Pierson Chris Borges Will Tsui Alan Fishman	JT Ewing SHB
100 M Modified Medley (<i>back, breast, free, free</i>)	1:17.40	7-22-1981	Andy Dinan Geoff Caldwell Eric Soroos Richard Jacobs	MHC
9 and 10				
100 M Medley	1:07.43	7-14-2010	Grant DeWitt Duncan Green Thomas Outlaw Jaya Kambhampaty	CB
100 M Free	1:00.92	7-21-2010	Jaya Kambhampaty Sam Gollob Grant De Witt Michael Bennett	CB
11 and 12				
100 M Medley	59.18	7-13-2016	Justin Singletary Justin Connors Christopher Dobrydney Graham Evers	F
100 M Free	53.26	7-20-2016	Gabriel Rupar Tate Hoffman Niko Sanchez Aiken Do	RFD
13 and 14				
200 M Medley	1:56.06	7-16-2014	Grant DeWitt Sam Gollob Thomas Outlaw Jaya Kambhampaty	CB
200 M Free	1:44.09	7-13-2016	Ollie Bernasek Andrew Bernstein Nick Spicer Adi Kambhampaty	CB
15-18				
200 M Medley	1:44.67	7-18-2018	Jaya Kambhampaty Tommy Hallock Daniel Gyenis Noah Desman	FMW
200 M Free	1:34.94	7-11-2018	Jaya Kambhampaty Daniel Gyenis Noah Desman Tommy Hallock	FMW

CHECKLIST FOR SWIM MEETS

1. Preparation of pool area

- ☐ Have pool filled to highest level, but not covering lane lines
- ☐ Remove diving boards if pool has no diving well
- ☐ Remove ladders and obstructions, if any, in swimming lanes
- ☐ Install lane dividers, backstroke flags, lane markers, skimmer covers
- ☐ Set up Data/Tables Area
- ☐ Test sound system
- ☐ Designate team areas and seating area for Team Representatives
- ☐ Rope off area for spectators and Data/Tables area (*optional*)
- ☐ Designate areas for briefings

2. Equipment list

- ☐ Starting device and backup
- ☐ Sound system and table for announcer
- ☐ A playable version or someone to perform the National Anthem
- ☐ A "Table Box" containing necessary supplies
- ☐ Meet sheets **without seed times** for Officials, Table workers, and to sell if desired
- ☐ Awards and labels
- ☐ Disqualification, Relay Take-off, and Scratch/ Substitution forms
- ☐ Clipboards and pencils for lane timers and other officials
- ☐ Stopwatches and batteries (plus back-ups)
- ☐ Lane Timers' cards for BOTH teams
- ☐ Computer, printer, and their necessary power cords
- ☐ Backup computer and printer and power cords

RECOMMENDED PROCEDURES FOR TEAM MEETS

Please also see myNVSL.com/documents for any **2022 Season Modifications**

1. Meet preparation by both teams and cooperation with the Meet Manager and the Referee by everyone at the meet is essential.
2. The Meet Manager (host Team Rep) should contact the visiting Team Rep early in the week of the meet to establish the date, time, place and method to be used to exchange Firm Entry Lists. (*Rule 4a*)
3. At least 24 hours before the meet, when Firm Entry Lists are exchanged, Team Reps should agree upon: both team areas, which should be as equitable as possible; the assignment of the meet officials; and any significant changes in the meet procedures. Changes due to scratches and substitutions shall only be made at the meet.
4. The host team prepares the meet sheets without seed or entry times and provides approximately 25 copies for Referee, Starter, Stroke and Turn Judges, Asst. Chief and Chief Timers, Clerks of Course, Announcer, Data and Table Workers, Team Reps and Coaches. Copies of the meet sheet may be made for sale. A cover sheet showing the date, teams, and Meet Officials should be attached to the sale and Table copies.
5. The host team prepares time cards for both teams. The cards include the first and last names of swimmers (including relay swimmers) and the event and lane numbers. Seed/entry time should not be printed on the cards. The cards are assembled in lane and event order on the Head Lane Timers' clipboards prior to the start of the meet.
6. Award labels are usually printed by the data coordinator at the meet. Check with your data coordinator.
7. The pool should be ready for competition 30 minutes prior to the start of warm-ups. Lane lines and backstroke flags should be in place and the water level should be as high as practicable. Water vents/skimers within the pool's competition area should be covered.
8. Referees and Marshals should report to the pool prior to the start of warmups. All other officials should report to the pool at least 45 minutes before the meet start time. The Referee should meet with all officials approximately 20 minutes before the start of the meet to brief them on their assignments. The Referee and/or Starter ensures the starting equipment is tested and in good working order, briefs the timers, and conducts watch checks before the start of the meet.

9. Before the start of the meet, or as far in advance of the events as possible, each Team Rep shall provide the original (white copy) of the Scratch-Substitution Form to the Place Recorders with copies to the Clerk of Course, the Announcer, and the opposing Team Rep. The Place Recorders shall ensure each Scratch Form is routed to Data Entry and to Verifier(s).
10. The Announcer should call the first two events to Clerk of Course approximately 10 minutes before the start of the meet and should keep two events ahead throughout the meet.
11. Just prior to the National Anthem and throughout the meet as necessary, the Announcer should read the following: "ALL competitors, coaches, officials and spectators are reminded to follow the NVSL Standards of Conduct and to maintain silence prior to the start of each event." (*see mynvsl.com/documents and NVSL Handbook for NVSL Standards of Conduct*)
12. The Head Lane Timers shall verify the names of swimmers in their lanes immediately before or after the event and make necessary corrections to the time cards. At the completion of each event, each Head Lane Timer **LEGIBLY** writes the stopwatch times on the card, determines the official time, and **LEGIBLY** writes it on the card. Each lane timer views the recordings by the Head Lane Time for correctness before clearing his or her watch. The time cards are collected by the Chief Timer who reviews the times and has the cards delivered to the Place Recorder.
13. The official observing a swimmer disqualify shall prepare an original and a copy of the DQ slip. The Referee shall review the disqualification and, if it is upheld, shall initial the DQ slip. The original DQ slip goes to the Place Recorder, and the copy goes to the Team Rep of the disqualified swimmer. Relay Take-off slips showing disqualifications shall be attached to the official/original DQ slip by the Place Recorder.
14. A ten-minute break should follow Event #40 (15–18 Girls Butterfly), and a five-minute break should follow Event #50 (15–18 Girls Medley Relay).
15. The Place Recorder verifies the official time on each card; determines the order of finish by arranging the time cards in order with the fastest time on top; staples DQ slips to the front of the appropriate cards; identifies times for new League Records and records these new record times on the Official Meet Results' cover sheet. The Asst. Place Recorder writes the places on the cards; writes a red "DQ" on the cards of the disqualified swimmers; and sorts the cards into lane order. The Place Recorders verify each other's work.
16. If a League Record is set, the Place Recorders: (1) Ensure that the signatures of the Referee, the Chief Timer and the three lane timers

who timed the race are on the back of the record time card; (2) Mark the card in red "new NVSL Record"; (3) Make a duplicate time card, without signatures, but marked in red "New NVSL Record duplicate card" to forward with the other event cards; (4) Ensure that the original record card goes to the RECORD BREAKER'S Team Rep at the conclusion of the meet. The Team Rep should make a front and back copy of the card for retention (a front and back picture is also handy) and then forward the original record card to the League Records Chair who will notify how/when patches and certificates will be available.

17. After the Place Recorders, the cards go to Data Entry and then to Verifiers. One person from each team should be used for Data Entry and to provide for dual confirmation of the entered time with the time card. After the data entry for each event, the swimmers' names and finish times/DQs are printed. Verifiers review this print-out and the time cards for accuracy before any results are announced. Any differences between this print-out and the time cards, should be immediately resolved. The Verifier(s) **SHOULD SIGN OR INITIAL** the final verified print-out and pass it on to the Announcer.
18. The cards and print-outs go to Meet Manager at meet's end for retention along with the other meet documents until June 1 of next year (*Rule 16c*).
19. A cover sheet listing the date, participating teams, final scores, officials who worked the meet and records should be attached to the Official Meet Results. The original (white) Scratch Forms for both teams should also be attached. The Referee should review and sign these results **AFTER** ensuring that the DQs, League Records, and swimmer changes were properly recorded. This signed results package goes to the Meet Manager for forwarding to the Division Coordinator.
20. The Meet Manager should provide the score, League Records broken and other newsworthy information to the Division Coordinator by 12:30 p.m. on the day of the meet. The Division Coordinator should arrange to have the meet's scores uploaded to the NVSL website by 1:00 p.m. that afternoon and should ensure a meet results file (cl2) is uploaded to the NVSL website.
21. On meet day, a copy of the Official Meet Results should be posted at each pool in a location accessible to the public and should remain posted for a few days. By Tuesday following the meet, each host team shall provide an electronic copy of: (1) the Official Meet Results, (2) the original Scratch Forms, and (3) a list of Officials who worked the meet to each team in the division. (*Rule 16b*)

OFFICIALS' QUALIFICATION PROCEDURES

To work as an NVSL Official, an individual shall have attended the NVSL clinics listed below in the current or previous year:

- Stroke & Turn Judge:** Stroke & Turn Clinic or current USA Swimming Certification as a Stroke & Turn Judge
- First Year Starter:** New Starter Clinic or current USA Swimming Certification as a Starter
- Returning Starter:** Referee/Starter Clinic or current USA Swimming Certification as a Starter
- First Year Referee:** New Referee Clinic, New Starter Clinic, and Stroke & Turn Clinic
- Returning Referee:** Referee/Starter Clinic and Stroke & Turn Clinic

Notes:

- In lieu of the NVSL Stroke & Turn Clinic, current certification as a USA Swimming Stroke & Turn Judge may be substituted. High School clinics will not count. Attendance at a Stroke & Turn clinic every other year is required by the NVSL. Certified USA Swimming Stroke & Turn Judges who wish to substitute their USA Swimming certification for attendance at an NVSL Stroke & Turn Clinic should notify their Team Representative and the Clinic Attendance Recorder.
- In lieu of attending the NVSL Starter Clinic, current certification as a USA Swimming Starter may be substituted. High School clinics will not count. Certified USA Swimming Starters who wish to substitute their USA Swimming certification for attendance at an NVSL Starter Clinic should notify their Team Representative and the Clinic Attendance Recorder.
- NVSL Officials' Clinics last about two hours. Those arriving more than 10 minutes late or leaving early will NOT receive credit for attendance.
- The New Referee Clinic will NOT meet the requirement for Returning Referee qualification.
- There is NO Reciprocity with USA Swimming for NVSL Referees. All NVSL Referees must be a Current Stroke & Turn Judge and must attend either i) the NVSL New Referee and New Starter Clinics, or ii) the NVSL Referee-Starter Clinic.

CERTIFIED REFEREE REQUIREMENTS

To be awarded the Certified Referee Patch, an individual shall:

- a. **be currently qualified** as an NVSL Referee as outlined above; and
- b. **have completed** the following deck requirements: (1) worked two NVSL 'A' meets as a Referee and (2) worked at least two additional NVSL "A" meets in a judgment capacity (Referee, Starter, or Stroke & Turn); and
- c. **have been recommended** by (1) his/her Team Representative; and (2) by the Division Coordinator, who requests an evaluation by the Observation Committee as part of his/her recommendation; and
- d. **have been evaluated** while serving as a Referee during an NVSL meet by a member of the NVSL Observation Committee, AND earned a positive patch recommendation from the Observer. *(Note: deck requirements listed above in part b. should be completed before an evaluation is requested.)*

To remain entitled to wear the Certified Referee Patch, a Referee shall maintain his/her qualification by attending an NVSL Referee/Starter Clinic, AND an NVSL Stroke & Turn Clinic* at least once every two (2) years.

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Thank you NVSL for letting me help you put this handbook together. Good luck to all of the swimmers and divers this year!

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NVSL® SWIMMING AND DIVING RULE TERMINOLOGY & DEFINITIONS

Terminology and definitions are incorporated by reference in the NVSL Bylaws and in the Swimming and Diving Rules as appropriate. It is recommended that the Rules along with Terminology & Definitions be reviewed by officials prior to every meet.

Bid-in: to fill an unoccupied lane, using procedures of Rule 6.

Course: designated distance over which the competition is conducted.

Division Coordinator: An individual selected to: **1)** be the liaison between a division and the NVSL; **2)** oversee the teams in NVSL sponsored events; **3)** manage divisional meets; **4)** serve as a member of the NVSL Board.

Entry: listing of a swimmer in an event.

Entry list irregularity: listing of a swimmer who is ineligible to compete because of age, membership requirements, exceeding the number of entries permitted each swimmer in a meet, or because of improper substitution.

Event: any race or series of races in a stroke, distance and age group.

Family: (eligibility Rule 2a) includes only natural children, adopted children, foster children, foreign exchange students and blood relatives who are living in the household continuously for at least two months. “Foreign exchange students” are foreign citizens who are temporarily in the U.S. and have been placed in homes by organizations known for and engaged in placement of foreign exchange students. “Foster children” are individuals who are so designated by and have been placed in homes by organizations known for and engaged in foster child placement.

Lane: area of the pool in which the swimmer is assigned to compete.

Leg (relay): the part of a relay event that is swum by one team member.

Length: extent of the course from end to end.

May: permissive, not mandatory.

Scratch: to withdrawing a swimmer from an event.

Seed: distribute the swimmers among the required number of heats and/or lanes using their submitted times in conformance with USA Swimming Rules for timed finals competition.

Shall: mandatory.

Should: suggested, strongly encouraged, but not mandatory.

Substitution: replacement of one swimmer with another in an event.

Swimming and Diving Up: Swimming or Diving in an age group older than one’s own.

Team Meets: dual and triangular meets.

ALL PERSONS PARTICIPATING IN THE LEAGUE’S PROGRAM SHOULD REMEMBER THE PURPOSE OF THIS LEAGUE:

“...to develop in the children participating in this program — a love for the sport, advanced aquatic skills, teamwork, and the principles of good sportsmanship.”

It is recommended that the League Swimming Rules and Terminology/Definitions be reviewed by all Officials prior to every meet.

NORTHERN VIRGINIA SWIMMING LEAGUE RULES FOR SWIMMING COMPETITION

1. GENERAL

a. These rules apply to closed meets in privately owned pools and shall govern the conduct of all swimming meets scheduled, sponsored, or sanctioned by the Northern Virginia Swimming League (the “League”).

b. All persons involved with the League — swimmers, Coaches, League Board Members, Team Representatives (Team Reps), Officials, parents and spectators — shall adhere to the Standards of Conduct as published in the NVSL Handbook. If any such person violates the Standards of Conduct during an NVSL meet, a Team Rep may file a protest as set out in **Rules 14b and 14c**. Sanctions, including suspension(s) may be imposed pursuant to **Rule 14b (5)**. Engaging in conduct set out below constitutes a *per se* violation of the Standards of Conduct: (i) trespassing on or damaging the property of any NVSL pool; (ii) setting off any incendiary devices at any time at any NVSL pool property on the day of an NVSL meet — except OFFICIAL July 4th fireworks hosted by the pool; (iii) any depiction of personal injury or death directed at Team Reps, Coaches, swimmers or team mascots. These illustrative examples of unacceptable conduct are not intended to be exhaustive.

c. The Referee, Meet Managers, and/or Division Coordinator (only if on-scene at the Meet) have the authority to resolve disruptive or unsportsmanlike activity. Nothing in this Rule shall abridge the Referee’s duties as delineated in **Rule 10e**.

d. The USA Swimming Rules pertaining to the strokes, disqualifications, duties of Officials, judging, timing and similar technical matters shall be observed at all League meets unless modified by these rules. Guidelines distributed at the clinics **are unofficial**, but familiarity with them is encouraged.

e. It is not the purpose of these rules to set standards of care for swimmer safety. Safety considerations should be addressed by the swimmers and the community pool organizations where the meets are held.

f. The starting time for all meets except relay carnivals shall be 9:00 a.m. unless another starting time is pre-approved by the Division

Coordinator and either the President or the Vice President for Swimming, or unless there are safety reasons which reasonably justify rescheduling. The time to start a rescheduled team meet or to resume an interrupted team meet shall be determined by agreement of the Team Reps of the competing teams.

g. All meets shall be held in the scheduled pools unless there are extenuating circumstances and relocating the meet to another NVSL pool is approved by the Division Coordinator and the Team Reps of the competing teams.

h. League swimming meets should not be on Tuesdays at times which conflict with League diving meets published in the League Handbook.

i. Teams shall report at the host pool not later than 30 minutes before the meet is scheduled to begin and shall proceed immediately to their assigned areas. When directed by the Announcer, swimmers may take a short warm-up swim after which they shall return to their assigned areas. When called, swimmers shall report immediately to Clerk of Course. (See **Rule 5(a)(2)** about submitting Scratches and Substitutions.)

j. Coaches, swimmers and spectators shall be strictly controlled; and reasonable measures shall be taken to ensure that they do not interfere with officials in the performance of their duties. Only Team Reps designated under **Rule 10b**, may consult the Referee, but not while an event is in progress. The Team Reps shall be readily available to the Referee at all times during the meet.

k. All swimmers shall report to Clerk of Course prior to their events. Once there, they shall not receive coaching or assistance. Allowing the backstroke swimmers to secure a handhold on the legs of other persons (only below the knees) for starting or placing towels on the pool edges for starting shall not be construed as coaching or assistance.

l. No event will be delayed pending the arrival of a swimmer.

m. If a team meet is postponed, no results other than the final scores shall be posted (on internet, pool sites, etc.) until **ALL** the division's meets scheduled for that date are completed.

n. If any events of an All-Star Meet cannot be swum on the date originally scheduled, the events shall be canceled and not rescheduled. Awards (but not points) for any events not swum shall be made based on the meet's final seeding. Team trophies for the All-Star Relay Carnival shall be awarded based on the results of completed events but shall not be awarded unless at least 12 events have been swum.

o. Swimmers shall not be permitted to compete in swim caps which include the name or insignia of any team other than their NVSL team.

p. A factor of 1.10 shall be used to convert yard to meter times. In converting meter to yard times, a factor of 0.91 shall be used.

