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NORTHERN VIRGINIA
SWIMMING LEAGUE
RULES - 1965

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FOREWORD

The Northern Virginia Swimming League was founded in 1956 to sponsor competitive swimming in and among the community swimming pools and organizations in that area of Northern Virginia contiguous to the District of Columbia, and to develop in the children affected by this program a love for the sport, advanced aquatic skills, teamwork, and the principles of good sportsmanship.

The rules of the Northern Virginia Swimming League, Inc., are predicated upon a program which:

(a) Groups all participating pool organizations into divisions of approximately five 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 program of approximately four dual meets for each team, (followed by Division Individual Swimming Championship Meets in which all swimmers within each division compete; and, finally, the All Star Meet in which the top swimmers of the League compete for awards.

(c) Provides a diving program consisting of dual meets, Division Diving Championship Meets, and a Diving All Star Meet.

The League is constantly striving to improve these rules to the end that the most equitable basis for competitions may be evolved. All persons are requested to communicate immediately with the Chairman of the Rules Committee at any time that inconsistencies are discovered or clarification is needed. Also, all persons participating or competing in the League's program are enjoined to keep uppermost in their minds the purpose of this League - "... to develop ... a love for the sport ... teamwork and principles of good sportsmanship" - quoted from the Constitution of the League. All are asked to comply at all times with the spirit and intent of these rules so that through their demonstration of sportsmanship and fair play in action, the achievements of the League's purposes may be facilitated.

NORTHERN VIRGINIA SWIMMING LEAGUE
CLUB REPRESENTATIVES AND LOCATION
OF PARTICIPATING POOLS

- | | | |
|--|--|-----------|
| 1. <u>ARLINGTON FOREST CLUB, INC. (AF) (33 1/3m) North</u> | | |
| Carlyn Spring Road at North Harrison, Arlington | | |
| Harold W. Gear | | |
| 226 N. Galveston Street, Arlington | | JA 7-3368 |
| Mrs. Drue Green | | |
| 17 S. Lexington Street, Arlington | | 671-2075 |
| D. Ledr. John C. Soltesz | | |
| 512 N. Lombardy, Arlington | | 524-0916 |
| Thomas C. Parker | | |
| 100 S. Aberdeen, Arlington | | JA 2-9493 |
| 2. <u>BREN MAR RECREATION ASSOCIATION, INC. (BM) (25m)</u> | | |
| Edsall Road, Bren Mark Park, Alexandria | | |
| Edward Dakin | | |
| 6336 Edsall Road, Alexandria | | FL 4-6585 |
| George Sink | | |
| 1506 Sheldon Drive, Alexandria | | 354-3681 |
| 3. <u>CHESTERBROOK SWIMMING CLUB, INC. (C) (25m)</u> | | |
| 5320 Kirby Road, Falls Church | | |
| Mrs. Zaide Bailey | | |
| 3938 Lorraine Avenue, Falls Church | | KE 8-4146 |
| Mrs. Ruth Slobey | | |
| 5802 Birch Avenue, McLean | | 356-7905 |
| 4. <u>COUNTRY CLUB HILLS RECREATION CORPORATION (CCH)</u> | | |
| (25y) Old Post Road and Route 237, Fairfax | | |
| Alexis T. Bishop | | |
| 11 Brookwood Drive, Fairfax | | CR 3-3971 |
| Robert L. Knudsen | | |
| 157 Richard Avenue, Fairfax | | CR 3-0934 |
| D. F. W. Silverthorne | | |
| 515 Heritage Lane, Fairfax | | 273-4177 |
| 5. <u>DOMINION HILLS AREA RECREATION ASSOCIATION, INC.</u> | | |
| (DH) (37 1/2m) 5960 Wilson Boulevard, North Arlington | | |
| Kaleel C. Skeirik | | |
| 543 N. Lombard Street, Arlington | | JA 4-6712 |
| Dr. Glen S. Waterman | | |
| 917 N. Larrimore Street, Arlington | | 533-8295 |
| D. Kaleel C. Skeirik | | JA 4-6712 |

CLUB REPRESENTATIVES

6.	<u>DONALDSON RUN RECREATION ASSOCIATION, INC. (DR)</u> (25m) Marcey Road off Military Road, N. Arlington Rollins W. Miller JA 2-9509 2520 Buchanan Street, N. Arlington Robert F. Packard 2373 N. Quincy Street, Arlington JA 2-4943 D. Wallace B. Davis 2337 N. Vermont Street, Arlington JA 7-2027
7.	<u>DOWDEN TERRACE RECREATION ASSOCIATION, INC. (DT)</u> (25m) Holmes Run Parkway via Dawes Avenue off Siminary Road, Fairfax Sidney Presser 5608 Colfax Avenue, Alexandria 481-8281 James Mathis 5817 Doris Drive, Alexandria 481-1393
8.	<u>DUNN LORING SWIM CLUB, INC. (DL) (25m)</u> Cottage Street off Gallows Road, Vienna Doris J. Tapp 1706 Cottage Street, Vienna 560-4632 Barbara Dewey 4614 Marquette Street, Vienna 560-4536
9.	<u>EDSALL PARK (EP) (25m)</u> Off Edsall Rd. South end Montgomery St. G. F. Sedgwick 5417 Dublin Avenue, Springfield CL 6-4059 Richard Salusses 6721 Hopewell Avenue, Springfield CL 6-4439
10.	<u>FAIRFAX SWIMMING POOL, INC. (F) (25m)</u> Roberts Rd., Fairfax Dr. James Eller 415 Cleveland Street, Fairfax 273-7851 Leonard Wright Roberts Road, Fairfax CR 3-5320
11.	<u>FREEDOM PARK, INC. (FP) (25y)</u> Gallows Road off Route 7, Old Court House Road and Byrd Street C. E. Clement 133 Fisher Drive, Falls Church 893-8431 Dick Grodin 403 Kramer Drive, Vienna 938-2840
12.	<u>GREATER ANNANDALE RECREATION ASSOCIATION, INC. (A)</u> (33 1/3y) Route 236, 1/2 miles west of Annandale traffic light J. T. Gissendanner 3814 Hillcrest Lane, Annandale 280-1425 Lucien Frenette 1121 Lake Blvd., Annandale 280-1525 Dottie Usilton 3505 Epsilon Place, Annandale JE 3-7310

CLUB REPRESENTATIVES

13.	<u>HERNDON RECREATION ASSOCIATION, INC. (H) (25m)</u> Menroe Street, north of 28th Street, Herndon Thomas V. Mott Rt. 2, Box 24, Herndon 437-1848 Raleigh H. Emery 80 Florence Street, Herndon 437-3338
14.	<u>HIGHLAND PARK (HP) (25m)</u> (Rose Hill Farm Community Center, Inc.) 1919 Telegraph Road, Alexandria Alvin E. Raettig 2407 Willowood Lane, Alexandria SO 8-2326 Ralph Phillips 2316 Driftwood Drive, Alexandria 768-9581
15.	<u>HOLLIN HILLS RECREATION ASSOCIATION, INC. (HH) (25m)</u> Fort Hunt Road and Paul Springs John L. Reith 119 Martha's Road, Alexandria 765-1810 Kenneth A. Metkilejohn 1209 Rippon Road, Alexandria SO 5-5468 Nat Seeman 7108 Rebecca Drive, Alexandria SO 5-1534
16.	<u>HOLMES RUN ACRES RECREATION ASSOCIATION, INC. (HRA)</u> (25y) 2300 Gallows Road near Woodburn Elem. School Helen Sanders 7707 Holmes Run Drive, Falls Church 560-1435 D. Ken Mercy 2021 Holly Lane, Falls Church 560-2380
17.	<u>ILDA COMMUNITY RECREATION ASSOCIATION (IC) (25m)</u> Braeburn Dr. off Guinea Road, Annandale James E. Ganser 4328 Starr Jordan Drive, Annandale 280-1737 James E. Galletieri, Jr. 8924 Burbank Drive, Annandale 280-2783 D. James E. Ganser 280-1737
18.	<u>KENT GARDENS RECREATION CLUB, INC. (KG) (25y)</u> 4110 Westmoreland Rd., McLean James S. Lee 5813 Felix Street, McLean EL 6-2015 Jackson C. Smith 5801 Broyhill Street, McLean EL 6-4396
19.	<u>LANGLEY CLUB, INC. (L) (25m)</u> Langley Forest, Benjamin to Moxley Drive Dick Kane 6838 Georgetown Pike, McLean EL 6-4830 Hessel E. Yntema, Jr. 3825 Saville Lane, McLean EL 6-4046

