



# 2026 NVSL HANDBOOK\*

***\*WITH USA SWIMMING  
MAY 2026 RULE UPDATES***

[askNVSL@gmail.com](mailto:askNVSL@gmail.com)



NVSL



@swimNVSL



@swimNVSL  
@NVSLDive



[mynvsl.com](http://mynvsl.com)



# **HEY Swimmers!**

## **Looking for a summer job?**

**Get Lifeguard Certified &  
Join the NV Pools Family.**

We're a company of swimmers and coaches looking for our next generation of lifeguards.

**Apply to NV Pools!**  
[www.nvpools.com/lifeguarding](http://www.nvpools.com/lifeguarding)

### **Not Certified Yet?**

Take one of our Red Cross Lifeguarding classes and become certified in:

- ◆ Lifeguarding ◆ First Aid ◆ AED
- ◆ Adult, Child & Infant CPR

### **Questions?**

**Email:** [employment@nvpools.com](mailto:employment@nvpools.com)

**Call:** (703) 968-8800

## TABLE OF CONTENTS

|   |    |
|---|----|
| Sponsors Index .....                            | 3  |
| Forward .....                                   | 5  |
| Standards of Conduct .....                      | 6  |
| Oaths .....                                     | 7  |
| Board of Directors -Executive Officers .....    | 8  |
| Board of Directors -Division Coordinators ..... | 9  |
| Volunteer Recognition and Past Presidents ..... | 10 |
| Scholarship Program .....                       | 11 |
| Safe Practice Guidelines .....                  | 14 |

### SWIMMING

|  |    |
|--|----|
| Committee Chairpersons .....   | 24 |
| Team Representatives & Pool Locations .....  | 27 |
| Calendar (see <a href="http://mynvsl.com">mynvsl.com</a> for detailed information) ..... | 41 |
| Schedule of NVSL Swimming Meets .....  | 43 |
| League Records .....   | 52 |
| Checklist for Swim Meets .....   | 58 |
| Recommended Procedures for Swim Meets .....  | 59 |
| Officials' Qualification Procedures .....  | 62 |
| NVSL Rule Terminology & Definitions .....  | 64 |
| NVSL Swim Rules  |    |
| General .....  | 66 |
| Pool and Competitor Eligibility .....  | 68 |
| Limitations on Entries .....   | 69 |
| Entry Lists for Team Meets .....   | 70 |
| Substitutions and Scratches .....  | 71 |
| Divisionals .....  | 72 |
| Pool Facilities .....  | 73 |
| Lane Assignments .....   | 73 |
| Events .....   | 73 |
| Officials .....  | 74 |
| Timing .....   | 75 |
| Technical Rules .....  | 75 |
| Disqualifications .....  | 77 |
| Protests .....   | 77 |
| Scoring .....  | 78 |
| Meet Results .....   | 79 |
| Awards .....   | 79 |
| Championship Meet Locations .....  | 80 |
| Records .....  | 80 |
| How Meets are Scheduled .....  | 81 |

|   |    |
|---|----|
| Rules for Relay Carnivals .....                                     | 81 |
| Events for Relay Carnivals .....                                    | 82 |
| Events for Team Meets .....   | 83 |
| Events for Individual Meets (Divisionals & Ind. All-Stars) .....    | 84 |
| USA Swimming Rules Pertaining to Swimsuits & Medical Tape...        | 85 |
| USA Swimming Stroke Rules & Guidelines for Disability Swimming .... | 87 |

## **DIVING**

|   |     |
|---|-----|
| Officers .....                                    | 96  |
| Committees .....                                  | 96  |
| Division Coordinators .....                       | 98  |
| Championship Meets Schedule .....                 | 98  |
| Clinics .....                                     | 100 |
| Future Dates .....                                | 100 |
| Dive Team Representatives & Pool Locations .....  | 101 |
| Schedule of Meets .....                           | 109 |
| <b>NVSL Dive Rules</b>                            |     |
| General .....                                     | 114 |
| Events .....                                      | 116 |
| Dives .....                                       | 117 |
| Manner of Executing Dives .....                   | 118 |
| Judging .....                                     | 122 |
| Points .....                                      | 123 |
| Scoring .....                                     | 123 |
| Officials .....                                   | 123 |
| Rules or Procedures Not Covered in Handbook ..... | 125 |
| Conduct of Meets .....                            | 125 |
| Protests .....                                    | 131 |
| Safety Reminders for Dive Teams .....             | 131 |
| Table of Dives (1-Meter) .....                    | 133 |
| Table of Dives (3-Meter) .....                    | 135 |
| Individual All-Star Diving Champions .....        | 136 |
| Three Meter Diving Champions .....                | 140 |
| One Meter Synchronized Diving Champions .....     | 145 |

**Copyright © 2026 The Northern Virginia Swimming League, Inc**  
All rights reserved The NVSL logo and the mark are registered  
trademarks of the Northern Virginia Swimming League.

## SPONSOR INDEX

|   |                    |
|---|--------------------|
| Alexandria Dive Club .....  | 132                |
| Capitol Sea Devils .....  | 19                 |
| Cassel's Sport & Awards .....                                       | 86                 |
| Dolphin Swimwear .....  | 42                 |
| Dominion Dive Club .....  | 134                |
| FISH Swim Team .....  | 21                 |
| Grown Up Swimming .....   | 86                 |
| J&J Printing .....  | 65                 |
| Jeff Allen Enterprises - Commercial Pool Service & Renovation ..... | 108                |
| Jolyn .....   | 51                 |
| Machine Aquatics Swim Team .....                                    | 20                 |
| Mason MAKOS Swim Team .....   | 17                 |
| NCAP - Nation's Capital Swim Club .....                             | 16                 |
| Neon Pace Clock .....   | 146                |
| NOVA Meteors .....  | 113                |
| NVBlu Design-Build .....  | 26                 |
| NVPools Inc .....   | inside front cover |
| NVSL Happy Ads .....  | 42                 |
| PenFed Credit Union .....   | 4                  |
| Potomac Marlins Swimming .....                                      | 18                 |
| Resurgent Sports Rehab .....  | 58                 |
| Rita's of Fairfax .....   | 42                 |
| Sport Fair .....  | back cover         |
| SuitUp Water Sports .....   | 7                  |
| SwimTopia .....   | 22                 |
| York Swim Club .....  | inside back cover  |

---

### Thank you to our NVSL Sponsors!

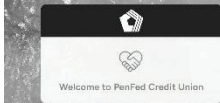
NVSL Sponsors are shown on [www.myNVSL.com](http://www.myNVSL.com)  
with clickable links to their websites

To sponsor the NVSL

**PLEASE CONTACT:** [nvsl.sponsors@gmail.com](mailto:nvsl.sponsors@gmail.com)

---

# Great Rates for Everyone<sup>®</sup>



We have the tools you need, including:

Checking and savings accounts

Credit cards

Home loans and more!

*PenFed is a proud sponsor of NVSL.*



Learn more at  
[PenFed.org](https://www.PenFed.org)

Loans | Credit Cards | Checking | Savings | Mortgages

Federally Insured by NCUA. To receive any classified product, you must become a member of PenFed Credit Union. © 2025 PenFed Federal Credit Union.



# **Northern Virginia Swimming League (NVSL®)**

## **FOREWARD**

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.

## **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 Standards 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 representatives of all judges and officials, we 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.

---



Local Woman-Owned Business

**Swim Team Outfitter**  
**Online Team Stores**  
**Dependable Service**  
**Retail Store**  
**Markdown practice suits**  
**Fully stocked year round**



**Monday-Friday 10-5, Saturday & Sunday 12-4**

\*Special extended summer hours will be available, please check our website\*

**University Mall 10627 Braddock Road Fairfax VA, 22032 (703) 278-8202**

**BOARD OF DIRECTORS  
EXECUTIVE OFFICERS**

**PRESIDENT**

Chris Campbell                      chriscln@verizon.net      703-216-4425

**VICE PRESIDENT**

Amy Downey                      amywdowney@yahoo.com      703-969-7749

**VICE PRESIDENT - DIVING**

Judy Baltas                      judy.baltas@gmail.com

**TREASURER**

Carrie O'Hara                      asknvsl@gmail.com      703-304-3051

**CORRESPONDING SECRETARY**

Michelle Hale      michelle.hale.swim@gmail.com      703-209-6023

**RECORDING SECRETARY**

Jim Shlesinger                      jim@sagllp.com w 703-253-7050

**DIRECTORS**

Julianne Kass                      juliannekass@gmail.com      703-400-7791

Tertius Eksteen      tertius.eksteen@gmail.com      571-438-7000

Jen Sayasithsena      jensayasnvsl@gmail.com      571-238-5000

---

Contact the NVSL by email at: [askNVSL@gmail.com](mailto:askNVSL@gmail.com)



**BOARD OF DIRECTORS  
SWIM DIVISION COORDINATORS**

|    |                  |                             |              |
|----|------------------|-----------------------------|--------------|
| 1  | Stewart Gordon   | haggyss@msn.com             | 703-850-8594 |
| 2  | Julianne Kass    | juliannekass@gmail.com      | 703-400-7791 |
| 3  | Don McIlwain     | dmcilwainii@gmail.com       | 703-213-6706 |
| 4  | Mary Burrows     | mhburrows100@gmail.com      | 703-517-8665 |
|    | Scott Woodworth  | scott_woodworth@hotmail.com | 202-277-0511 |
| 5  | Caitlin Irvin    | vairvins@gmail.com          | 703-939-3114 |
| 6  | Jen Sayasithsena | jensayasnvl@gmail.com       | 571-238-5000 |
| 7  | Alison Jones     | acrclaire@gmail.com         | 512-659-3685 |
| 8  | Ilean Kucharczk  | ileankimberly@verizon.net   | 703-405-7487 |
| 9  | Carrie O'Hara    | oharas1@cox.net             | 703-304-3051 |
| 10 | Terri Stukus     | tstukusnvlswim@gmail.com    | 571-277-9891 |
| 11 | Tertius Eksteen  | tertius.eksteen@gmail.com   | 571-438-7000 |
| 12 | Colleen Ferguson | dccolleenferguson@gmail.com | 703-869-3352 |
| 13 | Deana McNeely    | deana.mcneely@gmail.com     | 703-861-1715 |
|    | Joe O'Kane       | joeokane@hotmail.com        | 571-230-5947 |
| 14 | Jeff Brown       | jb8178jb@gmail.com          | 571-277-0390 |
|    | Gretchen Brown   | jb8178jb@gmail.com          | 571-436-3974 |
| 15 | Michelle Siraj   | michelledsiraj@yahoo.com    | 571-294-6163 |
| 16 | Amy Meli         | amymelivolunteers@gmail.com | 703-395-2817 |
| 17 | Jennifer Killmer | Jennifer.killmer@gmail.com  | 703-945-8574 |

## 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 Kostaskey       | 2021-22 | Jen Sayasithsena |



## 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](mailto: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)  | 2006 | Brian Fletcher          | (R)     |
| 1992 | Brian Craft              | (BF)  | 2006 | Molly Turner            | (MVP)   |
| 1993 | Christina Hagopian       | (IC)  | 2007 | Mara Bealy              | (G)     |
| 1994 | Jennie Stallings         | (THA) | 2007 | Caroline Manning        | (FS)    |
| 1995 | Brian Gaffney            | (OAK) | 2008 | Katie Nelson            | (CH)    |
| 1996 | Valerie Ann Stasik       | (S)   | 2009 | Andrew Fran             | (CCC)   |
| 1997 | Stephen LaGarde          | (S)   | 2010 | Chloe Grishaw           | (SHB)   |
| 1998 | Dana Lea Nelson          | (THA) | 2011 | Kelly Corish            | (DL)    |
| 1999 | Mary Catherine Manning   | (FS)  | 2012 | Katherine Van Winkle    | (DL)    |
| 1999 | Stephen Krebs            | (THA) | 2013 | Nicolette Powell        | (OAK)   |
| 2000 | Susan Kasimer            | (A)   | 2014 | Elizabeth Georgie Jones | (SHB)   |
| 2000 | Andrew Velarde           | (LE)  | 2015 | Clare Kehoe             | (CH)    |
| 2001 | Katherine Payne Reid     | (KG)  | 2016 | Sandy Kendall           | (HRA)   |
| 2001 | Greg Landrum             | (SRA) | 2017 | Aidan Jones             | (SHB)   |
| 2002 | Elizabeth Ann Wasilewski | (OAK) | 2018 | Mia Oppler              | (WG/RH) |
| 2002 | Jennifer L. Piantedosi   | (PC)  | 2019 | Leah Horan              | (T)     |
| 2003 | James 'Shea' Manning     | (FS)  | 2020 | Rylie Kiefaber          | (LRR)   |
| 2003 | Elizabeth McConville     | (WC)  | 2021 | Kate Walter             | (L)     |
| 2004 | Katie Guida              | (RG)  | 2022 | Natalie Enochs          | (SHB)   |
| 2004 | Christina Sweeder        | (NS)  | 2023 | Sophia Brown            | (VW)    |
| 2005 | Stephannie McKinney      | (NS)  | 2024 | Ryan Mitchell           | (LV)    |
| 2005 | Christine Nelson         | (CH)  | 2025 | Kate McDermott          | (DL)    |

## 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)  | 2020 | Madeline Ice           | (LG)  |
| 2015 | Anise Muir     | (HF)  | 2021 | Juliana Skopp-Cardillo | (MVP) |
| 2016 | Ashley Weldon  | (FS)  | 2022 | Sean Cochran           | (FX)  |
| 2017 | Natalie Hohman | (HM)  | 2023 | Haley Roth             | (BF)  |
| 2018 | Hannah Rollins | (LG)  | 2024 | Daniel Chua            | (FO)  |
| 2019 | Cara Patrick   | (LRR) | 2025 | Charlotte Lim          | (OAK) |

## 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) | 2017 | Eleanor Ridgeway | (O)     |
| 2009 | Jillian Brown       | (HTM) | 2018 | Ian Peverall     | (HM)    |
| 2010 | Natalie Leake       | (LG)  | 2019 | Kate Billingsley | (PL)    |
| 2011 | Julia Choudhury     | (LE)  | 2020 | Carrie Morrison  | (OH/HV) |
| 2012 | Shannon Smith       | (WC)  | 2021 | Andrei Zaitsev   | (MVP)   |
| 2013 | Alexander Place     | (O)   | 2022 | Grace Martin     | (SHB)   |
| 2014 | Jack Capra          | (LE)  | 2023 | Brooke Thomas    | (T)     |
| 2015 | Erin Murphy         | (H)   | 2024 | Sienna Schmeck   | (HV)    |
| 2016 | Maureen Duesterhaus | (G)   | 2025 | Norah Emery      | (LHP)   |

## 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) | 2010 | Alexander Howe  | (HRA)     |
| 1995 | Linda Popels         | (DH)     | 2011 | Beverly Dobrenz | (LE)      |
| 1996 | John Kowalski        | (O)      | 2012 | Sarah Plombon   | (VW)      |
| 1997 | Marianne Koszorus    | (T)      | 2013 | Sarah Bergen    | (R)       |
| 1998 | David Dansereau      | (LB)     | 2014 | Rachel Anderson | (LRR)     |
| 1999 | Christopher Williams | (PV)     | 2015 | Allison Davis   | (FX)      |
| 2000 | Margaret Chadbourn   | (HM/LHP) | 2016 | Kirsten Chase   | (BKS)     |
| 2001 | Jiffy Bennett        | (RG)     | 2017 | Evan Chase      | (BKS)     |
| 2002 | Aaron Daniel Bergman | (M)      | 2018 | Hannah Karlin   | (O)       |
| 2003 | Parker Ramsdell      | (OAK)    | 2019 | Troy Young      | (R)       |
| 2004 | Benjamin Zisk        | (OAK)    | 2020 | Madi Flinn      | (CSC/OKM) |
| 2005 | Justin Anderson      | (FME)    | 2021 | Jenna Potoker   | (FCE)     |
| 2006 | Peter Krawczyk       | (DL)     | 2022 | Micaela Wells   | (CCC)     |
| 2007 | Katherine Lesniewski | (LRR)    | 2023 | Adam Manley     | (CH)      |
| 2008 | Michael Piantedosi   | (PC)     | 2024 | Tessa Jones     | (L)       |
| 2009 | Shannon Yi           | (FX)     | 2025 | Ryan Wells      | (CCC)     |

## 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) | 2022 | Erin Althouse  | (LHP) |
| 2018 | Martin Salamone   | (V)   | 2023 | Emerson Wilson | (OAK) |
| 2019 | Alexus Chua       | (FO)  | 2024 | Colin McGee    | (FH)  |
| 2020 | Justin Brady      | (FO)  | 2025 | Charlotte Bell | (OKM) |
| 2021 | Lauren Gagermeier | (CCC) |      |                |       |

## 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 NVSL 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](http://www.myNVSL.com) under the documents tab in the Scholarship Program folder.

To be considered for the NVSL Scholarships, applications must be RECEIVED by the NVSL Scholarship Chair **no later than 10:00 PM on JUNE 8, 2026** via email (NVSLscholarship@gmail.com). Incomplete and/or late application packets will NOT be considered. Recipients will be announced on myNVSL.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.*

## NVSL 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.*

- All NVSL participants: Athletes, Coaches, Team Reps, Officials, Parents / Spectators, and NVSL Leadership should **abide by the Code of Conduct**.
- **All 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**.
- We advocate **no swimmers/divers riding in coaches' vehicles**. 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, and **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 your position
  - All other coaches** should **adhere** to all of the above responsibilities for their area
- A **qualified lifeguard**, or qualified educator, or qualified coach should always **enter the pool area first**, ensuring the **deck and pool** are **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 lifeguard**, or qualified educator, or qualified coach should confirm there is a **telephone in close proximity** to the pool deck designated for emergency calls **with pool phone number and street address visible**. Know the **location of the record book** with parent emergency forms and phone numbers. Review emergency forms and **be aware of medical issues** including allergies, diabetes, asthma, heart problems, and other issues along 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 safe and appropriate for the youngest on team** - 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.**

Revised March 2023



## Supporting the swimmers in the NVSL



For team Information and try out dates contact any of the listed training sites for NCAP in Northern Virginia.

- Alexandria: Jeff King  
Head Coach - NCAP/Alexandria  
jeffking961@verizon.net
- Arlington: Spencer Ugast: sugast@nationscapitalswimming.com  
Chris Natoli - Head Coach NCAP/Marymount  
cnatoli@nationscapitalswimming.com
- Burke: Coach Ryan Westhafer  
ncap.burke@gmail.com  
Pete Morgan - Head Coach NCAP/Burke  
coachpete2019@gmail.com
- Tysons: Spencer Ugast: sugast@nationscapitalswimming.com  
Jeremy Cochran -- Head Coach NCAP/Tysons  
Email: jcochran@nationscapitalswimming.com



The mission of the Mason Makos Swim Team is to foster swimming as a fun, lifelong activity in a safe, healthy and positive environment. Our goal is to build outstanding, well-rounded athletes through team activities promoting personal achievement, self-discipline, goal-setting, time management and team spirit.



[HTTP://MAKOSWIMMING.NET](http://makoswimming.net)



## **AUDREY MOORE REC. CENTER**

Zach Smith: [smith.n.zach@gmail.com](mailto:smith.n.zach@gmail.com)

## **CHINQUAPIN REC. CENTER**

Emma Powless: [epowless21@gmail.com](mailto:epowless21@gmail.com)

## **COLGAN HIGH SCHOOL**

Christine Haslem: [christine.haslem@gmail.com](mailto:christine.haslem@gmail.com)

## **CUB RUN REC. CENTER**

Reid Owen: [reid.owen@gmail.com](mailto:reid.owen@gmail.com)

## **FRANCONIA REC. CEN.**

Ryan Krogel: [ryan.krogel12@gmail.com](mailto:ryan.krogel12@gmail.com)

## **GEORGE WASHINGTON REC. CEN.**

Ryan Krogel: [ryan.krogel12@gmail.com](mailto:ryan.krogel12@gmail.com)

## **MANASSAS PARK COMM. CEN.**

Will Steinhilber: [awsteinhilber@gmail.com](mailto:awsteinhilber@gmail.com)

## **MOUNT VERNON REC. CENTER**

Emma Powless: [epowless21@gmail.com](mailto:epowless21@gmail.com)

## **SOUTH RUN REC. CENTER**

Harrison Sniady: [thomas.sniady@gmail.com](mailto:thomas.sniady@gmail.com)

---

**New team registration begins June 1, 2026**

**Contact us for a placement evaluation**

**[potomacmarlins.com](http://potomacmarlins.com)**



**Over 50 Years Of Excellence In  
Building Swimmers Of All Ages**

[www.seadevils.org](http://www.seadevils.org)

**machineaquatics.com**

realize your potential



**A Q U A T I C S**

Fairfax County

**Audrey Moore Rec Center  
Oakmont Rec Center  
Tysons One Life Fitness  
The Madeira School**

Loudoun County

**Ashburn Rec Center  
Claude Moore Rec Center  
Dulles South Rec Center  
Ida Lee Rec Center  
Round Hill Aquatic Center**

Maryland

**Fairland Aquatic Center  
University of Maryland**

For tryout information contact

**703.281.1500**

**MORE THAN A  
TEAM**

**MORE LIKE A  
FAMILY**

Train with a team of like-minded,  
goal-oriented friends who love and  
support you. Join FISH and  
pursue excellence.

All Skill Levels Welcome  
Developmental, Age Group,  
High School, Senior

Annandale  
Audrey Moore REC

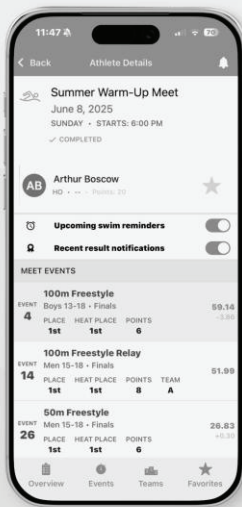
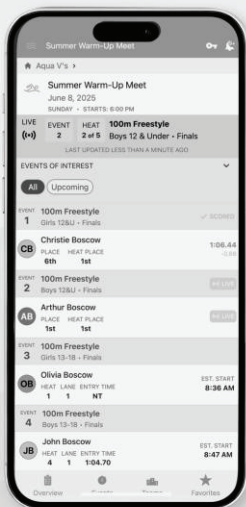
McLean  
Spring Hill REC



# Meet Day, Right In Your Pocket

Go **PRO**

Take your meet experience to the next level with heat sheets, real-time results, scores, favorite athletes, and notifications.