2. POOL AND COMPETITOR ELIGIBILITY

a. Eligibility of pools and competitors to participate in League activities are defined by the League Bylaws.

Article III — Membership

"A. Pool Eligibility. Bona fide community pools in Northern Virginia shall be eligible for membership in the League. Community (NVSL) pools are non-profit swimming organizations, in which members own at least one pro rata share of the assets of such organization or, in the judgment of the Board of Directors, are the successors in interest to the full use of privileges of the owners of at least one *pro rata* share of such assets. Such ownership may also be as a member of a Homeowners Association or other legal entity which owns the pool assets and is controlled by homeowners in the community served by the pool.

Article IV — Competitor Eligibility

"An athlete whose Family has a *bona fide* membership at an NVSL pool, established by the pool bylaws or other governing documents, shall be eligible to compete for that pool in League activities.

"A. An athlete whose Family has more than one bona fide NVSL pool membership is eligible to swim for only one pool and to dive for only one pool during each season. League Rules Committees may, for good cause shown, grant an exemption to permit a family to swim or dive at a second pool during the current season.

"B. An athlete with individual swimming privileges at an NVSL pool, rather than Family swimming privileges, shall not be eligible to compete for that pool in League activities.

"C. An athlete whose Family membership at an NVSL pool does not provide dive competition may dive for an NVSL pool that provides such competition pursuant to its pool rules for dive team participation.

"D. Transparency — Any and all decisions on determination of eligibility issued by the League Rules Committee under this Article shall be made available in their entirety upon the request of any Member Pool Team Representative."

b. The eligibility of a swimmer to compete in an age group shall be determined by his or her age on June 1 of the current year.

(1) The uppermost age group shall consist of persons 15, 16, 17, and 18 years of age.

(2) Each team shall maintain an up-to-date list of its swimmers, with applicable birth dates for ready reference in case of eligibility disputes.

c. In team meets, except for the mixed age relay, swimmers may compete in their own and/or higher age groups. They may enter up to two individual events provided no stroke is repeated. They may compete in both the mixed age relay and one age group relay.

d. In the Division Relay Carnival, Divisionals and All-Star Meets swimmers may compete only in their own age groups. In these meets, competitors shall not enter more than two age group relays or more than two individual events.

3. LIMITATIONS ON ENTRIES

a. Team Meets

(1) Individual Events — In dual meets, each team may enter not more than three swimmers in each individual event. In tri-meets, each team may enter not more than two swimmers in each individual event.

(2) Relay Events — Each team may enter only one official team in each relay event. Each team may enter unofficial teams swimming in the same race and strokes provided they are not adjacent to the opposing team's lane and do not interfere with the conduct of the meet. Swimmers in unofficial relay teams shall meet the age and sex requirements of the official relay teams in the event. The performance of an unofficial relay team shall not count in the scoring. An infraction by any unofficial relay team shall not cause the disqualification of an official relay team

b. Divisionals (included in **Rule 6**)

c. All-Star Meets

(1) All Star Relay Carnival — Relay teams which achieve the eighteen fastest times League-wide at the Division Relay Carnivals shall be eligible to compete in the same event in the All-Star Relay Carnival. One alternate team shall be listed in the program for each event and shall report to Clerk of Course to swim in any lane which is or becomes unoccupied due to a false start or any other reason.

(2) Individual All Stars — Swimmers who achieve the eighteen fastest times League-wide at Divisionals shall be eligible to compete in the same event in the Individual All-Star Meet. Two alternates shall be listed in the program for each event and shall report to Clerk of Course to swim in lanes which are or become unoccupied due to false starts or any other reasons.

(3) When there is a tie for the eighteenth fastest time an extra heat shall be swum. If available, more than six lanes may be used to reduce the number of heats swum.

4. ENTRY LISTS FOR TEAM MEETS

a. Each team shall prepare one list marked as the “Firm Entry List” containing the first and last names of each swimmer. These lists shall be exchanged by designated Team Reps of the competing teams at a mutually agreeable time not later than 24 hours prior to the time of the meet. This exchange shall occur at the host pool or at a mutually agreeable location, unless the competing designated Team Reps agree to and conduct an electronic exchange of Firm Entry Lists that is simultaneous or sent via an independent third party. If an electronic exchange of Firm Entry Lists is conducted, the lists shall be in read-only format (e.g., pdf) and the host pool shall make them available for review prior to the meet start. Other computer files may be exchanged, but the Firm Entry Lists shall be the official lists for all meet entry purposes.

b. Firm entry lists shall be prepared and exchanged in good faith. Fictitious swimmers shall not be entered. Faster swimmers expected to compete shall not be left off the firm entry list.

*Note: the names of faster or fastest swimmers should be entered even when their participation is doubtful due to illness or probable absence. If they are not entered and they become available to participate, **Rule 5b (3)** may prevent their entry as a substitute.*

c. Team Reps shall examine the firm entry lists of the opposing teams prior to the meet. If the firm entry list has an obvious irregularity, that irregularity may be corrected by agreement of the competing Team Reps.

d. If an irregularity in a firm entry list is detected prior to swimming the event, the ineligible swimmer shall be scratched from that event, and no substitute shall be permitted. If a scratch due to an entry list irregularity occurs in a relay event, no substitution shall be permitted for the ineligible swimmer. If the Team Reps are unable to agree that there is an irregularity, the swimmer shall be allowed to compete under protest.

e. If a swimmer is entered in more than two individual events, the swimmer shall be scratched from the later entered individual event(s) and no substitute(s) shall be permitted. A swimmer who is entered in more than one age group relay shall be scratched from the later entered age group relay(s) and no substitute(s) shall be permitted.

f. The official result of an event conducted under protest shall not be announced and points shall not be awarded until the protest is resolved or withdrawn in writing. If an irregularity is detected after an event has been swum or if the event was swum under protest, the points earned by the swimmer determined to be ineligible shall be canceled. The order of finish shall be corrected and the meet score shall be adjusted.

g. Relay swimmers are not required to swim in the order in which their names are listed. (**Rule 12c3** has age group order of Mixed-Age Relays)

5. SUBSTITUTIONS AND SCRATCHES

a. All Meets

- (1) A swimmer shall not be moved from one event to another under any circumstances.
- (2) Coaches or Team Reps shall submit their written scratches and substitutions to the Officials listed on the Scratch-Substitution Form prior to the start of the meet or as far in advance of the applicable event as possible. Inadvertent failure to report a substitution shall not disqualify the substitute swimmer.
- (3) An event shall not be delayed in order to permit substitutions after the meet has begun.
- (4) An event shall not be reseeded because of substitutions.
- (5) A substitution shall not be allowed for a swimmer who is disqualified under **Rule 1c**.

b. Team Meets

- (1) No additions, deletions or other changes shall be made to the firm entry lists after they have been exchanged except as authorized by these rules.
- (2) Substitutions may be made in individual events and relays only because of swimmers' sickness, injury, or absence under the conditions stated in **Rule 5b (3)** below. (See also **Rule 4b**)
- (3) In individual events, a swimmer with a faster time shall not be entered as a substitute for a swimmer with a slower time achieved in an individual event for the same stroke. For the purpose of this rule, times shall be achieved in NVSL dual or tri-meets during the current season excluding the meet in progress. This rule shall not prohibit a substitution when either swimmer does not have such a time. Times of disqualified swimmers shall not be considered under this rule.
- (4) A swimmer who is scratched **AND** for whom a substitute swims shall be ineligible to compete in any subsequent event, including relays, during the meet.

c. Divisional Meets (see **Rule 21** for Division Relays and **Rule 6** for Divisionals.)

d. Individual All-Stars (For All-Star Relay Carnival, see **Rule 21f**.)

- (1) A swimmer may scratch from an event without forfeiting the right to swim a subsequent event.
- (2) Any unoccupied lanes due to scratches before or during the meet shall be open to alternate swimmers, designated by the League.

6. DIVISIONALS

a. Firm Entries: At a time designated by the Division Coordinator, Team Reps shall provide the Division Coordinator with a Firm Entry List with the names and seed times of no more than two swimmers (Firm Entries) for each event. Firm Entries shall not be moved from one event to another under any circumstances after submission.

b. Bid-Ins: At Divisional seeding, any remaining unoccupied lanes due to an insufficient number of Firm Entries, **may be filled by swimmers from other teams** in the division, referred to as Bid-Ins. Priority shall be given to swimmers who have the fastest seed times as proved in **Rule 6c** below. When this occurs, an event may have more than two swimmers from one team, but no swimmer shall be entered in more than two events. A list of Bid-Ins and their seed times **may** shall be given to the Division Coordinator at the seeding meeting. Bid-Ins may be moved among events.

c. Seeding Times: The seed times for Firm Entries and Bid-Ins shall be proven by any swim meet result attained by a swimmer for his/her NVSL team during the current season or, if the event has not been swum, by a current time certified by the Coach and Team Rep, **or No Time (NT)**. Times of disqualified swimmers shall not be used as Divisional seed times. (See **Rule 1p** for yard/meter conversion.)

d. Substitutions and Scratches:

- (1) After Divisional seeding, but prior to the start of the meet, each team may make up to ten substitutions to its own Firm Entries without regard to previously swum times. These changes shall be submitted to the Table using the usual Scratch/Substitution Form.
- (2) Any unoccupied lanes resulting from scratches before or during the meet, shall be open to swimmers (Bid-Ins) **from other teams**. The procedure outlined in paragraph 6(b) shall be used to fill these lanes. Lanes designated "no swimmer lanes" at the seeding meeting shall not be open to any Bid-Ins thereafter.
- (3) A swimmer may be substituted for or scratched from an event without forfeiting the right to swim a **previously entered subsequent event**.

e. Seeding Procedures: In each event, all swimmers shall be merged into heats and assigned to lanes using their seed times and the pattern 3, 4, 2, 5, 1, 6, for a six-lane pool. The last heat shall consist of the fastest swimmers; the next to last heat shall be the next fastest swimmers, etc. If there are two or more heats, there shall be a minimum of three swimmers seeded in the first heat. The last heat should consist of six swimmers, but the requirement to seed three swimmers into the first heat may fail to fill the last heat (based upon USA Swimming rules).

f. Maximum Number of Lanes: to be used for each event shall be equal to the number of teams in the division multiplied by two, except in the event of a tie by the Bid-Ins for the last available lane, when all tied swimmers shall be permitted to swim.

7. POOL FACILITIES

a. This **Rule 7** shall be followed in lieu of the USA Swimming Rules on Facilities Standards.

b. The course shall be as near as possible to 25 meters or 25 yards.

c. Swimming lanes shall be at least five feet wide, separated by lane dividers and clear of obstructions such as diving boards, ladders, etc. Skimmer openings shall be covered in walls where swimmers turn and finish. Lanes should be marked with wall targets in accordance with USA Swimming Rules.

d. Lanes shall be numbered from right to left when facing the turning end of the pool.

e. Backstroke flags shall be located 15 feet from each end of the course. Markers shall be located on the pool **deck** and/or lane lines 15 meters from each end of the course.

f. Wires or cables that temporarily cross the swimming lanes shall be perpendicular to the swimming lanes and shall cross the lanes at the backstroke flags.

8. LANE ASSIGNMENTS

a. Team Meets — In dual meets the host team shall use lanes 1, 3, and 5; the visiting team lanes 2, 4, and 6. In triangular meets lanes shall be decided by lot in the combinations of lanes 1 and 4, 2 and 5, and 3 and 6.

b. Divisional and All-Stars Meets — Swimmers shall be assigned to lanes in descending order (fastest to slowest) of submitted times using the following pattern for a six-lane pool: 3, 4, 2, 5, 1, 6.

9. EVENTS

a. In team meets, the events shall be swum in the order listed in this Handbook in **Rule 23**.

b. For Divisionals and Individual All-Stars, the events shall be swum in the order listed in **Rule 24**, except that the order of events shall rotate each year so that, in successive years, these meets shall start with the freestyle, backstroke, breaststroke, butterfly, and individual medley events.

c. The order of events for Relay Carnivals is in **Rule 22**.

10. OFFICIALS

a. Team Reps shall not serve as Division Coordinators in their team's division unless approved by the NVSL Executive Board in extenuating circumstances.

b. Only one person from each team shall be designated as the Team Rep on the firm entry list. In team meets, the designated Team Rep from the host team shall be the Meet Manager. The designated Team Rep(s) from the visiting team(s) shall be the Assistant Meet Manager(s). These Team Rep(s) shall not serve in any other capacity during team meets. In divisional meets, the Division Coordinator shall be the Meet Manager and the Team Rep of the host pool shall be the Assistant Meet Manager.

c. The following officials represent the **MINIMUM** requirements for team meets:

Referee	1	Announcer	1
Starter	1	Clerk of Course	1
Stroke and Turn Judges	4	Place Recorder	1
Relay Take-off Judges	8	Data Entry	1
Chief Timer	1	Verifier	1
Timers	18	Awards Clerk	1
Marshals	2		

d. Unless otherwise agreed to, teams shall provide the following:

(1) Host Team Referee, Starter, two Stroke and Turn Judges, four Relay Take-off Judges, Chief Timer, one-half of the Timers, at least one Marshal, Announcer, Clerk of Course, Asst. Place Recorder, Head Data Entry, Verifier, Awards Clerk, and Runner(s).

(2) Visiting Team Two Stroke and Turn Judges, four Relay Take-off Judges, Asst. Chief Timer, one-half of the Timers, at least one Marshal, Asst. Clerk of Course, Place Recorder, Asst. Data Entry, Verifier, Asst. Awards Clerk, and Runner(s).

e. The duties of the Officials shall be as outlined in the USA Swimming Rules. The Referee and Judges shall be especially familiar with these rules. The Referee, Starter, and Stroke and Turn Judges shall be qualified in accordance with the League Officials' Qualification Procedures.

f. In team meets, the host team shall arrange for furnishing the starting device, computer and printer. A back-up starting device, computer and printer shall also be available at the meets. Teams shall furnish watches for the number of Timers provided by their team.

g. Officials for the Division Relay Carnival and Divisionals shall be assigned by the Division Coordinators, in consultation with the Team Reps. All-Star Meet Officials shall be assigned by the League.

11. TIMING

a. In all meets at least three Timers shall be assigned to each lane. In dual meets unless otherwise agreed, the host team shall provide one Timer on lanes 1, 3, and 5 and two Timers on lanes 2, 4, and 6. The visiting team shall provide all other lane Timers. In tri-meets, unless otherwise agreed, there shall be one timer from each team in each lane.

b. All watches shall be hand-held, battery powered, digital watches, designed for timing purposes, with a readout resolution of one one-hundredth of a second (two decimal places).

c. Timers shall report their watch times to the Head Lane Timer and, if requested, shall present their watches for inspection. They shall not clear their watches until the command to “clear watches” is given, or the Referee signals that the next heat or event is ready to start.

d. The Head Lane Timer shall verify the name of the swimmer and shall determine the official time as follows: (1) If the times from two watches agree, that is the official time. (2) If all three watches disagree, the time of the intermediate watch is the official time. (3) If only two watch times are available, the official time is the average of those two watches. The digits representing thousandths of a second shall be dropped with no rounding.

e. The Head Lane Timer shall **LEGIBLY** record the official time for the lane on the card provided for that purpose and shall present the card to the Chief Timer.

f. The Chief Timer shall collect all time cards, check them for accuracy, and then send them to the Place Recorder.

g. Official times to two decimal places (hundredths of a second) shall be used to determine the order of finish, seeding, and records.

12. TECHNICAL RULES

a. Except as modified herein, rules concerning individual strokes and relays shall be defined by the current USA Swimming Rules.

b. The Start

(1) Starting blocks shall not be used.

(2) The no-recall and whistle start procedure of the USA Swimming Rules shall be followed. Optional verbal instructions, announcing the distance and the stroke may be used by the Starter.

(3) The forward start (for Freestyle, Breaststroke, Butterfly, and Individual Medley) may be from the pool deck without the aid of devices which elevate any part of the swimmer’s feet. A single flat towel may be used. Swimmers may start in the water, provided one hand touches the edge of the pool or gutter.

(4) The Backstroke start, in lieu of USA Swimming Rules, shall be as follows:

(a) The swimmers shall line up in the water facing the starting end and may secure a handhold only below the knees of another person to prepare for the start. The heels of the persons providing such assistance shall not extend over the vertical plane of the end of the pool. Only one other person may assist the person whose legs are grasped by the backstroker. Assistance shall not be rendered by HEAD COACHES, Timers, or anyone officiating at the meet.

(b) A towel may be draped over the pool edge to facilitate the swimmer’s traction on the pool wall. Towels shall be removed from the pool edge before the swimmer returns to the starting end.

(c) Prior to the command “take your mark” and until the feet leave the wall at the starting signal, the swimmer’s heels shall be in contact with the water. Standing in or on the gutter is not permitted before or during the start. Curling of the toes over the edge of the gutter is permitted. A standing start shall not be used.

c. Relays (also see Rule 4.g.)

(1) Relay swimmers shall not run when executing a relay take-off. Violations of this rule shall be called by the Referee and in Relay Carnivals, by officials designated by the Referee.

(2) In the Medley Relay, the Freestyle leg may be swum in any manner or style.

(3) It shall be the responsibility of the Mixed-Age Freestyle Relay swimmers to swim in the following order: 11–12 swimmer, 10 & Under swimmer, 13–14 swimmer, and 15–18 swimmer.

(4) A relay team shall not be disqualified for a delay in leaving the water unless an exiting swimmer is still in the water when another member of the relay touches at the exiting swimmer’s end of the pool.

(5) In relay events, dual relay take-off judging shall be used. Lane and Side Take-off Judges shall independently record each exchange of swimmers and report infractions in writing without using infraction hand signals. A relay shall be disqualified only if the Lane Take-off Judge reports an infraction and the assigned Side Take-off Judge confirms the infraction. Two Side Take-off Judges shall be assigned to each end of the pool. No acting Officials, except Timers and the Starter, may serve as Relay Take-off Judges.

d. In an Individual Medley event, the Freestyle leg may be swum in any manner or style.