CLUB REPRESENTATIVES

20. LEE-GRAHAM CORPORATION (LG) (25y) Lee Highway west
of Falls Church City Limits
J. Ray O'Connell
7409 Venice Street, Falls Church 532-7525
Charles Sell
2839 Kalmia Lee, Falls Church 534-8082
21. LINCOLNIA PARK RECREATION CLUB, INC. (LP) (25m)
Montrose St. between Braddock Rd. and Cherokee Avenue
Cpt. Mieczyslaw Godek, USN
909 Amphill Drive, Alexandria FL 4-5171
Mrs. Irma Masse
7012 Montrose Street, Alexandria FL 4-6056
D. Mrs. Irma Masse FL 4-6056
22. LITTLE HUNTING PARK, INC. (LHP) (25m) Canterbury Lane
and Coventry Road, Alexandria
John J. Tracy
8437 Porter Lane, Alexandria 780-3780
Charles Rice
931 Cornell Drive, Alexandria 765-0186
D. Charles Rice 765-0186
23. MANTUA HILLS SWIMMING ASSOCIATION (MH) (25m)
Mantua Hills Subdivision
G. William Gunn
1911 Maywood Lane, Fairfax 273-4345
Ira Apter
1817 Coronado Terrace, Fairfax 273-0421
D. J. Evans Fleming
1816 St. Marks Place, Fairfax 273-6858
24. MCLEAN SWIMMING AND TENNIS ASSOCIATION (ML) (25m)
Margie Drive Off Great Falls Road, McLean
Cdr. Donald F. Dalton 356-3468
Fred Squires
110 Cedar Avenue, McLean 356-3747
D. Bill Smith
4912 Longfellow Ct., McLean 356-4417
25. MT. VERNON COMMUNITY PARK & PLAYGROUND ASSN.
(MTV) (25m) 224 Fairfax Road (Hollin Hill Subdivision)
Mr. & Mrs. James J. Turner
8043 Fairfax Road, Alexandria SO 8-8928

CLUB REPRESENTATIVES

26. NORTH SPRINGFIELD SWIMMING CLUB, INC. (NS) (25m)
Leesville Boulevard and Earlhurst, Springfield
John M. Horgan
5412 Fremont Street, Springfield 256-2426
Griffiths D. Sayles
7217 Leesville Blvd., Springfield 256-3183
D. John M. Horgan 256-2426
27. OVERLEE COMMUNITY ASSOCIATION, INC. (O) (25m)
6030 Lee Highway, North Arlington
A. E. Highley
2414 North Nottingham Street, Arlington KE 8-4250
Mrs. Lawrence Molumbo
5812 North 22nd Street, Arlington KE 8-6733
D. Sharon Martin
5221 N. 31st Road, Arlington 536-6354
28. PARKLAWN RECREATION ASSOCIATION, INC. (PL) (25m)
Crater Place off Yellowstone Drive, Parklawn
Mrs. Maude Hawkins
6811 Braddock Road, Alexandria 256-3080
Robert Hamilton
7424 Yellowstone Drive, Alexandria 256-6173
D. Elmer Todd
7500 Ginger Drive, Alexandria 256-0983
29. POPLAR HEIGHTS RECREATION ASSOCIATION, INC. (PH)
[25y] Route 7 west through Falls Church, left on Shreve Rd.
Mrs. Martha Arnold
1115 Allan Avenue, Falls Church 534-1810
E. Bolducci
1015 Kennedy Street, Falls Church 534-3027
30. RAVENSWORTH FARM SWIM AND RACQUET CLUB, INC. (R)
[25m] 1/2 mile West of Capital Beltway on Braddock Rd.
Robert Rogers
8119 Carrick Lane, Springfield 321-7761
H. Byron Rodgers
8122 Bullock Lane, Springfield 321-7051
31. ROYAL POOL (RP) (25m) Kings Park Drive, Springfield
Donald M. Jeacock
8704 Parliament Drive, Springfield 461-9715

CLUB REPRESENTATIVES

32.	<u>SLEEPY HOLLOW RECREATION ASSOCIATION, INC. (SH)</u> (25m) Sleepy Hollow Rd., west side of Holmes Run Creek	
	Richard A. Murdoch	
	444 Valley Lane, Falls Church	JE 3-0339
	Walter N. Temple	
	3481 Mildred Drive, Falls Church	JE 4-4090
	Frank G. Kellom	
	3107 Faber Drive, Falls Church	JE 3-0631
D.	John Hubbell	
	400 Cheryl Drive, Falls Church	JE 4-9172
33.	<u>SLEEPY HOLLOW BATH AND RACQUET CLUB (SHBR) (25m)</u> 1500 Sleepy Hollow Road, Falls Church	
	Ray Orr	
	3901 Ridge Road, Annandale	256-8152
	Mrs. Lillian Peterson	
	208 Skyview Terrace, Falls Church	532-1617
D.	Lt. Col. Donald Carter	
	706 Muray Lane, Annandale	941-4060
34.	<u>SPRINGBOARD RECREATION CLUB, INC. (SB) (25m)</u> Deep Ford Road behind Lee High School, east of Shirley Highway	
	Mrs. Janet Clifford	
	6614 Zekan Lane, Springfield	354-8992
	Mrs. Diane Bulger	
	6207 Custer Street, Springfield	354-5479
35.	<u>SPRINGFIELD SWIMMING CLUB, INC. (S) (33 1/3y)</u> Southwest corner of Highland and Amelia Streets	
	James D. Burgess	
	7010 Essex Avenue, Springfield	451-1231
	Howard E. Richardson	
	7200 Greenville Place, Springfield	451-2135
D.	Kenneth Echols	
	6005 Fredrick Street, Springfield	451-4992
36.	<u>TUCKAHOE RECREATION CLUB, INC. (T) (33 1/3y)</u> 1300 Great Falls Street, Falls Church	
	Bernie Rachner	
	6827 No. 28th Street, Arlington	JE 4-8480
	Herb Pratt	
	3025 Toronto Street, Arlington	JE 3-0750
D.	Rip Fuller	
	1705 Elnido Drive, McLean	356-7922

CLUB REPRESENTATIVES

37.	<u>VIENNA AQUATIC CLUB, INC. (VA) (25m)</u> Off Nutley Rd. on Marshall Road	
	Sam Molinas	
	2934 Fairlee Drive, Fairfax	CR 3-1856
	Carol J. Barton	
	405 Moorefield Road, S.W., Vienna	DU 5-7790
38.	<u>VIENNA WOODS SWIM CLUB (VW) (50m)</u> Near Harmony Drive and Plum Street, S.W., Vienna	
	Richard Kellagher	
	Rt. #1, Box 513, Vienna	938-0254
	Paul E. Huff	
	509 Kibler Circle, S.W., Vienna	DU 5-6659
D.	Howard Green	
	9705 Flint Hill Court, Vienna	385-5786
39.	<u>VILLA AQUATIC CLUB (VAA) (25m)</u> Andes Drive and Byrd Street, Fairfax	
	Harold King	
	723 Santa Clara Drive, Fairfax	273-3244
	Malcom McDonald	
	610 Charles Drive, Fairfax	273-7541
D.	Arthur Johnson	
	1041 San Carlos Drive, Fairfax	273-2581
40.	<u>VIRGINIA HILLS CLUB, INC. (VH) (25y)</u> Dorset Drive at Robinson Drive, Virginia Hills, Alexandria	
	Leland D. Thomas	
	300 Dorset Drive, Alexandria	SO 8-8629
	Charles Lockhart	
	1 West Heather Court, Alexandria	SO 5-2734
41.	<u>WAYNEWOOD RECREATION ASSOCIATION (WW) (25m)</u> Waynewood Boulevard at Dalebrook Drive	
	John P. Bloom	
	312 Barton Drive, Alexandria	765-3528
	Charlie W. Jones	
	404 Croton Drive, Alexandria	765-6964
42.	<u>WOODLEY RECREATION ASSOCIATION, INC. (W) (25m)</u> 2011 Camp Alger Avenue, Falls Church	
	Rush Buckley, Jr.	
	3235 Dye Drive, Falls Church	533-9594
	Ray Stang	
	1823 Nealon Drive, Falls Church	JE 2-5156
D.	Jeff Gieswung	
	2100 Camp Alger Avenue, Falls Church	JE 2-7530