Scan to Get SwimTopia Mobile

7 day FREE trial then \$5.99/month or \$14.99/year





# NVSL SWIMMING

[www.myNVSL.com](http://www.myNVSL.com)



## SWIM COMMITTEE CHAIRS

### ALL STARS

#### *Meet Manager*

Amy Downey amywdowney@yahoo.com 703-969-7749

#### *Happy Ads*

Michele Bergen nvslhappyads@gmail.com

#### *Awards*

Kristi Raymond dristiraymond@aol.com

#### *Patches*

Kelly Roshelli nvslsupplies@gmail.com 571-263-0482

#### *Merchandise*

Allison Yost asknvsl@gmail.com

#### *Photos*

Mary Ellen & Mark Overend 703-597-7706  
meoverend@aol.com & mgoverend@aol.com

### HANDBOOK

Nancy Jessen nvslnj@gmail.com 703-624-2956

### HISTORY

Don McIlwain don.mcilwainii@gmail.com 703-213-6706

### LOGO MERCHANDISE

Allison Yost asknvsl@gmail.com

### OFFICIALS

#### *General Contact*

Jen Sayasithsena NVSLofficials@gmail.com c 571-238-5000

#### *Co-Chair*

John Kost NVSLofficials@gmail.com

Mark Overend NVSLofficials@gmail.com

#### *Clinic Attendance*

Michelle Hale Michelle.hale.swim@gmail.com 703-209-6023

**PARLIAMENTARIAN**

Rick Healy                      rchealy80@verizon.net                      h 703-849-1892

**RECORDS**

Michelle Hale                      Michelle.hale.swim@gmail.com                      703-209-6023

**RULES**

Jim Shlesinger                      jim@sagllp.com                      w 703-253-7075

**SAFE SPORT**

Tertius Eksteen                      tertius.eksteen@gmail.com                      571-438-7000

**SCHOLARSHIP**

Lynn Clark                      clarkmail66@icloud.com                      703-919-4376

**SEEDING**

Chris Mack                      chris@mackva.com                      703-801-9678  
nvslseeding@gmail.com

**SOCIAL MEDIA**

Patrick Kearney                      pkearney.phk@gmail.com

**SPECIAL ACTIVITIES (non-meet)**

Julianne Kass                      nvsl.sponsors@gmail.com

**SPONSORSHIP**

Julianne Kass                      nvsl.sponsors@gmail.com

**SUPPLIES and AWARDS (swim)**

Allison Yost                      asknvsl@gmail.com

Kristi Raymond                      dristiraymond@aol.com

**TECHNOLOGY**

Michelle Hale                      Michelle.hale.swim@gmail.com                      703-209-6023

Sue Murphy                      psumurphy@msn.com                      703-216-9988

Brian Pawlowicz                      swim.brianp@gmail.com                      703-727-3994

Byran Harris                      cameronbh206@gmail.com

Stephanie Curb                      Stephanie.curb@gmail.com

Tim Althouse                      lhpswimdata@gmail.com



**COMMERCIAL & RESIDENTIAL  
CONSTRUCTION, OUTDOOR LIVING,  
GAZEBOS, CLUBHOUSES, MAJOR  
RENOVATIONS, NEW CONSTRUCTION,  
INNOVATIVE DESIGN CONSULTING, MORE  
THAN 200 COMMUNITY POOLS BUILT**



**YOUR HOME FOR AQUATICS  
FOR OVER 40 YEARS**



**NVBLU.COM**

## SWIM TEAM REPRESENTATIVES & POOL LOCATIONS

- 1. ANNANDALE (A)** **1957 17 703-354-4272**  
*7530 Little River Tpk., Annandale 22003*  
Annie Kemps astswimteamreps@gmail.com 703-969-0720  
Dani Cao danicao.rdh@gmail.com 240-472-5515
- 2. ARLINGTON FOREST (AF)** **1958 9 703-527-1782**  
*5401 Carlin Springs Rd., Arlington 22203*  
Margot Dickey swimteam@afctigers.org 703-786-3889  
Kathy Evans swimteam@afctigers.org 301-509-7915  
David Dansereau swimteam@afctigers.org 703-731-6375
- 3. BRANDYWINE (B)** **1968 15 703-323-1109**  
*9537 Helenwood Dr., Fairfax 22032*  
Lauren Miller brandywineteamrep@gmail.com 571-234-9290  
Peter Tao brandywineteamrep@gmail.com 703-989-3290
- 4. BROOKFIELD (BF)** **1973 13 703-968-9281**  
*13615 Pennsboro Dr., Chantilly 20151*  
Andrea Kelley brookfieldbreakers@gmail.com 571-265-3628  
Chris Peters brookfieldbreakers@gmail.com 703-586-0714
- 5. BROYHILL CREST (BC)** **1971 17 703-914-9608**  
*7212 Early St., Annandale 22003*  
Stacy Coyle coylestacy@gmail.com 612-889-1917  
Alli Gilbert bcrcswimrep@gmail.com 202-256-2302
- 6. BURKE STATION (BKS)** **1977 13 703-912-9720**  
*5820 Ridge Ford Rd., Burke 22015*  
Matt Gorski teamreps@bksswimteam.org 703-403-7050  
Deirdre Daumit teamreps@bksswimteam.org 703-965-1229  
Mike Brenholt teamreps@bksswimteam.org 720-235-6850
- 7. CAMELOT COMM CLUB (CCC)** **1967 11 703-560-1222**  
*3604 Balin Ct. (at Camelot Dr.), Annandale 22003*  
Molly Southworth cccknights@gmail.com 703-577-9771  
Melissa Snyder 518-281-0774  
melissa.anne.snyder@gmail.com

- 8. CANTERBURY WOODS (CW) 1969 6 703-323-1646**  
*5101 Southhampton Dr., Annandale 22003*  
 Georgia Saunders cswimteam@gmail.com 619-606-0224  
 Erin Moretz cswimteam@gmail.com 240-476-6266
- 9. CARDINAL HILL (CH) 1968 5 703-938-0858**  
*9117 Westerholme Way, Vienna 22180*  
 Kim Dean kimrnc23@gmail.com 703-850-1370  
 Holly Jahshan holly.jahshan@gmail.com 703-626-6997
- 10. CHESTERBROOK (CB) 1956 1 703-356-4471**  
*1812 Kirby Rd., McLean 22101*  
 Jen Cory jsiegele@hotmail.com 540-250-3068  
 Amy Marra amy\_marra@hotmail.com 703-928-1877
- 11. COMMONWEALTH (CSC) 1971 10 703-323-6020**  
*9800 Commonwealth Blvd., Fairfax 22032*  
 Adrienne Baldree 703-220-2642  
 Adrienne.Baldree@gmail.com  
 Heather Lowe swimcudas@gmail.com
- 12. COTTONTAIL (CT) 1980 8 703-455-1394**  
*7000 Cottontail Ct., Springfield 22153*  
 Heather Page cottontailcobias@gmail.com 832-205-3422  
 Danée Lowry cottontailcobias@gmail.com 408-483-1799
- 13. COUNTRY CLUB HILLS (CCH) 1962 13 703-591-6114**  
*3621 Old Post Rd., Fairfax 22032*  
 Megan LeBoon team-reps@cchsharks.com 571-318-2263  
 Greg Gonzalez team-reps@cchsharks.com 703-951-3510
- 14. CROSSPOINTE (CP) 1995 2 703-690-4895**  
*8275 Glen Eagle Ln., Fairfax Station 22039*  
 Carolyn Kosowski 978-273-2667  
 cpswimteamrep@gmail.com  
 Jon Carlini joncarlini@gmail.com
- 15. DAVENTRY (DV) 1987 10 703-455-9810**  
*7721 Painted Daisy Dr., Springfield 22152*  
 Melissa Ball daventryswim@gmail.com 202-821-6841  
 Courtney Lopes cjoswick@gmail.com 703-447-6787

- 16. DOMINION HILLS (DH) 1957 7 703-533-7550**  
*6000 Wilson Blvd., Arlington 22205*
- Libby Langsdale libby.phelps@gmail.com 703-801-4683  
 Katy Suellentrop ksuelle@gmail.com 703-343-5462
- 17. DONALDSON RUN (DR) 1960 3 703-522-3115**  
*2729 Marcey Rd., Arlington 22207*
- Jane Wishneff jewishneff@gmail.com 571-217-4300  
 Jon Hore jonhore@gmail.com 608-358-4864
- 18. DOWDEN TERRACE (DT) 1958 7 703-998-9761**  
*6300 Holmes Run Pkwy, Alexandria 22311*
- Amie Brock dtdolphins@gmail.com 207-522-4209  
 Meghan Martin dtdolphins@gmail.com
- 19. DUNN LORING (DL) 1965 7 703-560-9873**  
*8326 Cottage St. (at Drexel St.), Vienna 22180*
- Joe Williamson loran24@me.com 707-529-5850  
 Robbie Andrews 202-422-3882  
 robbie.andrews.3@gmail.com
- 20. EDSALL PARK (EP) 1963 17 703-941-9823**  
*5505 Montgomery St., Springfield 22151*
- Amy Brown amysevernbrown@gmail.com 571-243-4898
- 21. FAIR OAKS (FO) 2000 2 703-758-1980**  
*3720 Charles Stewart Dr., Fairfax 22033*
- Aaron Smith 814-404-6650  
 aaron.lawrence.smith@gmail.com  
 Eugene Yuk eugene.yuk@gmail.com 202-683-8079
- 22. FAIRFAX (F) 1964 6 703-691-8166**  
*4200 Roberts Rd., Fairfax 22032*
- Rebecca Strano rebeccastrano@gmail.com 703-801-8588  
 Monique Milucky mmilucky@gmail.com 703-201-4959
- 23. FAIRFAX CLUB ESTATES (FCE) 1986 11 703-250-1151**  
*5601 Snowy Owl Dr., Fairfax 22032*
- Brooke Burks fceflippers@gmail.com 843-270-5465  
 Jeanne Lighty fceflippers@gmail.com 757-779-1430

- 24. FAIRFAX STATION (FS) 1985 8 703-250-6604**  
*6203 Old Arrington Dr., Fairfax Station 22039*  
 Courtney Paynter courtpaige3@gmail.com 540-239-4689  
 Matt Howard howard.matthewp@gmail.com 410-302-0129
- 25. FOREST HOLLOW (FH) 1966 8 703-750-9737**  
*4300 Old Columbia Pike, Annandale 22003*  
 Rick Noyes richard.noyes@hotmail.com 760-415-9298  
 Mike Wasilewski m\_was54321@yahoo.com 202-279-0912  
 Team Rep fhstgators@gmail.com
- 26. FOX HUNT (FX) 1974 4 703-451-5015**  
*7024 Spaniel Rd., Springfield 22153*  
 Courtney Riggle-van Schagen 703-597-7317  
 foxhuntsplash@outlook.com  
 Betsy Fawsett foxhuntswim@gmail.com
- 27. FOX MILL ESTATES (FME) 1977 15 703-860-5540**  
*2720 Viking Dr., Herndon 20171*  
 Heather Taylor foxmillfoxes@gmail.com 954-319-6994  
 Renee Servinsky foxmillfoxes@gmail.com 703-772-5445
- 28. FOX MILL WOODS (FMW) 1980 14 703-860-0628**  
*2634A Black Fir Ct., Reston 20191*  
 Lara Rosa lara.c.rosa@gmail.com 703-919-1596  
 Amanda Venkatesan 703-861-7813  
 amanda.L.rachel@gmail.com  
 fmwreps@gmail.com
- 29. GREAT FALLS (GF) 1973 11 703-759-3299**  
*761 Walker Rd., Great Falls 22066*  
 Paige Ohlhorst greatfallsswim@gmail.com 757-871-9203  
 Jenny Peoples greatfallsswim@gmail.com 425-931-7255
- 30. GREENBRIAR (G) 1973 8 703-378-4421**  
*13001 Point Pleasant Dr., Fairfax 22033*  
 Stephanie Kim 253-347-3022  
 stephanie.kim@greenbriardolphins.org  
 Sarah Murphy 703-505-3359  
 sarah.murphy@greenbriardolphins.org  
 Sharon Grogan 914-319-3204  
 sharon.grogan@greenbriardolphins.org

- 31. HAMLET (HSC) 1970 5 703-893-7255**  
*8209 Dunsinane Ct., McLean 22102*
- Dana Rice greenfeetteamrep@gmail.com 508-579-3937  
 Katie Steele 703-258-5696  
 Randal Warden 434-825-8353
- 32. HAYFIELD FARM (HF) 1971 12 703-971-9837**  
*7820 Hayfield Rd., Alexandria 22315*
- Megan Eanes sparklegirl96@hotmail.com 215-620-0460  
 Jamie Fobert summerseahawks@gmail.com 914-805-2361
- 33. HERNDON (H) 1960 15 703-707-0726**  
*1114 Monroe St., Herndon 20170*
- Sara Murphy hhteamreps@gmail.com 412-414-6413  
 Christine Simard csimard817@yahoo.com 610-256-2626
- 34. HIDDENBROOK (HB) 1979 4 703-437-9736**  
*1508-A Sadlers Wells Dr., Herndon 20170*
- Neal Jarvis hbteamrep@gmail.com 703-309-4625  
 Marc Anderson hbteamrep@gmail.com 703-473-6736
- 35. HIGH POINT POOL (HPP) 1967 3 703-241-9386**  
*6840 Woodland Dr., Falls Church 22043*
- Elizabeth Wilcox emphan@gmail.com 571-379-1640  
 Marguerite Williams mhl17@yahoo.com 917-607-2382
- 36. HIGHLAND PARK (HP) 1960 12 703-971-9439**  
*6406 Telegraph Rd., Alexandria 22310*
- Chris Capistran hphurricanes@gmail.com 703-589-5123  
 Alison Coglianes hphurricanes@gmail.com 610-751-1082
- 37. HIGHLANDS SWIM (HS) 1967 1 703-821-9893**  
*1515 Bryan Branch Rd., McLean 22101*
- Melissa Vayra melissa@whompingturtles.org 646-467-3506  
 Erin Donohue erin@whompingturtles.org 540-267-6303  
 Katie Madison Finazzo 703-626-4094  
 katie@whompingturtles.org

- 38. HOLLIN HILLS (HH) 1956 16 703-765-9628**  
*1600 Paul Spring Rd., Alexandria 22307*  
 Brooke Lombardi belombardi@hotmail.com 703-470-6965
- 39. HOLLIN MEADOWS (HM) 1966 9 703-765-9859**  
*2500 Woodlawn Trail , Alexandria 22306*  
 Lauren Iannitto LFalkenhan@gmail.com 202-669-8739  
 Michelle Tranquilli michelle.tranquilli@gmail.com 630-347-0414
- 40. HOLMES RUN ACRES (HRA) (25Y) 1958 12 703-560-2750**  
*3451 Gallows Rd., Falls Church 22042*  
 Bridget Gannon teamrephra@gmail.com 202-615-0300  
 Cathy Mitchell teamrephra@gmail.com 703-350-1779
- 41. HUNT VALLEY (HV) 1975 3 703-451-9137**  
*7100 Sydenstricker Rd., Springfield 22153*  
 Olivia Slater 609-707-0703  
 huntvalleyswimteamrep@gmail.com  
 Amy Herbert 703-615-7414  
 huntvalleyswimteamrep@gmail.com  
 Mike Cabusao 703-338-2662  
 hunvalleyswimteamrep@gmail.com
- 42. HUNTER MILL (HTM) 1986 8 703-262-0033**  
*10339 Brittenford Dr., Vienna 22182*  
 Amanda Sahin asahin.hmswim@gmail.com 785-477-8879  
 Carly Reiley swimteam@hmsrc.org 952-201-0834
- 43. ILDA COMMUNITY (IC) 1965 16 703-323-9813**  
*8900 Braeburn Dr., Annandale 22003*  
 Andrew Meyers ildaclippersswim@gmail.com 571-363-9082
- 44. KENT GARDENS (KG) (25Y) 1961 2 703-893-7573**  
*1906 Westmoreland St., McLean 22101*  
 Bethany Nguyen swim@kentgardens.org 412-901-9136  
 Tracey Buonforte traceybuonforte@gmail.com 571-232-8251

- 45. KINGS RIDGE SWIM CLUB (KR) 1978 9 703-323-1811**  
*4850 Gainsborough Dr., Fairfax 22032*  
 Don Malkowski krwaterwizards@gmail.com 757-576-4013  
 Leslie Malkowski krwaterwizards@gmail.com 703-587-1120
- 46. LAKE BRADDOCK (LB) 1973 15 703-323-5332**  
*9528 Ashbourn Dr., Burke 22015*  
 Kim Leary kimberleary@gmail.com 603-475-3164  
 Kayla Kelley kayla.lblakersswim@gmail.com 518-391-9143
- 47. LAKEVALE ESTATES (LE) 1968 9 703-242-1521**  
*2554 Oak Valley Dr., Vienna 22181*  
 Tom Velarde leteamrep@gmail.com 703-895-4382  
 Erin Miller leteamrep2@gmail.com 202-321-4968
- 48. LAKEVIEW (LV) 1973 7 703-323-9510**  
*5352 Gainsborough Dr., Fairfax 22032*  
 Christina Lorelli lakeview.swim@gmail.com 703-232-2499  
 Erica Andresen lakeview.swim@gmail.com 703-657-9670
- 49. LANGLEY CLUB (L) 1958 2 703-821-9316**  
*728 Live Oak Dr., McLean 22101*  
 Kimberly Alms swim@langleyclub.org 703-226-9140  
 Allison Pai abentzpai@mac.com 703-944-1762  
 Julia Ashworth swim@langleyclub.org 860-324-8108
- 50. LAUREL HILL (LH) 2006 16 703-493-8961**  
*8380 Laurel Crest Dr., Lorton 22079*  
 Amy Johnson teamreps@lhtritons.org 703-395-6506  
 Jenn Talarico teamreps@lhtritons.org 904-874-7366
- 51. LEE GRAHAM (LG) 1956 4 703-573-9706**  
*7319 Lee Hwy., Falls Church 22042*  
 Erin Yeh erinmyeh@gmail.com 301-801-7282  
 Bethany Scully bethany.scully@gmail.com 703-725-9068
- 52. LINCOLNIA PARK (LP) 1960 13 703-941-9676**  
*6501 Montrose St., Alexandria 22312*  
 Kate Wise Lazersrep@gmail.com 703-795-3496  
 Andrew Wise Lazersrep@gmail.com 703-919-4112

- 53. LITTLE HUNTING PARK (LHP) 1956 3 703-765-9642**  
*7000 Canterbury Ln., Alexandria 22306*  
 Brooke Emery brooke.s.emery@gmail.com 703-772-2703  
 Matias Palavecino mpalavecino@gmail.com 202-556-5452
- 54. LITTLE ROCKY RUN (LRR) 1987 3 703-815-3836**  
*6201 Sandstone Way, Clifton 20124*  
 Katy Kownacki teamrep@lrrstingrays.com 571-344-3234  
 Theresa Greene 703-577-2414  
 assistantteamrep@lrrstingrays.com
- 55. LONG BRANCH (LBR) 1980 16 703-764-2744**  
*9100 Burnetta Dr., Annandale 22003*  
 Leanne McSween lkmcsween@gmail.com 703-283-4688  
 Masha Richart masharichart@gmail.com 703-953-4822
- 56. MANSION HOUSE (MHC) 1968 9 703-780-6485**  
*9321 Old Mt. Vernon Rd., Alexandria 22309*  
 Rebecca Dresch 757-303-2154  
 swimrep@mansionhouseclub.com  
 Heather VanZandt 240-676-3555  
 swimrep@mansionhouseclub.com
- 57. MANTUA (M) 1964 3 703-273-5363**  
*9330 Pentland Pl., Fairfax 22031*  
 Max Troth mantuamarlins@gmail.com 650-799-5311  
 Sushma Guruswamy 571-205-8870  
 mantuamarlins@gmail.com
- 58. McLEAN (ML) 1961 5 703-409-3520**  
*1700 Margie Dr., McLean 22101*  
 Jocelyn Holguin Jocelynholguin@gmail.com 617-645-2567  
 Dawn Greenside dawngreensides@gmail.com 480-206-0560  
 Jaya Ramani-Duresky jrduresky@gmail.com 516-974-8996
- 59. MOSBY WOODS (MW) 1966 11 703-691-9536**  
*3136 Plantation Pkwy (at Blue Coat Dr.), Fairfax 22030*  
 Holly VanValkenburg 480-209-8486  
 holly.vanvalkenburg@yahoo.com  
 Stephanie McCrone 703-927-2234  
 steph.m.mathieu@gmail.com  
 swimteam@mosbywoodspool.com

- 60. MOUNT VERNON PARK (MVP) 1956 8 703-765-3688**  
*8040 Fairfax Rd., Alexandria 22308*
- Drew Wormell mvpgators@gmail.com 503-679-8468  
Lance Wormell mvpgators@gmail.com 703-508-3645
- 61. NEWINGTON FOREST (NF) 1983 15 703-440-9034**  
*8201 Southrun Rd., Springfield 22153*
- Stacy Bodani nfteamrep@gmail.com 703-598-2833
- 62. NORTH SPRINGFIELD (NS) 1961 17 703-256-4686**  
*5604 Earlhurst St., Springfield 22151*
- Katie Wayne ns.dolphin.swim@gmail.com 703-380-4003
- 63. OAKTON (OAK) 1985 1 703-620-9800**  
*11714 Flemish Mill Ct., Oakton 22124*
- Liz Wolf lizwolf77@gmail.com 703-408-3428  
Annie McLenahan anniexu12@gmail.com 703-340-7588  
Kristin Walsh Kristin.walsh@aol.com 703-626-9392
- 64. OLD KEENE MILL (OKM) 1978 1 703-455-1312**  
*9534 Orion Ct., Burke 22015*
- Ayron Myers swimrep@okmpool.com 703-447-6886  
Karen Carlson asstswimrep@okmpool.com 206-850-0254
- 65. ORANGE HUNT (OH) 1970 5 703-451-9815**  
*8600 Bridlewood Dr., Springfield 22152*
- Jenn Schneider 917-863-7238  
swim@orangehunswimclub.org  
Lauren York swim@orangehunswimclub.org 703-501-4225
- 66. OVERLEE (O) 1958 1 703-532-7819**  
*6030 Lee Hwy, Arlington 22205*
- Kelly Cravens kelly.cravens12@gmail.com 843-697-2429  
Barbara Sanders sumrallsanders@gmail.com 423-413-5804
- 67. PARKLAWN (PL) 1958 6 703-941-9808**  
*6011 Crater Pl., Alexandria 22312*
- Karen Corbett parklawnteamrep@gmail.com 703-717-2238  
Jason Corbett jason25corbett@gmail.com 703-626-6984