13. DISQUALIFICATIONS

Disqualifications shall be governed by USA Swimming Rules and shall be strictly enforced in all meets. When a disqualification occurs duplicate DQ Slips shall be prepared and furnished promptly to the Place Recorder and to the Team Rep of the disqualified swimmer. When the disqualification is due to a relay take-off infraction, the relay take-off slips confirming the infraction shall be attached to the disqualification slip and submitted to the Place Recorder. In the Individual All-Star Meet, the Referee or his/her designee should inform the swimmer(s) if they are disqualified, prior to the awards presentation.

14. PROTESTS

a. Protests involving ~~turns, strokes, and other~~ Technical League Rules (USA Swimming Technical Rules and League **Rule 12**):

~~(1) This type of protest~~ Protests involving Technical League Rules shall be lodged by the Team Rep(s) with the Referee not later than ~~within~~ 30 minutes after the completion of the last event of the League meet session officiated by that Referee, during which time the Referee shall remain at the pool. ~~has been swum~~. Protests involving Technical League Rules ~~No protest lodged~~ by anyone ~~other person~~ other than a Team Rep will not be considered.

(2) Decisions rendered by the Referee on protests involving ~~turns, strokes, and other~~ Technical League Rules (USA Swimming Technical Rules and League **Rule 12**) shall be final and binding upon all parties involved.

b. Protests involving non-technical League Rules:

(1) When protests involving League rules other than Technical Rules (USA Swimming Technical Rules and League **Rule 12**) arise during or after a meet, the Team Reps involved shall make all possible efforts to resolve their differences. Failing this, a protest must be submitted in writing to the League President within three (3) days of the date of the meet.

(2) Upon receipt of such protest, the League President shall appoint a protest committee of three members unaffiliated with the division where the protest originated. The President shall designate one member as chair. The President shall not serve on the protest committee.

(3) The protest committee shall have authority to examine all meet records or other evidence deemed pertinent to the matter under consideration, to conduct interviews, and to require that all parties to the protest submit written statements of the facts. The protest committee shall give the Team Reps involved in the protest reasonable opportunities to submit written statements and written responses to written statements. The Team Reps may supplement

the statements and responses with written statements of meet officials and other witnesses.

(4) Decisions rendered by the protest committee shall be final and binding.

(5) If a violation of these rules is found by the protest committee to have been intentional, the protest committee may, subject to approval of the Executive Board, declare a forfeiture or set a penalty greater than that allowed by **Rule 4f**.

c. No protest of any nature shall be considered later than three days after the date of the last League meet of the season.

15. SCORING

a. The order of finish shall be determined by the times of all qualified swimmers in each event. The times of disqualified swimmers shall not be used for any purpose or entered in any League results.

b. Individual events in dual and tri meets shall be scored 5 - 3 - 1. Relay events in dual and tri meets shall be scored 5 - 0. In tri meets, points shall be awarded based on teams swimming against one another in a multiple dual meet format often referred to as a "double dual meet."

c. When there is a tie, no points shall be given for the place or places immediately following the tied positions. (If a two-way tie for first place, no points for second place; if a three-way tie for first place, no points for second and third places etc.) Tied swimmers shall be awarded **an equal** share of the total points involved in the tie.

d. Points shall not be awarded for an event unless it is swum.

e. If all swimmers or official relay teams in an event are disqualified, no points shall be awarded and the event shall not be re-swum.

f. The Divisional Relay Carnival shall be scored 14 - 10 - 8 - 6 - 4 - 2 when six teams participate in the meet, and 12 - 8 - 6 - 4 - 2 when five teams participate in the meet.

g. The All-Star Relay Carnival shall be scored: 44 - 38 - 36 - 34 - 32 - 30 - 28 - 26 - 24 - 20 - 16 - 14 - 12 - 10 - 8 - 6 - 4 - 2.

h. Divisionals and Individual All Stars are not scored meets.

16. MEET RESULTS

a. At the end of the meet, a complete set of the electronically prepared meet results that have been previously verified against the time cards by Data Entry and a Table Worker (Verifier), shall be printed and marked as the "Official Meet Results. These results shall be signed by the Referee and sent to the Division Coordinator accompanied by the original Scratch-Substitution Forms (white copies) and a list of Officials who worked the meet.

b. Each host team shall, not later than the following Tuesday, provide each team in the division with an electronic copy of: (1) the Official Meet Results, (2) the original Scratch-Substitution Forms and (3) the list of Officials who worked the meet.

c. Host teams shall retain all meet documents (time cards, meet sheets, DQ slips and verification sheets) until June 1 of the following year. Teams will produce these documents without delay when requested by a Protest Committee Chair.

d. The Division Coordinator shall review the sheets listed in **Rule 16a** and forward them to the Chair of the Seeding Committee. Upon completion of seeding, the Seeding Committee Chair will forward them to the League Historian.

e. The Division Coordinator shall retain the time cards, meet sheets, DQ slips, verification sheets and scratch sheets, from the Relay Carnival and Divisional meets, not submitted at All Star seeding meetings, until June 1 of the following year.

17. AWARDS

a. In team meets, League provided ribbons shall be awarded for all places in individual and relay events.

b. In Divisional Relay Carnivals, ribbons shall be awarded for all places in each event. A trophy shall be awarded to the division winner.

c. In Divisionals, medals shall be awarded for the first six places and ribbons shall be awarded for the seventh through twelfth places in each event.

d. A trophy shall be awarded annually to the team that wins the most team meets within its division. A tie is counted as a one-half win. If triangular meets are swum in the division, the championship shall be determined by a method decided at a preseason meeting by the Team Reps in the division. If there is a tie for a division championship, duplicate trophies shall be awarded.

e. In All-Star meets, medals or ribbons shall be awarded for all places. The six highest scoring teams shall be awarded trophies at the All-Star Relay Carnival. Additionally, a traveling trophy shall be awarded to the winner of the All-Star Relay Carnival. If an All-Star meet is canceled, awards shall be distributed in the manner described in **Rule 1n**.

f. Duplicate awards shall be given in case of ties.

g. A Sportsmanship Award shall be given annually to the one team in each division that best exemplifies the principles of good sportsmanship as embodied in the NVSL Standards of Conduct printed in this Handbook. The division's teams vote for the award as follows:

(1) Each team shall cast three ballots: one based on the vote(s) of the Team Reps, one based on the vote(s) of their Coaches and one based on the votes of the 13 & Over team members;

(2) The team's ballots do not need to be unanimous, but the ballots shall all be for one of the other teams in the division;

(3) The Division Coordinator shall break a tie vote when necessary;

(4) The ballots shall be given to the Division Coordinator at the Divisional Seeding and the award shall be presented at Divisionals.

18. CHAMPIONSHIP MEET LOCATIONS

a. Relay Carnivals, Divisionals, and All-Star Meets shall be held in 25-meter pools.

b. These meets shall be held only in pools which have at least six lanes, each a minimum of five feet in width. Lanes shall be free of obstructions such as ladders or steps and should have proper lane and bulkhead (wall) markings.

19. RECORDS

a. The League shall maintain an up-to-date set of records of the fastest times achieved in League competition. League records shall be recorded to hundredths of a second. These records shall be maintained for each event swum in League competition over the following distances only: 25, 50, 100 and 200 yards/meters.

b. To be accepted as a League record, a performance shall be timed with at least three timing devices.

c. Times shall be considered for record purposes only if an official time card, signed by the Referee, the Chief Timer and the three lane Timers who timed the swimmer(s) is submitted to the League Records Chair, provided that the signed time card is submitted no later than three days after the last NVSL meet of the season in which the record was set.

d. No relay leg times or split times are acceptable for League records. Record times shall be acceptable only for the age group of the swimmer setting the record including "swim-ups." A swimmer who is "swimming up" in an older age group shall be eligible to set a record for his or her own age group, but not for the older age group.

e. If more than one swimmer or relay team breaks the same NVSL record on that same calendar day, all will be recognized as record breakers, but only the fastest time will be recorded as the new record.

f. Rules Specific to All Star Relay Carnival:

(1) A relay that qualifies for the All-Star Relay Carnival shall be allowed one substitution provided three of the swimmers who qualified are swimming. Substitute swimmers may be faster or slower than the swimmers they replace.

(2) One alternate team shall be listed in the program for each event and shall be available to swim.

21. RULES FOR RELAY CARNIVALS

22. EVENTS FOR RELAY CARNIVALS

- Girls Event #

- ### Mixed-Age

- Boys Event #

- | | | | | |
|----------|-------|------------------|-----------------------|----|
| 1 | 200 M | Mixed-Age | Freestyle Relay | 2 |
| 3 | 100 M | 8 & U | Medley Relay | 4 |
| 5 | 100 M | 9-10 | Medley Relay | 6 |
| 7 | 100 M | 11-12 | Medley Relay | 8 |
| 9 | 200 M | 13-14 | Medley Relay | 10 |
| 11 | 200 M | 15-18 | Medley Relay | 12 |
| 13 | 100 M | 8 & U | Freestyle Relay | 14 |
| 15 | 100 M | 9-10 | Freestyle Relay | 16 |
| 17 | 100 M | 11-12 | Freestyle Relay | 18 |
| 19 | 200 M | 13-14 | Freestyle Relay | 20 |
| 21 | 200 M | 15-18 | Freestyle Relay | 22 |

- c.** The distance for the 13–14 age group relays shall be 200 meters.

- d. Rules Specific to Division Relay Carnivals:**

- (1)** The Division Coordinator shall hold a planning meeting prior to the day of the meet.

- (2)** Lane assignments shall be made without regard to seeding times and shall rotate after each event.

- (3)** Teams shall report to Clerk of Course for their event with time cards listing the first and last names of their swimmers for that event.

- e. The League shall conduct an All-Star Relay Carnival in which entries for each event are the eighteen fastest relay teams League-wide from the Division Relay Carnivals.

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23. TEAM MEET EVENTS (*Dual and Triangular Meets*)Boys Event #Girls Event #**8 & Under**

1.....	1 length freestyle.....	2
11.....	1 length backstroke.....	12
21.....	1 length breaststroke.....	22
31.....	1 length butterfly.....	32
41.....	4 lengths freestyle relay.....	42

9–10

3.....	2 lengths freestyle.....	4
13.....	2 lengths backstroke.....	14
23.....	2 lengths breaststroke.....	24
33.....	1 length butterfly.....	34
43.....	4 lengths medley relay.....	44

11–12

5.....	2 lengths freestyle.....	6
15.....	2 lengths backstroke.....	16
25.....	2 lengths breaststroke.....	26
35.....	2 lengths butterfly.....	36
45.....	4 lengths medley relay.....	46

13–14

7.....	2 lengths freestyle.....	8
17.....	2 lengths backstroke.....	18
27.....	2 lengths breaststroke.....	28
37.....	2 lengths butterfly.....	38
47.....	4 lengths medley relay.....	48

15–18

9.....	2 lengths freestyle.....	10
19.....	2 lengths backstroke.....	20
29.....	2 lengths breaststroke.....	30
39.....	2 lengths butterfly.....	40
49.....	8 lengths medley relay.....	50

Mixed-Age

51.....	8 lengths freestyle relay.....	52
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(swum in the following order: 11–12, 10 & Under, 13–14, 15–18)

24. INDIVIDUAL MEET EVENTS (*Divisionals & Individual All-Stars*)Boys Event #Girls Event #**8 & Under**

1.....	1 length freestyle.....	2
11.....	1 length backstroke.....	12
21.....	1 length breaststroke.....	22
31.....	1 length butterfly.....	32

9–10

3.....	2 lengths freestyle.....	4
13.....	2 lengths backstroke.....	14
23.....	2 lengths breaststroke.....	24
33.....	1 length butterfly.....	34
41.....	4 lengths individual medley.....	42

11–12

5.....	2 lengths freestyle.....	6
15.....	2 lengths backstroke.....	16
25.....	2 lengths breaststroke.....	26
35.....	2 lengths butterfly.....	36
43.....	4 lengths individual medley.....	44

13–14

7.....	2 lengths freestyle.....	8
17.....	2 lengths backstroke.....	18
27.....	2 lengths breaststroke.....	28
37.....	2 lengths butterfly.....	38
45.....	4 lengths individual medley.....	46

15–18

9.....	2 lengths freestyle.....	10
19.....	2 lengths backstroke.....	20
29.....	2 lengths breaststroke.....	30
39.....	2 lengths butterfly.....	40
47.....	4 lengths individual medley.....	48

** Events **41** and **42** are **10 & Under** events.

NOTE: In **2022** these meets shall **start with Event 21**.

USA SWIMMING RULES PERTAINING TO SWIMSUITS & MEDICAL TAPE

Unless otherwise provided in the NVSL Rules the NVSL adheres to the USA Swimming Rules concerning swimsuits and medical tape as summarized below.

SWIMSUITS (Article 102.8)

- Swimwear shall include only swimsuit, goggles and not more than 2 caps.
- Suits must be one or two-piece. (exception — 205.10.1)
- It is permissible for the swimmer to wear a single set of garments underneath his/her competition swimsuit for modesty and/or privacy reasons. (205.10.1)
- Suits must be made from textile materials.
- Men: suit may not extend above the naval or below the knees.
- Women: suit may not cover the neck, go past the shoulder, or extend below the knee.
- Exemptions may be granted on a case by case basis by the NVSL Chair of the Rules Committee or by his/her designee.
- Only FINA-approved tech suits may be worn in competitions. **No Technical suit may be worn by any 12& under athlete. (102.8.1.F**
 - **a tech suit is a jammer or kneeskin with bonded seams, suits that do not extend beyond the hip or have stitched seams are allowed.**
- Swimsuits must be non-transparent and appropriate.
- Swimmers may not wear or use anything that aids buoyancy, speed, pace, or endurance.
- No fastening devices, i.e. no zippers or closure devices. (102.8.1.C — FINA 4.1.6) Suits with tie-backs are not permitted. A tie-back or a lace-up on the suit is considered a fastening device.

MEDICAL TAPE (Article 102.8.E)

Any kind of tape on the body is not permitted unless approved by Referee.

- Wound closure and protection: Band Aids, smaller dressings, and “Butterfly” type are okay. No referee notification is required for these smaller items. If a dressing is exceptionally large and/or the tape to hold a dressing completely surrounds a major limb then the referee should be notified.
- Buddy taping of the fingers and toes: No more than two fingers or toes can be taped together at a time. It is recommended that you always notify the referee in this case.
- Any type of Elastic Therapeutic or Kinesio Tape is not permitted.
- Any other type of taping that may support the muscles, ligaments, or tendons and/or provide compression to a joint is not permitted.

The following Technical Rules and Guidelines for Officiating Swimmers with a Disability were reproduced for this handbook with permission granted by USA Swimming (USAS).

NVSL abides by USA Swimming rules **with exceptions** listed in Rule 12 of this handbook.



QR Code for
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Mini Rulebook

USA SWIMMING TECHNICAL RULES

All competitive swimming events held under USA Swimming sanction shall be conducted in accordance with the following rules that are designed to provide fair and equitable conditions of competition.

It is not the purpose of the Rules and Regulations of USA Swimming (the National Governing Body) contained herein to set standards of care for the safety of the swimmer. The swimmer, the swim coach, the swim club and the local public entity or pool owner should address safety considerations where events are held.

ARTICLE 101 — INDIVIDUAL STROKES AND RELAYS

101.1 Starts

1 Equipment — A loudspeaker start system conforming to 103.18, with or without an underwater recall device, and an electronic strobe signal visible to all manual timers for forward and backstroke starts, shall be the preferred starting device.

1.2 The Start

A At the commencement of each heat, the Referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take and maintain their positions on the starting platform, the deck, or in the water. In backstroke and medley relay events, at the Referee’s first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position.

- B When the swimmers and officials are ready, the Referee shall signal with an out-stretched arm to the Starter that the swimmers are under the Starter's control.
- C On the Starter's command "take your mark", the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the starting platform or the deck. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the Starter shall give the starting signal.
- D When a swimmer does not respond promptly to the command "take your mark," the Starter shall immediately release all swimmers with the command "stand up" upon which the swimmers may stand up or step off the blocks.
- E A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed. Enforcement of the correct starting position is the responsibility of the Starter.

.3 False Starts

- A Any swimmer starting before the starting signal is given shall be disqualified if the Referee independently observes and confirms the Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "stand up" command and may step off the blocks.
- B If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the Referee independently observes and confirms the Starter's observation that a violation occurred, the swimmer or swimmers who have false started shall be disqualified upon completion of the race.
- C If the recall signal is activated, no swimmer shall be charged with a false start and the Starter shall restart the race upon signal by the Referee.
- D A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the "stand up" command.

.5 Deliberate Delay or Misconduct

- A The Starter shall report a swimmer to the Referee for delaying the start, for willfully disobeying an order or for any other misconduct taking place at the start, but only the Referee may disqualify a swimmer for such delay, willful disobedience or misconduct.

- B The Referee shall disqualify a swimmer who fails to appear at the starting platform ready to swim in time for the initial start of his/her heat.
- C Such disqualification shall not be charged as a false start.

101.2 BREASTSTROKE

.1 Start — The forward start shall be used.

- .2 Stroke —** After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

- .3 Kick —** After the start and each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements or downward butterfly kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

- .4 Turns and Finish —** At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the

water at some point during the last complete or incomplete cycle preceding the touch.

101.3 BUTTERFLY

- .1 Start** — The forward start shall be used.
- .2 Stroke** — After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.
- .3 Kick** — All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.
- .4 Turns** — At each turn the body shall be on the breast. The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.
- .5 Finish** — At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

101.4 BACKSTROKE

- .1 Start** — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.
- .2 Stroke** — The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the

swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.

- .3 Turns** — Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.
- .4 Finish** — Upon the finish of the race, the swimmer must touch the wall while on the back.

101.5 FREESTYLE

- .1 Start** — The forward start shall be used.
- .2 Stroke** — In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.
- .3 Turns** — Upon completion of each length the swimmer must touch the wall.
- .4 Finish** — The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

101.6 INDIVIDUAL MEDLEY

The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

- .1 Start** — The forward start shall be used.
- .2 Stroke** — The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke, except in the freestyle, the swimmer must be on the breast except when executing a turn.