NORTHERN VIRGINIA SWIMMING LEAGUE
OFFICERS AND COMMITTEE CHAIRMEN

<u>President</u>	J. T. Gissendanner 3814 Hillcrest Lane, Annandale	280-1425
<u>Vice-President</u>	J. M. Horgan 5412 Freemont Street, Springfield	256-2426
<u>Vice-President (Diving)</u>	W. R. Martin 5221 N. 31st Road, Arlington	536-6354
<u>Secretary</u>	Elizabeth Cooper 6627 Hopewell Avenue, Springfield	256-2764
<u>Treasurer</u>	Robert Brown 5607 Hershey Lane, Alexandria	354-7483
<u>Director (Rules and Membership)</u>	Kenneth Meiklejohn 1209 Rippon Road, Alexandria	SO 5-5468
<u>Director (Records)</u>	Bernard C. Rachner 6827 N. 28th Street, Arlington	JE 4-8480
<u>Director (AAU)</u>	Rollins W. Miller 2520 Buchanan Street, N. Arlington	JA 2-9509
<u>Ways and Means</u>	Robert Brown 5607 Hershey Lane, Alexandria	354-7483
<u>Seeding</u>	Kenneth Meiklejohn 1209 Rippon Road, Alexandria	SO 5-5468
<u>Forms</u>	John Tracy 8437 Porter Lane, Alexandria	780-3780
<u>Awards</u>	James D. Burgess 7010 Essex Avenue, Springfield	451-1231
<u>Rule Book</u>	Rush Buckley, Jr. 3235 Dye Drive, Falls Church	533-9594

OFFICERS AND COMMITTEE CHAIRMEN

<u>All Star Meet and Official Clinic</u>	J. M. Horgan 5412 Freemont Street, Springfield	256-2426
<u>Publicity</u>	James S. Lee 6813 Felix Street, McLean	EL 6-2015
<u>Nominating</u>	Don Stocking 1106 N. Quantico Street, Arlington	JE 3-0923
<u>Relay Carnival</u>	Ray Stang 1823 Nealon Drive, Falls Church	JE 2-5156

DIVISION COORDINATORS

IA	Glen Waterman 917 No. Larrimore Street, Arlington	533-8295
IIA	Walter Temple 3481 Mildred Drive, Falls Church	JE 4-4090
IIIA	Ray O'Connell 7409 Venice Street, Falls Church	532-7525
IB	Maude Hawkins 6811 Braddock Road, Alexandria	256-3080
IIB	John Reith 119 Martha's Road, Alexandria	765-1810
IIIB	Edward Dakin 6336 Edsall Road, Alexandria	FL 4-6585
IVB	Carol Barton 405 Moore Field Road, S.W., Vienna	DE 5-7790

NORTHERN VIRGINIA SWIMMING LEAGUE 1965 SCHEDULE

Date	GROUP IA	GROUP IIA	GROUP IIIA
Jul 3	Tuckahoe at Annandale Vienna Woods at Dom. Hills Overlee at Springfield	Donaldson Run at Woodley L. Hunting Pk. at Sleepy Hollow Arlington Forest at McLean	Waynewood at Lee-Graham N. Springfield at Mt. Vernon Sleepy Hollow B & R at Virginia Hills
Jul 10	Annandale at Overlee Dom. Hills at Springfield Vienna Woods at Tuckahoe	Arlington Forest at Sleepy Hollow McLean at Donaldson Run Woodley at L. Hunting Park	Mt. Vernon at Waynewood Virginia Hills at N. Springfield Lee-Graham at Sleepy Hollow B & R
Jul 17	Springfield at Annandale Tuckahoe at Dom. Hills Vienna Woods at Overlee	Donaldson Run at L. Hunting Pk. Woodley at Arlington Forest Sleepy Hollow at McLean	Waynewood at N. Springfield Mt. Vernon at Sleepy Hollow B & R Lee-Graham at Virginia Hills
Jul 24	Dom. Hills at Annandale Springfield at Vienna Woods Overlee at Tuckahoe	McLean at Woodley Donaldson Run at Sleepy Hollow L. Hunting Park at Arlington For.	Sleepy Hollow B & R at Waynewood Virginia Hills at Mt. Vernon N. Springfield at Lee-Graham
Jul 31	Annandale at Vienna Woods Overlee at Dom. Hills Springfield at Tuckahoe	McLean at L. Hunting Park Sleepy Hollow at Woodley Arlington For. at Donaldson Run	Virginia Hills at Waynewood Mt. Vernon at Lee-Graham N. Springfield at Sleepy Hollow B & R

Aug 7 DIVISION INDIVIDUAL CHAMPIONSHIP
Overlee Sleepy Hollow Sleepy Hollow B & R

Aug 14 ALL STAR MEET at Hdg

DEVELOPMENT MEET

Time and place to be announced

NORTHERN VIRGINIA SWIMMING LEAGUE 1965 SCHEDULE

Date	GROUP IB	GROUP IIB	GROUP IIIB
Jul 3	Langley at Parklawn Chesterbrook at Pop. Heights Dowden Terrace at Freedom Pk.	Holmes Run at Lincolnia Country Club H. at Highland Ps. Hollin Hills at Kent Gardens	Bren Mar at Ryansworth Edsall Park at Herndon Fairfax at Springboard
Jul 10	Poplar Heights at Dowden Terr. Parklawn at Chesterbrook Freedom Park at Langley	Kent Gardens at Country Club H. Highland Park at Holmes Run Lincolnia at Hollin Hills	Ravensworth at Edsall Park Herndon at Fairfax Springboard at Bren Mar
Jul 17	Dowden Terrace at Parklawn Langley at Chesterbrook Poplar Heights at Freedom Pk.	Holmes Run at Kent Gardens Highland Park at Lincolnia Country Club H. at Hollin Hills	Edsall Park at Fairfax Bren Mar at Herndon Springboard at Ravensworth
Jul 24	Freedom Park at Parklawn Chesterbrook at Dowden Terr. Poplar Heights at Langley	Hollin Hills at Holmes Run Kent Gardens at Highland Pk. Lincolnia at Country Club H.	Herndon at Springboard Edsall Park at Bren Mar Ravensworth at Fairfax
Jul 31	Langley at Dowden Terrace Freedom Park at Chesterbrook Parklawn at Poplar Heights	Kent Gardens at Lincolnia Highland Park at Hollin Hills Holmes Run at Country Club H.	Springboard at Edsall Park Ravensworth at Herndon Fairfax at Bren Mar

Aug 7 DIVISION INDIVIDUAL CHAMPIONSHIP
Langley Highland Park Bren Mar

NORTHERN VIRGINIA SWIMMING LEAGUE 1965 SCHEDULE

<u>Date</u>	<u>GROUP IVB</u>	<u>DIVING SCHEDULE</u> (Individual Meets)
Jul 3	Dunn Loring at Mantua Hills Ilda at Royal Vienna Aw. at Villa Aq.	<u>Date</u> Jul 25 3 Meter Open
Jul 10	Mantua Hills at Ilda Royal at Vienna Aq. Villa Aq. at Dunn Loring	Aug 1 Junior Age Group Aug 7 Intermediate Age Group
Jul 17	Ilda at Vienna Aq. Royal at Dunn Loring Villa Aq. at Mantua Hills	Aug 8 Senior Age Group Aug 15 All Star
Jul 24	Dunn Loring at Ilda Vienna Aq. at Mantua Hills Villa Aq. at Royal	
Jul 31	Dunn Loring at Vienna Aq. Mantua Hills at Royal Ilda at Villa Aq.	
Aug 7	DIVISION INDIVIDUAL CHAMPIONSHIP Villa Aquatic	