- 68. PARLIAMENT (PAR) 1966 12 703-978-5522**  
*8510 Parliament Dr., Springfield 22151*
- Chris Moeller     parliamentswim@gmail.com     623-696-6063  
Colin Wiemer     wiemerc@hotmail.com     707-628-5369  
Shelley Miller     Millerpartyof5.12@gmail.com     209-642-6138
- 69. PINECREST (PC) 1979 5 703-620-9883**  
*12515 Pinecrest Rd., Herndon 20171*
- Melinda Holler     614-309-3214  
                    pinecrestswimteam@gmail.com  
Jess Tivel     pinecrestswimteam@gmail.com     703-673-6708  
Laura Manning     703-785-9537  
                    pinecrestswimteam@gmail.com
- 70. PINWOOD LAKE (PW) 1971 17 703-780-9600**  
*8159 Fernlake Ct., Alexandria 22309*
- Tiffany Mata     571-259-0908  
                    pinewoodlakeporpoises@swimtopia.com
- 71. PLEASANT VALLEY (PV) 1992 14 703-378-7930**  
*4347 Cub Run Dr., Chantilly 20151*
- Amber Dominick     walter.amber@gmail.com     757-685-2201  
Laura Walbert     laurawalbert@gmail.com     703-463-1358
- 72. POPLAR HEIGHTS (PH) 1956 6 703-237-7946**  
*2463 Bucklelew, Falls Church 22046*
- Kerry Ryan     kerryann.ryan@gmail.com     203-644-3122  
Alex Guest     alexandra.v.guest@gmail.com     540-270-6497
- 73. POPLAR TREE (PT) 1989 13 703-378-9836**  
*13516 Point Pleasant Dr., Chantilly 20151*
- Paul Farello     ptpiratesswim@gmail.com     202-360-0854  
Cassey Gibson     ptpiratesswim@gmail.com     703-655-5768
- 74. RAVENSWORTH FARM (R) 1964 6 703-321-4903**  
*5210 Inverchapel Rd., Springfield 22151*
- Nicole Leger     703-835-3835  
                    swimteam@ravensworthfarmpool.com  
Chris Lunn     703-919-3232  
                    swimteam@ravensworthfarmpool.com

- 75. RIVERSIDE GARDENS (RG) 1967 12 703-780-9088**  
*8633 Buckboard Dr., Alexandria 22308*
- Kimberly John kimberly.w85@gmail.com 571-239-4909  
Ling Conley Lingandpat@gmail.com 703-832-1536  
Misty Anderson 225-454-3801  
mistyanderson817@gmail.com
- 76. ROLLING FOREST (RF) 1982 12 703-569-1472**  
*7011 Flax St., Springfield 22152*
- Sara Parrish rfwimteam@gmail.com 703-629-3991  
Amy Bell rfwimteam@gmail.com  
Mary Tessier rfwimteam@gmail.com
- 77. ROLLING HILLS (RH) 1966 6 703-451-9666**  
*8301 Carrleigh Pkwy., Springfield 22152*
- Kristin Morgan rhscswimteamrep@gmail.com 801-633-4090  
Larisa Yarmolovich 860-235-4459  
rhscbmeetteamrep@gmail.com
- 78. ROLLING VALLEY (RV) 1970 14 703-912-4842**  
*7019 Ashbury Dr., Springfield 22152*
- Avi Kempley 443-277-0589  
rollingvalley.dolphins@gmail.com  
Kerri Lord kerrialord@gmail.com  
Stephanie Curb stephanie.curb@gmail.com
- 79. RUTHERFORD (RFD) 1966 16 703-978-9853**  
*4609 Marley Rd. Fairfax 22032*
- Rebecca Arguello 859-582-0735  
rfdwaterratsswim@gmail.com  
Stuart Williams rfdwaterratsswim@gmail.com 703-994-5446
- 80. SHOUSE VILLAGE (SV) 1973 11 703-938-0171**  
*1432 Towlston Rd., Vienna 22182*
- Tim Judkins svteamrep@gmail.com 571-338-0968  
Elizabeth Schreiber svteamrep@gmail.com 571-447-2170
- 81. SIDEBURN RUN (SR) 1973 14 703-323-5698**  
*10603 Zion Rd., Fairfax 22032*
- Ben Spencer bwspencer1@live.com 937-344-5915  
Elaine Simonsen elainesimonsen@me.com 703-969-6678  
Kelly Douglas kaparris@gmail.com 703-674-6095

- 82. SLEEPY HOLLOW BATH (SHB) 1961 4 703-241-9731**  
*3516 Sleepy Hollow Rd., Falls Church 22044*  
 Sara Fiala shbrswimteamrep@gmail.com 571-277-7257  
 Jennifer Montgomery jennifersmontgo@gmail.com 571-230-6632
- 83. SLEEPY HOLLOW REC (SHR) 1959 4 703-941-0456**  
*3538 Sleepy Hollow Rd., Falls Church 22042*  
 Megan Underdown 202-422-2581  
 megan.underdown@pbs-sales.com  
 Ashley Sheriff ashleys@shrasharks.org
- 84. SOMERSET-OLDE CREEK (SOC) 1968 13 703-323-9872**  
*9703 Laurel St., Fairfax 22032*  
 Dorie Johanss socteamrep@gmail.com 703-585-4523  
 Jocelyn Lewis jocelyn\_lewis@hotmail.com 202-270-0070
- 85. SOUTH RUN (SOR) 1987 10 703-455-5848**  
*9908 South Park Circle, Fairfax Station 22039*  
 Brendan O'Hara 703-568-7656  
 teamrep@southrunswim.com  
 Kyle Hayden teamrep@southrunswim.com 804-366-4383
- 86. SPRINGBOARD (SB) 1962 7 703-719-7359**  
*6500 Deepford St., Springfield 22150*  
 Claire Ouimet 703-268-0198  
 swimanddiverep@springboardpool.org  
 Ashley Mooney 703-517-9224
- 87. SPRINGFIELD (S) 1956 17 703-451-9880**  
*7400 Highland St., Springfield 22150*  
 Jennifer Killmer ssrctigersharks@gmail.com 703-945-8574  
 Brittany Wing brittsurk@gmail.com 410-446-7205
- 88. STRATFORD (SRA) 1968 10 703-780-8900**  
*2300 Brinitzer Way, Alexandria 22308*  
 Wendy Putnam swimteamsra@gmail.com 703-864-3661  
 Katie Williams katieerwilliams@icloud.com 214-929-0184  
 Nicole Vitale nevitale@gmail.com 412-818-6414

- 89. SULLY STATION (SS) 1989 10 703-830-7566**  
*5101 Sequoia Farm Dr., Centreville 20120*  
 Leslie Whitacre lbwhitacre@gmail.com 703-424-3514  
 Lisa Campet lisacampet@gmail.com 703-969-3730
- 90. SULLY STATION II (SS2) 1997 15 703-968-9753**  
*5501 Sully Park Dr., Centreville 20120*  
 Lori Campbell lsc6@verizon.net 703-216-4435  
 Chris Campbell chriscln@verizon.net 703-216-4425
- 91. TRURO HOMES ASSN. (THA) 1971 11 703-978-3040**  
*4146 Elizabeth Ln., Annandale 22003*  
 Jen Long swim@trurohomes.org 703-431-9478  
 Sarah Girard swim@trurohomes.org 703-727-8262
- 92. TUCKAHOE (T) 1956 1 703-356-1205**  
*1814 Great Falls St., McLean 22101*  
 Andre Passos 818-261-8162  
 tuckahoeswimteam@gmail.com  
 Rebecca Metcalf rebsolom@gmail.com 847-830-1162
- 93. VIENNA AQUATIC CLUB (VAC) 1963 2 703-938-4331**  
*625 Marshall Rd., Vienna 22183*  
 Katie Meredith vacgators@gmail.com 571-238-2625  
 Lacey Meenaghan 609-213-0794  
 laceymeenaghan@gmail.com  
 Barbara Hamill bjhamill@verizon.net 571-356-1389
- 94. VIENNA WOODS (VW) 1959 4 703-938-4218**  
*109 Harmony Dr. SW, Vienna 22180*  
 Jason Somensatto vwteamrep@gmail.com 571-334-6094  
 Scott Trubisz trubisz@gmail.com 804-310-2140
- 95. VILLA AQUATIC (VA) 1964 9 703-591-9447**  
*4299 Andes Dr., Fairfax 22030*  
 Beth Maloney villaswimteam@gmail.com 202-281-5403
- 96. VILLAGE WEST (V) 1969 16 703-451-9886**  
*7008 Elkton Dr., Springfield 22152*  
 Brandi Shepherd 808-343-7491  
 villagewestvikings@gmail.com

- 97. VIRGINIA HILLS (VH) 1961 5 703-960-9717**  
*6500 Virginia Hills Dr., Alexandria 22310*
- April Rodgers vahillstidalwave@gmail.com 571-435-5490  
Lemore Fritz vahillstidalwave@gmail.com 609-273-2995
- 98. VIRGINIA RUN (VR) 1990 10 703-815-9700**  
*15355 Wetherburn Ct., Centreville 22020*
- Karen Harris karen.harris@variptide.com 703-862-3896  
Anne Crowell anne.crowell@variptide.com 724-787-4615
- 99. WAKEFIELD CHAPEL (WC) 1970 2 703-323-9739**  
*4627 Holborn Ave., Annandale 22003*
- Sharon Marroquin 703-835-7756  
wakefieldchapelswimteam@gmail.com  
Jordan Skolnitsky 540-560-2526  
wakefieldchapelswimteam@gmail.com
- 100. WALDEN GLEN (WG) 1971 14 703-451-9859**  
*6126 Harmon Pl., Springfield 22152*
- Kristen Smith 571-435-1531  
waldenglenswimreps@gmail.com  
Malia Cameron 703-298-8495  
waldenglenswimreps@gmail.com
- 101. WAYNEWOOD (WW) 1961 7 703-780-9649**  
*1027 Dalebrook Dr., Alexandria 22308*
- James Connally jr.connally@gmail.com 706-490-7041  
Melissa Bluey mlbluey@gmail.com 202-345-8793  
Luisa Gallagher luisa0695@gmail.com 703-915-8407
- 102. WOODLEY (W) 1956 14 703-573-9852**  
*7421 Camp Alger Ave., Falls Church 22042*
- Matthew Pollack swimrep@woodleypool.org 703-862-6067  
Michael Woods swimrep@woodleypool.org 703-655-0028

## 2026 & 2027 SWIMMING CALENDAR

*\*Times and dates may change!  
Please check [www.myNVSL.com](http://www.myNVSL.com)  
for clinics, meetings, and latest up dates and changes*

### 2026

|  |   |          |
|--|---|----------|
| Jun 8  | <b>Deadline</b> - Scholarship Applications                                    | 10:00 PM |
| June 20, June 27, July 4, July 11, July 18 - | <b>DUAL MEETS</b>   | 9:00 AM  |
| Jul 8  | DIVISION RELAY CARNIVALS  | 6:30 PM  |
| Jul 15                                       | ALL-STAR RELAY CARNIVAL @ Sleepy Hollow Bath                                  | 9:00 AM  |
| Jul 25                                       | DIVISION INDIVIDUAL CHAMPIONSHIPS<br>- starts with <b>Backstroke</b> events - | 8:30 AM  |
| Aug 1  | INDIVIDUAL ALL-STARS @ Vienna Woods   | 8:30 AM  |
| Sep  | Team Reps End of Year Mtg   |          |
| Oct 31                                       | <b>Deadline - Submittal of Rule Change Proposals</b>                          |          |



### 2027

|  |   |          |
|--|---|----------|
| Jun 7  | <b>Deadline</b> - Scholarship Applications                                      | 10:00 PM |
| June 19, June 26, July 3, July 10, July 17 - | <b>DUAL MEETS</b>   | 9:00 AM  |
| Jul 7  | DIVISION RELAY CARNIVALS  | 6:30 PM  |
| Jul 14                                       | ALL-STAR RELAY CARNIVAL   | 9:00 AM  |
| Jul 24                                       | DIVISION INDIVIDUAL CHAMPIONSHIPS<br>- starts with <b>Breaststroke</b> events - | 8:30 AM  |
| Jul 31                                       | INDIVIDUAL ALL-STARS  | 8:30 AM  |
| Sep  | Team Reps End of Year Mtg   |          |
| Oct 31                                       | <b>Deadline - Submittal of Rule Change Proposals</b>                            |          |

# FUNDRAISING AND CATERING!

ARE THE COOLEST WITH RITA'S



**RITA'S OF FAIRFAX**  
10726 Fairfax Boulevard  
across from Paul VI High School

Catering@RitasofFairfax.com  
703-272-7373

©2013 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

## NVSL® HAPPY ADS

A great way to support your swimmer and your team

Available for inclusion in the

**All-Star Relay Program**

**Individual All-Stars Program**

[nvslhappyads@gmail.com](mailto:nvslhappyads@gmail.com)

Ads print in black and white

We love to print photos of your swimmers and your team



**SHARE YOUR PRIDE  
SHOW YOUR SPIRIT  
SUPPORT THE NVSL®**

# DESIGNED WITH FIERCE COMPETITORS IN MIND



Contact [sgreeby@dolphinswimwear.com](mailto:sgreeby@dolphinswimwear.com)  
for more information.



## 2026 SCHEDULE OF NVSL SWIMMING MEETS

\*Please check mynvsl.com as dates may change for individual meets!

| <b>SWIM DIVISION</b> | <b>1</b>   | <b>Stewart Gordon</b> | <b>703-850-8594</b>   |
|----------------------|--|-----------------------|---|
| June 20              | Tuckahoe (T)<br>Chesterbrook (CB)<br>Overlee (O)         | at                    | Old Keene Mill (OKM)<br>Highlands Swim (HS)<br>Oakton (OAK) |
| June 27              | Oakton (OAK)<br>Chesterbrook (CB)<br>Highlands Swim (HS) | at                    | Tuckahoe (T)<br>Old Keene Mill (OKM)<br>Overlee (O)         |
| July 4               | Overlee (O)<br>Chesterbrook (CB)<br>Old Keene Mill (OKM) | at                    | Tuckahoe (T)<br>Oakton (OAK)<br>Highlands Swim (HS)         |
| July 8               | DIVISIONAL RELAYS  | at                    | Chesterbrook (CB)   |
| July 11              | Highlands Swim (HS)<br>Overlee (O)<br>Oakton (OAK)       | at                    | Tuckahoe (T)<br>Chesterbrook (CB)<br>Old Keene Mill (OKM)   |
| July 15              | ALL-STAR RELAYS  | at                    | SLEEPY HOLLOW BATH  |
| July 18              | Tuckahoe (T)<br>Old Keene Mill (OKM)<br>Oakton (OAK)     | at                    | Chesterbrook (CB)<br>Overlee (O)<br>Highlands Swim (HS)     |
| July 25              | DIVISIONALS  | at                    | Tuckahoe (T)  |
| August 1             | INDIVIDUAL ALL-STARS                                     | at                    | VIENNA WOODS  |

| <b>SWIM DIVISION</b> | <b>2</b>  | <b>Julianne Kass</b> | <b>703-400-7791</b>   |
|----------------------|---|----------------------|---|
| June 20              | Wakefield Chapel (WC)<br>Langley (L)<br>Crosspointe (CP)          | at                   | Kent Gardens (KG)<br>Fair Oaks (FO)<br>Vienna Aquatic (VAC)       |
| June 27              | Vienna Aquatic (VAC)<br>Kent Gardens (KG)<br>Crosspointe (CP)     | at                   | Wakefield Chapel (WC)<br>Langley (L)<br>Fair Oaks (FO)            |
| July 4               | Wakefield Chapel (WC)<br>Langley (L)<br>Fair Oaks (FO)            | at                   | Crosspointe (CP)<br>Vienna Aquatic (VAC)<br>Kent Gardens (KG)     |
| July 8               | DIVISIONAL RELAYS   | at                   | Wakefield Chapel (WC)   |
| July 11              | Wakefield Chapel (WC)<br>Crosspointe (CP)<br>Vienna Aquatic (VAC) | at                   | Fair Oaks (FO)<br>Langley (L)<br>Kent Gardens (KG)                |
| July 15              | ALL-STAR RELAYS   | at                   | SLEEPY HOLLOW BATH  |
| July 18              | Langley (L)<br>Kent Gardens (KG)<br>Fair Oaks (FO)                | at                   | Wakefield Chapel (WC)<br>Crosspointe (CP)<br>Vienna Aquatic (VAC) |
| July 25              | DIVISIONALS   | at                   | Crosspointe (CP)  |
| August 1             | INDIVIDUAL ALL-STARS  | at                   | VIENNA WOODS  |

**SWIM DIVISION 3**

June 20 Mantua (M)  
 High Point Pool (HPP)  
 Little Rocky Run (LRR)

June 27 Donaldson Run (DR)  
 High Point Pool (HPP)  
 Little Hunting Park (LHP)

July 4 Donaldson Run (DR)  
 Little Rocky Run (LRR)  
 Mantua (M)

July 8 DIVISIONAL RELAYS

July 11 Hunt Valley (HV)  
 High Point Pool (HPP)  
 Little Rocky Run (LRR)

July 15 ALL-STAR RELAYS

July 18 Donaldson Run (DR)  
 Little Hunting Park (LHP)  
 Hunt Valley (HV)

July 25 DIVISIONALS

August 1 INDIVIDUAL ALL-STARS

**Don McIlwain 703-213-6706**

at Donaldson Run (DR)  
 at Hunt Valley (HV)  
 at Little Hunting Park (LHP)

at Little Rocky Run (LRR)  
 at Mantua (M)  
 at Hunt Valley (HV)

at Little Hunting Park (LHP)  
 at High Point Pool (HPP)  
 at Hunt Valley (HV)

at Donaldson Run (DR)

at Donaldson Run (DR)  
 at Little Hunting Park (LHP)  
 at Mantua (M)

at SLEEPY HOLLOW BATH

at High Point Pool (HPP)  
 at Mantua (M)  
 at Little Rocky Run (LRR)

at Little Rocky Run (LRR)

at VIENNA WOODS

**SWIM DIVISION 4**

June 20 Lee-Graham (LG)  
 Fox Hunt (FX)  
 Sleepy Hollow Bath (SHB)

June 27 Hiddenbrook (HB)  
 Vienna Woods (VW)  
 Sleepy Hollow Rec (SHR)

July 4 Hiddenbrook (HB)  
 Sleepy Hollow Bath (SHB)  
 Lee-Graham (LG)

July 8 DIVISIONAL RELAYS

July 11 Fox Hunt (FX)  
 Vienna Woods (VW)  
 Lee-Graham (LG)

July 15 ALL-STAR RELAYS

July 18 Hiddenbrook (HB)  
 Sleepy Hollow Rec (SHR)  
 Sleepy Hollow Bath (SHB)

July 25 DIVISIONALS

August 1 INDIVIDUAL ALL-STARS

**Mary Burrows 703-517-8665**  
**Scott Woodworth 202-277-0511**

at Hiddenbrook (HB)  
 at Vienna Woods (VW)  
 at Sleepy Hollow Rec (SHR)

at Sleepy Hollow Bath (SHB)  
 at Lee-Graham (LG)  
 at Fox Hunt (FX)

at Sleepy Hollow Rec (SHR)  
 at Vienna Woods (VW)  
 at Fox Hunt (FX)

at Lee-Graham (LG)

at Hiddenbrook (HB)  
 at Sleepy Hollow Rec (SHR)  
 at Sleepy Hollow Bath (SHB)

at SLEEPY HOLLOW BATH

at Vienna Woods (VW)  
 at Lee-Graham (LG)  
 at Fox Hunt (FX)

at Fox Hunt (FX)

at VIENNA WOODS

| <b>SWIM DIVISION</b> | <b>5</b>  | <b>Caitlin Irvin</b> | <b>703-939-3114</b>                                       |
|----------------------|---|----------------------|---|
| June 20              | McLean (ML)<br>Virginia Hills (VH)<br>Cardinal Hill (CH)  | at                   | Pinecrest (PC)<br>Orange Hunt (OH)<br>Hamlet (HSC)        |
| June 27              | Cardinal Hill (CH)<br>Orange Hunt (OH)<br>Hamlet (HSC)    | at                   | McLean (ML)<br>Pinecrest (PC)<br>Virginia Hills (VH)      |
| July 4               | Hamlet (HSC)<br>Orange Hunt (OH)<br>Pinecrest (PC)        | at                   | McLean (ML)<br>Cardinal Hill (CH)<br>Virginia Hills (VH)  |
| July 8               | DIVISIONAL RELAYS   | at                   | Hamlet (HSC)  |
| July 11              | McLean (ML)<br>Hamlet (HSC)<br>Cardinal Hill (CH)         | at                   | Virginia Hills (VH)<br>Orange Hunt (OH)<br>Pinecrest (PC) |
| July 15              | ALL-STAR RELAYS   | at                   | SLEEPY HOLLOW BATH  |
| July 18              | Orange Hunt (OH)<br>Pinecrest (PC)<br>Virginia Hills (VH) | at                   | McLean (ML)<br>Hamlet (HSC)<br>Cardinal Hill (CH)         |
| July 25              | DIVISIONALS   | at                   | Cardinal Hill (CH)  |
| August 1             | INDIVIDUAL ALL-STARS                                      | at                   | VIENNA WOODS  |

| <b>SWIM DIVISION</b> | <b>6</b>   | <b>Jen Sayasithsena</b> | <b>571-238-5000</b>  |
|----------------------|--|-------------------------|--|
| June 20              | Ravensthorpe (R)<br>Fairfax (F)<br>Poplar Heights (PH)             | at                      | Rolling Hills (RH)<br>Parklawn (PL)<br>Canterbury Woods (CW)       |
| June 27              | Rolling Hills (RH)<br>Parklawn (PL)<br>Fairfax (F)                 | at                      | Canterbury Woods (CW)<br>Ravensthorpe (R)<br>Poplar Heights (PH)   |
| July 4               | Poplar Heights (PH)<br>Canterbury Woods (CW)<br>Ravensthorpe (R)   | at                      | Rolling Hills (RH)<br>Parklawn (PL)<br>Fairfax (F)                 |
| July 8               | DIVISIONAL RELAYS  | at                      | Ravensthorpe (R)   |
| July 11              | Fairfax (F)<br>Parklawn (PL)<br>Ravensthorpe (R)                   | at                      | Rolling Hills (RH)<br>Poplar Heights (PH)<br>Canterbury Woods (CW) |
| July 15              | ALL-STAR RELAYS  | at                      | SLEEPY HOLLOW BATH   |
| July 18              | Rolling Hills (RH)<br>Poplar Heights (PH)<br>Canterbury Woods (CW) | at                      | Parklawn (PL)<br>Ravensthorpe (R)<br>Fairfax (F)                   |
| July 25              | DIVISIONALS  | at                      | Poplar Heights (PH)  |
| August 1             | INDIVIDUAL ALL-STARS   | at                      | VIENNA WOODS   |

| <b>SWIM DIVISION</b> | <b>7</b>  | <b>Alison Jones</b> | <b>512-659-3685</b>   |
|----------------------|---|---------------------|---|
| June 20              | Springboard (SB)<br>Waynewood (WW)<br>Dunn Loring (DL)      | at                  | Dominion Hills (DH)<br>Lakeview (LV)<br>Dowden Terrace (DT) |
| June 27              | Dowden Terrace (DT)<br>Dominion Hills (DH)<br>Lakeview (LV) | at                  | Springboard (SB)<br>Waynewood (WW)<br>Dunn Loring (DL)      |
| July 4               | Springboard (SB)<br>Waynewood (WW)<br>Dominion Hills (DH)   | at                  | Dunn Loring (DL)<br>Dowden Terrace (DT)<br>Lakeview (LV)    |
| July 8               | DIVISIONAL RELAYS   | at                  | Springboard (SB)  |
| July 11              | Springboard (SB)<br>Dunn Loring (DL)<br>Dowden Terrace (DT) | at                  | Lakeview (LV)<br>Waynewood (WW)<br>Dominion Hills (DH)      |
| July 15              | ALL-STAR RELAYS   | at                  | SLEEPY HOLLOW BATH  |
| July 18              | Waynewood (WW)<br>Dominion Hills (DH)<br>Lakeview (LV)      | at                  | Springboard (SB)<br>Dunn Loring (DL)<br>Dowden Terrace (DT) |
| July 25              | DIVISIONALS   | at                  | Waynewood (WW)  |
| August 1             | INDIVIDUAL ALL-STARS  | at                  | VIENNA WOODS  |

| <b>SWIM DIVISION</b> | <b>8</b>  | <b>Ilean Kucharczk</b> | <b>703-405-7487</b>  |
|----------------------|---|------------------------|--|
| June 20              | Cottontail (CT)<br>Greenbriar (G)<br>Forest Hollow (FH)               | at                     | Hunter Mill (HTM)<br>Mount Vernon Park (MVP)<br>Fairfax Station (FS) |
| June 27              | Forest Hollow (FH)<br>Mount Vernon Park (MVP)<br>Fairfax Station (FS) | at                     | Hunter Mill (HTM)<br>Cottontail (CT)<br>Greenbriar (G)               |
| July 4               | Hunter Mill (HTM)<br>Mount Vernon Park (MVP)<br>Greenbriar (G)        | at                     | Fairfax Station (FS)<br>Forest Hollow (FH)<br>Cottontail (CT)        |
| July 8               | DIVISIONAL RELAYS   | at                     | Forest Hollow (FH)   |
| July 11              | Hunter Mill (HTM)<br>Fairfax Station (FS)<br>Forest Hollow (FH)       | at                     | Greenbriar (G)<br>Mount Vernon Park (MVP)<br>Cottontail (CT)         |
| July 15              | ALL-STAR RELAYS   | at                     | SLEEPY HOLLOW BATH   |
| July 18              | Mount Vernon Park (MVP)<br>Cottontail (CT)<br>Greenbriar (G)          | at                     | Hunter Mill (HTM)<br>Fairfax Station (FS)<br>Forest Hollow (FH)      |
| July 25              | DIVISIONALS   | at                     | Mount Vernon Park (MVP)  |
| August 1             | INDIVIDUAL ALL-STARS  | at                     | VIENNA WOODS   |