.3 Turns

- A Intermediate turns within each stroke shall conform to the turn rules for that stroke, except that in the freestyle turn, the swimmer must return to the breast before any kick or stroke.
- B The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:
 - (1) **Butterfly to Backstroke** — The swimmer must touch as described in 101.3.5. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
 - (2) **Backstroke to Breaststroke** — The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.
 - (3) **Breaststroke to Freestyle** — The swimmer must touch as described in 101.2.4. Once a legal touch has been made, the swimmer may turn in any manner and must return to the breast before any kick or stroke.

.4 Finish — The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

101.7 RELAYS

- .1 Freestyle Relay** — Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.
- .2 Medley Relay** — Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining to each stroke used as described in 101.6 (Individual Medley) shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.
- .3 Mixed Gender Relays** — must consist of two (2) males and two (2) females.
- .4 Rules Pertaining to Relay Races**
 - A No swimmer shall swim more than one leg in any relay event.
 - B When automatic relay take-off judging is used, each swimmer must touch the touch plate or pad in his/her lane at the end of the course to have finished his/her leg of the relay race.

- C In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
- D Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-the-water start is required or such start is approved by the Referee.
- E Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
- F In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
- G In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.
- H On relays, the second, third and fourth swimmers are prohibited from starting from the top of the adjustable back plate. A swimmer must have at least part of one foot in contact with the starting platform in front of the adjustable back plate during a relay exchange.

ARTICLE 105 — GUIDELINES FOR OFFICIATING SWIMMERS WITH A DISABILITY

105.1 GENERAL

- .1 Authority** — The USA Swimming Rules & Regulations grant the Referee the authority to modify the rules for the swimmer with a disability. Disability is defined as a permanent physical or cognitive disability that substantially limits one or more major life activities. This section contains guidelines and suggestions for making such modifications.
- .2 Responsibilities**
 - A **Swimmer** — The swimmer (or the swimmer's coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.
 - B **Referee** — The Referee's responsibilities include:
 - (1) Determining if the requested modifications are appropriate and can be met.

- (2) Instructing the Starter and Stroke & Turn officials as to the accommodations to be made for that swimmer.

.3 Modifications — Aids to buoyancy or speed are not allowed (See 102.8.1E). Some of the modifications which the Referee may make to accommodate the swimmer with a disability are:

- A A change in starting position.
- B Reassignment of lanes within a heat, e.g., exchanging lanes 2 & 7.
- C Allowing the swimmer to have a Personal Assistant(s). A Personal Assistant that meets any of the requirements of Corporate Bylaw 2.6.6 shall be a member of USA Swimming. Other allowable modifications are further described in this section under the type of disability.

105.2 BLIND AND VISION LOSS

.1 Start — With an audible starting system, no modification is usually required for a swimmer who is blind or has vision loss. A swimmer may, however, require assistance getting to and on the block. Should the swimmer feel insecure starting from the block or deck, an in-the-water start is allowed.

.2 Turns and Finishes — A swimmer who is blind or has vision loss is permitted to have personal assistants (“tappers” who use poles with soft-tipped ends to tap the swimmer as notification of turns and the finish). Sound devices shall not be used. It is the swimmer’s responsibility to provide the tapper(s), who shall be positioned within the confines of the swimmer’s lane at the ends of the pool.

.3 Relay Take-Offs — A physical touch may be required to signal the relay swimmer when his/her teammate has touched the wall. The specific method may be tailored to the swimmer’s preference so long as it does not aid the swimmer’s take-off or interfere with the timing.

105.3 DEAF AND HARD OF HEARING

.1 Swimmers who are deaf and hard of hearing require a visual starting signal, i.e., a strobe light and/or Starter’s arm signals. The Referee may reassign lanes within the swimmer’s heat, i.e., exchanging one lane for another, so that the strobe light or Starter’s arm signal can more readily be seen by the swimmer who is deaf or hard of hearing. Standard Starter’s arm signals are shown in Figures 1 and 2. A recall rope is required in the event of a recall, provided the meet host is notified by the entry deadline that a deaf or hard of hearing swimmer will be participating.

.2 Strobe Light Location — The Starter shall advise the swimmers about the location of the strobe light and the light shall be located where the swimmers can clearly see it for the start. For backstroke

starts, the light should be positioned so that the swimmers don’t have to turn their heads to look backwards.

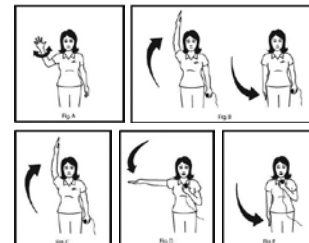


FIG 1: FORWARD START

- A. Twist hand at chin level — short whistles
- B. Arm overhead — swimmer steps onto starting block
- C. Arm moves to shoulder level — signal to “take your mark”
- D. Arm moves to side of body — starting signal

FIG 2: BACKSTROKE START

- A. Twist hand at chin level — short whistles
- B. Arm overhead — swimmer enters water; drop arm to side while swimmer enters water
- C. Arm overhead — swimmer returns to backstroke start position
- D. Arm moves to shoulder level — signal to “take your mark”
- E. Arm moves to side of body — starting signal



105.4 COGNITIVELY DISABLED — A swimmer with a cognitive disability may be permitted to have a Personal Assistant on the deck when necessary. Specific circumstances may allow rule modifications as communicated and approved in accordance with Rule 105.1.2 to be granted. Patience and clarity in communication is often required for a swimmer with a cognitive disability.

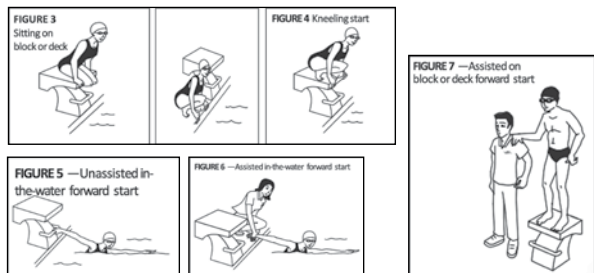
105.5 PHYSICAL DISABILITIES

.1 Start — Swimmers with physical disabilities:

- A May take longer to assume their starting position;
- B May have difficulty holding the starting platform or pool end for a start;

- C May need assistance from someone on the deck to maintain a starting position;
- D May use a modified starting position on the blocks, deck or in the water.
- E Shall use a forward start for freestyle, breaststroke and butterfly. The Referee, however, may allow modifications such as the following:
 - (1) The swimmer may start from a sitting position on the block or on the deck;
 - (2) The swimmer may assume a starting position in the water, with or without assistance;
 - (3) If the swimmer cannot use a hand and/or foot to maintain contact with the wall, some other part of the body may be used.
 - (4) For breaststroke and butterfly, after the start and after each turn, a swimmer who is unable to push off with the leg(s) may perform one arm stroke that need not be simultaneous or on the horizontal plane to attain the breast position.

Examples of modified starting positions are shown in Figures 3 through 7.



- .2 **Stroke/Kick** — In judging the stroke or kick of a swimmer with a physical disability, the Referee and Stroke & Turn Judge should follow the general rule that: if a part of the body is absent or cannot be used, it is not judged; if it is used during the stroke or kick, it should be judged in accordance with the USA Swimming Rules and Regulations.

Judgments should be made based on the actual rule — not on the swimmer's technique. For example, the breaststroke swimmer with one arm or leg shorter than the other, may have a non-symmetrical

stroke or kick, but as long as the arm or leg action is simultaneous, it would meet that portion of the rule. No flotation devices should be permitted

.3 Turns/Finishes

- A Touches shall be judged in the same manner as strokes and kicks, i.e., on the basis of the arm(s) and/or hand(s) that the swimmer can use. In breaststroke and butterfly events, the competitor must reach forward as if attempting a simultaneous two-hand touch. When a swimmer has a different arm length, only the longer arm must touch the wall, but both arms must be stretched forward simultaneously. Swimmers with no arms or with upper limbs too short to stretch above the head may touch the wall with any part of the upper body.
- B At the turn and finish of the butterfly, an athlete with no leg function is permitted to perform a partial stroke with the arm(s) recovering forward under the surface of the water in order to touch the wall.

- .4 **Relays** — Relay swimmers who cannot exit the water immediately may be allowed to remain in the lane until all relays have finished so long as they do not interfere with other swimmers or the timing equipment.



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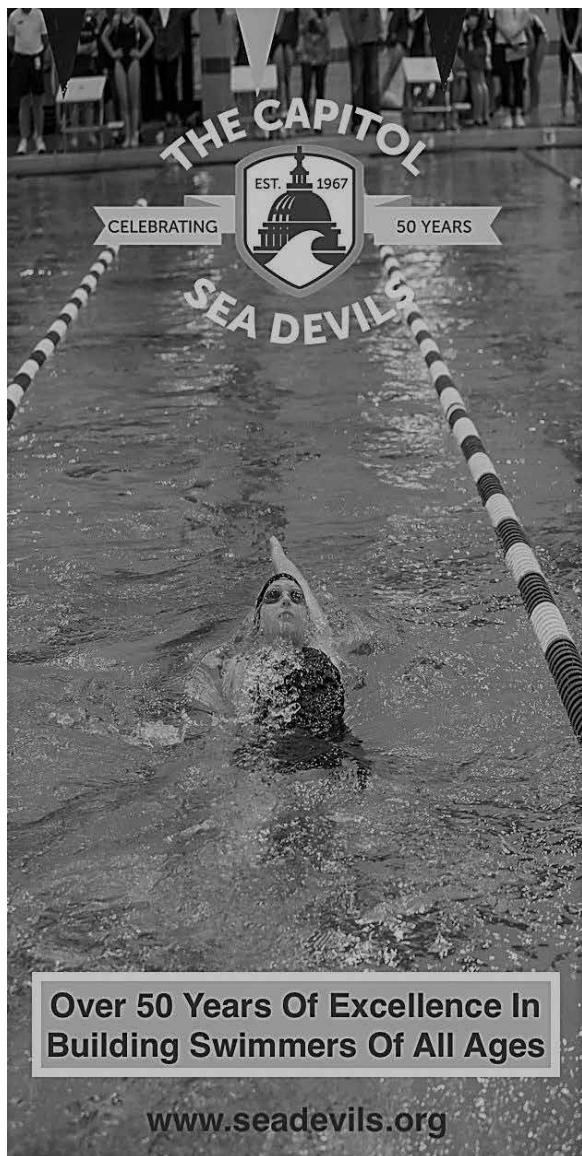
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CHAMPIONSHIP MEETS

Wally Martin Memorial Meet

July 10 Oak Marr Rec Center
Meet Manager: Stacey Brooks 703-437-3453

Cracker Jack Meet Invitational

July 17 Ravensworth Farm
Meet Managers: Mary Bowersox 703-913-5420
Ann Manning 703-786-5560
Local Contact Mary Beth Champlin 240-383-7991

Division Individual Championship Meets

July 24 Sites listed in the 2022 Handbook

All-Star Meet

July 31 Fairfax Station
Meet Manager: Susan Mitchell 908-754-7149
Local Contact: Leann Parente 908-419-7383

CLINICS

Coaches June 11, 4:00 PM at Camelot
Mike Schaeffer, Local Contact 703-593-5075

Division Coordinators

Week of June 5 or 12, actual date/location/time TBD
Betsy Yarrison, Local Contact 703-371-7183

Team Reps June 5, 8:30 AM at Sideburn Run
Marian Littleton, Local Contact 703-597-2990

Meet Workers

June 5, 9:45 AM at Sideburn Run
Mary Bowersox, Local Contact 703-913-5420

Judges June 5 9:45 AM at Sideburn Run
Mike Schaeffer, Local Contact 703-593-5075

June 15, 6:30 PM at Truro
Mike Schaeffer, Local Contact 703-593-5075




June 22, 6:30 PM at Camelot
Mike Schaeffer, Local Contact 703-593-5075

Referees June 7, 6:30 PM at Truro
Mike Schaeffer, Local Contact 703-593-5075

June 12, 2 PM at Chesterbrook
Mike Schaeffer, Local Contact 703-593-5075

Future Dates:

Pre-season Team Rep Meeting	06/05/22
Proposed Rule Changes Submitted	10/02/22
Executive Board Meeting	10/23/22
Team Rep Meeting	11/13/22
Executive Board Meeting	02/19/23
Team Rep Meeting	03/05/23

NVSL Dive CrackerJack Meet

- Established in 1987 to provide a skill-appropriate championship for beginning divers
- World's largest one-day diving competition
- The first CrackerJack Invitational was held at Freedom Park and attracted approximately 600 divers
- For many years, this meet was hosted by Overlee pool.
- Since 2007, CrackerJack has been hosted by Cardinal Hill, Truro, and Mansion House.
- Since 2014, Springfield has hosted the meet.
- Divers compete by gender within their age group
 - Age groups are: 6 and Under, 7, 8, 9, 10, 11, 12, and 13 and Up

2022 DIVING TEAM REPRESENTATIVES AND POOL LOCATIONS

- | | |
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11. FAIRFAX (F) 4200 Roberts Rd., Fairfax 22032 Dawn Dempster ddhokies@cox.net Mary Stinnett marystinnett@verizon.net	2 703-691-8166 c 703-965-0439 c 703-472-4491	18. HIGHLANDS SWIM (HS) 1515 Bryan Branch Rd., McLean 22101 Neil Wills highlandsdive@gmail.com	4 703-821-9893 703-821-9894 202-415-2015
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13. GREAT FALLS (GF) 761 Walker Rd., Great Falls 22066 Amy Vroom amyvroom@me.com Lisa Vasiliadis lisav@hotmail.com	2 703-759-3299 703-864-0712 703-915-8690	20. ILDA COMMUNITY (IC) 8900 Braeburn Dr., Annandale 22003 Maureen Bush maureenbush@me.com	8 703-323-9813 703-346-1357
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2022 SCHEDULE OF NVSL DIVE MEETS

DIVE DIVISION 1 Sheri Crotty (SHR) 703-862-1636

June 21	Kent Garden	at	Dunn Loring
	Vienna Woods	at	Old Keene Mill
	Oakton	at	Overlee
June 28	Dunn Loring	at	Oakton
	Kent Garden	at	Vienna Woods
	Overlee	at	Old Keene Mill
July 5	Overlee	at	Dunn Loring
	Oakton	at	Vienna Woods
	Old Keene Mill	at	Kent Garden
July 12	Dunn Loring	at	Old Keene Mill
	Vienna Woods	at	Overlee
	Kent Garden	at	Oakton
July 19	Dunn Loring	at	Vienna Woods
	Old Keene Mill	at	Oakton
	Overlee	at	Kent Garden
July 24	Divisionals	at	Overlee

DIVE DIVISION 2 Mike Schaeffer (HF) 703-593-5075

June 21	Sleepy Hollow Rec	at	Truro
	Fairfax	at	Walden Glen
	Great Falls	at	Hayfield
June 28	Truro	at	Great Falls
	Sleepy Hollow Rec	at	Fairfax
	Hayfield	at	Walden Glen
July 5	Hayfield	at	Truro
	Great Falls	at	Fairfax
	Walden Glen	at	Sleepy Hollow Rec
July 12	Truro	at	Walden Glen
	Fairfax	at	Hayfield
	Sleepy Hollow Rec	at	Great Falls
July 19	Truro	at	Fairfax
	Walden Glen	at	Great Falls
	Hayfield	at	Sleepy Hollow Rec
July 24	Divisionals	at	Walden Glen

DIVE DIVISION 3 Judy Baltas (HV) 571-334-5318

June 21	Rolling Hills	at	Sideburn Run
	Lee Graham	at	Pinecrest
	Donaldson Run	at	Hunt Valley
June 28	Sideburn Run	at	Donaldson Run
	Rolling Hills	at	Lee Graham
	Hunt Valley	at	Pinecrest
July 5	Hunt Valley	at	Sideburn Run
	Donaldson Run	at	Lee Graham
	Pinecrest	at	Rolling Hills
July 12	Sideburn Run	at	Pinecrest
	Lee Graham	at	Hunt Valley
	Rolling Hills	at	Donaldson Run
July 19	Sideburn Run	at	Lee Graham
	Pinecrest	at	Donaldson Run
	Hunt Valley	at	Rolling Hills
July 24	Divisionals	at	Hunt Valley

DIVE DIVISION 4 Thomas Joyce (DH) 703-622-8452

June 21	Wakefield Chapel	at	Tuckahoe
	Crosspointe	at	Highlands Swim
	Dominion Hills	at	Mansion House
June 28	Tuckahoe	at	Dominion Hills
	Wakefield Chapel	at	Crosspointe
	Mansion House	at	Highlands Swim
July 5	Mansion House	at	Tuckahoe
	Dominion Hills	at	Crosspointe
	Highlands Swim	at	Wakefield Chapel
July 12	Tuckahoe	at	Highlands Swim
	Crosspointe	at	Mansion House
	Wakefield Chapel	at	Dominion Hills
July 19	Tuckahoe	at	Crosspointe
	Highlands Swim	at	Dominion Hills
	Mansion House	at	Wakefield Chapel
July 24	Divisionals	at	Tuckahoe

DIVE DIVISION 5 Betsy Yarrison (S) 703 371-7183

June 21	Greenbriar	at	Fairfax Station
	Arlington Forest	at	Camelot
	Cardinal Hill	at	Chesterbrook
June 28	Fairfax Station	at	Cardinal Hill
	Greenbriar	at	Arlington Forest
	Chesterbrook	at	Camelot
July 5	Chesterbrook	at	Fairfax Station
	Cardinal Hill	at	Arlington Forest
	Camelot	at	Greenbriar
July 12	Fairfax Station	at	Camelot
	Arlington Forest	at	Chesterbrook
	Greenbriar	at	Cardinal Hill
July 19	Fairfax Station	at	Arlington Forest
	Camelot	at	Cardinal Hill
	Chesterbrook	at	Greenbriar
July 24	Divisionals	at	Arlington Forest

DIVE DIVISION 6 Kendra Martin (SHB) 703-333-6050

June 21	Parliament	at	Mantua
	Ravensworth	at	Lakeview
	Stratford	at	Sleepy Hollow B&R
June 28	Mantua	at	Stratford
	Parliament	at	Ravensworth
	Sleepy Hollow B&R	at	Lakeview
July 5	Sleepy Hollow B&R	at	Mantua
	Stratford	at	Ravensworth
	Lakeview	at	Parliament
July 12	Mantua	at	Lakeview
	Ravensworth	at	Sleepy Hollow B&R
	Parliament	at	Stratford
July 19	Mantua	at	Ravensworth
	Lakeview	at	Stratford
	Sleepy Hollow B&R	at	Parliament
July 24	Divisionals	at	Lakeview

DIVE DIVISION 7 Lynette Bertman (HP) 703-329-7080

June 21	Woodley	at	Highland Park
	Springfield	at	North Springfield
	Parklawn	at	Hamlet
June 28	Highland Park	at	Parklawn
	Woodley	at	Springfield
	Hamlet	at	North Springfield
July 5	Hamlet	at	Highland Park
	Parklawn	at	Springfield
	North Springfield	at	Woodley
July 12	Highland Park	at	North Springfield
	Springfield	at	Hamlet
	Woodley	at	Parklawn
July 19	Highland Park	at	Springfield
	North Springfield	at	Parklawn
	Hamlet	at	Woodley
July 24	Divisionals	at	Highland Park

DIVE DIVISION 8 Katherine McClure (OH) 240-271-1905

June 21	Ilda	at	Springboard
	Rutherford	at	Commonwealth
	Annandale	at	Orange Hunt
June 28	Springboard	at	Annandale
	Ilda	at	Rutherford
	Orange Hunt	at	Commonwealth
July 5	Orange Hunt	at	Springboard
	Annandale	at	Rutherford
	Commonwealth	at	Ilda
July 12	Springboard	at	Commonwealth
	Rutherford	at	Orange Hunt
	Ilda	at	Annandale
July 19	Springboard	at	Rutherford
	Commonwealth	at	Annandale
	Orange Hunt	at	Ilda
July 24	Divisionals	at	Ilda

ALL PERSONS PARTICIPATING IN THE LEAGUE'S PROGRAM SHOULD REMEMBER THE PURPOSE OF THIS LEAGUE:

"...to develop in the children participating in this program — a love for the sport, advanced aquatic skills, teamwork, and the principles of good sportsmanship."