NORTHERN VIRGINIA SWIMMING LEAGUE

1 Rules for Swimming Competitions1. General

a. These rules are specifically designed for closed meets in privately owned pools and shall govern the conduct of all swimming and diving meets scheduled, sponsored, or sanctioned by the League. Rules of the Amateur Athletic Union pertaining to strokes, disqualifications, duties of officials, judging, timing, and similar technical matters shall be observed at all League meets unless modified by these rules.

b. The starting time for any meet shall be specified by the host pool and notification given to visiting teams at least one week in advance of the meet. The starting time shall be in the morning not later than 10:30 A.M. unless otherwise agreed to by the League representatives of both teams. In the event a meet must be rescheduled, the date and time selected by the host pool for the rescheduled meet must be acceptable to the visiting teams.

c. All competitors shall report at the host pool not later than 20 minutes before the meet is scheduled to begin and shall proceed immediately to their assigned area. The coaches or team representatives shall, not later than 20 minutes before the meet is scheduled to begin, report to the scoring table with their scratches or authorized substitutions (see paragraphs 5 and 6). When directed by the Announcer, swimmers may take a short warm-up swim after which they will return to their assigned places and hold themselves ready to report immediately to the Clerk of Course when their events are called.

d. Spectators shall be strictly controlled, and reasonable measures shall be taken to insure that spectators do not interfere with officials in the performance of their duties. The official team representative may consult the Referee if necessary but shall refrain from doing so while an event is in progress.

e. Once swimmers have been positioned by the Clerk of Course, they shall receive no coaching or assistance such as holding or releasing relay swimmers, directing or guiding backstroke swimmers. Any swimmer so coached or assisted shall be subject to disqualification by the referee. Actions such as allowing backstroke swimmers to secure a handhold on teammates' ankles for starting or placing towels on pool edges where necessary for starting shall not be construed as coaching or assistance within the intent of this paragraph.

f. No event will be delayed pending the late arrival of a competitor.

2. Competitor Eligibility

a. Each competitor shall be a bona fide member of the pool he represents as defined in Article III of the League Constitution.

b. The eligibility of a competitor to compete in a particular age group shall be determined by his age on the first day of June. 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. Life guards who are bona fide members of a pool and otherwise eligible under NVSL and AAU rules are eligible to compete. In this connection, teaching or coaching for pay is a violation of AAU rules and automatically creates ineligibility. Pools allowing life guards to compete under these permissible circumstances must comply with the following requirements:

(1) When exchanging entry lists, identify to their opponents all competitors who have been, or are being, used as life guards in the current competitive season whether in the same pool or elsewhere.

(2) If necessary to resolve protests in connection with such competitor, produce for examination by League representatives all applicable time, pay, and job description records.

d. In team meets, except for the mixed age crawl relay, competitors may compete in their own and/or in higher age groups. They may enter up to two individual events provided no stroke is repeated. They may compete in both the mixed age crawl relay and one age-group medley relay, but shall not use the same stroke in both events.

e. In individual meets (Division Individual Championship and All Star Meets), competitors may swim only in their own age group. No competitor may enter more than two individual events.

3. Limitations on Entries

a. Team meets

(1) In dual meets each team is eligible to enter up to three swimmers in each individual event regardless of the number of lanes in the host pool. In meets involving more than two teams, each team may enter not more than two swimmers in each individual event.

(2) Each team may enter only one official team in each relay event. Each team may also enter additional teams swimming 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. The performance of an unofficial relay team shall not count in the scoring.

b. Individual meets

(1) Teams may enter not more than two swimmers per individual event in the Division Individual Championship Meets. If relay events are included, each team may enter only one team per relay event, and no "unofficial" teams will be permitted to participate.

(2) Those competitors who establish the six best performances, League-wide, in an event in the Division Individual Championship Meets shall be eligible to compete in the same event in the All Star Meet. If one or more of these eligible competitors notifies the League in advance that he will not be able to compete, the next ranking competitor(s) shall be eligible to compete.

4. Entry Lists

- a. Firm entry lists containing the first and last name of each competitor shall be exchanged by designated representatives of competing teams at a mutually agreeable time but not later than 24 hours prior to the designated time of the meet. The lists shall be exchanged at any mutually agreeable location. No additions may be made to these lists after their exchange is completed. No deletions or other changes in these lists may be made subsequent to this exchange except as authorized by paragraphs 5 and 6.
- b. It shall be the responsibility of each team representative to examine the entry list of the opposing team prior to the meet.
- c. If an irregularity in an entry list is detected prior to the swimming of the event involved, the ineligible swimmer shall be scratched from the event, and no substitute shall be permitted. If the scratch occurs in a relay event, the entire team shall be scratched and no substitution permitted.
- d. If an irregularity in an entry list is detected for the first time after the event has been swum, the points earned by the illegal entrant shall be cancelled, the order of finish corrected and the meet score adjusted accordingly.
- e. Although the medley relay shall be a race in which the first quarter of the distance shall be swum backstroke, the second quarter breaststroke, the third quarter butterfly stroke and the last quarter any other stroke, it is not required that swimmers in medley relay teams swim in the order in which they are listed on the entry blank.

5. Substitutions

- a. In Division Individual Championship Meets, a maximum of of ten substitutions in events shall be permitted each team after entry lists are submitted for seeding. No substitution shall be permitted after a Division Individual Championship Meet has started.
- b. Substitutions are authorized in the All Star Meet only as permitted in paragraph 3. b (2) and as determined by the League.

c. In all other meets, substitutions may be made in individual events or in relay events when necessary because of the sickness, injury, or absence of competitors under the following conditions:

(1) No competitor who is already entered in two individual events may be used as a substitute. Furthermore, no competitor may be entered as a substitute for a competitor with a slower time in that event. Times are established by performance in the Northern Virginia Swimming League during the current season.

(2) Authorized substitutions shall be reported to the Clerk of Course as soon as possible, and no event will be delayed to permit substitution after the meet has commenced.

6. Scratches of Entries

- a. Team representatives shall advise the Clerk of Course of any entries to be scratched prior to the start of the meet or as far in advance of the applicable meet events as possible.
- b. Competitors who are scratched and for whom a substitution is made after the start of a meet shall be ineligible to compete in any event during the remainder of the meet. This rule shall not apply to swimmers scratched under the provisions of paragraph 4. c.

c. In the case of Division Individual Championship Meets, competitors who are scratched after the seeding list is established shall be ineligible to compete in any other event.

7. Heats

- a. If heats are necessary for events in any individual meet, seeding will be accomplished by League Representatives when Timing Forms are submitted.
- b. In order to assure seeded positions, competitors will be grouped into heats according to the time submitted on the official Timing Form. These times are to be certified by the League Representatives. The first heat will be composed of the fastest swimmers, next heat composed of the next fastest swimmers, etc. Entries for whom no time is recorded will be seeded in alphabetical order following all other entries.

c. When heats are required no final shall be held and places will be awarded on a time basis subject to the order of finish in each heat as determined by the Chief Judge. The fastest and succeeding times shall place the order of finish.

8. Lanes

a. Swimming lanes shall have a minimum width of five feet of unobstructed water. All lanes shall be separated by ropes with floats. All lanes must be cleared of obstructions such as diving boards, ladders, etc.

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

c. For all individual meets, contestants shall be assigned to lanes in the descending order (fastest to slowest) of submitted times according to the following pattern for a six-lane pool: Lanes numbered, 3, 4, 2, 5, 1, 6.