**SWIM DIVISION 9**

June 20 Hollin Meadows (HM)  
Mansion House (MHC)  
Villa Aquatic (VA)

June 27 Arlington Forest (AF)  
Lakevale Estates (LE)  
Kings Ridge (KR)

July 4 Arlington Forest (AF)  
Villa Aquatic (VA)  
Hollin Meadows (HM)

July 8 DIVISIONAL RELAYS

July 11 Arlington Forest (AF)  
Kings Ridge (KR)  
Villa Aquatic (VA)

July 15 ALL-STAR RELAYS

July 18 Lakevale Estates (LE)  
Hollin Meadows (HM)  
Mansion House (MHC)

July 25 DIVISIONALS

August 1 INDIVIDUAL ALL-STARS

**Carrie O'Hara 703-304-3051**

at Arlington Forest (AF)  
at Lakevale Estates (LE)  
at Kings Ridge (KR)

at Villa Aquatic (VA)  
at Hollin Meadows (HM)  
at Mansion House (MHC)

at Kings Ridge (KR)  
at Lakevale Estates (LE)  
at Mansion House (MHC)

at Arlington Forest (AF)

at Mansion House (MHC)  
at Lakevale Estates (LE)  
at Hollin Meadows (HM)

at SLEEPY HOLLOW BATH

at Arlington Forest (AF)  
at Kings Ridge (KR)  
at Villa Aquatic (VA)

at Kings Ridge (KR)

at VIENNA WOODS

**SWIM DIVISION 10**

June 20 Virginia Run (VR)  
South Run (SOR)  
Sully Station (SS)

June 27 Commonwealth (CSC)  
Stratford (SRA)  
Daventry (DV)

July 4 Virginia Run (VR)  
South Run (SOR)  
Stratford (SRA)

July 8 DIVISIONAL RELAYS

July 11 Virginia Run (VR)  
Sully Station (SS)  
Commonwealth (CSC)

July 15 ALL-STAR RELAYS

July 18 South Run (SOR)  
Stratford (SRA)  
Daventry (DV)

July 25 DIVISIONALS

August 1 INDIVIDUAL ALL-STARS

**Terri Stukus 571-277-9891**

at Stratford (SRA)  
at Daventry (DV)  
at Commonwealth (CSC)

at Virginia Run (VR)  
at South Run (SOR)  
at Sully Station (SS)

at Sully Station (SS)  
at Commonwealth (CSC)  
at Daventry (DV)

at Virginia Run (VR)

at Daventry (DV)  
at South Run (SOR)  
at Stratford (SRA)

at SLEEPY HOLLOW BATH

at Virginia Run (VR)  
at Sully Station (SS)  
at Commonwealth (CSC)

at Stratford (SRA)

at VIENNA WOODS

| <b>SWIM DIVISION</b> | <b>11</b>   | <b>Tertius Eksteen</b> | <b>571-438-7000</b>   |
|----------------------|---|------------------------|---|
| June 20              | Mosby Woods (MW)<br>Shouse Village (SV)<br>Fairfax Club Estates (FCE) | at                     | Camelot (CCC)<br>Great Falls (GF)<br>Truro (THA)                      |
| June 27              | Camelot (CCC)<br>Mosby Woods (MW)<br>Truro (THA)                      | at                     | Fairfax Club Estates (FCE)<br>Shouse Village (SV)<br>Great Falls (GF) |
| July 4               | Camelot (CCC)<br>Shouse Village (SV)<br>Great Falls (GF)              | at                     | Truro (THA)<br>Fairfax Club Estates (FCE)<br>Mosby Woods (MW)         |
| July 8               | DIVISIONAL RELAYS   | at                     | Shouse Village (SV)   |
| July 11              | Camelot (CCC)<br>Truro (THA)<br>Fairfax Club Estates (FCE)            | at                     | Great Falls (GF)<br>Shouse Village (SV)<br>Mosby Woods (MW)           |
| July 15              | ALL-STAR RELAYS   | at                     | SLEEPY HOLLOW BATH  |
| July 18              | Shouse Village (SV)<br>Mosby Woods (MW)<br>Great Falls (GF)           | at                     | Camelot (CCC)<br>Truro (THA)<br>Fairfax Club Estates (FCE)            |
| July 25              | DIVISIONALS   | at                     | Mosby Woods (MW)  |
| August 1             | INDIVIDUAL ALL-STARS  | at                     | VIENNA WOODS  |

| <b>SWIM DIVISION</b> | <b>12</b>  | <b>Colleen Ferguson</b> | <b>703-869-3352</b>  |
|----------------------|--|-------------------------|--|
| June 20              | Highland Park (HP)<br>Riverside Gardens (RG)<br>Holmes Run (HRA) | at                      | Rolling Forest (RF)<br>Hayfield (HF)<br>Parliament (PAR)         |
| June 27              | Parliament (PAR)<br>Rolling Forest (RF)<br>Hayfield (HF)         | at                      | Highland Park (HP)<br>Riverside Gardens (RG)<br>Holmes Run (HRA) |
| July 4               | Holmes Run (HRA)<br>Parliament (PAR)<br>Rolling Forest (RF)      | at                      | Highland Park (HP)<br>Riverside Gardens (RG)<br>Hayfield (HF)    |
| July 8               | DIVISIONAL RELAYS  | at                      | Rolling Forest (RF)  |
| July 11              | Hayfield (HF)<br>Riverside Gardens (RG)<br>Rolling Forest (RF)   | at                      | Highland Park (HP)<br>Holmes Run (HRA)<br>Parliament (PAR)       |
| July 15              | ALL-STAR RELAYS  | at                      | SLEEPY HOLLOW BATH   |
| July 18              | Highland Park (HP)<br>Holmes Run (HRA)<br>Parliament (PAR)       | at                      | Riverside Gardens (RG)<br>Rolling Forest (RF)<br>Hayfield (HF)   |
| July 25              | DIVISIONALS  | at                      | Parliament (PAR)   |
| August 1             | INDIVIDUAL ALL-STARS   | at                      | VIENNA WOODS   |

| <b>SWIM DIVISION</b> | <b>13</b>  | <b>Deana McNeely 703-861-1715</b>   | <b>Joe O'Kane 571-230-5947</b> |
|----------------------|--|---|--------------------------------|
| June 20              | Brookfield (BF)<br>Poplar Tree (PT)<br>Burke Station (BKS)                   | at Country Club Hills (CCH)<br>at Somerset-Olde Creek (SOC)<br>at Lincolnia Park (LP) |                                |
| June 27              | Country Club Hills (CCH)<br>Poplar Tree (PT)<br>Burke Station (BKS)          | at Lincolnia Park (LP)<br>at Brookfield (BF)<br>at Somerset-Olde Creek (SOC)          |                                |
| July 4               | Country Club Hills (CCH)<br>Lincolnia Park (LP)<br>Somerset-Olde Creek (SOC) | at Burke Station (BKS)<br>at Poplar Tree (PT)<br>at Brookfield (BF)                   |                                |
| July 8               | DIVISIONAL RELAYS  | at Country Club Hills (CCH)   |                                |
| July 11              | Country Club Hills (CCH)<br>Burke Station (BKS)<br>Lincolnia Park (LP)       | at Somerset-Olde Creek (SOC)<br>at Poplar Tree (PT)<br>at Brookfield (BF)             |                                |
| July 15              | ALL-STAR RELAYS  | at SLEEPY HOLLOW BATH   |                                |
| July 18              | Poplar Tree (PT)<br>Brookfield (BF)<br>Somerset-Olde Creek (SOC)             | at Country Club Hills (CCH)<br>at Burke Station (BKS)<br>at Lincolnia Park (LP)       |                                |
| July 25              | DIVISIONALS  | at Burke Station (BKS)  |                                |
| August 1             | INDIVIDUAL ALL-STARS   | at VIENNA WOODS   |                                |

| <b>SWIM DIVISION</b> | <b>14</b>   | <b>Jeff Brown 571-277-0390</b>   | <b>Gretchen Brown 571-436-3974</b> |
|----------------------|---|--|------------------------------------|
| June 20              | Walden Glen (WG)<br>Rolling Valley (RV)<br>Sideburn Run (SR)        | at Fox Mill Woods (FMW)<br>at Woodley (W)<br>at Pleasant Valley (PV)     |                                    |
| June 27              | Pleasant Valley (PV)<br>Fox Mill Woods (FMW)<br>Woodley (W)         | at Walden Glen (WG)<br>at Rolling Valley (RV)<br>at Sideburn Run (SR)    |                                    |
| July 4               | Sideburn Run (SR)<br>Pleasant Valley (PV)<br>Woodley (W)            | at Walden Glen (WG)<br>at Rolling Valley (RV)<br>at Fox Mill Woods (FMW) |                                    |
| July 8               | DIVISIONAL RELAYS   | at Fox Mill Woods (FMW)  |                                    |
| July 11              | Walden Glen (WG)<br>Sideburn Run (SR)<br>Fox Mill Woods (FMW)       | at Woodley (W)<br>at Rolling Valley (RV)<br>at Pleasant Valley (PV)      |                                    |
| July 15              | ALL-STAR RELAYS   | at SLEEPY HOLLOW BATH  |                                    |
| July 18              | Rolling Valley (RV)<br>Fox Mill Woods (FMW)<br>Pleasant Valley (PV) | at Walden Glen (WG)<br>at Sideburn Run (SR)<br>at Woodley (W)            |                                    |
| July 25              | DIVISIONALS   | at Sideburn Run (SR)   |                                    |
| August 1             | INDIVIDUAL ALL-STARS  | at VIENNA WOODS  |                                    |

| <b>SWIM DIVISION</b> | <b>15</b>  | <b>Michelle Siraj</b> | <b>571-294-6163</b>  |
|----------------------|--|-----------------------|--|
| June 20              | Newington Forest (NF)<br>Brandywine (B)<br>Herndon (H)                 | at                    | Lake Braddock (LB)<br>at Sully Station II (SS2)<br>at Fox Mill Estates (FME) |
| June 27              | Newington Forest (NF)<br>Sully Station II (SS2)<br>Brandywine (B)      | at                    | Herndon (H)<br>at Lake Braddock (LB)<br>at Fox Mill Estates (FME)            |
| July 4               | Fox Mill Estates (FME)<br>Sully Station II (SS2)<br>Lake Braddock (LB) | at                    | Newington Forest (NF)<br>at Herndon (H)<br>at Brandywine (B)                 |
| July 8               | DIVISIONAL RELAYS  | at                    | Lake Braddock (LB)   |
| July 11              | Brandywine (B)<br>Fox Mill Estates (FME)<br>Lake Braddock (LB)         | at                    | Newington Forest (NF)<br>at Sully Station II (SS2)<br>at Herndon (H)         |
| July 15              | ALL-STAR RELAYS  | at                    | SLEEPY HOLLOW BATH   |
| July 18              | Newington Forest (NF)<br>Lake Braddock (LB)<br>Herndon (H)             | at                    | Sully Station II (SS2)<br>at Fox Mill Estates (FME)<br>at Brandywine (B)     |
| July 25              | DIVISIONALS  | at                    | Sully Station II (SS2)   |
| August 1             | INDIVIDUAL ALL-STARS   | at                    | VIENNA WOODS   |

| <b>SWIM DIVISION</b> | <b>16</b>  | <b>Amy Meli</b> | <b>703-395-2817</b>  |
|----------------------|--|-----------------|--|
| June 20              | Laurel Hill (LH)<br>Rutherford (RFD)<br>Long Branch (LBR)  | at              | Ilda (IC)<br>at Village West (V)<br>at Hollin Hills (HH)         |
| June 27              | Long Branch (LBR)<br>Ilda (IC)<br>Hollin Hills (HH)        | at              | Laurel Hill (LH)<br>at Rutherford (RFD)<br>at Village West (V)   |
| July 4               | Hollin Hills (HH)<br>Rutherford (RFD)<br>Village West (V)  | at              | Laurel Hill (LH)<br>at Long Branch (LBR)<br>at Ilda (IC)         |
| July 8               | DIVISIONAL RELAYS  | at              | Long Branch (LBR)  |
| July 11              | Laurel Hill (LH)<br>Hollin Hills (HH)<br>Long Branch (LBR) | at              | Village West (V)<br>at Rutherford (RFD)<br>at Ilda (IC)          |
| July 15              | ALL-STAR RELAYS  | at              | SLEEPY HOLLOW BATH   |
| July 18              | Rutherford (RFD)<br>Ilda (IC)<br>Village West (V)          | at              | Laurel Hill (LH)<br>at Hollin Hills (HH)<br>at Long Branch (LBR) |
| July 25              | DIVISIONALS  | at              | Rutherford (RFD)   |
| August 1             | INDIVIDUAL ALL-STARS                                       | at              | VIENNA WOODS   |

**SWIM DIVISION 17**  
 June 20 Annandale (A)  
 Edsall Park (EP)  
 Pinewood Lake (PW)  
 June 27 Pinewood Lake (PW)  
 Springfield (S)  
 Broyhill Crest (BC)  
 July 4 Broyhill Crest (BC)  
 Pinewood Lake (PW)  
 Edsall Park (EP)  
 July 8 DIVISIONAL RELAYS  
 July 11 Annandale (A)  
 North Springfield (NS)  
 Springfield (S)  
 July 15 ALL-STAR RELAYS  
 July 18 North Springfield (NS)  
 Springfield (S)  
 Edsall Park (EP)  
 July 25 DIVISIONALS  
 August 1 INDIVIDUAL ALL-STARS

**Jennifer Killmer 703-945-8574**  
 at Springfield (S)  
 at North Springfield (NS)  
 at Broyhill Crest (BC)  
 at Annandale (A)  
 at North Springfield (NS)  
 at Edsall Park (EP)  
 at Annandale (A)  
 at North Springfield (NS)  
 at Springfield (S)  
 at Springfield (S)  
 at Edsall Park (EP)  
 at Broyhill Crest (BC)  
 at Pinewood Lake (PW)  
 at SLEEPY HOLLOW BATH  
 at Annandale (A)  
 at Broyhill Crest (BC)  
 at Pinewood Lake (PW)  
 at Annandale (A)  
 at VIENNA WOODS



# JOLYN

## INTRODUCING YOUR REP, KRISTI!

**@JOLYNMIDATLANTIC  
 ON INSTAGRAM**  
 EMAIL: KRISTI@JOLYN.COM

**WANT TO HOST A FUN-DRAISER POP-UP  
 FOR YOUR TEAM? JOLYN WILL KICK BACK  
 10% OF OUR SALES TO YOUR SQUAD FOR  
 HAVING US AT YOUR MEET!**

## SWIMMING RECORDS FOR BOYS IN SATURDAY 'A' MEETS

| <u>Event</u>       | <u>Time</u> | <u>Date Set</u> | <u>Name</u>          | <u>Club</u> |
|--------------------|-------------|-----------------|----------------------|-------------|
| <b>8 and Under</b> |             |                 |                      |             |
| 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    | 1:07.95     | 7-01-2023       | Atticus E Henry      | ML          |
|                    |             |                 | Henry M Weeks        |             |
|                    |             |                 | Tyson C Wager        |             |
|                    |             |                 | Nathan W Lee         |             |
| <b>9 and 10</b>    |             |                 |                      |             |
| 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  | 1:07.59     | 7-06-2024       | Andrew Pelaez        | T           |
|                    |             |                 | Daniel Klett         |             |
|                    |             |                 | Victor Rodriguez     |             |
|                    |             |                 | Oliver Waisberg      |             |
| <b>11 and 12</b>   |             |                 |                      |             |
| 50Y Free           | 24.13       | 6-22-2024       | Logan Hillman        | M           |
| 50M Free           | 26.18       | 8-04-2018       | Michael Mullen       | OKM         |
| 50Y Back           | 28.04       | 6-25-2022       | Max Thompson         | SV          |
| 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      | 26.17       | 6-25-2022       | Max Thompson         | SV          |
| 50M Butterfly      | 27.97       | 7-30-2022       | Max Thompson         | SV          |
| 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  | 57.04       | 7-08-2023       | Marcus A Scannapieco | KG          |
|                    |             |                 | Kingsley J Chow      |             |
|                    |             |                 | Aaron Kuang          |             |
|                    |             |                 | Declan L Nguyen      |             |

**Boys 11 and 12 (cont.)**

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

**13 and 14**

|                   |       |           |  |     |
|-------------------|-------|-----------|--|-----|
| 50Y Free          | 22.50 | 6-28-2025 | Josiah Sturgill  | HPP |
| 50M Free          | 24.01 | 7-05-2025 | Gabriel D Hanson   | HS  |
| 50Y Back          | 25.46 | 7-05-2025 | Ethan M Johns  | CP  |
| 50M Back          | 26.19 | 7-15-2017 | Anthony Grimm  | FO  |
| 50Y Breast        | 28.45 | 6-28-2025 | Colton Masterson   | RF  |
| 50M Breast        | 30.41 | 7-28-2018 | Aiken Do   | RFD |
| 50Y Butterfly     | 24.15 | 6-28-2025 | Josiah Sturgill  | HPP |
| 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 | 48.88 | 7-05-2024 | Ethan M Johns<br>Dominic Iaci<br>Xavier Raybon<br>Ryan Ouk | CP  |

|                   |       |           |   |   |
|-------------------|-------|-----------|---|---|
| 100M Medley Relay | 53.50 | 7-13-2019 | JT Ewing<br>Emanuel Rouvelas<br>Nolan Dunkel<br>Stefan Jafari | T |
|-------------------|-------|-----------|---|---|

**15 - 18**

|                   |         |           |   |     |
|-------------------|---------|-----------|---|-----|
| 50Y Free          | 21.09   | 7-09-2022 | Graham Evers  | FO  |
| 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     | 23.00   | 6-22-2024 | Beck Hastings   | HP  |
| 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 | 1:37.84 | 6-21-2025 | Colin Wolf<br>Beau Souders<br>James Hayden<br>Andrew Garver | OAK |

|                   |         |           |  |   |
|-------------------|---------|-----------|--|---|
| 200M Medley Relay | 1:43.20 | 7-15-2023 | Nolan L Dunkel<br>Isaac M Bell<br>James T Ewing<br>Hunter Zipperer | T |
|-------------------|---------|-----------|--|---|

**Mixed Age Relays**

|                |         |           |  |     |
|----------------|---------|-----------|--|-----|
| 200 Yard Free  | 1:42.34 | 6-28-2025 | Brendan Pintauro<br>Archer Williams<br>Josiah Sturgill<br>Jonathan Katen | HPP |
| 200 Meter Free | 1:49.25 | 7-16-2022 | Kyle Koay<br>Grant Nielsen<br>Hunter Zipperer<br>JT Ewing                | T   |

## SWIMMING RECORDS FOR GIRLS IN SATURDAY 'A' MEETS

| <u>Event</u>       | <u>Time</u> | <u>Date Set</u> | <u>Name</u>   | <u>Club</u> |
|--------------------|-------------|-----------------|---|-------------|
| <b>8 and Under</b> |             |                 |   |             |
| 25Y Free           | 14.14       | 7-02-2022       | Sloane Nguyen   | KG          |
| 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<br>Jaclyn Benjamin<br>Meghan Ferguson<br>Carrie McCormack | OAK         |
| 100M Free Relay    | 1:10.35     | 6-28-2014       | Patricia Leonard<br>Josie Gieseman<br>Brook Thomas<br>Catherine Hughes      | T           |
| <b>9 and 10</b>    |             |                 |   |             |
| 50Y Free           | 27.24       | 7-09-2022       | Olive Dunn  | HRA         |
|                    |             | 7-11-1998       | Leslie Swinley  | HTM         |
| 50M Free           | 29.43       | 6-22-2019       | Charis Roundtree  | VR          |
| 50Y Back           | 31.39       | 7-02-2022       | Olive 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      | 13.46       | 7-02-2022       | Olive Dunn  | HRA         |
| 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<br>Kim Watson<br>Cathy Bergman<br>Kerry Danisavage            | WC          |
| 100M Medley Relay  | 1:07.34     | 7-23-2016       | Patricia Leonard<br>Ellie Leonard<br>Keira Gutierrez<br>Madie Turley        | CB          |
| <b>11 and 12</b>   |             |                 |   |             |
| 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           | 29.96       | 7-13-2024       | Kennedy Masten  | HSC         |
| 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<br>Kathryn Jobe<br>Melissa Fransen<br>Jenny Ramsdell   | OAK         |

**Girls 11 and 12 (cont.)**

|                   |         |           |   |    |
|-------------------|---------|-----------|---|----|
| 100M Medley Relay | 1:00.66 | 7-18-2015 | Samantha Gonzalez<br>Dora Wu<br>Olivia Brower<br>Skylar Tennant | ML |
|-------------------|---------|-----------|---|----|