NORTHERN VIRGINIA SWIMMING LEAGUE RULES FOR DIVING COMPETITION

1. GENERAL

a. All league member pools with diving teams will be seeded into designated divisions of about equal strength for diving competition. All divers shall conform to the competitor eligibility By-laws (Articles III and IV) restated in **section 2.a** of the NVSL Rules for Swimming Competition. Issues and questions concerning the eligibility By-laws shall be brought to the attention of the Chair of the Diving Rules Committee for resolution.

b. Except for the three-meter meet, all competitions will be conducted on boards, one meter above water level with variations not exceeding plus or minus 5%. For the three-meter meet, competitions will be conducted on boards three meters above water level with variations not exceeding plus or minus 2%. All dive stands and boards must have an adjustable fulcrum, and be set up and maintained according to recommended factory specifications. In addition to the above requirements, the dive facilities at pools used for all competitions and practices shall be approved for use by the applicable municipal authority.

c. The NVSL Diving Executive will oversee the selection of Division Coordinators for each division and reserve the right to approve, disapprove, or replace them. The Division Coordinator's duties include keeping divisional dual meet records, managing the Division Individual Championship Meet, and mediating schedule conflicts and disputes. (See section regarding protests.)

d. The team representatives or his/her appointed designate shall be at every team related meet and be readily available to the referee during the course of the meet. Team coaches cannot act as the appointed designate. If a situation requires resolution, the team representatives or designate, not the coach, shall consult with the referee.

e. The host pool is responsible for ensuring that meets are conducted under conditions that reasonably minimize noise and distraction to the divers. The team representatives are encouraged to discuss host pool conditions prior to each meet to avoid misunderstandings

f. The meet manager, the referee, or the division coordinator (only if on-scene at the meet) has the authority to resolve disruptive or unsportsmanlike activity, which may include requesting the relocation or

removal from the pool venue, any spectator, coach, official, athlete, or support personnel who is disruptive or detrimental to the conduct of the dive meet.

g. All persons involved with the League — athletes, coaches, League board members, team representatives, officials, parents, and spectators — shall adhere to the Standards of Conduct as published in the NVSL Handbook.

h. It is not the purpose of these rules to set standards of care for the safety of divers. Safety considerations should be addressed by the divers and the pool organizations (including coaches) where the meets are held.

i. Dual Meets: The NVSL Diving Executive Committee will publish a dual meet schedule based on six-team diving divisions. These meets will be conducted on Tuesday evenings, starting no later than 6:00 PM, or at another time as mutually agreed. Failure to meet the agreed upon schedule may result in a forfeiture of the meet. In any case, all dual meets will be completed prior to the Division Individual Championship Meet. The winning team in each dual meet receives five points. The losing team receives three. In case of a tie, each team will receive four points. No points will be credited to a team which forfeits a meet, while the other team will receive five points. If neither team can meet on Tuesday within the agreed upon period or reach agreement on another day and time, both will score zero. A trophy will be awarded to each Division Champion based upon the total of points earned (5 for win/3 for loss/4 for tie/0 for forfeit) accumulated for each dual meet during the season. More than one trophy per division shall be awarded in the event of ties.

j. ~~Dives and~~ All aspects of the Cracker Jack Invitational meet shall be governed by the operation and administration ruleset ~~procedures for the Cracker Jack Meet Invitational will be determined approved by the~~ NVSL Diving Executive Committee (EXCOM). The Cracker Jack Meet is intended only for divers with basic developing skills. ~~The Meet is not a one-for-one replacement meet for Divisionals.~~ Potential meet entrants are subject to screening, based on the current season's meet scores ~~and meet finishes~~, which are to be provided by team representatives with the meet entry form to the Cracker Jack meet manager(s). Only divers whose dual/tri meet scores for all current season dual/tri meets up to the time of the Cracker Jack meet are all below the qualifier score shown in the ruleset ~~determined by the EXCOM~~ may dive in the Cracker Jack meet. ~~The meet manager shall decide the acceptance of potential meet entrants for participation in the Cracker Jack Meet.~~ Divers who attend Cracker Jack cannot attend Divisionals.

k. Division Individual Championship Meet: Each division will have a separate meet for qualification of entrants in the All-Star meet. Entries will be on an individual basis from pools in the division. No team scores

will be kept. The meet manager must prepare and preserve an official copy of the meet results to document meet participants and corresponding scores. To qualify as an entrant in this meet, each diver must have participated in at least two league scheduled dual/tri meets in the current season. Divers may not have competed in the Cracker Jack Invitational Meet for that season. See **Rules 10.b.(11) and (12)** for qualifications for the All-Star Meet.

I. All-Star Meet: The top qualifiers of each division in each event and any additional divers selected under **Rules 10.b.(11) and (12)** will compete in the All-Star Meet. For divers to compete in the All-Star Meet, they must compete in and finish their team's divisional meet without disqualification (DQ). The first six places in each event will receive awards, e.g. medals or trophies.

m. Wally Martin Invitational Meet: Dives and procedures for the Wally Martin Invitational Meet will be determined by the NVSL Diving Executive Committee (EXCOM). All League pool members, conforming to Article IV of the League Bylaws, are eligible to compete in this meet which is traditionally a three-meter competition. The meet manager shall decide the acceptance of potential meet entrants for participation in the Wally Martin Meet. In the 2016 Dive season, 1-meter synchronized diving events were officially added to the meet. Eligibility and procedures for the synchro competition shall be determined by the NVSL Dive Executive Committee (EXCOM).

2. EVENTS

a. The events will be the same for Dual Meets, Division Individual Championship Meets, Three-Meter Meet, and All-Star Meet.

There will be four classes of competition for both boys and girls:

Freshmen	10 and under
Juniors	11 and 12
Intermediates	13 and 14
Seniors	15, 16, 17, and 18

b. Team reps may agree to combine or restore (uncombine) events subject to the approval of the referee.

c. Competitor Eligibility

(1) Each competitor shall be a bona fide member of the pool he or she represents as defined in Articles III and IV of the League Bylaws.

(2) The eligibility of a competitor to compete in a particular age group shall be determined by his or her age on the first day of June of the current year. The uppermost age group shall consist of persons 15, 16, 17, and 18 years of age.

(3) Each team representative must maintain an up-to-date list of its divers with applicable birth dates, for ready reference in case of eligibility disputes.

(4) In dual meets, divers may compete in their own or in the next higher age group. In individual meets (Division Individual Championship, All-Star and Wally Martin Meets) competitors may dive only in their age group. Unofficial/exhibition divers are not permitted in dual/tri or individual meets.

3. DIVES

a. All dives will be performed on the low board (one-meter) except for dives in the Wally Martin Invitational Meet if it includes a three-meter competition. Note that there are two separate degree of difficulty tables corresponding to one and three meter dives.

b. Dives for Dual, Divisional, and All-Star Meets shall be in the order specified as follows:

(1) Freshmen — 2 required (101 and 201) and 1 optional. Front or back jump may be used as an optional. 001 may be substituted for the 101 as the required dive. 002 may be substituted for 201 as the required dive. 001 and 002 cannot be used as optional dives, and if either is used as substitute required dive, the 101 and 201 cannot be used as optional dives. There is no position specified for dives 001 and 002. A total of 3 dives.

(2) Juniors — 2 required (101 and 201) and 2 optionals, each from a different group of dives (2 optionals from 5 groups). A total of 4 dives.

(3) Intermediates — 2 required (101 and 201) and 3 optionals, each from a different group of dives (3 optionals from 5 groups). A total of 5 dives.

(4) Seniors — 3 required (101, 201 and 401) and 3 optional, each from a different group of dives (3 optionals from 5 groups). A total of 6 dives.

c. For all meets required dives will be listed on the dive entry sheet in the order specified in this handbook. Optional dives may be listed in any order at the election of the competitor. At meet start and thereafter, divers shall perform the dives in the order listed on the meet entry form unless rules specify otherwise. All dives on the meet entry form at meet start shall be listed by dive number, dive description, and dive position. Dives not listed with all three of these attributes shall be failed by the referee. The acceptable position abbreviations are: S or A for Straight; P or B for Pike; T or C for Tuck; F or D for Free; or left blank if there is no position specified (applicable to dives 001 or 002 only). It is also acceptable to write out the position.

d. Disqualifications

(1) For all meets, a diver may eliminate one, but only one, optional dive and take zero on the dive without prejudice and remain in the contest if otherwise eligible.

(2) A diver may not eliminate a required dive and remain in the contest. (Note: because of requirements of **Rules 3.b.(4), 3.c and 3.d**, if a senior diver does not have 401 as his/her third dive, he/she is disqualified).

(3) If a diver makes a legitimate attempt (including coach assistance) to perform a required dive and fails, he/she is not disqualified and may remain in the contest if otherwise eligible.

(4) A diver who, in the referee's opinion, willingly fails, does not make a legitimate attempt, eliminates, or purposely chooses not to perform a required dive shall be disqualified from the contest immediately.

(5) A diver failing two dives, without regard to the dives being required or optional, shall be designated on meet results as disqualified (DQ), but is allowed to ~~may~~ continue to participate in ~~complete~~ his/her event. The diver, however, ~~but~~ cannot register placement points for the team.

e. No dive may be repeated in a meet, even though performed in another position.

4. MANNER OF EXECUTING DIVES

Dives should be executed and judged on the following principles:

a. The approach to the starting position shall not be taken into consideration. The starting position shall be free and unaffected. If the diver has not assumed the starting position on the diving board and falls into the water, a failed dive shall not be declared.

b. The starting position in standing dives shall be assumed when the competitor stands steady on the front end of the board. The body shall be straight, head erect with the arms straight and in a position of the diver's choice. The press constitutes the start of the dive. The diver has the option of moving the arms to various preparatory positions so long as there is no obvious attempt to start the press. All dives from the back and inward groups must be performed as standing dives.

c. The starting position of a forward approach shall be assumed when the competitor is ready to take the first step. The first step constitutes the start of the dive.

d. The forward approach shall be smooth, aesthetically pleasing, and in a forward direction toward the end of the springboard and shall comprise as many or as few steps as desired by the diver before

the hurdle unless performing a standing dive. When the approach is not smooth, aesthetically pleasing, and in a forward direction toward the end of the springboard, judges shall deduct according to their individual opinions.

e. The hurdle is described as the jump to the end of the board following the approach. The hurdle shall be from one foot only. Both feet shall contact the end of the board simultaneously following the hurdle. A hurdle from both feet shall constitute a violation of the forward approach, and the referee shall instruct the announcer to reduce each judge's award by **two** points.

f. The take-off shall be bold, high and confident, and shall be from the end of the springboard. When the take-off is not bold, high and confident, and not from the end of the springboard, judges shall deduct according to their individual opinions.

(1) The diver must not double jump (bound) on the end of the springboard before the take-off. When the referee considers that the diver has double jumped (bounded) in a dive, the referee shall declare the dive failed. Judges may award zero points, notwithstanding that the Referee has not declared it to be a failed dive.

NOTE: For the forward approach, after a clearly defined hurdle off of one foot, a double jump (bound) on the springboard is defined as feet leaving the springboard twice, two arm swings and/or two distinct knee bends taking place before the take-off. For the back approach, a double jump (bound) on the springboard is defined as feet leaving the springboard twice with two distinct knee bends and/or two arm swings, indicating two distinct take-offs.

(2) In dives performed with a forward or back approach, the take-off from the springboard must be from both feet simultaneously, immediately following the hurdle, press, or leaving the board. If the take-off is not from both feet simultaneously, the referee shall declare a failed dive.

(3) A diver is entitled to his or her own method of arm swing on back take-offs. When executing a backward or standing front dive, the diver must not bounce (crow-hop) on the board or rock the board excessively before the take-off. For a violation of the above, the judges, not the referee, shall deduct from ½ to 2 points from their awards according to their individual opinions.

g. If in any dive the diver touches the end of the board, dives to the side of the direct line of flight or dives too far out from the board, this indicates, no matter how well the dive may have been executed, that he or she was too close to the board or not in control of the dive for execution, and each judge must exercise his or her own opinion regarding the deduction to be made.

h. During the passage through the air the body can be carried in a straight (lay-out), pike or tuck position. For the front and back entry (001 and 002), there is no prior declaration of the position of the dive by the diver.

(1) Straight Position (Lay-out): in the first case of straight position (lay-out), the body shall not be bent either at the knees or hips. The feet shall be together and toes pointed. The position of the arms is at the option of the diver.

(2) Pike Position: in the second case (pike), the body shall be bent at the hips, but the legs must be kept straight at the knees, the feet must be together, and toes pointed. The position of the arms is at the option of the diver. The pike should be as compact as possible.

(3) Tuck Position: in the third case (tuck), the body should be compact, bent at the knees and hips with the knees and feet together. The hands shall be on the lower legs and the toes pointed. When viewed from the side, the tuck shall be compact, that is, the front of the thighs close to the chest and the backs of the lower legs close to the backs of the thighs.

(4) Free Position: the free position may incorporate any or all of the straight (lay-out), pike, and tuck positions within the performance of a single dive. In the free position, the body position is optional, but the legs shall be together and toes pointed. In dives with twists, the twisting shall not manifestly be done from the board or the judges may deduct according to their opinions (see paragraph 4.j. below). In the pike or tuck dives with twists, the pike or tuck position must be clearly shown. Should the respective position(s) not be shown, judges shall deduct $\frac{1}{2}$ to 2 points, according to their individual opinions. In somersault twisting dives, the twist may be performed at any time during the dive.

(5) The straight, pike, tuck, and free positions shall be performed as described in (1), (2), (3), and (4) above, and at all times shall be aesthetically pleasing. When a dive is not performed in the straight (A), pike (B), tuck (C), or free (D) position as described, judges shall deduct from $\frac{1}{2}$ to 2 points, according to their individual opinions.

i. In head first dives, the head or hands must contact the water first; otherwise, the referee shall declare the dive failed. In feet first dives, the feet must contact the water first; otherwise, the referee shall declare the dive failed.

j. In dives with twists, the twisting must not manifestly be done directly from the board. When the twist is performed in this manner, the dive lacks a clearly defined jump or press from the board before the twisting action is executed. Judges shall reward twisting dives thus observed a score in the unsatisfactory range.

k. All twists must be within 90 degrees of the completion from the time of the first contact with the water, and at all times during the entry. Deviations of $\frac{1}{4}$ twist under or $\frac{1}{4}$ over the desired amount will constitute a failed dive.

l. The entry into the water in all cases must be vertical or nearly so and not twisted, with the body straight, toes pointed. When the entry is short or over, twisted or the body not straight, the feet not together, and the toes not pointed, judges shall deduct according to their own individual opinions. Additionally, a dive is unsatisfactory if, in the referee's opinion, the diver does not attempt to come out from the tuck or pike position or come out of the twist.

m. All head first entries shall be executed with the arms stretched; all feet first entries with the arms close to the body and not bending at the elbows. For jumps, the arms must be at the side or overhead, as long as the diver demonstrates balance and control. Except for jumps, when one or both arms are held above the head in a feet-first entry, or below the head in a head-first entry, the referee shall declare the maximum award to be $4\frac{1}{2}$ points. Judges may award a maximum of $4\frac{1}{2}$ points, notwithstanding that the referee has not made a prior declaration. Other than the cases of arm positions described above, if the arms are not in the correct position on entry into the water, judges shall deduct from $\frac{1}{2}$ to 2 points from their awards.

n. All springboard dives with forward take-off may be performed either standing or running at the option of the diver. A prior declaration of the manner of take-off is not required. The judge shall award points for a standing dive, bearing in mind the height and standards of execution which might be expected from a running dive.

o. If a dive is performed clearly in a position other than that announced or if a front or back entry (001 or 002) is performed when a front or back dive (101 or 201) is announced, it shall be awarded not more than two points from each judge. The referee may make the declaration preemptively for the judges. If the diver does not execute the dive announced (i.e. 101, 203, 403, 5111), it shall be considered a failed dive. Additionally, if the dive is partially performed in the position announced, i.e. broken in position, judges shall deduct points on the dive according to their own individual opinion.

p. If a diver makes an obvious attempt to start the approach or press and stops, the diving referee shall declare a balk and, upon completion of the second attempt, shall instruct the announcer to reduce each judge's awards by two points. If the second attempt to start the dive is unsuccessful, the referee shall declare the dive failed.

q. For standing dives, if the diver assumes the starting position, recovers from a momentary loss of balance, and otherwise makes no attempt to start the dive, no balk shall be declared.

r. The referee shall declare a failed dive if in the opinion of the referee the diver received assistance during the execution of the dive. Assistance includes calling a diver out of a dive, touching a diver, or touching the diving apparatus. Execution begins when the diver assumes the starting position for the dive.

s. It is the responsibility of the diver to immediately correct the announcer if the dive or position is announced incorrectly. If a wrong dive is performed, it shall be considered a failed dive. If a dive is executed other than that which was announced, and is properly listed on the diving entry form, it will be judged as a correct dive and considered an announcer error. If a diver executes a dive as announced and it is determined that the announcer was in error, then the diver will be allowed to immediately perform the correct dive. Divers may correct discrepancies between the dive number and name noted at the time the dive is announced. The diver must choose either the numbered or named dive prior to the performance of the dive. The diver may not choose to change to another dive (even if it might otherwise be allowed by **Rule 10.a.(9).**) After the start of the meet, if the referee discovers a blank entry for optional dives specific to an age group, the referee shall declare a failed dive for this omission.

t. Prior to the execution of a dive, if the position of a dive listed on the dive sheet is not permitted in the current NVSL or FINA DD tables, the diver may choose an allowable position for that specific dive number/description. The dive sheet shall be changed to reflect an allowable position with its associated DD. However, if a dive, which is not permitted in the Table of Dives, is announced and executed, the referee shall declare it a failed dive.

u. The referee is authorized to have a spoiled dive repeated, when in his/her opinion the execution of the dive was influenced by exceptional circumstances. The request for such repetition must be made by the diver, not the coach, immediately after the execution of the spoiled dive. NOTE: exceptional circumstances include only the most unusual happenings.