9. Events

a. For team meets, the events listed on page 25 shall apply and shall be run in the order indicated. For team meets held in pools of lengths greater than 25 meters and not equipped with turning boards, pennant rope finishes shall be used in individual events. In such cases, the event lengths shall be 25 yards and 50 yards or 25 meters and 50 meters, at the discretion of the host pool. For any given meet, this provision may be waived by mutual agreement between the competing teams, in which case individual events will be swum at the length of the pool instead of the distances indicated above. In this case, however, the times established for individual events shall not be admissible for League records purposes (see 18. a).

b. For Division Individual Championship Meets and the All Star Meet, the events listed on page 26 shall apply and shall be run in the order indicated, unless modified by the League to include relay events, in which case the League shall establish the order of events.

c. In relays, lengths shall be as near to 25 yards or meters as feasible.

10. Officials

a. The following officials represent minimum dual meet requirements:

<u>Referee</u> - one	<u>Announcer</u> - one	<u>Starter</u> - one
<u>Clerk of Course</u> - one	<u>Chief Judge</u> - one	<u>Timers</u> - See 10. c
<u>Scorer</u> - one	<u>Stroke & Turn Judge</u> - one	<u>Lane Judges</u> - See 10. b

b. The number of Lane Judges must be equal to the number of active lanes, plus one. Each active lane must have a Lane Judge. An additional Lane Judge will sweep the order of finish and submit his ballot to the scoring table for recording. NOTE: If sufficient personnel are available, two Lane Judges shall be assigned to each lane and shall be placed on opposite sides of the pool at the finish line, in which case the Sweep Judge is not necessary.

c. It is recommended that at least two timers be assigned to each active lane. At least one timer shall be assigned to each active lane. However, no performance is admissible for record unless it shall have been timed with no less than three watches. (See 18. b.).

d. The duties of the officials shall be as outlined in the applicable rule of the current AAU Official Swimming Handbook. The Referee and Judges shall be especially familiar with the contents of this Handbook.

e. Approximately one week prior to the date of a meet, the representative of the host team shall contact the representative of the visiting team(s) to work out the details for supplying officials. Unless otherwise agreed to, each team will furnish the following officials:

Host Team: Referee, one Stroke and Turn Judge, Clerk of Course, Head Scorer, Chief Judge, Announcer, Starter, Awards Clerk, Runners, and three Lane Judges and half of the Timers.

Visiting Team: One Stroke and Turn Judge, Assistant Clerk of Course, Assistant Scorer, Chief Timer, One Lane Sweep Judge, Three Lane Judges, and half of the Timers.

In dual meets, the host team should arrange for furnishing the starting gun and shells. Teams shall furnish, if possible, watches for the number of timers furnished by the team. The team responsible for furnishing the Referee or Stroke and Turn Judge(s) must make every effort to obtain persons who are not associated with the competing teams.

f. Officials for Division Individual Championship and All Star Meets shall be determined by the League.

11. Starting

a. Starts shall be by gunfire in accordance with applicable rule of the current AAU Official Swimming Handbook.

b. The host team shall be responsible for providing means of stopping competitors involved in a false start but not responding to the false start signal.

12. Disqualifications

a. Disqualifications shall be governed by the rules contained in the Official AAU Swimming Handbook and shall be strictly enforced in all meets.

b. In case of disqualification, it is the responsibility of the Chief Judge to notify the swimmer's Coach, before the swimming of the next event, as to the reason why the swimmer was disqualified.

13. Protests

a. Protests involving turns, strokes, and other swimming technicalities.

(1) Any protest or complaint of this type shall be lodged by the League Representative with the Referee within 30 minutes after the event has been recorded.

(2) When protests of this type arise during or after a meet, the League Representatives concerned shall make all possible efforts to resolve their differences. No protest or complaint lodged by any other person will be considered valid nor will it be entertained.

(3) Decisions rendered by referees on protests of this type shall be final and binding upon all parties involved.

b. Protests involving League rules:

(1) When protest of this type arise during or after a meet, the parties concerned shall make all possible efforts to resolve their differences. Failing this, the protest may be referred in writing to the League President within three days from the date of the meet. Upon receipt of such protest, the League President shall appoint a protest committee made up of three League members other than himself and representing pools in Divisions other than that in which the protest originated. He shall designate one member of the protest committee as chairman. The protest committee shall have authority to examine any and all meet records or other evidence deemed pertinent to the matter under investigation and to require that all parties to the protest submit written statements outlining the facts in the area.

(2) Decisions rendered by the protest committees shall be final and binding upon all parties involved.

c. Any disputes arising out of an All Star Meet shall be resolved by the League's Board of Directors if a protest is submitted in writing within three days to the League President. In this case, the Board of Directors shall exercise all powers of a protest committee as outlined in 13.b (1).

d. No protest of any nature will be entertained later than three days after the day of the last League event of the season.

c. Each pool shall preserve all meet records for meets that it hosts and shall produce these records without delay upon the request of the Chairman of a protest committee. Meet records may be disposed of no sooner than three days after the day of the last League event of the season.

14. Scoring

a. Individual events in dual meets shall be scored 5-3-1. Relay events in dual meets shall be scored 5-0.

b. Individual events in meets involving three teams shall be scored 5-3-2-1. Relay events in such meets shall be scored 6-2-0.

c. Individual events in meets involving four teams shall be scored 6-4-3-2-1. Relay events in such meets shall be scored 6-4-2-0.

d. Points shall not be awarded for an event in a team meet unless the event is actually swum.

e. If all official relay teams in an event in a team meet are disqualified, no points shall be awarded to any team, and the event shall not be re-run.

f. In the Division Individual Championship and All Star Meets, points shall be awarded to place winners on the following basis: 7-5-4-3-2-1.

15. Awards

a. Division Team Championship: A suitable trophy shall be awarded annually to each team which wins the most team meets within its division.

b. Suitable awards shall be presented to the first three place winners in each event in the Division Individual Championship Meets or as provided under 16.b. (1).

c. Suitable awards shall be presented to all contestants in each event in the All Star Meet or as provided under 16.b. (1).

16. Ties

a. Team Meets

(1) Ties for Division Championships shall be resolved by having the tied teams compete in an additional meet. Should this meet result in a tie, the championship shall be awarded to the team scoring the greatest number of first places in the swim-off meet. If this does not break the tie, duplicate trophies shall be awarded.

(2) In the event of ties between members of competing teams, the appropriate teams shall be awarded their pro rata shares of the total points involved in the tie.

(3) In the case of a tie, the visiting team during the season shall be the host team and pool unless otherwise mutually agreed by the League representatives for teams involved. All League rules applicable to dual meets shall apply, and the swim-off meet shall be held not later than two weeks after the completion of the dual meet schedule.

b. Individual Meets

(1) In event of ties in Division Individual Championship or All Star Meets, no attempt shall be made to resolve the tie. Duplicate awards shall be made.

(2) In establishing the entry list for the All-Star Meet, where an official tie for 6th place has been determined, an extra heat will be included in the All-Star Meet scheduled for the event. The four fastest swimmers shall be placed in the first heat and the balance in the second heat.

17. Location of Division Individual Championship and All Star Meets

a. Division Individual Championship and All Star Meets shall be held only in pools measuring either 25 yards or 25 meters in length unless turning boards are installed to provide one of these lengths. Pools selected for these events shall not have less than six lanes, each approximately six feet in width. Lanes shall be free of obstructions such as ladders or steps.

b. All Division Individual Championship Meets shall be held in pools of the same length, either 25 yards or 25 meters. As indicated above, use of turning boards to provide the required length is satisfactory.

18. Records

a. The league shall maintain an up-to-date set of records of the best performances established in League competition. These records shall be maintained current for each event swum in League competition over the following distances only: 25, 50, and 100 yards/meters and any middle distances or long distances for which League events are established.

b. No performance shall be accepted as a League record unless it shall have been timed with not less than three stop watches. Times shall be considered for record purposes only if fully completed official time slip is submitted to the League Records Committee.

c. In event of a record time by a second place finisher whose time betters the time of the first place finisher, all six watches on both swimmers concerned shall be averaged to determine the official time. If the time produced by this average is a record, both swimmers shall be credited with this record.

d. It shall be the responsibility of the host pool to fill out and submit to the League Records Committee the forms prescribed by that committee for reporting the results of team meets and Division Individual Championship Meets.

19. Strokes, Medley Swim, and Relays

a. These shall be as defined in the AAU Official Swimming Handbook.