**13 and 14**

|                   |         |           |   |     |
|-------------------|---------|-----------|---|-----|
| 50Y Free          | 24.77   | 1991      | Tracey Rankin   | RG  |
| 50M Free          | 26.00   | 7-31-2010 | Janet Hu  | MW  |
| 50Y Back          | 27.43   | 6-18-2022 | Morgan Kass   | HSC |
| 50M Back          | 29.22   | 7-19-2025 | Erin Kass   | VAC |
| 50Y Breast        | 31.65   | 6-28-2014 | Jacquee Clabeaux  | G   |
|                   | 31.65   | 6-21-2025 | Anna Roth   | OAK |
| 50M Breast        | 32.83   | 6-21-1997 | Lindsey Ertter  | T   |
| 50Y Butterfly     | 26.45   | 7-02-2022 | Sophie Fredericks   | KG  |
| 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 | 52.81   | 6-21-2025 | Audrey Hammond<br>Anna Roth<br>Laura Roth<br>Megan Wolf                 | OAK |
| 100M Medley Relay | 57.33   | 7-06-2019 | Cate Sheridan<br>Ellie Leonard<br>Caroline Burgeson<br>Patricia Leonard | CB  |

**15 - 18**

|                   |         |           |  |     |
|-------------------|---------|-----------|--|-----|
| 50Y Free          | 24.03   | 7-06-2024 | Jillian Ferrari  | WC  |
| 50M Free          | 25.67   | 7-27-2013 | Janet Hu   | MW  |
| 50Y Back          | 26.38   | 6-22-2024 | Sophie Fredericks  | KG  |
| 50M Back          | 27.62   | 7-19-2025 | Sadie Buckley  | F   |
| 50Y Breast        | 30.31   | 7-06-2024 | Jillian Ferrari  | WC  |
| 50M Breast        | 31.37   | 7-27-2019 | Anna Keating   | VAC |
| 50Y Butterfly     | 25.50   | 7-08-2023 | Sophie C Fredericks  | KG  |
| 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 | 1:53.13 | 7-02-2022 | Victoria Valko<br>Natalia Rongione<br>Anna Lasxlo<br>Olivia Tennant        | ML  |
| 200M Medley Relay | 1:58.61 | 7-17-2021 | Allison Martin<br>Bridget Morris-Larkin<br>Skye Sunderhauf<br>Megan Craven | HS  |

**Mixed Age Relays**

|                |         |           |  |     |
|----------------|---------|-----------|--|-----|
| 200 Yard Free  | 1:47.83 | 6-18-2022 | Erin Kass<br>Kennedy Masten<br>Morgan Kass<br>Emma Flickinger            | HSC |
| 200 Meter Free | 1:55.96 | 7-15-2017 | Catherine Hughes<br>Danielle Hughes<br>Carolina Zubler<br>Evie Gieseeman | T   |

## RELAY CARNIVAL RECORDS FOR GIRLS

| <u>Event</u>                                     | <u>Time</u> | <u>Date Set</u> | <u>Name</u>  | <u>Club</u> |
|--|-------------|-----------------|--|-------------|
| <b>Mixed Age</b><br>200 M Free                   | 1:54.89     | 7-18-2018       | Courtney Watts<br>Emma Watts<br>Maggie Shi<br>Brynn Curtis                         | CH          |
| <b>8 and Under</b><br>100 M Medley               | 1:17.56     | 7-16-2014       | Brook Thomas<br>Ellie Leonard<br>Catherine Hughes<br>Josie Gieseman                | T           |
| 100 M Free                                       | 1:09.37     | 7-17-2013       | Victoria Valko<br>Anna Laszlo<br>Lillie Paris<br>Olivia Tennant                    | ML          |
| 100 M Modified Medley (back, breast, free, free) | 1:17.30     | 7-15-2009       | Paige Pilewski<br>Sinead Eksteen<br>Sara Vavonese<br>Heather Geisler               | SV          |
| <b>9 and 10</b><br>100 M Medley                  | 1:05.77     | 7-08-2015       | Courtney Watts<br>Hanna Boughanem<br>Maria Alvarado<br>Bridget O'Shaughnessy       | HS          |
| 100 M Free                                       | 58.43       | 7-15-2015       | Aminata Davis<br>Maria Alvarado<br>Courtney Watts<br>Bridget O'Shaughnessy         | HS          |
| <b>11 and 12</b><br>100 M Medley                 | 1:00.21     | 7-08-2015       | Samantha Gonzalez<br>Dora Wu<br>Olivia Brower<br>Skylar Tennant                    | ML          |
| 100 M Free                                       | 54.21       | 7-19-2017       | Maria Alvarado<br>Cate Sheridan<br>Patricia Leonard<br>Caroline Burgeson           | CB          |
| <b>13 and 14</b><br>200 M Medley                 | 2:03.87     | 7-12-2023       | Sadie E Buckley<br>Lyla G Devlin<br>Cally B Coddling<br>Olivia E Roca              | F           |
| 200 M Free                                       | 1:52.66     | 7-02-2025       | Violet E Mullen<br>Aspasia M Nicholakos<br>Alexandra S Bristow<br>McKinley R Busen | O           |
| <b>15-18</b><br>200 M Medley                     | 1:59.14     | 7-10-2019       | Mary Kate Reicherter<br>Kayle Park<br>Kate Bailey<br>Alexis C Lee                  | O           |
| 200 M Free                                       | 1:49.44     | 7-13-2016       | Ellie Ridgeway<br>Katherine Lundy<br>Kayle Park<br>Suzanne Dolan                   | O           |

## RELAY CARNIVAL RECORDS FOR BOYS

| <u>Event</u>                                     | <u>Time</u> | <u>Date Set</u> | <u>Name</u>  | <u>Club</u> |
|--|-------------|-----------------|--|-------------|
| <b>Mixed Age</b><br>200 M Free                   | 1:48.76     | 7-18-2018       | Ryan Bradshaw<br>Alex Andrews<br>Johnny Bradshaw<br>David DiMeglio           | HSC         |
| <b>8 and Under</b><br>100 M Medley               | 1:17.89     | 7-10-2024       | Keegan Donnelly<br>Winston Morgan<br>Jackson Smith<br>Emmett Hackenberg      | RH          |
| 100 M Free                                       | 1:08.07     | 7-12-2023       | Nathan W Lee<br>Henry M Weeks<br>Tyson C Wager<br>Atticus E Henry            | ML          |
| 100 M Modified Medley (back, breast, free, free) | 1:17.40     | 7-22-1981       | Andy Dinan<br>Geoff Caldwell<br>Eric Soroos<br>Richard Jacobs                | MHC         |
| <b>9 and 10</b><br>100 M Medley                  | 1:06.87     | 6-26-2024       | Andrew Pelaez<br>Daniel Klett<br>Max Waisberg<br>Oli Waisberg                | T           |
| 100 M Free                                       | 1:00.06     | 6-26-2024       | Max Waisberg<br>Oli Waisberg<br>Daniel Klett<br>Andrew Pelaez                | T           |
| <b>11 and 12</b><br>100 M Medley                 | 59.18       | 7-13-2016       | Justin Singletary<br>Justin Connors<br>Christopher Dobrydney<br>Graham Evers | F           |
| 100 M Free                                       | 53.26       | 7-20-2016       | Gabriel Rupar<br>Tate Hoffman<br>Niko Sanchez<br>Aiken Do                    | RFD         |
| <b>13 and 14</b><br>200 M Medley                 | 1:56.06     | 7-16-2014       | Grant DeWitt<br>Sam Gollob<br>Thomas Outlaw<br>Jaya Kambhampaty              | CB          |
| 200 M Free                                       | 1:44.09     | 7-13-2016       | Ollie Bernasek<br>Andrew Bernstein<br>Nick Spicer<br>Adi Kambhampaty         | CB          |
| <b>15-18</b><br>200 M Medley                     | 1:43.31     | 7-12-2023       | Nolan L Dunkel<br>Isaac M Bell<br>James T Ewing<br>Hunter W Zipperer         | T           |
| 200 M Free                                       | 1:34.30     | 7-12-2023       | Hunter W Zipperer<br>James T Ewing<br>Nolan L Dunkel<br>Hugo M Haggard       | T           |

## 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
- Install 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' sheets for BOTH teams sorted by lane in event order *including No Swimmers*
- Computer, printer, and their necessary power cords
- Backup computer and printer and power cords



RECOVER STRONGER, PERFORM BETTER.

Your path to peak performance starts here.

BOOK A FREE 15 MIN CONSULT NOW!

CHANTILLY & FAIRFAX

RESURGENT  
SPORTS & HEALTH

+703 698 7888

## RECOMMENDED PROCEDURES FOR TEAM MEETS

**Please also see [myNVSL.com/documents](http://myNVSL.com/documents) for  
any Season Modifications**

The Team Reps should abide by the procedures agreed to in the kick-off meeting with the Division Coordinator provided that the procedures do not violate the NVSL Rules.

1. **Diligent meet preparation** by both team's data and team reps, as well as cooperation with the Meet Manager (host Team Rep) and the Referee by everyone at the meet, is essential.
2. The Meet Manager should contact the visiting Team Rep early in the week of the meet to establish or confirm 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 and spectator areas, which should be as equitable as possible; the assignment of the meet officials; and any significant changes in the meet procedures. Teams should follow the Swimtopia Procedures for A-Meets. 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. The host team by agreement with visiting team may prepare meet sheets with seed or entry times and provide copies to 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 sheets for both teams. The sheets include the first and last names of swimmers (including relay swimmers) and the events and lane numbers. Seed/entry time should not be printed on the sheets. The sheets 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. Prior to the first warmup, lane lines and backstroke flags should be in place, the water level should be as high as practicable, and water vents/skimmers within the pool's competition area must 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](http://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 sheets. At the completion of each event, each Head Lane Timer **LEGIBLY** writes the stopwatch times on the sheet, determines the official time, and **LEGIBLY** writes it on the sheet. Each lane timer views the recordings by the Head Lane Time for correctness before clearing his or her watch. The time sheets are collected by the Chief Timer who reviews the times and has the sheets 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 sheet; determines the order of finish by arranging the time sheets in order with the fastest time on top; staples DQ slips to the front of the appropriate sheets; 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 sheets; writes a red "DQ" on the sheets of the disqualified swimmers; and sorts the sheets 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 sheet; (2) Mark the sheet in red "new NVSL Record"; (3) Make a duplicate time sheet, without signatures, but marked in red "New NVSL Record duplicate sheet" to forward with the other event sheets; (4) Ensure that the original record sheet 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 sheet for retention (a front and back picture is also handy) and then forward the original record sheet to the League Records Chair who will notify how/when patches and certificates will be available.

**17.** After the Place Recorders, the sheets 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 sheet. After the data entry for each event, the swimmers' names and finish times/DQs are printed. Verifiers review this print-out and the time sheets for accuracy before any results are announced. Any differences between this printout and the time sheets 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 sheets and printouts 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 is uploaded to the NVSL website.

**21.** 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*)

*Revised 2025*

## NVSL 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
  - AND** New/Recertification Stroke and Turn Clinic OR
- Current USA Swimming Certification as a Starter **AND** Stroke and Turn judge

### **Returning Starter**

- Referee/Starter Clinic or current USA Swimming Certification as a Starter
  - AND** New\*\*/Recertification Stroke and Turn Clinic OR
- Current USA Swimming Certification as a Starter
  - AND** Stroke and Turn judge

### **First Year Referee**

- New Referee Clinic, New Starter Clinic, **AND** Stroke & Turn Clinic

### **Returning Referee**

- Referee/Starter Clinic and Stroke & Turn Clinic

\*\* The qualification procedures for starters have changed as of 3/1/2025. Some returning starters will need to certify as a stroke and turn judge for the first time and should attend the New Stroke and 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 in the current or previous 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, Michelle Hale michelle.hale.swim@gmail.com.

- 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, Michelle Hale michelle.hale.swim@gmail.com.
- NVSL Officials' Clinics last about two hours. Those arriving more than 10 minutes late or leaving early will NOT receive credit for attendance. Officials MUST have five years or more of experience in order to attend a virtual recertification clinic. No exceptions will be granted.
- The New Referee and New Starter Clinics will NOT meet the requirement for Returning Referee or Starter 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 a) the NVSL New Referee and New Starter Clinics, or b) the NVSL Referee-Starter Clinic in the current or previous year.

### **CERTIFIED REFEREE**

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 NVSL 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 in the current or previous year.

## 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.*

**Alternate** - Per Rule 5(d) and Rule 21(f), the League designates two alternate swimmers for Individual All Stars and one alternate relay team for All Star Relays to compete if a lane is unfilled due to absence or disqualification.

**Bid-in** - in Divisionals to fill an unoccupied lane, using procedures of Rule 6; also used as the designation of the swimmer who may fill the unoccupied lane.

**Course** - designated distance over which the competition is conducted.

**Division Coordinator** - An individual selected to: 1) be the liaison between teams in their division as well as between teams and the League; 2) oversee the teams in the NVSL sponsored meets; 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 improper substitution.

**Firm Entry List, or Firm Entries** - The names of swimmers selected to compete in individual and relay events for Team Meets, Divisional Relays, and Divisionals.

**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.

**League** - the Northern Virginia Swimming League (NVSL)

**League Competition** - only meets listed in the swimming and diving sections of the current NVSL Handbook.

**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.

**Official Meet Results** - a complete set of the electronically prepared meet results that have been previously verified against the time sheets by Data Entry and Table Worker(s).

**Scratch** - to withdraw 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 or Diving Up** - Swimming or Diving in an age group older than one's own.

**Team Meets** - dual and triangular meets.

**Team Representative, or Team Rep** - (Article VI of League Bylaws) - each member pool shall designate a Team Representative who shall be a member in good standing of that pool. The Team Rep shall have full authority to act for and on behalf of the League in the conduct of its activities, including voting on behalf of the member pool in League matters.



8451-B Hilltop Road  
Fairfax, Virginia 22031  
p: 703-764-0088  
e: jobs@jjprintva.com

**For over 40 years J & J Printing  
has been providing high quality  
printing of Letterheads, Envelopes,  
Newsletters, Annual Reports and much more!  
From one color to full color we can do it all.  
Give us a call to see how we can help you!**

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 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 4<sup>th</sup> 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 are permitted to compete in swimsuits which include the name or insignia of another team, e.g., high school or club teams.
- p. Swimmers shall not be permitted to compete in swim caps which include the name or insignia of any team other than their NVSL team.
- q. A factor of 1.11 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**.) A Scratch-Substitution Form submitted prior to the start of the meet or in advance of a particular event may be rescinded or revised by a Team Rep before the event in question provided the revision does not violate **Rule 5 b(4)**.

(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 shall be given to the Division Coordinator at the ~~seeding meeting same time designated for the submission of the Firm Entry list.~~ 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 **Rule 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 At least** one person from each team shall be designated as the Team Rep on the **firm entry list Meet Cover Page**. In team meets, the designated Team Rep(s) from the host team shall be the Meet Manager(s). 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. Starters shall provide verbal instructions announcing the distance and stroke prior to the start of the event.

(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.

(5) A swimmer who is determined to be disqualified as a result of a false start violation pursuant to USAS Rule 101.1.3A will be permitted to swim in the race. However, the disqualification will stand, the disqualification will be written up after completion of the race, and the result of the disqualified swimmer's race will not count towards an official time or team points. This rule is applicable to Team Meets, and Divisional Relays, and Divisionals. This rule is not applicable to Divisionals and All-Stars meets when an alternate is available.

**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 Technical League Rules (USA Swimming Technical Rules and League **Rule 12**):

(1) Protests involving Technical League Rules shall be lodged by the Team Rep(s) with the Referee not later than 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. Protests involving Technical League Rules by anyone other than a Team Rep will not be considered.

(2) Decisions rendered by the Referee on protests involving 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 swim at a League Competition shall be timed with at least three independently activated digital watches or automatic timing system buttons.

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, split times, or times achieved in non-League Competition 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.

## 20. HOW MEETS ARE SCHEDULED

Meets are scheduled by current seeding. The host team is determined by the Division Coordinator in conjunction with the Team Reps.

|        |     |     |     |
|--------|-----|-----|-----|
| Week 1 | 1-4 | 2-5 | 3-6 |
| Week 2 | 1-6 | 2-4 | 3-5 |
| Week 3 | 1-3 | 2-6 | 4-5 |
| Week 4 | 1-5 | 2-3 | 4-6 |
| Week 5 | 1-2 | 3-4 | 5-6 |

## 21. RULES FOR RELAY CARNIVALS

a. Each division shall conduct a Division Relay Carnival in which each team has only one entry per event. The entry shall be either the official relay team or an unofficial relay team.

(1) Swimmers on official relay teams shall swim in their own age groups.

(2) Swimmers on unofficial relay teams shall meet the same sex requirements as the official relay teams and shall swim the stroke(s) of the event in which they are participating. They shall swim only in their own age group or in an older age group.

(3) The Division Coordinator shall be advised of the entry of an unofficial relay team as far as practical before the event. An unofficial relay team shall not receive points, awards or be eligible for the All-Star Relay Carnival. An infraction by any unofficial relay team shall not cause the disqualification of an official relay team. Unsportsmanlike conduct by an unofficial relay team shall be grounds for denying further unofficial entries by the offending team.

b. A swimmer may swim in the mixed age and two age group relays.

- 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.
- f. Rules Specific to All Star Relay Carnival:
  - (1) A relay that qualifies for the All-Star Relay Carnival shall be allowed to substitute swimmers 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.
  - (3) All swimmers on official and alternate relay teams shall report to Clerk of Course.

**22. EVENTS FOR RELAY CARNIVALS**

Girls Event #

Boys Event #

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

\*\*\*\*\*  
 NVSL® HAPPY ADS  
 \*\*\*\*\*  
 A great way to support your swimmer and your team  
 Available for inclusion in the  
**All-Star Relay Program**  
**Individual All-Stars Program**  
 nvslhappyads@gmail.com  
 Ads print in black and white  
 \*\*\*\*\*  
  
 We love to print photos of your swimmers and your team  
 \*\*\*\*\*  
**SHARE YOUR PRIDE**  
**SHOW YOUR SPIRIT**  
**SUPPORT THE NVSL®**  
 \*\*\*\*\*

**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 |
|----|---------------------------|----|

(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          |
| <b>**41</b> ..... | 4 lengths individual medley ..... | <b>42**</b> |

**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 **2026** these meets shall **start with Event 11 Backstroke**

## 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. No exemption to this restriction will be granted for a swimsuit that will give the swimmer a competitive advantage.
- Only World Aquatics-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 -World Aquatics 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.

- The use of technology and automated data collection devices is permissible for the sole purpose of collecting data. Automated devices shall not be utilized to transmit data, sounds, or signals to the swimmer and may not be used to aid their speed

### **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.

**U  
S  
A  
S**



**4115 Pleasant Valley Rd  
Unit 500  
Chantilly, VA 20151**

**TOTAL TEAM  
OUTFITTING**

[casselsonline.com](http://casselsonline.com)

**SUITS, CAPS, SPIRIT WEAR &  
CUSTOMIZED ONLINE STORES!**

SPORCO    NIKE    ORCA    DOLFIN    TYR

**H.VASSALLO@CASSELSONLINE.COM**

**703.435.4446**

 **GROWN-UP SWIMMING®**

**Why let the kids  
have all the fun?**



Join or Form a Team for Summer 2026  
[grownupswimming.com/dmv](http://grownupswimming.com/dmv)

**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  
USA Swimming  
2026 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.
- .2 The Start**
  - A** Once all swimmers have removed their clothing, except for swimwear, the Referee shall signal the commencement of an event by a short series of whistles inviting them to get ready at the starting end, 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 outstretched arm to the Starter that the swimmers are under the Starter's control.
  - C** On the Starter's command "take your marks", 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 marks," the Starter shall immediately release all swimmers with a "stand" command upon which the swimmers may stand up or step off the blocks.
  - E** A swimmer shall be disqualified for an illegal starting position at the start if the

swimmer moves from a legal starting position to an illegal starting position immediately prior to or after the "take your marks" command provided that the illegal starting position exists when the signal to start the race is given. 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 or the Stroke and Turn Judges.

### .3 False Starts

- A Any swimmer initiating a start before the signal may 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 a "stand" 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 a "stand" command.
- E Declared false start: swimmers reporting to the Referee prior to the start of their race and declaring their intent not to compete shall be disqualified except as noted in 207.11.6D(1).

### .4 Warning Signal - *n/a NVSL as no event over 500 yds so not included.*

### .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 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 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 body must be on 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 as long as the body is on the breast when leaving 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.

Additionally, once some part of the head of the swimmer has passed the final 5-meter mark (long course and short course meters) or 5-yard mark (short course yards), immediately prior to reaching for the finish, the swimmer may be completely submerged.

### 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, at least one toe 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. Additionally, once some part of the head of the swimmer has passed the 5-meter mark (long course and short course meters) or 5-yard mark (short course yards) immediately prior to reaching for the finish, the swimmer may be completely submerged prior to the touch.

- .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. Additionally, once some part of the head of the swimmer has passed the final 5-meter mark (long course and short course meters) or 5-yard mark (short course yards), immediately prior to reaching for the finish, the swimmer may be completely submerged.

### 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 their person touches the wall after completing the prescribed distance. Additionally, once some part of the head of the swimmer has passed the final 5-meter mark (long course and short course meters) or 5-yard mark (short course yards), immediately prior to reaching for the finish, the swimmer may be completely submerged.

**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.
- .4 **Finish** —The swimmer shall have finished the race when any part of their 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 Competition Category Relays**—must consist of two (2) men and two (2) women.

**Exception:** at meets below the LSC championship level, mixed relays consisting of compositions other than two (2) men swimmers and two (2) women swimmers may be permitted if stated in the meet announcement. Times for the mixed relays with compositions other than two (2) men and two (2) women shall not be loaded into the SWIMS database, but eligible lead-off times shall be loaded.

**.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 touchplate or pad in their lane at the end of the course to have finished their leg of the relay race.
- C In relay races a swimmer other than the first swimmer shall not start until their teammate has concluded his/her leg.
- D Any relay team member and their 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 their 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 their 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.

**102.21 DISQUALIFICATIONS – See USA Swimming Rules**

**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. This section contains guidelines and suggestions for making such modifications.

**.2 Responsibilities**

A **Swimmer/Coach** —The swimmer (or the swimmer's coach) is responsible for notifying the Referee, prior to the competition, of any swimmer with a disability and of the requested accommodations and/or modifications. The swimmer/coach shall provide a Personal Assistant(s) or any equipment (tappers, deck mats, etc.) if required.

B **Meet Referee** —The Meet Referee's responsibilities include:

- (1) Determining if the requested accommodations/modifications are appropriate and can be met.

- (2) Instructing the Deck Referee and Starter as to how the accommodations and/or modifications will be made for the swimmer with a disability.
- (3) In communication with the remaining officiating crew, a Meet Referee may:
  - a Instruct them to observe and report ANY violation of the rules and vet the call against the approved modification(s) and apply Article 105 to overturn the call,
  - b Or, share the specific modification(s) and instruct them to observe and report any violation except the approved modification(s).