5. JUDGING

When judging a dive, the following shall be considered:

- The starting position and approach
- The take-off
- The technique and grace in the air
- The entry into the water

When judging a dive, the judge must not be influenced by any factor other than the technique and execution of the dive. The dive must be considered without regard to the approach to the starting position, the difficulty of the dive, or any movement beneath the surface of the water.

6. POINTS

Points shall be awarded each dive according to the following table:

Completely failed	0
Unsatisfactory	$\frac{1}{2}$ –2
Deficient	2 $\frac{1}{2}$ –4 $\frac{1}{2}$
Satisfactory	5 6 $\frac{1}{2}$
Good	7–8
Very good	8 $\frac{1}{2}$ –9 $\frac{1}{2}$
Excellent	10

7. SCORING

a. The table at the end of these rules shall be used to assign the degree of difficulty to dives. The table of dives provided in the League Handbook shall govern in League meets. For dives not shown in the League Handbook, the degree of difficulty table published by FINA shall govern. Only dives with prelisted DDs in the current NVSL or FINA tables are permissible in NVSL competition, except for flying somersault dives (dive numbers 11X, 21X, 31X, and 41X as given in the FINA DD table) which are not allowed to be performed in NVSL.

b. For dual meets, individual first, second and third places in each age group; (boy and girl) shall be determined by the diver's aggregate score.

c. A minimum of three judges shall be used with five judges strongly recommended. When five judges are used, the highest and lowest scores for each dive shall be eliminated, and the remaining three scores will be added and the resultant sum will be multiplied by the degree of difficulty to arrive at the total point scores for the dive. This judging system shall be used in all regularly scheduled dual and tri meets and also the Cracker Jack Meet. For all other meets, either a five-judge or a seven-judge format may be used. When seven judges are used, the two highest and two lowest scores shall be eliminated. For all meets, the remaining three scores will be summed and the resultant sum will be multiplied by the degree of difficulty to arrive at the total points score for the dive. Judges may be substituted during the course of the meet, but should be done only at the end of a given round of dives.

8. OFFICIALS

a. The following officials are recommended for each meet:

SECRETARY — to list competitors and dives prior to the beginning of the meet and to record the scores, total them, apply the degree of difficulty and determine the points to be awarded for each diver

and his or her team. The secretary will inspect all diving forms for correctness prior to the meet. Discrepancies shall be called to the attention of the competitor for resolution. However, any errors not detected are the responsibility of the coach and the diver.

ASSISTANT SECRETARY — three to expedite listing, computation, etc.

ANNOUNCER — to announce each diver, the dive and the degree of difficulty involved, and to call the scores shown by the judges.

JUDGES — five, to score each dive. If there is a shortage of officials, the number of judges may be reduced to three. This is not recommended and should be required only in an emergency. Judges shall be placed in appropriate positions on one or both sides of the diving area within the closest field of view perpendicular to the flight of the dives, starting from the front edge of the diving board(s) outward.

REFEREE — to signal the judges and make decisions relative to balks, etc. Referees are highly encouraged, but not required, to serve as judges on the judging panels, given advanced instruction they receive as part of their NVSL-required certification. The referee shall be positioned on the pool deck during the meet among the group of judges to maintain a uniform visual perspective of the dives. In being grouped with the judges, the referee should be positioned to have a direct line of sight with the announcer. If a shortage of officials occurs, the referee may function as the announcer, but shall remain positioned among the group of judges.

TEAM REPRESENTATIVES — to act as the official spokesman for his or her team in matters regarding meet arrangements and conduct. The Team Representative shall be present during the competitive events; if he or she is unable to do so, an alternate, who shall be a responsible adult, and who cannot be the team's diving coach, shall be designated to serve in the Team Representative's stead. For dual/tri meets, the host Team Representative is the Meet Manager.

b. The host team shall be responsible for arranging for the secretary, two judges, announcer, referee, and one assistant secretary. The visiting team shall be responsible for arranging three judges and two assistant secretaries. If an NVSL-certified referee is unavailable to officiate the meet, the meet shall be postponed. The meet shall be rescheduled per the mutual agreement of the team reps to a time and date when an NVSL-certified referee is available.

c. The host team shall be responsible for the provision of entry blanks, judge's flash cards, final score form, announcer, equipment, and point conversion chart.

d. No individual concurrently employed as a diving coach for an NVSL team is eligible to act as a referee and/or judge in that given season.

e. All referees must have been certified by NVSL Diving within the last two years. Individual participation in the NVSL Diving Referee's Clinic constitutes certification. Individuals must have served as a judge within the NVSL for at least one season to be eligible to attend the referee's clinic and receive certification.

f. All meet officials, except meet secretaries and announcers, must be at least 19 years of age or older. Secretaries and announcers may be younger than 19 years of age and serve in these positions only upon mutual agreement of each team representative.

g. Rule changes shall be submitted to the rules committee chairperson no later than the due date published in the NVSL Handbook. Rule changes shall include a discussion of the rationale and merits for the change.

9. FOR RULES OR PROCEDURES NOT COVERED HEREIN:

Refer to **FINA** Dive Rules.

10. CONDUCT OF THE MEETS

a. Dual Meets

(1) The meets will be held according to the schedule approved by the NVSL Diving Executive Committee, at the time specified in **Rule 1.1** with events as listed in **Rule 2.a** and officials as given in **Rule 8**.

(2) The host Team Representative will contact the visiting Team Representative one week in advance of the meet, set time of meet and ensure an understanding of the number and source of officials.

(3) Each dual meet shall be limited to 32 divers per team (21 for a tri meet) without regard to the number of divers in any age group. The top three scoring divers from each event are eligible for awards and count for team scoring. Teams are cautioned, however, to start the meet as early as possible to ensure the entire meet is completed before dark. Once the meet has started, the referee has the discretion to limit between event practices for divers to one practice approach, with or without a water entry, to ensure the meet, especially one with 50 or more divers, finishes before dark.

(4) The pool manager, licensed by the local jurisdiction, decides whether the pool is open for the diving venue to be conducted. Although the pool may be open, the referee has the final authority for deciding the discontinuance of the dive meet, if in his/her opinion, adverse circumstances, such as inadequate lighting, continuing cycles of bad weather, or other safety factors are of concern. If the pool is open and the referee declares that the

meet is being conducted, the teams shall participate. If the pool manager closes the pool, the meet cannot be conducted unless the pool is reopened.

(5) The host pool is to be placed in final readiness at least 15 minutes before meet time. This includes clearing the diving area of all but meet competitors. The diving board will be made available to visiting divers for at least 30 minutes practice prior to meet time, or as mutually agreed upon by the Team Representatives.

(6) The meet shall begin promptly at the agreed meet time, or as close thereto as practicable. The meet referee has the discretion to select available judges from any team (or the meet manager to select an available certified referee) to ensure the timely start of the meet if it is determined the meet will not finish before dark. The meet referee also has the discretion for deciding the substitution/replacement of judges after the meet starts. Neither the start of the meet, nor the start of any event shall be delayed simply to await the arrival of a late competitor. If a diver is not present to perform the dive when announced and it is ascertained that the diver is not in the pool area, the diver will be immediately scratched from the meet. The execution of the first dive constitutes the start of the meet.

(7) Diving entry forms will be filled out, signed by the divers for correctness and turned in to the meet secretary 30 minutes before the meet begins. The NVSL diving meet participants form with names and events entered shall be completed as soon as practical after receipt of the entry forms. The responsibility for the timely turn-in and accuracy of the diving entry form rests with the coach and the diver. The diver's coach will review the diving entry form for accuracy, completeness, and compliance with Section 3 of the Handbook's diving rules. An unsigned entry form shall not disqualify the diver from the meet or alter the status of any dives performed. If any meet official discovers an unsigned entry form, the diver should be notified as soon as possible to sign the form in acknowledgment of the dive list. Corrections to the entry form (dives only; age group status as submitted) are permissible up to the start time of the meet.

(8) Change of Position Only: Entry forms may not be changed after the start of the meet except that a diver may change the position in which a dive is performed up to the time of its execution, so long as this change is clearly announced to the judges and the scoring table prior to the execution of the dive. ***The degree of difficulty on the score sheet shall be changed to reflect the position selected for the dive, (i.e., for a POSITION change [not a dive change], the DD may go up or down.***

(9) Change of Dive Only: A diver cannot change a required dive under any circumstances except for position. For example, a back

dive cannot be changed to a back entry. However, a diver may change one and only one optional dive, provided that the new dive is of equal or lesser degree of difficulty, does not repeat a dive group of other optional dives already listed on the entry form, **(See Rules 3.b, c, and d)** and is announced by the diver to the referee and meet secretary before performance of the dive. The diver is not permitted to change the position of the originally listed optional dive and then change to a new optional dive. The referee and meet secretary will coordinate entry list corrections. The degree of difficulty on the score sheet shall be changed to reflect the new optional dive. It is not permissible to change to a more difficult dive while retaining the original dive's degree of difficulty.

(10) If a meet is stopped for any reason and continued at a later date or at another venue, all official entries will remain unchanged with the exception that a diver may be scratched from the competition. In that case, the meet will continue from the beginning of the last incomplete round. In the case of a temporary meet interruption and the meet is resumed on the same day, the meet will continue from the point of the last dive performed. In order to be considered valid, all events in a meet must be completed. If a given meet is incomplete for any reason, incomplete events must be made up or rescheduled or the meet will be considered a forfeit for both teams. **(See Rule 1.i)** Team Representatives are to do all in their power to arrange a mutually agreeable make-up date and time before the next scheduled meet.

The make-up meet at a time later than specified above shall be scheduled with concurrence of the Division Coordinator and consultation with the VP (Diving) or his/her designee if the Division Coordinator is so inclined. If the Division Coordinator is a Team Representative of a team involved with the meet rescheduling, concurrence by the VP (Diving) or his/her designee shall be required. The mandatory provision to complete meets may only be waived by mutual agreement of the Team Representatives with the approval of the VP (Diving) or his/her designee.

(11) The meet secretary will compile the list of divers, assigning order of divers in the events as follows:

- (a)** Freshman girls, freshman boys, junior girls, junior boys, intermediate girls, intermediate boys, senior girls, senior boys.
- (b)** Within events, host and visiting divers will alternate with host divers diving the odd numbered positions.

(12) Individual scores will be listed and team scores compiled on the diving forms provided by the home team. The winner of each event will receive 5 points, second 3 and third 1 point. In case of divers receiving the same individual score, the total number of points involved will be equally divided and given to each diver.

The team score will then be added to decide the meet winner; the meet secretary and the visiting team secretary shall sign the completed form. Should a mistake be discovered in the computation of individual or team scores, it must be called to the attention of the Division Coordinator and the Team Representatives by the end of the day following the completion of the meet for appropriate correction. If the Team Representatives and Division Coordinator are unavailable, a member of the Rules Committee must be notified of the mistake within the requisite time period. Meet results will be considered final at the end of the day following completion of the meet unless a timely notification of mistake is given as provided herein.

(13) The meet secretary will prepare three copies of results which affect team scores. These results must also include the names and scores for the top three divers participating in the meet. Before the start of the meet, the meet secretary must also record the name and team affiliation of every diver participating in the meet on the league-supplied form and request that the team representatives of both teams review the form to ensure that the names correspond with those on all of the submitted meet participants and diving entry forms. The meet secretary shall also record the scores for the divers after the completion of their meet event. If the meet is not completed and is resumed on another day, each team representative shall be given a copy of that form (legible, digital image, cell phone picture acceptable) before departing the meet site. After the meet, one copy of all meet forms is to be provided to the visiting Team Representative and two copies to the host Team Representative. One of the two host Team Representative's copies is for team use and the other copy is to be forwarded to the Division Coordinator not later than the day following the official dual meet. Additionally, after each meet, team results shall be handled according to NVSL Diving-issued procedures governing publicity.

b. Divisional, Wally Martin, and All-Star Meets

(1) Each division will conduct its own Division Individual Championship Meet under the direction of their Division Coordinator designated for that division.

(2) The events, dives scoring and rules will be the same as stated in other sections.

(3) Any pool in the division is eligible to enter sixteen divers in the Division Individual Championship Meet regardless of age group. Divers participating in the Cracker Jack Meet shall not be eligible to dive in the Division Meet occurring in the same season.

(4) The pool manager, licensed by the local jurisdiction, decides whether the pool is open for the diving venue to be conducted. Although the pool may be open, the meet manager has the final

authority for deciding the discontinuance of the dive meet, if in his/her opinion, adverse circumstances, such as inadequate lighting, continuing cycles of bad weather, or other safety factors are of concern. If the pool is open and the meet manager declares that the meet is being conducted, the teams shall participate. If the pool manager closes the pool, the meet cannot be conducted unless the pool is reopened. This rule also applies to the Cracker-jack Meet.

(5) Diving registrations (divemeets) or dive entry forms (paper meets) for Divisionals, Wally Martin, and All-Stars meets will shall be submitted or be filled out, signed by the diver, and turned in no later than 2 days before the meet, i.e. by Friday if the meet is conducted on Sunday, to the meet managers as instructed in written guidance provided by meet managers to team reps. An entry form may be turned in and accepted after this time with the payment of a \$20 non-waivable late fee. The fee is assessed on a per-sheet basis. Meet managers have the discretion to reject a meet sheet with late fee if turned in within 20 minutes before the start of the event if it potentially results in meet delay. Meet managers have the discretion to decide whether or not to accept late submissions of registrations or entry forms as detailed in the written guidance. The responsibility for the timely turn-in and accuracy of the diving entry form rests with the coach and diver. In addition, the diver's coach will review the diving entry form for accuracy, completeness, and compliance with Section 3 of the Handbook's Diving Rules. An unsigned entry form shall not disqualify the diver from the meet or alter the status of any dives performed. If any meet official discovers an unsigned entry form, the diver should be notified as soon as possible to sign the form in acknowledgment of the dive list. Corrections to turned-in entry forms are permissible up to the time of the event.

(6) Change of Position Only: Entry forms may not be changed after the start of the diver's event except that a diver may change the position in which a dive is performed up to the time of its execution so long as this change is clearly announced to the judges and the scoring table prior to the execution of the dive. ***The degree of difficulty on the score sheet shall be changed to reflect the position selected for the dive, (i.e., for a POSITION change [not a dive change], the DD may go up or down).***

(7) Change of Dive Only: A diver cannot change a required dive under any circumstances except for position. For example, a back dive cannot be changed to a back entry. However, a diver may change one and only one optional dive, provided that the new dive is of equal or lesser degree of difficulty, does not repeat a dive group of other optional dives already listed on the entry form, **(See Rule 3.b, c, and d)** and is announced by the diver to the referee

and meet secretary before performance of the dive. The diver is not permitted to change the position of the originally listed optional dive and then change to a new optional dive. The referee and meet secretary will coordinate entry list corrections. The degree of difficulty on the score sheet shall be changed to reflect the new optional dive. It is not permissible to change to a more difficult dive while retaining the original dive's degree of difficulty.

(8) If a meet is stopped for any reason and continued at a later date or at another venue, all official entries will remain unchanged with the exception that a diver may be scratched from the competition. In that case, the meet will continue from the beginning of the last incomplete round. In the case of a temporary meet interruption and the meet is resumed on the same day, the meet will continue from the point of the last dive performed.

(9) The meet shall begin promptly at the agreed meet time, or as close thereto as practicable. Neither the start of the meet, nor the start of any event, shall be delayed simply to await the arrival of a late competitor. If a diver is not present to perform the dive when announced and it is ascertained that the diver is not in the pool area, the diver will be immediately scratched from the meet. The execution of the first dive constitutes the start of the meet.

(10) Dives will be in accordance with **Rule 3.c.**

(11) For Divisions 1 and 2, the highest three scores in each event are eligible for the All-Star Meet; for all other divisions, the two highest scores are eligible. For Divisions 1 and 2, the next three finishers, and for the remaining divisions, the next two finishers, in each event will be assigned as All-Star alternates for their divisions. Alternates are eligible to dive at All-Stars only if a place qualifier will not compete. Additionally, divers who finish no lower than fourth for Divisions 1 and 2, or third for Divisions 3 through 8 first alternate in the Division Individual Championship Meet and who placed in the top eight in the All-Star meet the previous year, qualify for the All-Star Meet.