EVENTS FOR TEAM MEETS

Boys event no.

Girls event no.

8 and under

1	1 - length freestyle	2
11	1 - length backstroke	12
21	4 - lengths crawl relay	22

9 & 10 years

3	2 - lengths freestyle	4
13	2 - lengths breaststroke	14
23	4 - lengths medley relay	24

11 and 12 years

5	2 - lengths backstroke	6
15	2 - lengths freestyle	16
25	4 - lengths medley relay	26

13 & 14 years

7	2 - lengths breaststroke	8
17	2 - lengths freestyle	18
27	4 - lengths medley relay	28

15, 16, & 17 years

9	2 - lengths butterfly stroke	10
19	2 - lengths freestyle	20
29	8 - lengths medley relay	30

Mixed age event

31	8 - lengths crawl relay	32
	11 and 12 group	
	10 and under group	
	13 and 14 group	
	15, 16, 17 group	

EVENTS FOR INDIVIDUAL MEETS

Boys event no.		Girls event no.
	<u>8 and under</u>	
1	50 yd/mtr freestyle	2
11	50 yd/mtr backstroke	12
21	50 yd/mtr breaststroke	22
	<u>9 & 10 years</u>	
3	50 yd/mtr freestyle	4
13	50 yd/mtr backstroke	14
23	50 yd/mtr breaststroke	24
31	50 yd/mtr butterfly stroke	32
39	100 yd/mtr individual medley	40
	<u>11 and 12 years</u>	
5	50 yd/mtr freestyle	6
15	50 yd/mtr backstroke	16
25	50 yd/mtr breaststroke	26
33	50 yd/mtr butterfly stroke	34
41	100 yd/mtr individual medley	42
	<u>13 & 14 years</u>	
7	100 yd/mtr freestyle	8
17	100 yd/mtr backstroke	18
27	100 yd/mtr breaststroke	28
35	50 yd/mtr butterfly stroke	36
43	100 yd/mtr individual medley	44
	<u>15, 16 & 17 years</u>	
9	100 yd/mtr freestyle	10
19	100 yd/mtr backstroke	20
29	100 yd/mtr breaststroke	30
37	50 yd/mtr butterfly stroke	38
45	100 yd/mtr individual medley	46

NVSL SWIMMING RECORDS FOR BOYS

EVENT	TIME	8 and under		NAME AND CLUB
		YR.	MADE	
25/Y Free	14.8	1962		Hess Yntema - L
25/M Free	16.0	1962		Kevin Miller - DR
50/Y Free	34.9	1963		Bob Hassett - PH
50/M Free	34.5	1962		Hess Yntema - L
25/Y Back	18.1	1962		Hess Yntema - L
25/M Back	20.1	1962		Hess Yntema - L
50/Y Back	41.4	1963		Bobby Mott - H
50/M Back	43.0	1962		Hess Yntema - L
50/Y Breast	47.1			Roger Williams - VW
50/M Breast	48.3	1962		Kevin Miller - DR
100/Y C/R	1:12.5	1964		K. Keilagher, R. Sarratt, P. Johnson, W. Schell - VW
100/M C/R	1:19.0	1963		J. Seldon, J. Shlesinger, A. King, T. Thomas - SH
				<u>9 and 10 Years</u>
50/Y Free	29.1	1963		David Smith - O
50/M Free	32.0	1964		Kevin Miller - DR
50/Y Back	35.7	1963		Hess Yntema - L
50/M Back	38.5	1964		David Marlin - ML
50/Y Breast	39.3	1964		Ed Jackson - L
50/M Breast	43.0	1964		Ed Jackson - L
50/Y Butter	31.9	1963		Kevin Miller - DR
50/M Butter	34.3	1964		Hess Yntema - L
100/Y Ind/Med	1:17.2	1961		Murray Grenier - RH
100/M Ind/Med	1:22.1	1964		Hess Yntema - L
100/Y Med/Rel	1:08.7	1961		R. Russel, R. Williams, J. Dickson, S. Mason - VW
100/M Med/Rel	1:17.5	1964		C. Watkins, H. Yntema, E. Jackson, M. Brady - L
				<u>11 and 12 Years</u>
50/Y Free	26.4	1963		Jim Dickson - VW
50/M Free	28.5	1964		Alex Tedesco - A
50/Y Back	32.0	1964		Jim DeMott - EP
50/M Back	34.0	1964		Alex Tedesco - A
50/Y Breast	35.1	1963		Roger Williams - VW
50/M Breast	36.8	1964		Roger Williams - VW
50/Y Butter	30.6	1963		Jim Dickson - VW
50/M Butter	33.4	1962		Tom Edmondson - FP
100/Y Ind/Med	1:11.1	1963		Roger Williams - VW
100/M Ind/Med	1:16.0	1964		Roger Williams - VW
100/Y Med/Rel	58.4	1963		R. Russel, R. Williams, J. Dickson, S. Mason - VW
100/M Med/Rel	1:07.8	1963		R. Russel, R. Williams, J. Dickson, S. Mason - VW

NVSL SWIMMING RECORDS FOR BOYS

13 and 14 Years

EVENT	TIME	YR. MADE	NAME AND CLUB
50/Y Free	24.9	1961	Dave Ringwalt - HH
50/M Free	27.1	1961	Dave Ringwalt - HH
100/Y Free	57.1	1963	Jay Hawkins - PL
100/M Free	1:03.4	1964	Tom Edmondson - FP
100/Y Back	1:05.4	1963	Jay Hawkins - PL
100/M Back	1:13.0	1964	Tom Edmondson - FP
50/Y Breast	32.8	1961	Todd Fullbeck - VW
50/M Breast	35.5	1964	Richard Williams - VW
100/Y Breast	1:12.8	1963	Doug Arthur - A
100/M Breast	1:16.2	1964	Richard Williams - VW
50/Y Butter	28.2	1963	Ricky Frenette - A
50/M Butter	31.1	1964	Alex Meiklejohn - HH
100/Y Ind/Med	1:03.8	1963	Doug Arthur - A
100/M Ind/Med	1:11.5	1964	Richard Williams - VW
100/Y Med/Rel	53.1	1964	R. Russell, R. Williams, J. Dickson, B. Longo - VW
100/M Med/Rel	59/7	1964	B. Culhane, R. Williams, J. Dickson, B. Longo - VW

15 and 17 Years

50/Y Free	24.2	1963	Jim Edmondson - FP
50/M Free	26.5	1964	Dick Donahue - S
100/Y Free	53.5	1961	Larry Hewes - A
			Sebastian Davis - S
100/M Free	1:00.4	1964	Dick Donahue - S
100/Y Back	1:03.1	1963	Dick Donahue - S
100/M Back	1:07.8	1964	Dick Donahue - S
100/Y Breast	1:08.2	1963	Jim Edmondson - FP
100/M Breast	1:16.4	1963	Jim Edmondson - FP
50/Y Butter	25.9	1961	Larry Hewes - A
		1963	Jim Edmondson - FP
		1964	Doug Arthur - A
50/M Butter	28.3	1964	Doug Arthur - A
100/Y Ind/Med	59.5	1963	Jim Edmondson - FP
100/M Ind/Med	1:07.3	1963	Jim Edmondson - FP
100/Y Med/Rel	53.1	1964	J. Nacht, M. Moore, G. Edmonds, G. Smythe - VH
100/M Med/Rel	56.9	1964	A. Loberg, D. Arthur, R. Frenette, R. Friedman - A
200/Y M/A C/R	1:51.2	1964	R. Williams, L. Flynn, J. Dickson, J. Swink - VW
200/M M/A C/R	2:03.8	1964	A. Tedesco, R. Arthur, J. Kennon, D. Arthur - A

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NVSL SWIMMING RECORDS FOR GIRLS