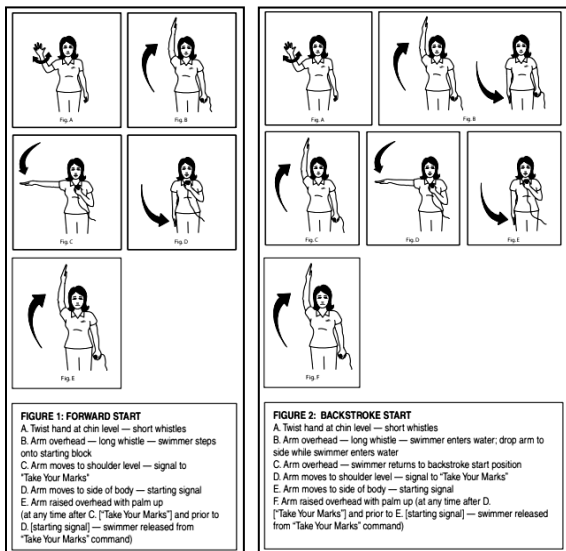
### **.3 Accommodations/Modifications**

- A Accommodations are considerations which allow a swimmer with a disability to access the facility (locker rooms, restrooms, pool deck, warm-up/down pool) and afford the athlete the time, assistance and deck space required to obtain a starting position for each event. Accommodations which the Meet Referee may approve for the swimmer with a disability include but are not limited to:
- (1) Reassignment of lanes within a heat, e.g., exchanging Lanes 2 and 7.
  - (2) Allowing a swimmer to have a personal assistant(s) for any reason approved by the Meet Referee.
  - (3) Assuring proximity wheelchair access from deck to block.
- B Modifications are any exception to the technical rules approved by the Meet Referee (See 102.11.9) allowing a parallel performance for a swimmer with a disability. Aids to buoyancy or speed are not allowed (See 102.8.1E). Modifications which the Meet Referee may approve for the swimmer with a disability include but are not limited to:
- (1) Personal Assistant to act as a tapper at the turn and finish walls for a swimmer who is blind or has low vision.
  - (2) Use of visual starting signal(s) (strobe and hand signals) for a swimmer that is deaf or hard of hearing.
  - (3) Inability of the swimmer to turn a foot out in breaststroke during the propulsive part of the kick.
  - (4) Examples of other allowable modifications are further described in this section under the type of disability. Allowable modifications in accordance with Article 105 shall affect the current meet and shall not set a precedent (See 102.11.9).

### **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 swimmer who is deaf or hard of hearing 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.

**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.

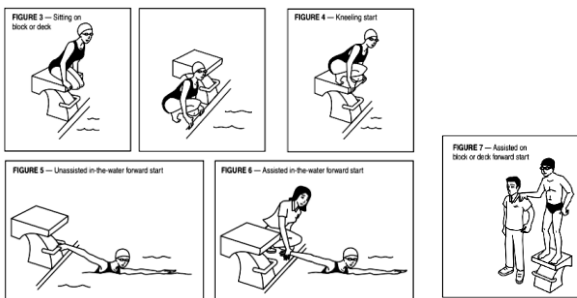
### 105.5 PHYSICAL DISABILITIES

- .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 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.



# NVSL DIVING

<https://dive.mynvsl.com>



## **DIVE OFFICERS AND COMMITTEE CHAIRPERSONS (EXCOM)**

### **OFFICERS**

|  |                                  |
|--|----------------------------------|
| VICE PRESIDENT (Diving)<br>Judy Baltas - judy.baltas.hvscdive@gmail.com              | 571-334-5318                     |
| SECOND VICE-PRESIDENT<br>David Grannis - Dagrannis@gmail.com                         | 202-365-6651                     |
| CHIEF INFORMATION OFFICER<br>Thomas Joyce - tjoyce72@hotmail.com                     | 703-622-8452                     |
| SECRETARY<br>Katherine McClure - diveteammom@gmail.com                               | 240-271-1905                     |
| TREASURER<br>Bob McKinney - bobjenmac@cox.net<br>7403 Farnum St., Springfield, 22151 | 703-916-8212<br>(c) 703-568-6762 |
| CHIEF OFFICIAL<br>Jim Sweeder (Unatt)<br>jsweeder@verizon.net                        | 703-503-2959<br>(c) 571-214-3931 |

### **COMMITTEES AND ADMINISTRATIVE**

|  |                                      |
|--|--------------------------------------|
| AWARDS<br>Mary Bowersox (OKM)<br>MaryLee.Bowersox@outlook.com        | 703-913-5420                         |
| HANDBOOK COORDINATOR<br>Kristin Webster<br>kristinswebster@gmail.com | 518-312-8462                         |
| RULES COMMITTEE<br>Mike Schaeffer, Chair (HF)<br>mikejudy@cox.net    | 703-593-5075                         |
| Nancy Steffen (Unatt)<br>fachsteffen@yahoo.com                       | (h) 703-938-4611<br>(c) 202-359-1603 |
| Bob McKinney (NS)<br>bobjenmac@cox.net                               | 703-916-8212<br>(c) 703-568-6762     |
| Lee Bowersox (OKM)<br>MaryLee.Bowersox@outlook.com                   | 703-913-5420                         |
| Gene Lee (HV)<br>el22@georgetown.edu                                 | 571-294-8285                         |
| Lynn Clark (AF)<br>clarkmail66@icloud.com                            | 703-919-4376                         |

## SEEDING COMMITTEE

Jim Sweeder, Chair (Unatt) 703-503-2959  
jsweeder@verizon.net (c) 571-214-3931

Megan Burski-Wells (CCC) (c) 703-801-5355  
burskiwells@yahoo.com

Elizabeth Wiley (GF) (214)507-9439  
ewiley@cheiron.us

Rachel Paci (VW) 703-975-6425  
rachelpaci@gmail.com

Joel Waterfield (G) 703-980-8313  
h2odirt2@gmail.com

Joy Ditto Hill 703-861-6361  
joyditto@hotmail.com

## SCHOLARSHIP

Nancy Steffen (Unatt) (h) 703-938-4611  
fachsteffen@yahoo.com (c) 202-359-1603

## DIVISION COORDINATION ADMINISTRATOR

Megan Burski-Wells (CCC) (c)703-801-5355  
burskiwells@yahoo.com

## CRACKER JACK MEET COMMITTEE

Lynn Clark (AF), Chair 703-919-4376  
clarkmail66@icloud.com

Jessica Albers (NS) 703-772-3420  
Ns.dolphin.dive@gmail.com

Mary Bowersox (OKM) 703-913-5420  
MaryLee.Bowersox@outlook.com

Judy Baltas 571-334-5318  
judy.baltas.hvscdive@gmail.com

## DIVE DIVISION COORDINATORS

|   |   |  |
|---|---|--|
| 1 | Wes Bowman (DR)<br>Sarah McDonnell (DR) | wbowman@mac.com<br>slmcdonnell@gmail.com |
| 2 | Sarah Scott (P)                         | sscott3317@gmail.com                     |
| 3 | Joy Ditto (PL)                          | joyditto@hotmail.com                     |
| 4 | Tim Harbeck (AF)                        | Tim.harbeck@gmail.com                    |
| 5 | David Grannis (WC)                      | Dagrannis@gmail.com                      |
| 6 | Katherine McClure (OH)                  | diveteammom@gmail.com                    |
| 7 | Rachel Wegner (HSC)                     | hamletdiveteam@gmail.com                 |
| 8 | Jason Detton (A)                        | jndetton@gmail.com                       |

## CHAMPIONSHIP MEETS

### Wally Martin 3 meter Memorial Meet

|         |                             |              |
|---------|-----------------------------|--------------|
| July 12 | Oak Mont Rec Center at 7 AM |              |
|         | Meet Manager: David Grannis | 202-365-6651 |

### Cracker Jack Meet Invitational

|         |                               |              |
|---------|-------------------------------|--------------|
| July 19 | North Springfield (NS) at 8AM |              |
|         | Meet Manager: Lynn Clark      | 703-919-4376 |
|         | Local Contact: Jessica Albers | 703-772-3420 |

### Division Individual Championship Meets

|         |   |  |
|---------|---|--|
| July 26 | Sites listed in the 2026 handbook team schedule |  |
|---------|---|--|

### Synchro 1 Meter Dive Meet

|         |                             |              |
|---------|-----------------------------|--------------|
| July 28 | Old Keen Mill (OKM) at 3PM  |              |
|         | Meet Manager: David Grannis | 202-365-6651 |

### All-Star Meet

|       |                            |              |
|-------|----------------------------|--------------|
| Aug 2 | Fairfax (F) at 7 AM        |              |
|       | Meet Manager: Judy Baltas  | 571-334-5318 |
|       | Local Contact: Judy Baltas | 571-334-5318 |



## **NVSL Dive CrackerJack Meet**



- ***Established in 1987 to provide a skill-appropriate championship meet for beginning divers***
- ***World's largest one-day diving competition***
- ***The first CrackerJack Invitational was held at Freedom Park and attracted approximately 500 divers***
- ***CrackerJack has been hosted by Overlee, Cardinal Hill, Truro, Mansion House, Springfield, Sideburn Run, Fairfax Station, and Ravensworth***
- ***2025 CrackerJack was hosted by North Springfield***
- ***Divers compete by gender within their age group***
  - ***Age groups are: 6 and Under, 7, 8, 9, 10, 11, 12, and 13 and UP***



*NVSL Dive - by the numbers*

## CLINICS

|              |  |              |
|--------------|--|--------------|
| Coaches      | June 7, 1:00PM at TBA  |              |
| Team Reps    | May 31, 8:00-9:30 AM at Overlee<br>Katie McAllister, Local Contact             | 202-903-8151 |
| Meet Workers | May 31, 9:45-10:45 AM at Overlee<br>Katie McAllister, Local Contact            | 202-903-8151 |
| Judges       | May 31, 10:45-12:00 PM at Overlee<br>Katie McAllister, Local Contact           | 202-903-8151 |
|              | June 9, 6:30 PM at Chesterbrook<br>Jeff Neumann, Local Contact                 | 703-772-4452 |
|              | June 24, 6:30PM at Wakefield Chapel<br>Khanh Stenberg, Local Contact           | 215-512-3929 |
| Referees     | June 3, 6:30 PM at Overlee<br>Katie McAllister, Local Contact                  | 202-903-8151 |
|              | June 14, 1:00 PM at Hamlet<br>Phyllis Hashemi, Local Contact                   | 215-359-8815 |
|              | June 27, 3:00-5:00PM at Springfield Church<br>Katherine McClure, Local Contact | 240-271-1905 |

### Future Dates:

|                                 |             |
|---------------------------------|-------------|
| Proposed Rule Changes Submitted | Oct 4, 2026 |
| Executive Board Meeting         | Oct 2026    |
| Team Rep Meeting                | Nov 2026    |
| Executive Board Meeting         | Feb 2027    |
| Team Rep Meeting                | Mar 2027    |



## 2026 DIVING TEAM REPRESENTATIVES AND POOL LOCATIONS

- |           |   |   |
|-----------|---|---|
| <b>1.</b> | <b>ANNANDALE (A)</b><br>7530 Little River Tpk., Annandale 22003<br><br>Jason Detten<br>annandalediveteam@gmail.com<br><br>Alma Detten<br>annandalediveteam@gmail.com                        | <b>8 703-354-4272</b><br><br><br>760-978-8477<br><br>760-978 8471 |
| <b>2.</b> | <b>ARLINGTON FOREST (AF)</b><br>5401 N. Carlin Springs Rd., Arlington 22203<br><br>Michael Bergen<br>marinezero1@gmail.com<br><br>Melissa Bergen<br>meltraub@gmail.com                      | <b>4 703-527-9566</b><br><br><br>908-601-3317<br><br>602-617-7825 |
| <b>3.</b> | <b>CAMELOT COMMUNITY CLUB (CCC)</b><br>3604 Balin Ct., Annandale 22003<br>camelotdive@gmail.com<br><br>Laura Wilson<br>lauractwilson@gmail.com<br><br>Carly Smith<br>smith.carlyj@gmail.com | <b>6 703-560-1222</b><br><br><br>703-864-1562<br><br>724-712-1444 |
| <b>4.</b> | <b>CARDINAL HILL (CH)</b><br>9117 Westerholme Way, Vienna 22180<br><br>Kate Beck<br>cardinalhilldiveteam@gmail.com  | <b>7 703-938-0858</b><br><br><br>860-490-8530                     |
| <b>5.</b> | <b>CHESTERBROOK (CB)</b><br>1812 Kirby Rd., McLean 22101<br><br>Jeff Neumann<br>jeffneum@gmail.com<br><br>Jared Agnew<br>hjagnew@dalabs.com, dive@chesterbrookclub.com                      | <b>4 703-356-4471</b><br><br><br>703-772-4452<br><br>703-873-7047 |
| <b>6.</b> | <b>COMMONWEALTH SWIM CLUB (CSC)</b><br>9800 Commonwealth Blvd., Fairfax 22032<br><br>Julie Benson<br>divecudas@gmail.com<br><br>Kristin Webster<br>divecudas@gmail.com                      | <b>6 703-323-6020</b><br><br><br>225-288-1659<br><br>518-312-8462 |

7. **CROSSPOINTE (CP)** 5 **703-690-4895**  
8275 Glen Eagle Ln.  
Michael Roswell 703-201-3251  
roswellmr@gmail.com  
Todd Whaley 202-460-9189  
todd.a.whaley@gmail.com
8. **DOMINION HILLS (DH)** 4 **703-533-7550**  
6000 Wilson Blvd., Arlington 22205  
June Seymour 240-406-0673  
dhdiveteam@gmail.com  
Kirsten Robbins 401-378-0148  
krobbins426@gmail.com
9. **DONALDSON RUN (DR)** 1 **703-522-3115**  
2729 Marcey Rd., Arlington 22207  
Caroline Simms 203-470-5236  
chbsimms@gmail.com  
Elizabeth Fitzgerald 202-744-6071  
elizabeth.leise@gmail.com
10. **DUNN LORING (DL)** 5 **703-560-9873**  
Drexel and Cottage Streets, Vienna 22180  
Theresa Beatty 202-321-8240  
tamcaffrey@gmail.com  
Andrea Bosco 917-226-5537  
andrea\_aberion@yahoo.com  
Susan Martonik 703-303-7789  
smartonik@gmail.com
11. **FAIRFAX (F)** 1 **703-691-8166**  
4200 Roberts Rd., Fairfax 22032  
Ginny Barron 703-309-8650  
vburkart@gmail.com  
Mary Stinnett 703-472-4491  
marysstinnett@gmail.com

- 12 FAIRFAX STATION (FS)** **2 703-250-6604**  
6203 Old Arrington Dr., Fairfax Station 22039  
Leann Parente 908-419-7383  
fairfaxstationdive@gmail.com  
Stefanie Pidgeon 803-984-6399  
fairfaxstationdive@gmail.com
- 13. GREAT FALLS (GF)** **4 703-759-3299**  
761 Walker Rd., Great Falls 22066  
Chalitda Chitman 703-269-7556  
chalitda.c@gmail.com  
Melissa Fowler 703-628-1777  
melissfowler@gmail.com
- 14. GREENBRIAR (G)** **3 703-378-4421**  
Pt Pleasant/Middle Ridge Dr., Fairfax 22033  
Julena Goodell 949-254-0390  
greenbriar.dive@gmail.com  
Paula Threadgill 706-296-3903  
greenbriar.dive@gmail.com
- 15. HAMLET SWIM CLUB (HSC)** **7 703-893-7255**  
8209 Dunsinane Ct., McLean 22102  
hamletdiveteam@gmail.com  
Phyllis Hashemi 215-359-8815  
phyllis.hashemi@gmail.com  
Rachel Wegner 617-935-2167  
rach.wegner@gmail.com,
- 16 HAYFIELD FARM (HF)** **3 703-971-9837**  
7820 Hayfield Rd., Alexandria 22315  
Jessica Copes 703-965-5044  
Hayfielddive@gmail.com  
Susanna Butler 703-627-1044  
Hayfielddive@gmail.com
- 17. HIGHLAND PARK (HP)** **7 703-922-7343**  
6400 Highland Dr., Alexandria 22310  
highlandparkdive@gmail.com  
Julie Painter 202-276-1680  
jpainter@ahca.org  
Michelle Stigliano 908-500-1610  
meshelle07@yahoo.com

- 18. HIGHLANDS SWIM (HS)** **1 703-821-9893**  
 1515 Bryan Branch Rd., McLean 22101  
 John Berik 703-861-5100  
 JB@HighlandsDiving.org
- 19. HUNT VALLEY (HV)** **2 703-451-9137**  
 7100 Sydenstricker Rd., Springfield 22153  
 Judy Baltas 571-334-5318  
 judy.baltas.hvscdive@gmail.com  
 Tracey Gardiner 703-622-2423  
 TLSGardiner87@gmail.com
- 20. ILDA COMMUNITY (IC)** **8 703-323-9813**  
 8900 Braeburn Dr., Annandale 22003  
 Meredyth Havasy 202-486-5842  
 ildadiveteam@gmail.com  
 Charles Havasy 661-857-0783  
 ildadiveteam@gmail.com
- 21. KENT GARDENS (KG)** **2 703-893-7573**  
 1906 Westmoreland St., McLean 22101  
 Karen Denniston 703-850-5337  
 dive@kgrc.org
- 22. LAKEVIEW (LV)** **5 703-323-9510**  
 5352 Gainsborough Dr., Fairfax 22032  
 Kelley Newsad 614-203-2132  
 lakeview.diveteam@gmail.com
- 23. LEE GRAHAM (LG)** **3 703-573-9706**  
 7319 Lee Hwy., Falls Church 22042  
 Adrienne Nicholson 434-882-0122  
 adriennedass@gmail.com  
 Hana Pasekova 571-277-1240  
 hana.pasekova@gmail.com  
 Camille McCarthy 571-230-3476  
 camille\_mccarthy@yahoo.ca
- 24. MANSION HOUSE (MHC)** **8 703-780-64856**  
 9321 Old Mt. Vernon Rd., Alexandria 22309  
 Elizabeth Long 202-903-7627  
 diverrep@mansionhouseclub.com

- 25. MANTUA (M)** **7 703-273-5363**  
 9330 Pentland Pl., Fairfax 22031  
 Tessa White 703-609-7909  
 diveteam@mantuastc.org  
 Laura Tetreault 703-244-1780  
 diveteam@mantuastc.org
- 26. NORTH SPRINGFIELD (NS)** **6 703-256-4686**  
 5604 Earlhurst St., Springfield 22151  
 Jessica Albers 703-772-3420  
 ns.dolphin.dive@gmail.com
- 27. OAKTON (OAK)** **1 703-620-9800**  
 11714 Flemish Mill Ct., Oakton 22124  
 OttersDiveReps@gmail.com  
 Diana Blanco 646-660-5782  
 dgonzalezblanco@gmail.com  
 Summer Bowman 720-775-9826  
 Summeremilybowman@gmail.com
- 28. OLD KEENE MILL (OKM)** **4 703-455-1312**  
 9534 Orion Ct., Burke 22015  
 Sean Stegmaier 703-371-4657  
 diverrep@okmpool.com  
 Alli Shrieves 571-236-8121  
 allishrieves@yahoo.com  
 Heather Null 703-728-2509  
 Heather.null95@gmail.com
- 29. ORANGE HUNT (OH)** **6 703-451-9428**  
 8600 Bridlewood Dr., Springfield 22152  
 Katherine McClure 240-271-1905  
 diveteam@orangehunswimclub.org
- 30. OVERLEE (O)** **3 703-532-7819**  
 6030 Lee Hwy., Arlington 22205  
 Elizabeth Deegan 207-217-5866  
 emd1524@gmail.com  
 Katie McAllister 202-903-8151  
 kmmcallister@gmail.com

31. **PARKLAWN (PL)** 3 571-447-9461  
6011 Crater Pl., Alexandria 22312  
Jim Supple 202-253-6935  
jimsupple29@gmail.com  
Ali Supple 301-467-9741  
alison.supple@gmail.com
32. **PARLIAMENT (PAR)** 2 703-978-5522  
8510 Parliament Dr., Springfield 22151  
Jen Argenta 801-718-6205  
PanthersDive@gmail.com
33. **PINECREST (PC)** 7 703-860-8027  
12515 Pinecrest Rd., Herndon 20171  
Amy Kalfus 646-391-4200  
askalfus@gmail.com
34. **RAVENSWORTH FARM (R)** 6 703-321-4903  
5210 Inverchapel Rd. (at Braddock Rd.), Springfield 22151  
Lydia DiCola 717-574-9868  
diveteam.rfsrc@gmail.com
35. **ROLLING HILLS (RH)** 2 703-451-9666  
8301 Carleigh Pkwy., Springfield 22152  
Julie Wagner 931-206-2907  
rhscdiveteamrep@gmail.com
36. **RUTHERFORD (RFD)** 5 703-978-9853  
4609 Marley Rd., Fairfax 22032  
Kathy Burns 703-677-6370  
rfddive@gmail.com
37. **SIDEBURN RUN (SR)** 7 703-978-9526  
10603 Zion Rd., Fairfax 22032  
Megan Bellomo 805-796-6349  
megbellomo@gmail.com  
Erin Wilson 919-749-5750  
rooneyek@yahoo.com
38. **SLEEPY HOLLOW BATH (SHB)** 6 703-241-9731  
3516 Sleepy Hollow Rd., Falls Church 22044  
Jen Arnic 571-839-1413  
jenarnic@gmail.com

- 39. SLEEPY HOLLOW REC (SHR)** **2 703-941-0456**  
 3538 Sleepy Hollow Rd., Falls Church 22041  
 Jaclyn Brubeck 717-515-2747  
 jaclynbrubeck@gmail.com  
 Sarah Squire 512-784-0672  
 sarahsquire83@gmail.com
- 40. SPRINGBOARD RECREATION CLUB (SB)** **8 703-719-7359**  
 6500 Deepford St., Springfield 22150  
 Christina Hunt 360-320-3686  
 Diverrep@springboardpool.org  
 Katie Gonzales 865-705-8337  
 Diverrep@springboardpool.org
- 41. SPRINGFIELD (S)** **8 703-451-9700**  
 7400 Highland St., Springfield 22150  
 Marty Martin 804-357-5081  
 springfieldtigersharksdive@gmail.com
- 42. STRATFORD REC ASSN (SRA)** **8 703-780-8900**  
 2300 Brintzer Way, Alexandria 22308  
 Katie Upton 571-212-5806  
 divesra@gmail.com
- 43. TRURO HOMES ASSN (THA)** **5 703-978-3040**  
 4146 Elizabeth Ln., Annandale 22003  
 Jennie Eng 917-405-0518  
 Jennie.eng@gmail.com
- 44. TUCKAHOE (T)** **4 703-356-1205**  
 1814 Great Falls St., McLean 22101  
 Ben Jackson 256-503-3702  
 tuckahoediverrep@gmail.com  
 Heidi Lawrence 703-855-7670  
 tuckahoediverrep@gmail.com  
 Kay Miller 540-819-8752  
 tuckahoediverrep@gmail.com