(12) In addition to **Rule 10.b.(11)**, a diver who attains a divisional score equal to or greater than the running average of the fifth place All-Stars Meet scores from the previous seasons shall also qualify for the All-Star Meet. The running averages will be compiled for each event from All-Star Meet results dating back to 2010 reflecting changes to the point award system for dives.

c. The Wally Martin and All-Star Meet: It will be conducted by the NVSL Diving Executive Committee in accordance with the FINA Dive Rules, as modified by the NVSL Handbook.

d. Meet Line-ups: For each event in Divisional, Wally Martin, and All-Star meets, the meet secretary shall arrange the competitors' entry

forms in random order to avoid the possibility of ranking by competitor proficiency.

e. Results: Results of the Division Individual Championship, All-Star and Wally Martin Meets are final thirty minutes after results are announced.

11. PROTESTS

Protests will be presented by the team representative to the Division Coordinator no later than 48 hours after the end of the meet. Should the Division Coordinator be unavailable at the time, or be unable to resolve the protest, the dispute may be referred to the Diving Rules Committee for resolution. Decisions rendered by the Diving Rules Committee shall be final and binding upon all parties involved.

*[The NVSL Diving Rules **end** after the above paragraph.]*

RECOMMENDED SAFETY REMINDERS FOR DIVE TEAMS

(See paragraph 1.h. of the NVSL Diving rules for roles and responsibilities involving the implementation of safety standards.)

1. Ensure that your pool has a licensed pool operator with sufficient staff for handling all NVSL diving activities conducted at your pool. This is a County regulation.

2. Periodically check for loose bolts fastening the board to its hinges, hinge pins coming out of place and/or missing o-rings, loose or missing bolts on stairs, and loose bolts fastening the back stand to the deck. Also, periodically wet the surfaces of your boards and check the surfaces for slippery spots, especially at the end of the boards where the divers plant their feet on approaches. These are crucial safety issues you should immediately bring to the attention of your pool staff and appropriate persons of your pool organization for corrective actions.

3. Have a team roster with parents' contact information available with you anytime you engage in activities involving your team's divers. It will be needed to contact a parent to give consent for medical care in case of an accident or illness.

4. Familiarize yourself with the dive rule [paragraphs 10.a.(4) and 10.b.(4)] regarding who makes decisions about whether a facility is open or closed for diving during a meet, and who makes decisions on the continuance/discontinuance of a meet. There are clear lines of responsibility described in this rule.



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1 METER TABLE OF DIVES

Dive Gp/Nr	Name	Difficulty Rating			
		(C) Tuck	(B) Pike	(A) Stright	(D) Free
I	<u>Forward Dives</u>				
101	Forward Dive	1.2	1.3	1.4	----
102	Forward Somersault	1.4	1.5	1.6	----
103	Forward 1-1/2 Somersault	1.6	1.7	2.0	----
104	Forward Double Somersault	2.2	2.3	2.6	----
105	Forward 2-1/2 Somersault	2.4	2.6	----	----
II	<u>Back Dives</u>				
201	Back Dive	1.5	1.6	1.7	----
202	Back Somersault	1.5	1.6	1.7	----
203	Back 1-1/2 Somersault	2.0	2.3	2.5	----
204	Back Double Somersault	2.2	2.5	----	----
III	<u>Reverse Dives</u>				
301	Reverse Dive	1.6	1.7	1.8	----
302	Reverse Somersault	1.6	1.7	1.8	----
303	Reverse 1-1/2 Somersault	2.1	2.4	2.7	----
304	Reverse Double Somersault	2.3	2.6	2.9	----
IV	<u>Inward Dives</u>				
401	Inward Dive	1.4	1.5	1.8	----
402	Inward Somersault	1.6	1.7	2.0	----
403	Inward 1-1/2 Somersault	2.2	2.4	----	----
V	<u>Twist Dives</u>				
5111	Forward Dive 1/2 Twist	1.6	1.7	1.8	----
5121	Forward Somersault 1/2 Twist	----	----	----	1.7
5122	Forward Somersault 1 Twist	----	----	----	1.9
5124	Forward Somersault 2 Twists	----	----	----	2.3
5131	Forward 1-1/2 Somersault 1/2 Twist	----	----	----	2.0
5132	Forward 1-1/2 Somersault 1 Twist	----	----	----	2.2
5134	Forward 1-1/2 Somersault 2 Twists	----	----	----	2.6
5211	Back Dive 1/2 Twist	1.6	1.7	1.8	----
5221	Back Somersault 1/2 Twist	----	----	----	1.7
5222	Back Somersault 1 Twist	----	----	----	1.9
5223	Back Somersault 1-1/2 Twists	----	----	----	2.3
5231	Back 1-1/2 Somersault 1/2 Twist	----	----	----	2.1
5233	Back 1-1/2 Somersault 1-1/2 Twists	----	----	----	2.5
5331	Reverse 1½ Somersault 1/2 Twist	----	----	----	2.2
5333	Reverse 1½ Somersault 1-1/2 Twists	----	----	----	2.6
<u>For Freshman Competition only:</u>					
001	Front Entry	0.5 (no position specified)			
002	Back Entry	1.0 (no position specified)			
100	Forward Jump	0.5	0.5	0.5	
200	Back Jump	0.5	0.5	0.5	

A complete table of dives is shown in the current official FINA Rulebook.
A dashed line entry (----) indicates the dive cannot be performed.



DOMINION DIVE CLUB

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3 METER TABLE OF DIVES

		Difficulty Rating			
Dive	Name	(C)	(B)	(A)	(D)
Gp/Nr		Tuck	Pike	Strght	Free
I	<u>Forward Dives</u>				
101	Forward Dive	1.4	1.5	1.6	----
102	Forward Somersault	1.5	1.6	1.7	----
103	Forward 1-1/2 Somersault	1.5	1.6	1.9	----
104	Forward Double Somersault	2.0	2.1	2.4	----
105	Forward 2-1/2 Somersault	2.2	2.4	2.8	----
II	<u>Back Dives</u>				
201	Back Dive	1.7	1.8	1.9	----
202	Back Somersault	1.6	1.7	1.8	----
203	Back 1-1/2 Somersault	1.9	2.2	2.4	----
204	Back Double Somersault	2.0	2.3	2.5	----
III	<u>Reverse Dives</u>				
301	Reverse Dive	1.8	1.9	2.0	----
302	Reverse Somersault	1.7	1.8	1.9	----
303	Reverse 1-1/2 Somersault	2.0	2.3	2.6	----
305	Reverse 2-1/2 Somersault	2.8	3.0	3.4	----
IV	<u>Inward Dives</u>				
401	Inward Dive	1.3	1.4	1.7	----
402	Inward Somersault	1.4	1.5	1.8	----
403	Inward 1-1/2 Somersault	1.9	2.1	----	----
V	<u>Twist Dives</u>				
5111	Forward Dive 1/2 Twist	1.8	1.9	2.0	----
5122	Forward Somersault 1 Twist	----	----	----	2.0
5131	Forward 1-1/2 Somersault 1/2 Twist	----	----	----	1.9
5132	Forward 1-1/2 Somersault 1 Twist	----	----	----	2.1
5134	Forward 1-1/2 Somersault 2 Twists	----	----	----	2.5
5136	Forward 1-1/2 Somersault 3 Twists	----	----	----	3.0
5231	Back 1-1/2 Somersault 1/2 Twist	----	----	----	2.0
5233	Back 1-1/2 Somersault 1-1/2 Twists	----	----	----	2.4
5235	Back 1-1/2 Somersault 2-1/2 Twists	----	----	----	2.8
5411	Inward Dive 1/2 Twist	1.5	1.6	1.9	----
<u>For Freshman and Junior Competition only:</u>					
001	Front Entry	1.0 (no position specified)			
002	Back Entry	1.0 (no position specified)			
100	Forward Jump	0.5	0.5	0.5	
200	Back Jump	0.5	0.5	0.5	

A complete table of dives is shown in the current official FINA Rulebook. A dashed line entry (----) indicates the dive cannot be performed.

INDIVIDUAL ALL-STAR CHAMPIONS

<u>Year</u>	<u>Senior Boys</u>	<u>Team</u>	<u>Senior Girls</u>	<u>Team</u>
2021	Evan Brown	KG	Margaret Di Scipio	LG
2020	James Gray	KG	Ainsley Buckner	HV
2019	Max Powell	CP	Alexandra Halla	CB
2018	Max Flory	SR	Hannah Karlin	O
2017	Joseph Perreault	PC	Emma Bulger	PC
2016	Parker Johnston	PAR	Emily Gross	CSC
2015	Greg Duncan	DL	Delaney Gallagher	T
2014	Ben Schiesl	THA	Margaret Pionzio	MHC
2013	Samson Miller	G	Caroline McCleary	KG
2012	Carl Buerghler	AF	Elena Bovolack	LG
2011	Cory Bowersox	OKM	Kelli Stockton	F
2010	Cory Bowersox	OKM	Kelly Corish	DL
2009	John Trope	RH	Maren Taylor	DR
2008	John Trope	RH	Cassie Self	DL
2007	Briggy Imbriglia	R	Kathryn Gillam	RFD
2006	Briggy Imbriglia	R	Meg Alderman	CB
2005	Austin Orchard	THA	Jessica Williams	HSC
2004	Ryan Metzker	WG	Stephanie Daly	THA
2003	Mike Papageorge	FS	Stephanie Daly	THA
2002	Scott Hudson	OH	Yukari Nakamura	LP
2001	Caton Hall	HF	Claire Jakabcin	SHB
2000	John Appleman	RH	Claire Jakabcin	SHB
1999	Andy Bradley	SR	Jessica Williams	WG
1998	Stephen Krebs	THA	Amber O'Reilly	HF
1997	Brad Galleher	THA	Amber O'Reilly	HF
1996	Stephen Krebs	THA	Stephanie Sutton	LG
1995	Kevin Firman	S	Stephanie Sutton	LG
1994	Kevin Firman	S	Stephanie Sutton	LG
1993	Ed Kloss	R	Sarah Grady	HF
1992	Bay Dobbins	LG	Cheri Yadao	MHC
1991	Nathan Clawson	M	Cheri Yadao	MHC
1990	Tom Blakeman	RFD	Cheri Yadao	MHC
1989	Tom Blakeman	RFD	Cheri Yadao	MHC
1988	Tom Blakeman	RFD	Nina Pino	FP
1987	Tom Blakeman	RFD	Nikki Marshall	RP
1986	Richard Benedict	SHB	Richelle Bruns	MHC
1985	Kamil Salah	CH	Denise Poff	HP
1984	Mike Girouard	HP	Nancy Engel	CH
1983	Wes Reed	M	Nancy Engel	CH
1982	Clark Dorman	DR	Susan Gornak	V
1981	John Barry	O	Mary Baran	RP
1980	Peter Ungerleider	WW	Debbie Williams	RFD
1979	Jeff Haupt	HP	Debbie Williams	RFD
1978	Steve Lenof	M	Debbie Williams	RFD
1977	Allen Jones	RG	Cheryl Brown	PL
1976	Mike West	CW	Linda Hamner	CCC
1975	Shawn McNinch	RG	Teresa Norman	PL
1974	Mike Shannon	M	Teresa Norman	PL

1973	John Shannon	M	Karen Vahouny	RP
1972	Mike Tober	O	Stephanie Hopkins	NS
1971	Mike Tober	O	Carol Heim	FP
1970	Stuart Paine	SB	Arlene Goodspeed	LHP
1969	Stuart Paine	SB	Nancy Norman	PL
1968	Bob Bailey	DR	Kendra VanderMuelen	CCC
1967	Rick Kincade	CCC	Kendra VanderMuelen	CCC
1966	Rick Kincade	A	Cathie Soltesz	AF
1965	Dennis Spahr	W	Cathie Soltesz	AF
1964	Robert Massey	DR	Nancy Schell	VW
1963	Kim Lippolt	O	Sheila Anderson	AF
1962	Rob Carney	NS	Sharon Martin	T
1961	Jay Anthony	O	Sharon Martin	T

<u>Year</u>	<u>Intermediate Boys</u>	<u>Team</u>	<u>Intermediate Girls</u>	<u>Team</u>
2021	Rem Turatbekov	THA	Kate Li	KG
2019	Jadon Butler	RH	Amanda Stalfort	SR
2018	Spencer Dearman	OAK	Margaret Di Scipio	LG
2017	Spencer Bloom	DL	Sarah Gurley	OAK
2016	Garrett Janiak	MHC	Alexandra Halla	CB
2015	Sam Duncan	DL	Alexandra Halla	HP
2014	Max Flory	SR	Hailey Fisher	MHC
2013	Gregory Duncan	DL	Hailey Fisher	MHC
2012	Parker Johnston	THA	Eve Fowler	WG
2011	Grayson Campbell	VW	Anise Muir	HF
2010	Hunter Simmons	DR	Anise Muir	HF
2009	Joseph LeBerre	PC	Simone Freidman	THA
2008	Carl Buerghler	AF	Simone Freidman	THA
2007	Cory Bowersox	OKM	Cameron Hancock	HS
2006	Sean McKinney	NS	Maren Taylor	DR
2005	Jake Ward	CB	Maren Taylor	DR
2004	Briggy Imbriglia	R	Leslie Rea	MHC
2003	Briggy Imbriglia	R	Natalie West	PAR
2002	Chris Douglas	RH	Stephannie McKinney	NS
2001	Daniel McCarthy	CH	Katie Gordon	OH
2000	Caton Hall	HF	Lina Tichomirova	OH
1999	Scott Hudson	OH	Claire Jakabcin	SHB
1998	John Appleman	CSC	Patty Park	MHC
1997	Greg Hamilton	T	Aria Vaitekunas	GF
1996	Colby Carter	T	Amber O'Reilly	HF
1995	Stephen Krebs	THA	Amber O'Reilly	HF
1994	Matt Williams	WG	Jenny Sweeder	NS
1993	Jack Joseph	HSC	Stephanie Sutton	LG
1992	Andrew McLay	SHR	Kristin Link	PAR
1991	Ed Kloss	R	Sarah Grady	HF
1990	Sean Alderman	CB	Emma Lindstrom	LG
1989	Billy Galleher	F	Abigail Bradley	SR
1988	Sam Phaup	O	Cheri Yadao	MHC
1987	Tony Perret	R	Robin Kane	CH
1986	Justin Smith	M	Nikki Marshall	RP
1985	Bo Bloomer	HR	Nikki Marshall	RP

1984	Bryan Jones	CH	Celeste Cordova	IC	1996	Andrew Barber	CH	Patty Park	MHC
1983	Francis Draper	RG	Liz Coniglio	VA	1995	Colby Carter	T	Kristyn Thiel	MHC
1982	Jimmy Girouard	HP	Liz Coniglio	VA	1994	Andy Bradley	SR	Amber O'Reilly	HF
1981	Mike Girouard	HP	Nancy Methfessel	CCC	1993	Tim Harbeck	MHC	Ashley Kirchner	O
1980	Dennis Phillips	SRA	Nancy Methfessel	CCC	1992	Bradley Galleher	F	Jenny Sweeder	NS
1979	Tim Bottrell	RH	Victoria Perdomo	SRA	1991	Chris Alderman	CB	Stephanie Sutton	LG
1978	Carlos Perdomo	SRA	Liz Reynolds	AF	1990	Jason Rockwell	T	Mindy Hanneman	DR
1977	Matt Scoggin	GF	Debbie Williams	RFD	1989	Chris Alderman	CB	Erin Hintenach	RFD
1976	Jeff Haupt	HP	Debbie Williams	RFD	1988	Chris Alderman	CB	Minu Aghevli	CB
1975	Billy Abba	PL	Shawn Whitson	DR	1987	David Johns	R	Kate Moran	AF
1974	George Greenleaf	CB	Shawn Whitson	DR	1986	David Johns	R	Cheri Yadao	MHC
1973	Tim Lucido	A	Linda Hamner	CCC	1985	Marcus Witke	T	Cheri Yadao	MHC
1972	Mike Shannon	M	Vicki Greenleaf	CB	1984	Mac McDermott	RG	Kim Sargent	VW
1971	Bob Field	O	Karen Vahouny	RP	1983	Bryan Jones	CH	Suzie Swanson	VW
1970	Mike Tober	O	Carol Heim	FP	1982	Mac McDermott	RG	Suzie Swanson	VW
1969	Mike Tober	O	Diane Freidman	A	1981	Francis Draper	RG	Richelle Bruns	MHC
1968	Billy Lowe	FP	Penny Sale	CCH	1980	Wes Reed	M	Carthy Ackerman	RFD
1967	Harry Withers	SHB	Jane Olmstead	A	1979	Mike Girouard	HP	Ebby Edwards	O
1966	Bob Bailey	DR	Mary Anne Carrolle	C	1978	Greg West	CW	Ebby Edwards	O
1965	Bob Bailey	DR	Jane Muse	O	1977	Bobby Greenleaf	CB	Victoria Perdomo	LHP
1964	Rick Kincade	SHB	Cathie Soltesz	AF	1976	Daniel Shannon	M	Liz Reynolds	AF
1963	Rick Kincade	SHB	Cathie Soltesz	AF	1975	Carlos Perdomo	LHP	Liz Reynolds	AF
1962	Kim Lippolt	O	Donna Stocking	DH	1974	Jeff Haupt	HP	Cheryl Brown	PL
1961	Rob Carney	NS	Sally Hines	DT	1973	George Greenleaf	CB	Shawn Whitson	DR
					1972	George Greenleaf	CB	Anne Murphy	CB
<u>Year</u>	<u>Junior Boys</u>	<u>Team</u>	<u>Junior Girls</u>	<u>Team</u>	1971	Chris Mano	DR	Teresa Norman	PL
2021	Alex Valencic	CB	Olivia Roca	F	1970	Chris Mano	DR	Anne Bush	O
2019	Nicholas Shivik	SR	Marleigh Dasilva	VW	1969	Bob Field	O	Karen Vahouny	RP
2018	Noah Wanzer	VW	Jocelyn Brooks	KG	1968	John Ward	HS	Cathy Price	A
2017	Finnian Gelbach	HV	Devon Babcock	F	1967	Rick Wrigley	O	Sue Kincade	A
2016	Matthew Bray	G	Margaret Di Scipio	LG	1966	Red Smith	CCH	Ginny Kincade	A
2015	Aidan Thomas	WC	Miah Fisher	MHC	1965	Bobby Meeks	DH	Beth Ehrnantrout	C
2014	Garrett Janiak	MHC	Anne Fowler	WG	1964	Bob Bailey	DR	Mary Anne Carrolle	C
2013	Aaron Freeman	THA	Lindsey Butchko	THA	1963	Fred Skillern	A	Peggy Signam	SHB
2012	Conor Casey	THA	Hailey Fisher	MHC	1962	Jack Thompson	VW	Cathie Soltesz	AF
2011	Conor Casey	THA	Hailey Fisher	MHC	1961	Stanley Warmbrod	HRA	Cathie Soltesz	AF
	Parker Johnston	THA			<u>Year</u>	<u>Freshman Boys</u>	<u>Team</u>	<u>Freshman Girls</u>	<u>Team</u>
2010	Grayson Campbell	VW	Eve Fowler	WG	2021	Cristiano Garcia	S	Azeria Arnic	SHB
2009	Grayson Campbell	VW	Callan Monette	THA	2019	Alex Valencic	CB	Cecilia Yen	O
2008	Matthew Hubbard	THA	Alison Stickel	VW	2018	Alex Valencic	CB	Claire Dobrydney	SR
2007	Matthew Hubbard	THA	Alison Stickel	VW	2017	Nicholas Shivik	SR	Marleigh Dasilva	VW
2006	Cory Bowersox	OKM	Kelly Corish	DL				Sarah Beach	CB
2005	Carl Buegler	AF	Kathy Jennings	THA	2016	Ivor Brown	VW	Jocelyn Brooks	KG
2004	Sean McKinney	NS	Maren Taylor	DR	2015	Owen Friedman	LG	Ava Dunn	THA
2003	Sean McKinney	NS	Cassie Self	DL	2014	Max Fowler	WG	Ava Dunn	THA
2002	Matt Wheeler	CCC	Samantha Winter	T	2013	Tyler Schoeberlein	VW	Miah Fisher	MHC
2001	Will Richardson	RH	Natalie West	PAR	2012	Jacob Fisher	MHC	Anne Fowler	WG
2000	Christopher Douglas	RH	Natalie West	PAR	2011	Kyle Strandberg	M	Anne Fowler	WG
1999	Jim Richmond	F	Alex West	PAR	2010	C. J. Wilson	HF	Hailey Fisher	MHC
1998	Scott Hudson	OH	Laura Speer	OKM	2009	Neil Murray	AF	Megan Miskell	VW
1997	Timmy McNeill	LG	Patty Park	MHC					