8 and under

EVENT	TIME	YR. MADE	NAME AND CLUB
25/Y Free	16.3	1964	Elizabeth Yntema - L
25/M Free	17.1	1964	Reed Sutherland - HH
50/Y Free	35.6	1963	Joan Molumby - O
50/M Free	37.1	1964	Elizabeth Yntema - L
25/Y Back	20.6	1964	Carol Walsh - PH
25/M Back	21.5	1964	Elizabeth Yntema - L
50/Y Back	45.4	1963	Both Ehrmantraut - C
50/M Back	49.6	1964	Elizabeth Yntema - L
50/Y Breast	45.1	1963	Diane Friedman - A
50/M Breast	50.4	1963	Diane Friedman - A
100/Y C/R	1:14.7	1963	M. Osgood, C. Jones, B. Foye, S. Carroll - S
100/M C/R	1:22.0	1963	B. Wrigley, B. Stekley, T. Hawthorne, J. Molumby - O

9 and 10 Years

50/Y Free	31.4	1962	Mary Ellen Murphy - SH
50/M Free	34.4	1962	Mary Ellen Murphy - SH
50/Y Back	39.7	1963	Patti Fields - S
50/M Back	41.7	1964	Karen Choate - MTV
50/Y Breast	40.1	1963	Debbie Johnson - T
50/M Breast	45.1	1963	Debbie Johnson - T
50/Y Butter	36.5	1963	Peggy Walmsley - T
50/M Butter	40.9	1962	Janet Weber - A
100/Y Ind/Med	1:23.3	1963	Peggy Walmsley - T
100/M Ind/Med	1:33.3	1964	Patti Stryker - W
100/Y Med/Rel	1:15.4	1962	N. Seay, S. Stang, S. Buckley, C. Hauser - W
100/M Med/Rel	1:22.8	1964	K. Lange, B. Ehrmantraut, L. Peoples, M. Rosson - C

50/Y Free	29.5	1962	Linda Reichardt - DH
50/M Free	32.1	1963	Joy Mosse - DH
50/Y Back	34.1	1961	Cheryl Friedman - A
50/M Back	35.4		Margaret Canada - DH
50/Y Breast	38.0	1963	Monta L. Dakin - BM
50/M Breast	42.0	1964	Monta L. Dakin - BM
50/Y Butter	31.2	1963	Joy Mosse - DH
50/M Butter	35.4	1963	Janine Stanhope - WW
100/Y Ind/Med	1:16.3	1963	Joy Mosse - DH
100/M Ind/Med	1:22.9	1962	Linda Reichardt - DH
100/Y Med/Rel	1:05.6	1964	K. Koczyk, B. East, N. Hawthorne, S. Cline - O
100/M Med/Rel	1:12.0	1962	B. Stocking, L. Reichardt, J. Mosse, F. Packard - DH

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NVSL SWIMMING RECORDS FOR GIRLS

EVENT	13 and 14 Years		NAME AND CLUB
	TIME	YR. MADE	
50/Y Free	28.4	1961	Kathy Cummings - NS
		1964	Ruth Harp - AF
50/M Free	30.8	1963	Barbara Stocking - DH
100/Y Free	1:01.4	1963	Barbara Stocking - DH
100/M Free	1:08.5	1964	Mary Burnham - A
100/Y Back	1:13.3	1963	Jane Vendola - A
100/M Back	1:18.5	1964	Jane Vendola - A
50/Y Breast	38.0	1963	Joyce Clark - PL
		1964	Ruth Harp, Cathie Soltesz - AF
50/M Breast	41.6	1963	Joyce Clark - PL
100/Y Breast	1:25.0	1961	Pattie Rimm - LHP
100/M Breast	1:32.2	1964	Cathie Soltesz - AF
50/Y Butter	31.4	1963	Sharon Heflin - AF
50/M Butter	33.8	1964	Sharon Heflin - AF
100/Y Ind/Med	1:11.8	1963	Barbara Stocking - DH
100/M Ind/Med	1:19.6	1962	Sharon Harler - LHP
100/Y Med/Rel	1:00.5	1964	R. Harp, C. Soltesz, S. Heflin, L. Green - AF
100/M Med/Rel	1:07.7	1964	R. Harp, C. Soltesz, S. Heflin, L. Green - AF

15 to 17 Years

50/Y Free	27.5	1964	Suzanne Bolton - DT
50/M Free	30.6	1964	Suzanne Bolton - DT
100/Y Free	1:06.1	1961	Becky Winship - H
100/M Free	1:06.2	1964	Joyce Clark - PL
100/Y Back	1:13.5		Eileen Canada - DH
100/M Back	1:18.8	1964	Joyce Clark - PL
100/Y Breast	1:17.4	1963	Pattie Rimm - LHP
100/M Breast	1:25.7	1963	Pattie Rimm - LHP
50/Y Butter	30.3	1964	Sharon Heflin - AF
50/M Butter	32.5		Nancy Eyles - VW
100/Y Ind/Med	1:10.6	1963	Pattie Rimm - LHP
100/M Ind/Med	1:20.2	1964	Pattie Rimm - LHP
100/Y Med/Rel	1:01.8	1964	M. Atkinson, G. Grodin, C. Edmondson, J. Coulter - FP
100/M Med/Rel	1:08.6	1963	A. Hewes, M. Hegarty, N. Wright, A. Chandler - A
200/Y M/A C/R	2:05.5	1962	S. Doyle, M. Murphy, L. Lawson, L. Edwards - SH
200/M M/A C/R	2:17.4	1964	B. Coyne, A. Stephens, J. Lassiter, P. Rimm - LHP

NVSL RELAY CARNIVAL RECORDS

EVENT	TIME	GIRLS		NAME AND CLUB
		YEAR	YEAR	
200/M Free M/A	2:13.5	1964		J. Weber, M. Burnham, M. Morris, S. Dewey - A
8 and under				
100/M Free	1:24.2	1963		B. Steckley, T. Hawthorne, P. Johnson, J. Molumby - O
9 and 10				
100/M Free	1:10.2	1963		C. Echols, K. Pluzak, P. Zorach, P. Fields, - S
100/M Med/Rel	1:20.4	1964		C. Tedesco, G. Sutherland, M. Morris, D. Friedman - A
11 and 12				
100/M Free	1:04.3	1964		S. Buckley, S. Stang, S. Hauser, C. Hauser - W
100/M Med/Rel	1:12.3	1964		K. Koczyk, N. Hawthorne, B. East, S. Cline - O
13 and 14				
100/M Free	58.2	1964		R. Harp, B. McFarland, C. Soltesz, S. Heflin - AF
100/M Med/Rel	1:06.4	1964		R. Harp, B. McFarland, C. Soltesz, S. Heflin - AF
15 to 17				
200/M Free	2:14.5	1964		C. Brunson, W. Johnstone, A. Scheurer, C. Miller - T
100/M Med/Rel	1:06.6	1964		C. Edmondson, M. Atkinson, G. Grodin, J. Coulter - FP
				BOYS
200/M Free M/A	2:01.2	1964		A. Tedesco, J. Kennon, R. Arthur, D. Arthur - A
8 and under				
100/M Free	1:18.6	1963		B. Barton, M. Kennedy, S. Rolley, B. Mott - H
9 and 10				
100/M Free	1:09.3	1964		E. Jackson, C. Watkins, M. Brady, H. Yntema - L
100/M Med/Rel	1:14.9	1964		C. Watkins, E. Jackson, H. Yntema, M. Brady - L
11 and 12				
100/M Free	1:01.0	1963		B. Stryker, R. Houghton, W. Stryker, G. Chewing - W
100/M Med/Rel	1:06.0	1963		R. Russel, R. Williams, S. Mason, J. Dickson - VW
13 and 14				
100/M Free	52.3	1964		J. Dickson, R. Williams, B. Longo, R. Russel - VW
100/M Med/Rel	59.0	1964		B. Culhane, R. Williams, J. Dickson, B. Longo - VW
15 to 17				
200/M Free	1:54.5	1964		D. Arthur, R. Frenette, R. Friedman, A. Loberg - A
100/M Med/Rel	56.6	1964		A. Loberg, R. Frenette, D. Arthur, R. Friedman - A