- |     |  |                |
|-----|--|----------------|
| 45. | <b>VIENNA WOODS (VW)</b><br>Harmony S.W. & Plum S.W., Vienna 22180   | 1 703-938-4218 |
|     | Beth Chang<br>beth.b.chang@gmail.com                                 | 703-853-9265   |
|     | Rachel Paci<br>rachelpaci@gmail.com                                  | 703-975-6425   |
| 46. | <b>WAKEFIELD CHAPEL (WC)</b><br>4627 Holborn Avenue, Annandale 22003 | 5 703-323-8303 |
|     | Khanh Stenberg<br>wakefieldchapeldive@gmail.com                      | 215-512-3929   |
|     | Allison Williams<br>wakefieldchapeldive@gmail.com                    | 443-286-5194   |
| 47. | <b>WALDEN GLEN (WG)</b><br>6126 Harmon Pl., Springfield 22152        | 3 703-451-9503 |
|     | Karin and Chris Lanthier<br>karin.lanthier@gmail.com                 | 703-597-3399   |
| 48. | <b>WOODLEY (W)</b><br>7421 Camp Alger Ave., Falls Church 22042       | 1 703-573-9852 |
|     | Emily Hoover<br>diverep@woodleypool.org                              | 405-816-6735   |
- 

**Jeff Allen Enterprises, Inc.**  
Commercial Pool Service and Renovation

Specializing in:

- DuraFlex Dive Stands—inspections, service, repair
  - Pumps and Filter Systems
  - Pool Plastering
    - Tile and Coping
  - Plumbing and Electrical
  - Concrete Decking

Servicing NVSL pools for 30+ years

571-921-7287  
jeffallenenterprises@yahoo.com

## 2026 SCHEDULE OF NVSL DIVE MEETS

### DIVE DIVISION 1 - Wes Bowman & Sara McDonnell (DR) 312-550-6507

|         |                |    |                 |
|---------|----------------|----|-----------------|
| June 23 | Oakton         | at | Fairfax         |
|         | Donaldson Run  | at | Highlands Swim* |
|         | Woodley        | at | Vienna Woods    |
| June 30 | Fairfax        | at | Woodley         |
|         | Oakton         | at | Donaldson Run   |
|         | Vienna Woods   | at | Highlands Swim* |
| July 7  | Vienna Woods   | at | Fairfax         |
|         | Woodley        | at | Donaldson Run   |
|         | Highlands Swim | at | Oakton          |
| July 14 | Fairfax        | at | Highlands Swim* |
|         | Donaldson Run  | at | Vienna Woods    |
|         | Oakton         | at | Woodley         |
| July 21 | Fairfax        | at | Donaldson Run   |
|         | Highlands Swim | at | Woodley         |
|         | Vienna Woods   | at | Oakton          |
| July 26 | Divisionals    | at | Oakton          |

### DIVE DIVISION 2 - Sarah Scott (P)

412-400-3128

|         |                        |    |                         |
|---------|------------------------|----|-------------------------|
| June 23 | Fairfax Station        | at | Kent Gardens            |
|         | Parliament             | at | Rolling Hills*          |
|         | Hunt Valley            | at | Sleepy Hollow Rec Assn* |
| June 30 | Kent Gardens           | at | Hunt Valley*            |
|         | Fairfax Station        | at | Parliament              |
|         | Sleepy Hollow Rec Assn | at | Rolling Hills*          |
| July 7  | Sleepy Hollow Rec Assn | at | Kent Gardens            |
|         | Hunt Valley            | at | Parliament              |
|         | Rolling Hills          | at | Fairfax Station         |
| July 14 | Kent Gardens           | at | Rolling Hills*          |
|         | Parliament             | at | Sleepy Hollow Rec Assn* |
|         | Fairfax Station        | at | Hunt Valley*            |
| July 21 | Kent Gardens           | at | Parliament              |
|         | Rolling Hills          | at | Hunt Valley*            |
|         | Sleepy Hollow Rec Assn | at | Fairfax Station         |
| July 26 | Divisionals            | at | Fairfax Station         |

\*All NVSL Dive pools have been approved to conduct recreational diving by the Fairfax/Arlington Counties. Pools with an asterisk have a dive well plummet less than 11 feet according to the county performed measurements.

**DIVE DIVISION 3 - Joy Ditton****703-861-6361**

|         |             |    |              |
|---------|-------------|----|--------------|
| June 23 | Greenbriar  | at | Lee Graham   |
|         | Overlee     | at | Hayfield     |
|         | Parklawn    | at | Walden Glen* |
| June 30 | Lee Graham  | at | Parklawn     |
|         | Greenbriar  | at | Overlee      |
|         | Walden Glen | at | Hayfield     |
| July 7  | Lee Graham  | at | Hayfield     |
|         | Overlee     | at | Walden Glen* |
|         | Greenbriar  | at | Parklawn     |
| July 14 | Walden Glen | at | Lee Graham   |
|         | Parklawn    | at | Overlee      |
|         | Hayfield    | at | Greenbriar*  |
| July 21 | Lee Graham  | at | Overlee      |
|         | Hayfield    | at | Parklawn     |
|         | Walden Glen | at | Greenbriar*  |
| July 26 | Divisionals | at | Hayfield     |

**DIVE DIVISION 4 - Tim Harbeck****703-585-5177**

|         |                  |    |                  |
|---------|------------------|----|------------------|
| June 23 | Tuckahoe         | at | Old Keen Mill    |
|         | Dominion Hills   | at | Chesterbrook     |
|         | Arlington Forest | at | Great Falls      |
| June 30 | Old Keen Mill    | at | Arlington Forest |
|         | Tuckahoe         | at | Dominion Hills   |
|         | Great Falls      | at | Chesterbrook     |
| July 7  | Great Falls      | at | Old Keen Mill    |
|         | Arlington Forest | at | Dominion Hills   |
|         | Chesterbrook     | at | Tuckahoe         |
| July 14 | Old Keen Mill    | at | Dominion Hills   |
|         | Chesterbrook     | at | Arlington Forest |
|         | Great Falls      | at | Tuckahoe         |
| July 21 | Old Keen Mill    | at | Chesterbrook     |
|         | Dominion Hills   | at | Great Falls      |
|         | Tuckahoe         | at | Arlington Forest |
| July 26 | Divisionals      | at | Arlington Forest |

\*All NVSL Dive pools have been approved to conduct recreational diving by the Fairfax/Arlington Counties. Pools with an asterisk have a dive well plummet less than 11 feet according to the county performed measurements.

**DIVE DIVISION 5 - David Grannis (WC)****202-365-6651**

|         |                  |    |                  |
|---------|------------------|----|------------------|
| June 23 | Rutherford       | at | Dunn Loring      |
|         | Crosspointe      | at | Wakefield Chapel |
|         | Truro            | at | Lakeview         |
| June 30 | Dunn Loring      | at | Truro            |
|         | Rutherford       | at | Crosspointe      |
|         | Lakeview         | at | Wakefield Chapel |
| July 7  | Lakeview         | at | Dunn Loring      |
|         | Truro            | at | Crosspointe      |
|         | Wakefield Chapel | at | Rutherford*      |
| July 14 | Dunn Loring      | at | Wakefield Chapel |
|         | Crosspointe      | at | Lakeview         |
|         | Rutherford       | at | Truro            |
| July 21 | Dunn Loring      | at | Crosspointe      |
|         | Wakefield Chapel | at | Truro            |
|         | Lakeview         | at | Rutherford*      |
| July 26 | Divisionals      | at | Lakeview         |

**DIVE DIVISION 6 - Katherine McClure (OH)****240-271-1905**

|         |                   |    |                    |
|---------|-------------------|----|--------------------|
| June 23 | North Springfield | at | Sleepy Hollow B&R  |
|         | Ravensthorpe      | at | Orange Hunt        |
|         | Commonwealth      | at | Camelot*           |
| June 30 | Sleepy Hollow B&R | at | Commonwealth       |
|         | North Springfield | at | Ravensthorpe*      |
|         | Camelot           | at | Orange Hunt        |
| July 7  | Camelot           | at | Sleepy Hollow B&R  |
|         | Commonwealth      | at | Ravensthorpe*      |
|         | Orange Hunt       | at | North Springfield* |
| July 14 | Sleepy Hollow B&R | at | Orange Hunt        |
|         | Ravensthorpe      | at | Camelot*           |
|         | North Springfield | at | Commonwealth       |
| July 21 | Sleepy Hollow B&R | at | Ravensthorpe*      |
|         | Orange Hunt       | at | Commonwealth       |
|         | Camelot           | at | North Springfield* |
| July 26 | Divisionals       | at | TBA                |

\*All NVSL Dive pools have been approved to conduct recreational diving by the Fairfax/Arlington Counties. Pools with an asterisk have a dive well plummet less than 11 feet according to the county performed measurements.

**DIVE DIVISION 7 - Rachel Wegner (HSC)****617-935-2167**

|         |               |    |                |
|---------|---------------|----|----------------|
| June 23 | Pinecrest     | at | Highland Park* |
|         | Cardinal Hill | at | Sideburn Run   |
|         | Mantua        | at | Hamlet         |
| June 30 | Highland Park | at | Mantua         |
|         | Pinecrest     | at | Cardinal Hill  |
|         | Hamlet        | at | Sideburn Run   |
| July 7  | Hamlet        | at | Highland Park* |
|         | Mantua        | at | Cardinal Hill  |
|         | Sideburn Run  | at | Pinecrest      |
| July 14 | Highland Park | at | Sideburn Run   |
|         | Cardinal Hill | at | Hamlet         |
|         | Pinecrest     | at | Mantua         |
| July 21 | Highland Park | at | Cardinal Hill  |
|         | Sideburn Run  | at | Mantua         |
|         | Hamlet        | at | Pinecrest      |
| July 26 | Divisionals   | at | Hamlet         |

**DIVE DIVISION 8 – Jason Detten (A)****703-978-8477**

|         |               |    |               |
|---------|---------------|----|---------------|
| June 23 | Springboard   | at | Mansion House |
|         | Stratford     | at | Springfield   |
|         | Annandale     | at | Ilda          |
| June 30 | Mansion House | at | Annandale     |
|         | Springboard   | at | Stratford     |
|         | Ilda          | at | Springfield   |
| July 7  | Ilda          | at | Mansion House |
|         | Annandale     | at | Stratford     |
|         | Springfield   | at | Springboard   |
| July 14 | Mansion House | at | Springfield   |
|         | Stratford     | at | Ilda          |
|         | Springboard   | at | Annandale     |
| July 21 | Mansion House | at | Stratford     |
|         | Springfield   | at | Annandale     |
|         | Ilda          | at | Springboard   |
| July 26 | Divisionals   | at | Annandale     |

\*All NVSL Dive pools have been approved to conduct recreational diving by the Fairfax/Arlington Counties. Pools with an asterisk have a dive well plummet less than 11 feet according to the county performed measurements.

*Quality instruction in competitive diving*



[www.NovaMeteors.com](http://www.NovaMeteors.com)

## (2026 NVSL Dive Rules)

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 Committee (EXCOM) 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.

## (2026 NVSL Dive Rules)

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. League diving meets should not be scheduled or rescheduled on Saturdays at times that conflict with League swimming meets published in the League Handbook. In addition, League diving meets should not be scheduled or rescheduled on Wednesdays that conflict with League swimming Division Relay Carnivals and the All-Star Relay Carnival as published in the League Handbook.

k. 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 and will be determined 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 compete in Cracker Jack cannot attend compete in Divisionals.

D

## (2026 NVSL Dive Rules)

**l.** 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.

**m.** 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.

**n.** 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.~~

**o.** 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, with the following exception. Divers older than 18 are also eligible as Seniors as long as they are no further removed from high school graduation than fall/winter/spring in their particular year of participation. |

**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.

## (2026 NVSL Dive Rules)

(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 ~~and~~ Cracker Jack 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. Before meet start, all dives for each respective age group must be filled in on the entry sheet. Otherwise, the sheet shall be rejected by the referee or meet manager until the entry sheet is fully filled in. 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.

## (2026 NVSL Dive Rules)

### 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 the requirements of **Rules 3.b.(4) and 3.c and 3.d.**, if a senior diver does not list 401 as the third dive on his/her entry sheet and it is discovered after the meet starts, he or she is disqualified).

(3) If a diver ~~makes a legitimate~~ attempts (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.~~

(4) 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 continue participating, and complete his/her event. The diver, however, cannot register placement points for the team.

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

f. If a diver performs more than one optional dive from the same group, only the first optional dive performed from that group is legal, and any subsequent ones shall be failed by the referee. The 5 groups are: 1. Front, 2 Back, 3. Reverse, 4. Inward, 5. Twist. A diver may not have more than one optional dive start with the same dive number. Reminder that 401 (inward dive) is required only in the senior events. It is an optional dive for all other events. Note: after the start of the meet, the non-compliant dive sheet cannot be remediated as a change of one and only one optional dive specified in rules 10.a.(9) and 10.b.(7).

### 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.

## (2026 NVSL Dive Rules)

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, or 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  $\frac{1}{2}$  to 2 points from their awards according to their individual opinions.

g. If, during the flight of any dive, the diver contacts the board, or if the diver's head is unsafely close to the board, the referee shall instruct the judges to award a maximum of 2 points for an unsatisfactory dive.

## (2026 NVSL Dive Rules)

**h.** If a diver dives to the side of the direct line of flight or dives too far out from the board, judges shall deduct according to their individual opinions.

**i.** 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. The referee shall declare an unsatisfactory dive (maximum of 2 points) (see paragraph 4.k. 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.

**j.** 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.

**k.** 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. If, in the opinion of the referee, a manifest twist (less than 90 degrees) was performed prior to the diver's feet leaving the board, the referee shall instruct

**D**

## (2026 NVSL Dive Rules)

the judges to award a maximum of 2 points for an unsatisfactory dive. The twist shall be based on the position of the shoulders at the takeoff and apply to all twister dives. For twists of greater than 90 degrees prior to the diver's feet leaving the board, the referee shall declare a failed dive.

**l.** All twists must be within 90 degrees of the completion of the dive from the time of the first contact with the water, and at all times during the entry. Deviations of more than 90 degrees over or under will constitute a failed dive.

**m.** 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.

**n.** 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 ½ points. Judges may award a maximum of 4 ½ 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 ½ to 2 points from their awards.

**o.** 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.

**p.** 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.

**q.** 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.

**r.** 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.

## (2026 NVSL Dive Rules)

s. 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.

t. 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.

u. 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 World Aquatics 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.

v. 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.

w. Each diver shall be given sufficient time for the execution of the dive, but if in the referee's opinion, the diver delays the execution of a dive, the referee shall convene a brief meeting with the coach and the diver to resolve the delay.

### 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.

## (2026 NVSL Dive Rules)

### 6. POINTS

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

|                   |               |
|-------------------|---------------|
| Completely failed | 0             |
| Unsatisfactory    | 1/2 - 2       |
| Deficient         | 2 1/2 - 4 1/2 |
| Satisfactory      | 5 - 6 1/2     |
| Good              | 7 - 8         |
| Very good         | 8 1/2 - 9 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 World Aquatics shall govern. Only dives with prelisted DDs in the current NVSL or World Aquatics tables are permissible in NVSL competition, except for flying somersault dives (dive numbers 11X, 21X, 31X, and 41X as given in the World Aquatics 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.

## (2026 NVSL Dive Rules)

**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. The referee may consult with a designated member of the judging panel concerning possible failed or unsatisfactory dives.

**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

D

## (2026 NVSL Dive Rules)

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 **World Aquatics** 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.i** 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 and unique configurations of the dive well, and shall include communication of dive well depth being less than 11 feet at plummet. The team representatives are encouraged to prepare a timeline of the meet to assist planning for ensuring the finish of meets before dark. Team representatives should select officials with sufficient experience to promote efficient meet operation to guarantee timely meet completion, **especially announcers and referees.**

(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.

## (2026 NVSL Dive Rules)

(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. (Note: team reps, divers, coaches, meet managers, and referees should avoid scratching entry sheets prematurely before the meet start to preserve a diver's opportunity to show up unexpectedly or be available for a make-up 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 entirely 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. Independently, the referee or designated person should conduct the same review of all diving entry forms before the meet starts. 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. No corrections shall be allowed without coordination with the meet manager or referee to ensure the changes are compliant with rule requirements. Otherwise, the diver assumes the consequences for any non-compliant changes discovered after the meet start.

**(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

## (2026 NVSL Dive Rules)

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 Division Coordinator Committee Chair (DCCC). If the Division Coordinator is a Team Representative of a team involved with the meet rescheduling, concurrence by the DCCC 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 DCCC.

**(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.

## (2026 NVSL Dive Rules)

(13) The meet secretary shall be responsible for recording the meet results on forms provided by the league. 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 affiliation of every diver participating in the meet on 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 the submitted meet participants and diving entry forms. must complete the Meet Participants form and ensure that each team representative has reviewed it. The meet secretary shall also record the scores of the divers on the Meet Participants form after the completion of their meet event. The names and scores of the top three divers in each event shall also be recorded on the Meet Results form. 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) take a photo of the Meet Participants form and the Meet Results form 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. each team representative shall take the photo of the Meet Results form and the Meet Participants form and email them to their Division Coordinator. The home team shall follow NVSL Diving guidance for digitally reporting meet results, and the visiting team representative and the Division Coordinator shall review and approve meet results before they are finalized. Additionally, after each meet, team results shall be handled according to NVSL Diving issued procedures governing publicity.

### b. Divisional, Wally Martin, Synchro 1-meter, 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 dive meet 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

## (2026 NVSL Dive Rules)

participate. If the pool manager closes the pool, the meet cannot be conducted unless the pool is reopened. This rule also applies to the Crackerjack Meet.

**(5) NOTE:** machine-generated meet entry forms for Divisionals are NOT automatically pre-checked for completeness, accuracy, and compliance with Section 3 of the current handbook dive rules. Diving registrations (divemeets.com) or dive entry forms (paper meets) for Divisionals, Wally Martin, Synchro 1-meter, and All-Stars meets shall be submitted or be filled out, 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.

## (2026 NVSL Dive Rules)

(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 three highest scoring finishers in each event are qualified for the All-Star Meet; for the remaining divisions, the two highest scoring finishers are qualified; these are the "place qualifiers". For Divisions 1 and 2, the next three highest scoring finishers, and for the remaining divisions, the next two highest scoring finishers, in each event will be assigned as All-Star alternates within their divisions. Alternates are qualified to dive at All-Stars only if a place qualifier, within their division, will not compete. Additionally, divers who finish no lower than fourth for Divisions 1 and 2, or third for the remaining divisions, 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. Note: there are no alternates assigned for place qualifiers lower than sixth place in Divisions 1 and 2 and fourth place in all other Divisions.

(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, Synchro 1-meter, and All-Star Meet: they will be conducted by the NVSL Diving Executive Committee in accordance with the World Aquatics Dive Rules, as modified by the current NVSL Handbook and NVSL Dive Special Rulesets.

d. Meet Line-ups: For each event in Divisional, Wally Martin, Synchro 1-meter, 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 shall 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.





- Year-round diving
- Professional Coaching
- Fun Atmosphere
- Lessons to Masters level
- Practices at newly renovated Lee District Rec Center

**Contact Coach Tim Fisher**  
**571-274-1973**

**[www.AlexandriaDiveClub.com](http://www.AlexandriaDiveClub.com)**



**1 METER TABLE OF DIVES**  
Difficulty Rating

| <u>Dive</u>  |                                       | (C)         | (B)         | (A)           | (D)         |
|--------------|---------------------------------------|-------------|-------------|---------------|-------------|
| <u>Gp/Nr</u> | <u>Name</u>                           | <u>Tuck</u> | <u>Pike</u> | <u>Strght</u> | <u>Free</u> |
| <u>I</u>     | <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         | ---           | ---         |
| <u>II</u>    | <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         | ---           | ---         |
| <u>III</u>   | <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           | ----        |
| <u>IV</u>    | <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         | ----          | ----        |
| <u>V</u>     | <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 Twist            | ----        | ----        | ----          | 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 1-1/2 Somersault 1/2 Twists   | ----        | ----        | ----          | 2.2         |
| 5333         | Reverse 1-1/2 Somersault 1-1/2 Twists | ----        | ----        | ----          | 2.6         |

For Freshman Competition only:

|     |              |                             |     |     |  |
|-----|--------------|-----------------------------|-----|-----|--|
| 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 World Aquatic Rulebook. A dashed line entry (----) indicates the dive cannot be performed.



Dominion Dive Club (DDC) is a nationally ranked club in the DC region, sending 15-20 divers to USA Diving nationals each year.

DDC supports a full range of skill levels from beginners through college bound athletes, with programs to fit all interest levels.