2008	Grayson Campbell	VW	Stephanie Chewning	OKM
2007	Grayson Campbell	VW	Morgan Stahl	CH
2006	Matthew Hubbard	THA	Alison Stickel	VW
2005	Jack Albrittain	CH	Cora Stern	DR
2004	Cory Bowersox	OKM	Mary Lynn Clark	AF
2003	Carl Buegler	AF	Elizabeth Flint	R
2002	John Trope	RH	Maren Taylor	DR
2001	Michael Flach	W	Maren Taylor	DR
2000	Briggy Imbriglia	R	Meg Alderman	CB
1999	Christopher Douglas	RH	Natalie West	PAR
1998	Christopher Douglas	RH	Stephannie McKinney	NS
1997	Seth Blaustein	CB	Erica Strong	SR
1996	Mikey McDonald	THA	Mary Yarrison	S
1995	Andrew Barber	CH	Mary Yarrison	S
1994	Andrew Barber	CH	Mary Yarrison	S
1993	Andrew Barber	CH	Kristyn Thiel	MHC
1992	Erick Rawlings	WG	Elizabeth Druy	DR
1991	Bradley Galleher	F	Elizabeth Druy	DR
1990	Bradley Galleher	F	Elizabeth Druy	DR

THREE METER DIVING CHAMPIONS

<u>Year</u>	<u>Senior Boys</u>	<u>Team</u>	<u>Senior Girls</u>	<u>Team</u>
2021	Matthew Bray	G	Ellie Joyce	DH
2020	James Gray	DR		
2019	Manuel Borowski	T	Minh Donnell	THA
2018	Manuel Borowski	T	Minh Donnell	THA
2017	Max Flory	SR	Anne Fowler	WG
2016	Max Powell	CP	Emma Bulger	PC
2015	Samson Miller	G	Emma Bulger	PC
2014	Greg Duncan	DL	Caroline McCleary	KG
2013	Ben Schiesl	THA	Caroline McCleary	KG
2012	Pat McCann	WC	Caroline McCleary	KG
2011	Ryan Fox	VW	Katherine Van Winkle	VW
2010	Cory Bowersox	OKM	Kelly Corish	DL
2009	Cory Bowersox	OKM	Kelli Stockton	F
2008	Trevor Michalak	IC	Kim Pilka	GF
2007	Sean McKinney	NS	Leslie Rea	MHC
2006	Trevor Michalak	IC	Andrea Sawchuk	GF
2005	Briggy Imbriglia	R	Stephannie McKinney	NS
2004	Reid Taylor	DR	Shelby Rudd	GF
2003	Mikey McDonald	THA	Stephannie McKinney	NS
2002	Caton Hall	HP	Claire Jakabcin	SHB
2001	Andrew Barber	CH	Claire Jakabcin	SHB
2000	Andrew Barber	CH	Aria Vaitekunas	GF
1999	Pat Roberts	HP	Amber O'Reilly	HF
1998	Pat Roberts	HP	Amber O'Reilly	HF
1997	Stephen Krebs	THA	Caren Hirai	KG
1996	Stephen Krebs	THA	Laramie Hill	THA
1995	Kevin Firman	S	Stephanie Sutton	LG

1994	Jason Rockwell	T	Kristin Link	PAR
1993	Billy Galleher	F	Abby Bradley	SR
1992	David Johns	R	Kate Moran	AF
1991	David Johns	R	Kate Moran	AF
1990	David Johns	R	Kate Moran	AF
1989	Tom Blakeman	RFD	Robin Kane	CH
1988	Mac McDermott	HP	Heather Carter	FP
1987	Bo Bloomer	SHR	Nikki Marshall	RP
1986	Richard Benedict	SHB	Jill Bumgarner	SR
1985	Andrew Giannasi	WC	Karen Malachowski	OKM
1984	Mike Girouard	HP	Nancy Engel	CH
1983	Kamil Salah	CH	Nancy Engel	CH
1982	Clark Dorman	DR	Mary Baran	RP
1981	John Barry	O	Susan Burkard	WC
1980	Peter Neill	SRA	Liz Reynolds	AF
1979	Peter Neill	SRA	Liz Reynolds	AF
1978	Tom Maddalena	RP	Debbie Williams	RFD
1977	George Greenleaf	CB	Shawn Whitson	DR
1976	Chris Mano	DR	Shawn Whitson	DR
1975	Shawn McNinch	RG	Becky Binney	SRA
1974	Mike Shannon	M	Linda Hamner	CCC
1973	John Shannon	M	Vicki Greenleaf	CB
1972	Mike Tober	O	Karen Vahouny	RP
1971	Mike Tober	O	Jane Olmstead	WC
1970	Stuart Paine	SB	Nancy Norman	PL
1969	Stuart Paine	SB	Kendra VanderMuelen	CCC
1968	Stuart Paine	SB	Kendra VanderMuelen	CCC

<u>Year</u>	<u>Intermediate Boys</u>	<u>Team</u>	<u>Intermediate Girls</u>	<u>Team</u>
2021	Nathaniel Grannis	WC	Michayla Eisenberg	O
2019	Jacob Fisher	MHC	Ellie Joyce	DH
2018	Matthew Bray	G	Claire Vroom	GF
2017	Manuel Borowski	T	Miah Fisher	MHC
2016	Manuel Borowski	T	Anne Fowler	WG
2015	Max Flory	SR	Anne Fowler	WG
2014	Kevin Kotowski	LG	Joanna Di Scipio	LG
2013	Conor Casey	THA	Hailey Fisher	MHC
2012	Francisco Cortes-Inchauspe	SRA	Margaret Pionzio	MHC
2011	Grayson Campbell	VW	Elena Bavalack	LG
2010	Matthew Hubbard	THA	Elena Bavalack	LG
2009	Matthew Hubbard	THA	Elizabeth White	PAR
2008	Nathan Michalak	IC	Maggie Cullather	CCC
2007	Cory Bowersox	OKM	Kelli Stockton	LV
2006	Sean McKinney	NS	Maren Taylor	DR
2005	Sean McKinney	NS	Maren Taylor	DR
2004	Briggy Imbriglia	R	Andrea Sawchuk	GF
2003	Briggy Imbriglia	R	Natalie West	PAR
2002	Mikey Papageorge	FS	Natalie West	PAR
2001	Mikey McDonald	THA	Katie Gordon	OH
2000	Scott Hudson	OH	Mary Yarrison	S
1999	Andrew Barber	CH	Mary Yarrison	S

1998	Andrew Barber	CH	Claire Jakabcin	SHB	2002	Briggy Imbriglia	R	Meg Alderman	CB
1997	Colby Carter	T	Lizzy Scerbo	W	2001	Christopher Douglas	RH	Natalie West	PAR
1996	Pat Roberts	HP	Megan Barnett	DR	2000	Mikey McDonald	THA	Stephannie McKinney	NS
1995	Stephen Krebs	THA	Amber O'Reilly	HF	1999	Mikey McDonald	THA	Stephannie McKinney	NS
1994	Seamus Riley	DH	Jenny Sweeder	NS	1998	Scott Hudson	OH	Mary Yarrison	S
1993	Than Doptis	O	Kristin Link	PAR	1997	Andrew Barber	CH	Mary Yarrison	S
1992	Chris Alderman	CB	Kristin Link	PAR	1996	Andrew Barber	CH	Sarah Webb	SHB
1991	Ed Kloss	R	Minu Aghevli	CB	1995	Andy Bradley	SR	Melanie Loftus	CB
1990	Nelson Wood	M	Minu Aghevli	CB	1994	Andy Bradley	SR	Ashley Kirchner	O
1989	David Johns	R	Abby Bradley	SR	1993	Bradley Galleher	F	Ashley Kirchner	O
1988	David Johns	R	Robin Kane	CH	1992	Bradley Galleher	F	Caren Hirai	KG
1987	Brian Kelleher	VW	Robin Kane	CH	1991	Chris Alderman	CB	Nicole Perret	R
1986	Mac McDermott	HP	Nikki Marshall	RP	1990	Chris Alderman	CB	Nicole Perret	R
1985	Bo Bloomer	HR	Dana Dodd	RFD	1989	Chris Alderman	CB	Minu Aghevli	CB
1984	Bryan Jones	CH	Michelle Esposito	CH	1988	Chris Alderman	CB	Minu Aghevli	CB
1983	Billy Milligan	CB	Liz Coniglio	VA	1987	Peter Nystrom	DR	Kate Moran	AF
1982	Wes Reed	M	Richelle Bruns	MHC	1986	Tony Perret	R	Mary Girouard	HP
1981	Wes Reed	M	JoAnne Skinner	O	1985	Bryan Long	HP	Mary Girouard	HP
1980	Clark Dorman	DR	Terri Hurley	HP	1984	Mac McDermott	RG	Dana Dodd	RFD
1979	Mike Hines	PL	Victoria Perdomo	SRA	1983	Brian Jones	CH	Dana Dodd	RFD
1978	Matt Scoggin	GF	Liz Reynolds	AF	1982	Mac McDermott	RG	Erin Zug	AF
1977	Matt Scoggin	GF	Liz Reynolds	AF	1981	Mac McDermott	RG	Richelle Bruns	MHC
1976	Derek Everling	SR	Debbie Reynolds	AF	1980	Wes Reed	M	Sarah Ann Wholey	DR
1975	Billy Abba	PL	Laura Vahouny	RP	1979	Mike Girouard	HP	Beth Mosiman	CB
1974	Billy Abba	PL	Shawn Whitson	DR	1978	Tim Ungerleider	VW	Ebby Edwards	O
1973	George Greenleaf	CB	Linda Hamner	CCC	1977	Daniel Shannon	M	Victoria Perdomo	LHP
1972	Chris Mano	DR	Linda Hamner	CCC	1976	Carlos Perdomo	LHP	Liz Reynolds	AF
1971	Chris Mano	DR	Karen Vahouny	RP	1975	Carlos Perdomo	LHP	Debbie Williams	RFD
1970	Mike Tober	O	Carol Heim	FP					
1969	Snorky Roberts	LHP	Penny Sale	CCH	Year	Freshman Boys	Team	Freshman Girls	Team
1968	Tom Ward	HS	Ginny Kincade	CCC	2021	Cristiano Garcia	S	Cecilia Yen	O
					2019	Cristiano Garcia	S	Sophia Borowski	T
Year	Junior Boys	Team	Junior Girls	Team	2018	Ivor Brown	VW	Sophia Borowski	T
2021	Thibault Lede	OAK	Isabelle Whang	OAK	2017	Ivor Brown	VW	Michayla Eisenberg	O
2019	Ivor Brown	PT	Michayla Eisenberg	O	2016	Ivor Brown	VW	Helen King	SHB
2018	Nicholas Wanzer	VW	Michayla Eisenberg	O	2015	Max Fowler	WG	Ainsley Taylor	OKM
2017	Max Fowler	WG	Lucille Porter	HF	2014	Finn Gelbach	HV	Margaret DiScipio	LG
2016	Max Fowler	WG	Danielle Falcon	CP	2013	Jacob Fisher	MHC	Miah Fisher	MHC
2015	Manuel Borowski	T	Miah Fisher	MHC	2012	Jacob Fisher	MHC	Margaret DiScipio	LG
2014	Aidan Thomas	WC	Anne Fowler	WG	2011	Max Flory	SR	Lindsey Butchko	THA
2013	Max Flory	SR	Lindsey Butchko	THA	2010	Conor Casey	THA	Hailey Fisher	MHC
2012	Max Flory	SR	Hailey Fisher	MHC	2009	Christopher Toomey	OH	Evelyn Gray	HS
2011	Parker Johnston	THA	Hailey Fisher	MHC	2008	Tucker Smith	LG	Teal Schuppinn	FS
2010	Grayson Campbell	VW	Mariana Hershner	SHB	2007	Bennett Fagan	PC	Anise Muir	HF
2009	Bennett Fagan	PC	Ellena Soule	THA	2006	Bennett Fagan	PC	Alison Stickel	VW
2008	Alex Dalone	THA	Alison Stickel	VW	2005	Jack Albrittain	CH	Mary Lynn Clark	AF
2007	Joseph LeBerre	PC	Alison Stickel	VW	2004	Carl Buegler	AF	Maggie Cullather	SHB
2006	Cory Bowersox	OKM	Cameron Hancock	HS	2003	Carl Buegler	AF	Elizabeth Flint	R
2005	Carl Buegler	AF	Sarah Trempe	PAR	2002	Sean McKinney	NS	Maren Taylor	DR
2004	Sean McKinney	NS	Maren Taylor	DR	2001	Sean McKinney	NS	Maren Taylor	DR
2003	Sean McKinney	NS	Maren Taylor	DR	2000	Danny Gordon	OH	Meg Alderman	CB

1999	Christopher Douglas	RH	Maren Taylor	DR
1998	Mikey McDonald	THA	Stephannie McKinney	NS
1997	Daniel McCarthy	CH	Lauren Peterson	FS
1996	Mikey McDonald	THA	Mary Yarrison	S
1995	Andrew Barber	CH	Mary Yarrison	S
1994	Andrew Barber	CH	Mary Yarrison	S
1993	Andy Bradley	SR	Mary Yarrison	S
1992	Andy Bradley	SR	Ashley Kirchner	O
1991	Andy Bradley	SR	Caren Hirai	KG
1990	Ben Cudd	R	Ashley Kirchner	O

*19 year old Covid-19 pandemic super seniors

ONE METER SYNCHRONIZED DIVING CHAMPIONS

<u>Year</u>	<u>13 & Up Boys</u>	<u>Team</u>	<u>13 & Up Girls</u>	<u>Team</u>
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2020/2021 — Meet not held

2019	Jacob Fisher	MHC	Claire Vroom	GF
	Matthew Bray	G	Minh Donnell	THA
2018	Joseph Perreault	PC	Hannah Karlin	O
	Sam Duncan	DL	Minh Donnell	THA
2017	Nathan Holt	MHC	Katie Vaughan	OAK
	Manuel Borowski	T	Sarah Gurley	OAK
2016	Jacob Fisher	MHC	Anne Fowler	WG
	Manuel Borowski	T	Miah Fisher	MHC

<u>Year</u>	<u>12 & Under Boys</u>	<u>Team</u>	<u>12 & Under Girls</u>	<u>Team</u>
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2020/2021 — Meet not held

2019	Michael Bray	G	Maura Leonard	T
	Mason Waterfield	G	Libby Hall	T
2018	Liam Miller	OKM	Jocelyn Brooks	KG
	Ivor Brown	VW	Ellie Joyce	DH
2017	Jacob Fisher	MHC	Jocelyn Brooks	KG
	Matthew Bray	G	Ellie Joyce	DH
2016	Max Fowler	WG	Jocelyn Brooks	KG
	Finn Gelbach	HV	Ellie Joyce	DH



WHERE THE KIDS COME FIRST

WE OFFER COMPETITIVE TRAINING PROGRAMS FOR SWIMMERS AGES 5-18 YEARS OLD. SWIMMERS HAVE THE OPTION TO TRAIN 9 OR 11 MONTHS PER SEASON AND 2 OR MORE TIMES PER WEEK.

Practices Available At:

Oakmarr Rec Center - Oakton, VA
The Renaissance Pool - Falls Church, VA
Reston Community Center - Reston, VA
Yorktown Aquatics Center - Arlington, VA

Team Activities Include:

Team Travel Trips
Senior Lock In
Age Group Halloween Sock Hop
Senior Retreat
Team Bowling
Senior Night Owl Challenge
National Meet Trips (NCSA's/Winter Juniors/Futures)

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