Meet Procedures

1. Host team representative contacts visiting team representative one week in advance of meet, sets time of meet, and comes to mutual agreement as to number and source of officials and the date, place, and time that firm entry lists will be exchanged.
2. The copy of the firm entry list exchanged between the League representatives shall be the official list. Copies of entry lists are exchanged by representatives at least 24 hours in advance of meet.
3. Host pool placed in final readiness at least 20 minutes prior to meet time. (See check list.)
4. All officials report to Meet Manager upon arrival at pool at least 20 minutes prior to meet time. Normally Meet Manager is NVSL representative or alternate of host pool.
5. Meet Manager prepares at least 7 copies of the full entry list. After all pre-meet corrections are posted, lists are distributed to Announcer, Scorers, Clerk of Course, Assistant Clerk of Course, Coach of host team, and Coach of visiting team.
6. Ten minutes before meet time, Referee assembles all officials, checks assignments, and issues instructions. Chief Timer conducts check of stop watches and checks assignment of timers. Chief Judge coordinates place judges.
7. Clerk of Course collects swimmers for first events five minutes before meet time and keeps three or four events ahead at all times.
8. Host pool will enter the first and last names of swimmers with appropriate event and lane number on the Timing Forms prior to the meet. Head Lane Timers will check names of swimmers immediately before or after the event, make the necessary corrections due to substitutions, and insert correct name of swimmer where not on Timing Form. After each event the Head Lane Timer places time on Form and selects and inserts "official" time, initials the Form, and passes it in to the Chief Timer. Chief Timer checks all forms for correctness and passes them to Runner who delivers them to the Chief Judge. Chief Judge inscribes appropriate place on each Form with his initial and notes reason for disqualification.

9. Chief Scorer and visiting Assistant Scorer will maintain dual meet form for respective teams. An additional form shall be maintained by the Chief Scorer to be mailed immediately after the meet to the League Chairman of Records and Awards. If any records are claimed, official completed NVSL Timing Forms must accompany this latter form.

10. The Scorer types a Dual Meet Report Form (lists first three places only) and mails immediately following the meet to the Northern Virginia Sun, 3409 Wilson Boulevard, Arlington. Result Form must include the final meet score, length of each event, and length of pool. Report times as follows: :28.6; 1:42.2. Show first as well as last name of each contestant listed.

11. The host team representative is responsible for telephoning meet results (total score), the records broken, and any newsworthy items to the Publicity Chairman by 2:30 P. M. following the meet.

12. Preplanning by both teams is essential. Remember, the objective is to hold an enjoyable, smoothly-functioning and fast-moving meet, starting at the appointed time, and ending not more than two hours afterwards, with a minimum of bother and harassment. To this end, all persons concerned should cooperate to the utmost with the Meet Manager and Referee.

Check list for team meets

1. Preparation of pool area

- Remove diving boards if pool has no diving ell.
- Remove ladders and obstructions, if any, in swimming lanes.
- Install rope floats and, if necessary, pennant rope.
- Set up tables, test P. A. system.
- Designate team areas.
- Determine start and finish points for all events and the positions of officials.
- Have pool filled to highest level.
- Rope off spectator and scoring areas (optional).
- Have your helpers and officials on hand, ready, and briefed on duties.

2. Equipment list

Tables for Scores and Announcer, chairs.
Typewriter, paper, carbon paper (typewriter optional, but desirable).
Meet scoring and result forms.
Ropes, floats, lane markers, pennant rope (if needed).
P. A. system.
Clipboards for Judges and Lane Timers.
Pencils with erasers, 1 dozen - sharpened.
Stopwatches.
Gun and cartridges.
Whistle.
False start rope.
Towels for starting position if this is normally slick.
Stapler (loaded) or paper clips.
Lane timers' slips.
Scissors.
Scotch tape.
Scratch pads.

NVSL RELAY CARNIVAL

A Relay Carnival will be held annually by the League. All member pools of the NVSL are eligible to compete. A Relay Carnival Committee, consisting of the Relay Carnival Chairman and Division Coordinators or their representatives, will select a date, time, and place for the Carnival. The Committee, subject to approval of the League Board of Directors, will establish and publish annually a schedule of events and rules for the Carnival. The Committee will be responsible for management of the Carnival and distribution of suitable awards.

NVSL DEVELOPMENT MEET

Rules for Swimming Competition

1. An NVSL Development Meet shall be held by each Division in the League during the month of August. Division team representatives shall meet prior to July 1st to set the date, time, and place of the meet. No pool is to be host to the meet more than once every three years. A minimum of four team representatives shall agree to the date, time, and place of the meet.
2. An eligible entrant is defined as any swimmer who has not placed first, second, or third in any individual event in any NVSL meet held during the current swimming season. Swimmers on winning relay teams are eligible to compete if they have not placed in an individual event. Declaration of novice status will be made by the swimmer on his honor.
3. The host pool will be placed in readiness the same as required for team meets at least 20 minutes prior to meet time.
4. The host pool will arrange for the Announcer, Referee, Starter, Clerk of Course, and Scorer. Each visiting team will furnish one Judge. Chief Judge will be chosen from this group by Meet Manager who is League representative or alternate of host pool. Each visiting team will furnish a minimum of three Lane Timers with watches. Chief Timer will be selected from this group by Meet Manager. Two Stroke and Turn Judges, two Assistant Scorers, and an Assistant Clerk of Course shall be furnished by the visiting teams. The pool responsible for each of these officials will be designated at the meeting of the Division team representatives. Host pool will provide the runners as required.
5. All events will be the same as the events for an NVSL individual meet with the exception that no medley events will be held. The distances for all age groups will be 50 yards or 50 meters except for 8 years and under where the distance will be 25 yards or 25 meters.

6. Each pool is eligible to enter three swimmers for each event. It is anticipated that each event will require heats. However, each heat will be final, and the winner will be decided on the basis of time. The Chief Judge shall designate the first, second, and third places. No swimmer may compete in more than two events.

7. Entry lists shall be prepared by each team and sent to the host pool at least 24 hours in advance of the meet. Host pool will be responsible for preparing lists for Announcer, Clerk of Course, Assistant Clerk of Course, Scorer, and Assistant Scorer.

8. The names of all officials shall be furnished the host pool at least 24 hours prior to the time of the meet.

9. Officials report to the Meet Manager upon arrival at host pool at least 20 minutes prior to time of meet.

10. Timing Forms shall be prepared by each team. Each form must carry event number, swimmer's first and last name, and name of pool. These forms shall be presented to the Assistant Clerk of Course by the swimmers at the time the event is called. The Assistant Clerk of Course is responsible for getting the Timing Forms to the appropriate Lane Timers.

11. Team scores are optional. First place - 5 points, second place - 3 points, third place - 1 point.

12. Suitable awards shall be presented to the first three places in each individual event.

II Rules for Diving Competitions

1. General

a. There shall be:

(1) Dual Meets. In accordance with the schedule arranged by the League, dual meets shall be held during the week following the League scheduled swimming meet. The host team for swimming meet will be the host team for the diving meet. Unless otherwise mutually agreed, meet will be at host pool on the Tuesday following the swimming meet, to start no earlier than 6:00 P.M. A Division Championship Diving Team trophy shall be awarded annually to the team in each of the two divisions which wins the most dual meets within its division. The Division Diving Championship shall be determined only from the official dual meet results submitted in writing to the League Vice President (Diving) by the host team diving representative following each official dual meet. In the event of a tie for Division Championship, it shall be resolved by having the tied teams compete in an additional meet. The visiting team during the season shall be the host team and pool unless otherwise mutually agreed by the League representatives for teams involved. All League rules applicable to dual meets shall apply and the dive-off meet shall be held not later than two weeks after the completion of the dual meet schedule.

(2) Age Group Class Meets which shall also serve to qualify divers for the All Star Meet. These meets shall be arranged by the League and shall consist of all Junior Boys, all Junior Girls, all Intermediate Boys, all Intermediate Girls, all Senior Boys, and all Senior Girls.

(3) Scores in the Age Group Meets shall determine Division Individual Champions. Suitable awards shall be made to the first three place winners (boy and girl) in each class of competition.

(4) Three Meter Open Meet. Open to any qualified diver in the League. There will be one class of competition for boys and one for girls, age 17 and under. Location, time, and officials shall be arranged by the League. Awards shall be given to the first three places.