- Professional coaching staff
- 1:6 coach to diver ratio
- All ages (including adults) and skill levels
- State of the art dryland center in Vienna
- Training provided at Oak Marr and Audrey Moore Rec Centers

Learn more at: [www.dominiondiveclub.com](http://www.dominiondiveclub.com)

[Dominiondiveclub@gmail.com](mailto:Dominiondiveclub@gmail.com)

(703) 938-0176

**3 METER TABLE OF DIVES**  
Difficulty Rating

| <u>Dive</u>   |                                    | (C)                         | (B)         | (A)           | (D)         |
|---|------------------------------------|-----------------------------|-------------|---------------|-------------|
| <u>Gp/Nr</u>  | <u>Name</u>                        | <u>Tuck</u>                 | <u>Pike</u> | <u>Strght</u> | <u>Free</u> |
| <b>I</b>  | <b><u>Forward Dives</u></b>        |                             |             |               |             |
| 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           | ----        |
| <b>II</b>   | <b><u>Back Dives</u></b>           |                             |             |               |             |
| 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           | ----        |
| <b>III</b>  | <b><u>Reverse Dives</u></b>        |                             |             |               |             |
| 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           | ----        |
| <b>IV</b>   | <b><u>Inward Dives</u></b>         |                             |             |               |             |
| 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         | ----          | ----        |
| <b>V</b>  | <b><u>Twist Dives</u></b>          |                             |             |               |             |
| 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           | ----        |
| <b><u>For Freshman and Junior Competition only:</u></b> |                                    |                             |             |               |             |
| 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 World Aquatic 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> |
|-------------|--------------------|-------------|---------------------|-------------|
| 2025        | Raito Detten       | A           | Isabelle Whang      | OAK         |
| 2024        | Nathaniel Grannis  | WC          | Michayla Eisenberg  | O           |
| 2023        | Matthew Bray       | G           | Ainsley Taylor      | OKM         |
| 2022        | Matteo Vasiliadis  | GF          | Michayla Eisenberg  | O           |
| 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 Buegler       | AF          | Elena Bavalock      | 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> |
|-------------|--------------------------|-------------|---------------------------|-------------|
| 2025        | Alexander Lum            | W           | Sophie Leland             | HV          |
| 2024        | Peyton Reed              | VW          | Cecilia Yen               | O           |
| 2023        | Alexander Smith          | PAR         | Isabelle Whang            | OAK         |
| 2022        | Rem Turatbekov           | THA         | Stella Barclay            | O           |
| 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 Buergler            | 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  |
| 1983 | Francis Draper   | RG  | Liz Coniglio       | VA  |
| 1982 | Jimmy Girouard   | HP  | Liz Coniglio       | VA  |
| 1981 | Mike Girouard    | HP  | Nancy Methfessel   | CCC |
| 1980 | Dennis Phillips  | SRA | Nancy Methfessel   | CCC |
| 1979 | Tim Bottrell     | RH  | Victoria Perdomo   | SRA |
| 1978 | Carlos Perdomo   | SRA | Liz Reynolds       | AF  |
| 1977 | Matt Scoggin     | GF  | Debbie Williams    | RFD |
| 1976 | Jeff Haupt       | HP  | Debbie Williams    | RFD |
| 1975 | Billy Abba       | PL  | Shawn Whitson      | DR  |
| 1974 | George Greenleaf | CB  | Shawn Whitson      | DR  |
| 1973 | Tim Lucido       | A   | Linda Hamner       | CCC |
| 1972 | Mike Shannon     | M   | Vicki Greenleaf    | CB  |
| 1971 | Bob Field        | O   | Karen Vahouny      | RP  |
| 1970 | Mike Tober       | O   | Carol Heim         | FP  |
| 1969 | Mike Tober       | O   | Diane Freidman     | A   |
| 1968 | Billy Lowe       | FP  | Penny Sale         | CCH |
| 1967 | Harry Withers    | SHB | Jane Olmstead      | A   |
| 1966 | Bob Bailey       | DR  | Mary Anne Carrolle | C   |
| 1965 | Bob Bailey       | DR  | Jane Muse          | O   |
| 1964 | Rick Kincade     | SHB | Cathie Soltesz     | AF  |
| 1963 | Rick Kincade     | SHB | Cathie Soltesz     | AF  |
| 1962 | Kim Lippolt      | O   | Donna Stocking     | DH  |
| 1961 | Rob Carney       | NS  | Sally Hines        | DT  |

| <u>Year</u> | <u>Junior Boys</u> | <u>Team</u> | <u>Junior Girls</u> | <u>Team</u> |
|-------------|--------------------|-------------|---------------------|-------------|
| 2025        | John Berik         | HS          | Eleanor Chang       | VW          |
| 2024        | Faustino Fredes    | HS          | Eleanor Chang       | VW          |
| 2023        | William Copes      | HF          | Sloan Tann          | CP          |
| 2022        | Jackson Thomas     | T           | Anya Osterhout      | OKM         |
| 2021        | Alex Valencic      | CB          | Olivia Roca         | F           |
| 2019        | Nicholas Shivik    | SR          | Marleigh Dasilva    | VW          |
| 2018        | Noah Wanzer        | VW          | Jocelyn Brooks      | KG          |
| 2017        | Finnian Gelbach    | HV          | Devon Babcock       | F           |
| 2016        | Matthew Bray       | G           | Margaret Di Scipio  | LG          |
| 2015        | Aidan Thomas       | WC          | Miah Fisher         | MHC         |
| 2014        | Garrett Janiak     | MHC         | Anne Fowler         | WG          |
| 2013        | Aaron Freeman      | THA         | Lindsey Butchko     | THA         |
| 2012        | Conor Casey        | THA         | Hailey Fisher       | MHC         |
| 2011        | Conor Casey        | THA         | Hailey Fisher       | MHC         |
|             | Parker Johnston    | THA         |                     |             |
| 2010        | Grayson Campbell   | VW          | Eve Fowler          | WG          |
| 2009        | Grayson Campbell   | VW          | Callan Monette      | THA         |
| 2008        | Matthew Hubbard    | THA         | Alison Stickel      | VW          |
| 2007        | Matthew Hubbard    | THA         | Alison Stickel      | VW          |

|      |                     |     |                   |     |
|------|---------------------|-----|-------------------|-----|
| 2006 | Cory Bowersox       | OKM | Kelly Corish      | DL  |
| 2005 | Carl Buerger        | AF  | Kathy Jennings    | THA |
| 2004 | Sean McKinney       | NS  | Maren Taylor      | DR  |
| 2003 | Sean McKinney       | NS  | Cassie Self       | DL  |
| 2002 | Matt Wheeler        | CCC | Samantha Winter   | T   |
| 2001 | Will Richardson     | RH  | Natalie West      | PAR |
| 2000 | Christopher Douglas | RH  | Natalie West      | PAR |
| 1999 | Jim Richmond        | F   | Alex West         | PAR |
| 1998 | Scott Hudson        | OH  | Laura Speer       | OKM |
| 1997 | Timmy McNeill       | LG  | Patty Park        | MHC |
| 1996 | Andrew Barber       | CH  | Patty Park        | MHC |
| 1995 | Colby Carter        | T   | Kristyn Thiel     | MHC |
| 1994 | Andy Bradley        | SR  | Amber O'Reilly    | HF  |
| 1993 | Tim Harbeck         | MHC | Ashley Kirchner   | O   |
| 1992 | Bradley Galleher    | F   | Jenny Sweeder     | NS  |
| 1991 | Chris Alderman      | CB  | Stephanie Sutton  | LG  |
| 1990 | Jason Rockwell      | T   | Mindy Hanneman    | DR  |
| 1989 | Chris Alderman      | CB  | Erin Hintenach    | RFD |
| 1988 | Chris Alderman      | CB  | Minu Aghevli      | CB  |
| 1987 | David Johns         | R   | Kate Moran        | AF  |
| 1986 | David Johns         | R   | Cheri Yadao       | MHC |
| 1985 | Marcus Witke        | T   | Cheri Yadao       | MHC |
| 1984 | Mac McDermott       | RG  | Kim Sargent       | VW  |
| 1983 | Bryan Jones         | CH  | Suzie Swanson     | VW  |
| 1982 | Mac McDermott       | RG  | Suzie Swanson     | VW  |
| 1981 | Francis Draper      | RG  | Richelle Bruns    | MHC |
| 1980 | Wes Reed            | M   | Carthy Ackerman   | RFD |
| 1979 | Mike Girouard       | HP  | Ebby Edwards      | O   |
| 1978 | Greg West           | CW  | Ebby Edwards      | O   |
| 1977 | Bobby Greenleaf     | CB  | Victoria Perdomo  | LHP |
| 1976 | Daniel Shannon      | M   | Liz Reynolds      | AF  |
| 1975 | Carlos Perdomo      | LHP | Liz Reynolds      | AF  |
| 1974 | Jeff Haupt          | HP  | Cheryl Brown      | PL  |
| 1973 | George Greenleaf    | CB  | Shawn Whitson     | DR  |
| 1972 | George Greenleaf    | CB  | Anne Murphy       | CB  |
| 1971 | Chris Mano          | DR  | Teresa Norman     | PL  |
| 1970 | Chris Mano          | DR  | Anne Bush         | O   |
| 1969 | Bob Field           | O   | Karen Vahouny     | RP  |
| 1968 | John Ward           | HS  | Cathy Price       | A   |
| 1967 | Rick Wrigley        | O   | Sue Kincade       | A   |
| 1966 | Red Smith           | CCH | Ginny Kincade     | A   |
| 1965 | Bobby Meeks         | DH  | Beth Ehrmantrout  | C   |
| 1964 | Bob Bailey          | DR  | Mary Anne Carroll | C   |
| 1963 | Fred Skillern       | A   | Peggy Signam      | SHB |
| 1962 | Jack Thompson       | VW  | Cathie Soltesz    | AF  |
| 1961 | Stanley Warmbrod    | HRA | Cathie Soltesz    | AF  |

| <u>Year</u> | <u>Freshman Boys</u> | <u>Team</u> | <u>Freshman Girls</u> | <u>Team</u> |
|-------------|----------------------|-------------|-----------------------|-------------|
| 2025        | Cavan Telleen        | FS          | Eliza Divincenzo      | SHR         |
| 2024        | John Berik           | HS          | Victoria Williams     | FS          |
| 2023        | Flynn Miller         | PAR         | Elizabeth Pidgeon     | FS          |
| 2022        | Amir Owens           | HV          | Julianna Butler       | HF          |

|      |                     |     |                     |     |
|------|---------------------|-----|---------------------|-----|
| 2021 | Cristiano Garcia    | S   | Azeria Arnic        | SHB |
| 2019 | Alex Valencic       | CB  | Cecilia Yen         | O   |
| 2018 | Alex Valencic       | CB  | Claire Dobrydney    | SR  |
| 2017 | Nicholas Shivik     | SR  | Marleigh Dasilva    | VW  |
|      |                     |     | Sarah Beach         | CB  |
| 2016 | Ivor Brown          | VW  | Jocelyn Brooks      | KG  |
| 2015 | Owen Friedman       | LG  | Ava Dunn            | THA |
| 2014 | Max Fowler          | WG  | Ava Dunn            | THA |
| 2013 | Tyler Schoeberlein  | VW  | Miah Fisher         | MHC |
| 2012 | Jacob Fisher        | MHC | Anne Fowler         | WG  |
| 2011 | Kyle Strandberg     | M   | Anne Fowler         | WG  |
| 2010 | C. J. Wilson        | HF  | Hailey Fisher       | MHC |
| 2009 | Neil Murray         | AF  | Megan Miskell       | VW  |
| 2008 | Grayson Campbell    | VW  | Stephanie Chewning  | OKM |
| 2007 | Grayson Campbell    | VW  | Morgan Stahl        | CH  |
| 2006 | Matthew Hubbard     | THA | Alison Stickle      | 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> |
|-------------|--------------------|-------------|----------------------|-------------|
| 2025        | Nathaniel Grannis  | WC          | Isabelle Whang       | OAK         |
| 2024        | Nathaniel Grannis  | WC          | Michayla Eisenberg   | O           |
| 2023        | Nathaniel Grannis  | WC          | Marleigh Dasilva     | VW          |
| 2022        | Matthew Bray       | G           | Ellie Joyce          | DH          |
| 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> |
|-------------|--------------------------|-------------|---------------------------|-------------|
| 2025        | Cristiano Garcia         | S           | Cecilia Yen               | O           |
| 2024        | Cristiano Garcia         | S           | Cecilia Yen               | O           |
| 2023        | Thibault Ledé            | OAK         | Isabelle Whang            | OAK         |
| 2022        | Ivor Brown               | VW          | Isabelle Whang            | OAK         |
| 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 | SHR | 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 |
| 1997 | Colby Carter               | T   | Lizzy Scerbo      | W   |
| 1996 | Pat Roberts                | HP  | Megan Barnett     | DR  |
| 1995 | Stephen Krebs              | THA | Amber O'Reilly    | HF  |
| 1994 | Seamus Riley               | DH  | Jenny Sweeder     | NS  |
| 1993 | Than Doptis                | O   | Kristin Link      | PAR |
| 1992 | Chris Alderman             | CB  | Kristin Link      | PAR |
| 1991 | Ed Kloss                   | R   | Minu Aghevli      | CB  |
| 1990 | Nelson Wood                | M   | Minu Aghevli      | CB  |
| 1989 | David Johns                | R   | Abby Bradley      | SR  |
| 1988 | David Johns                | R   | Robin Kane        | CH  |
| 1987 | Brian Kelleher             | VW  | Robin Kane        | CH  |
| 1986 | Mac McDermott              | HP  | Nikki Marshall    | RP  |
| 1985 | Bo Bloomer                 | HR  | Dana Dodd         | RFD |
| 1984 | Bryan Jones                | CH  | Michelle Esposito | CH  |
| 1983 | Billy Milligan             | CB  | Liz Coniglio      | VA  |
| 1982 | Wes Reed                   | M   | Richelle Bruns    | MHC |
| 1981 | Wes Reed                   | M   | JoAnne Skinner    | O   |
| 1980 | Clark Dorman               | DR  | Terri Hurley      | HP  |
| 1979 | Mike Hines                 | PL  | Victoria Perdomo  | SRA |
| 1978 | Matt Scoggin               | GF  | Liz Reynolds      | AF  |
| 1977 | Matt Scoggin               | GF  | Liz Reynolds      | AF  |
| 1976 | Derek Everling             | SR  | Debbie Reynolds   | AF  |
| 1975 | Billy Abba                 | PL  | Laura Vahouny     | RP  |
| 1974 | Billy Abba                 | PL  | Shawn Whitson     | DR  |
| 1973 | George Greenleaf           | CB  | Linda Hamner      | CCC |
| 1972 | Chris Mano                 | DR  | Linda Hamner      | CCC |
| 1971 | Chris Mano                 | DR  | Karen Vahouny     | RP  |
| 1970 | Mike Tober                 | O   | Carol Heim        | FP  |
| 1969 | Snorky Roberts             | LHP | Penny Sale        | CCH |
| 1968 | Tom Ward                   | HS  | Ginny Kincade     | CCC |

| <u>Year</u> | <u>Junior Boys</u>  | <u>Team</u> | <u>Junior Girls</u> | <u>Team</u> |
|-------------|---------------------|-------------|---------------------|-------------|
| 2025        | Zachary Lum         | W           | Charlotte Rotteveel | PAR         |
| 2024        | Amir Owens          | HV          | Eleanor Chang       | VW          |
| 2023        | Cristiano Garcia    | S           | Cecilia Yen         | O           |
| 2022        | Cristiano Garcia    | S           | Cecilia Yen         | O           |
| 2021        | Thibault Lede       | OAK         | Isabelle Whang      | OAK         |
| 2019        | Ivor Brown          | PT          | Michayla Eisenberg  | O           |
| 2018        | Nicholas Wanzer     | VW          | Michayla Eisenberg  | O           |
| 2017        | Max Fowler          | WG          | Lucille Porter      | HF          |
| 2016        | Max Fowler          | WG          | Danielle Falcon     | CP          |
| 2015        | Manuel Borowski     | T           | Miah Fisher         | MHC         |
| 2014        | Aidan Thomas        | WC          | Anne Fowler         | WG          |
| 2013        | Max Flory           | SR          | Lindsey Butchko     | THA         |
| 2012        | Max Flory           | SR          | Hailey Fisher       | MHC         |
| 2011        | Parker Johnston     | THA         | Hailey Fisher       | MHC         |
| 2010        | Grayson Campbell    | VW          | Mariana Hershner    | SHB         |
| 2009        | Bennett Fagan       | PC          | Ellena Soule        | THA         |
| 2008        | Alex Dalone         | THA         | Alison Stickel      | VW          |
| 2007        | Joseph LeBerre      | PC          | Alison Stickel      | VW          |
| 2006        | Cory Bowersox       | OKM         | Cameron Hancock     | HS          |
| 2005        | Carl Buerkler       | AF          | Sarah Trempe        | PAR         |
| 2004        | Sean McKinney       | NS          | Maren Taylor        | DR          |
| 2003        | Sean McKinney       | NS          | Maren Taylor        | DR          |
| 2002        | Briggy Imbriglia    | R           | Meg Alderman        | CB          |
| 2001        | Christopher Douglas | RH          | Natalie West        | PAR         |
| 2000        | Mikey McDonald      | THA         | Stephannie McKinney | NS          |
| 1999        | Mikey McDonald      | THA         | Stephannie McKinney | NS          |
| 1998        | Scott Hudson        | OH          | Mary Yarrison       | S           |
| 1997        | Andrew Barber       | CH          | Mary Yarrison       | S           |
| 1996        | Andrew Barber       | CH          | Sarah Webb          | SHB         |
| 1995        | Andy Bradley        | SR          | Melanie Loftus      | CB          |
| 1994        | Andy Bradley        | SR          | Ashley Kirchner     | O           |
| 1993        | Bradley Galleher    | F           | Ashley Kirchner     | O           |
| 1992        | Bradley Galleher    | F           | Caren Hirai         | KG          |
| 1991        | Chris Alderman      | CB          | Nicole Perret       | R           |
| 1990        | Chris Alderman      | CB          | Nicole Perret       | R           |
| 1989        | Chris Alderman      | CB          | Minu Aghevli        | CB          |
| 1988        | Chris Alderman      | CB          | Minu Aghevli        | CB          |
| 1987        | Peter Nystrom       | DR          | Kate Moran          | AF          |
| 1986        | Tony Perret         | R           | Mary Girouard       | HP          |
| 1985        | Bryan Long          | HP          | Mary Girouard       | HP          |
| 1984        | Mac McDermott       | RG          | Dana Dodd           | RFD         |
| 1983        | Brian Jones         | CH          | Dana Dodd           | RFD         |
| 1982        | Mac McDermott       | RG          | Erin Zug            | AF          |
| 1981        | Mac McDermott       | RG          | Richelle Bruns      | MHC         |
| 1980        | Wes Reed            | M           | Sarah Ann Wholey    | DR          |
| 1979        | Mike Girouard       | HP          | Beth Mosiman        | CB          |
| 1978        | Tim Ungerleider     | WW          | Ebby Edwards        | O           |
| 1977        | Daniel Shannon      | M           | Victoria Perdomo    | LHP         |
| 1976        | Carlos Perdomo      | LHP         | Liz Reynolds        | AF          |
| 1975        | Carlos Perdomo      | LHP         | Debbie Williams     | RFD         |

| <u>Year</u> | <u>Freshman Boys</u> | <u>Team</u> | <u>Freshman Girls</u> | <u>Team</u> |
|-------------|----------------------|-------------|-----------------------|-------------|
| 2025        | Matthew Robertson    | WC          | Holly Denniston       | KG          |
| 2024        | Wade Squire          | SHR         | Sophia Blanco         | OAK         |
| 2023        | Amir Owens           | HV          | Hannah Brubeck        | SHR         |
| 2022        | Amir Owens           | HV          | Charlotte Rotteveel   | PAR         |
| 2021        | Cristiano Garcia     | S           | Cecilia Yen           | O           |
| 2019        | Cristiano Garcia     | S           | Sophia Borowski       | T           |
| 2018        | Ivor Brown           | VW          | Sophia Borowski       | T           |
| 2017        | Ivor Brown           | VW          | Michayla Eisenberg    | O           |
| 2016        | Ivor Brown           | VW          | Helen King            | SHB         |
| 2015        | Max Fowler           | WG          | Ainsley Taylor        | OKM         |
| 2014        | Finn Gelbach         | HV          | Margaret DiScipio     | LG          |
| 2013        | Jacob Fisher         | MHC         | Miah Fisher           | MHC         |
| 2012        | Jacob Fisher         | MHC         | Margaret DiScipio     | LG          |
| 2011        | Max Flory            | SR          | Lindsey Butchko       | THA         |
| 2010        | Conor Casey          | THA         | Hailey Fisher         | MHC         |
| 2009        | Christopher Toomey   | OH          | Evelyn Gray           | HS          |
| 2008        | Tucker Smith         | LG          | Teal Schupp           | FS          |
| 2007        | Bennett Fagan        | PC          | Anise Muir            | HF          |
| 2006        | Bennett Fagan        | PC          | Alison Stickel        | VW          |
| 2005        | Jack Albrittain      | CH          | Mary Lynn Clark       | AF          |
| 2004        | Carl Buergler        | AF          | Maggie Cullather      | SHB         |
| 2003        | Carl Buergler        | AF          | Elizabeth Flint       | R           |
| 2002        | Sean McKinney        | NS          | Maren Taylor          | DR          |
| 2001        | 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 &amp; Up Boys</u>           | <u>Team</u> | <u>13 &amp; Up Girls</u>                | <u>Team</u> |
|-------------|-----------------------------------|-------------|---|-------------|
| 2025        | Cody Schneider<br>Ryan Wells      | F<br>CCC    | Cate Lawler<br>Sophie Leland            | KG<br>HV    |
| 2024        | Nathaniel Grannis<br>Ivor Brown   | WC<br>VW    | Rowan Threadgill<br>Beatrice Sultanaeva | G<br>LV     |
| 2023        | Brendan Doe<br>Jon Anthony Montel | OAK<br>OAK  | Francesca Pereira<br>Ziya Bhasin        | KG<br>KG    |
| 2022        | Nathaniel Grannis<br>Ivor Brown   | WC<br>VW    | Ellie Joyce<br>Amanda Stalfort          | DH<br>SR    |
| 2019        | Jacob Fisher<br>Matthew Bray      | MHC<br>G    | Claire Vroom<br>Minh Donnell            | GF<br>THA   |
| 2018        | Joseph Perreault<br>Sam Duncan    | PC<br>DL    | Hannah Karlin<br>Minh Donnell           | O<br>THA    |
| 2017        | Nathan Holt<br>Manuel Borowski    | MHC<br>T    | Katie Vaughan<br>Sarah Gurley           | OAK<br>OAK  |
| 2016        | Jacob Fisher<br>Manuel Borowski   | MHC<br>T    | Anne Fowler<br>Miah Fisher              | WG<br>MHC   |

| <u>Year</u> | <u>12 &amp; Under Boys</u>         | <u>Team</u> | <u>12 &amp; Under Girls</u>              | <u>Team</u> |
|-------------|------------------------------------|-------------|--|-------------|
| 2025        | Cormac Henderson<br>Miller Supple  | PL<br>PL    | Holly Denniston<br>Julia Denniston       | KG<br>KG    |
| 2024        | Cormac Henderson<br>Miller Supple  | PL<br>PL    | Quinn Zahler<br>Xanthy Kuehne            | RH<br>RH    |
| 2023        | Cristiano Garcia<br>Amir Owens     | S<br>HV     | CiCi Yen<br>McKay Deegan                 | O<br>O      |
| 2022        | Christopher Whang<br>Caleb McManus | OAK<br>OAK  | Allie Wiley-Jimenez<br>Ari Wiley-Jimenez | GF<br>GF    |
| 2019        | Michael Bray<br>Mason Waterfield   | G<br>G      | Maura Leonard<br>Libby Hall              | T<br>T      |
| 2018        | Liam Miller<br>Ivor Brown          | OKM<br>VW   | Jocelyn Brooks<br>Ellie Joyce            | KG<br>DH    |
| 2017        | Jacob Fisher<br>Matthew Bray       | MHC<br>G    | Jocelyn Brooks<br>Ellie Joyce            | KG<br>DH    |
| 2016        | Max Fowler<br>Finn Gelbach         | WG<br>HV    | Jocelyn Brooks<br>Ellie Joyce            | KG<br>DH    |

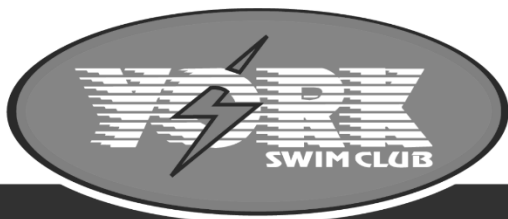
# BIG. BRIGHT. LIGHT.

The Best Pace Clock  
For Summer Swim!



- ✔ Large, Bright 10in Numbers
- ✔ Portable: 5lbs, 1.3in thick
- ✔ Super Long Battery Life  
When Combined With Power Station Accessory

**NEON**  
NeonPaceClock.com



## ***COMPETITIVE AND FUN SINCE 1981***

**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:**

**Oakmont 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 Championship Meet Trips**

**Contact Us!**

**703.536.6338**

**[www.yorkswim.com](http://www.yorkswim.com)**



**CHECK US OUT ON INSTAGRAM AND FACEBOOK**





# Sport Fair

The Swimmer's Outfitter

5010 Langston Blvd Arlington, VA 703 524 9500  
[www.sportfairusa.com](http://www.sportfairusa.com)

71 Years Serving the Washington Area  
Swimming Community

*speedo*<sup>®</sup>  


**arena** 

SWIM  JOLYN

