|  |  |  |  |
| --- | --- | --- | --- |
| Location: | Vaughan Aquatic Center, Norfolk Academy  1585 Wesleyan Drive Norfolk Virginia 23503  (757) 461-2223 ext 5484 | | |
| Facility: | Eight-lane, 25-yard, indoor pool with non-turbulent lane markers, Colorado touch-pad Timing System, and large results display board. | | |
| Meet Directors: | Kristen Kirkman  (757) 461-2223 ext 5484  kkirkman@norfolkacademy.org | Bill Gill  (757) 631-6185  wcgill757@gmail.com | |
| Rules: | The meet will be governed by NFHS rules. | | |
| Warm-up Schedule: |  |  | |
| Session I: 10:30-10:50am | NSA, WCA, NA JV | |
|  |  | |
| Schedule: | 10:30 am | Officials’ and Timers’ meetings | |
| 10:45 am | Coaches’ meeting | |
| 11:00 am | National Anthem | |
| 11:05 am | Start of Event #1 | |
| After event #10, Boys 50 Butterfly | Break/Open Warm-up | |
| Eligibility | * A “Junior Varsity” swimmer is a 6th grader or above, enrolled in a VISAA or VHSL school full time, who does not normally score in Varsity competition. * Middle-school athletes who regularly score in Varsity competition should not be entered. * No swimmer may swim more than 4 total events, with no more than 2 individual events | | |
| Events: | |  |  | | --- | --- | | **Event #** | **Event** | | 1-2  3-4 | 200 Medley Relay  200 Freestyle | | 5-6 | 100 IM | | 7-8 | 50 Freestyle | | 9-10 | 50 Butterfly | | 11-12 | 100 Freestyle | | 13-14 | 50 Backstroke | | 15-16 | 50 Breaststroke | | 17-18 | 200 Free Relay | | *Note: Odd events are Girls, even events are Boys* | | | | |
| Entries: | * **All entries are due by Thursday December 9, 2021** at 5:00 p.m. * All entries must be submitted with a Hy-tek Team Manager export file. * Each team may enter an unlimited number of individual swimmers and relays. * **Entries should include seed times**. Since many swimmers do not have actual times for many of the events in this meet, please make the best estimate possible. If a coach time is possible to obtain times, it would be helpful. For relays, please make the best seed time estimate possible. * Except for relays, all entries are final once they are submitted. * Send entries to Kristen Kirkman: kkirkman@norfolkacademy.org. | | |
| Relay Entries | * Relay entries should be submitted with specific swimmers listed, but will not be final until official relay cards are submitted to the Meet Scorer. | | |
| Seeding: | * All events will be pre-seeded by the scorers and lanes will be assigned based on the times submitted by the coaches. * Heats will be seeded from slowest to fastest. * Realistic relay times for the anticipated line-up would be appreciated. * A preliminary psych sheet and meet sheet will be distributed via e-mail prior to the day of the meet. | | |
| Scoring: | The meet will be scored in the following manner:   * For individual events, the first 12 places (top 4 from each school) will be awarded points in the following manner: 16-13-12-11-10-9-7-5-4-3-2-1 * For relay events, the first 12 places will be awarded points in the following manner: 32-26-24-22-20-18-14-10-8-6-4-2 | | |
| Timers: | * A total of 16 timers will be required to execute the meet. * To back up the Colorado Timing System, two timers will have a CTS backup button. * Each lane will have 2 stopwatches as a tertiary backup. | | |
| Starting Procedures | * The Referee and Starter will use a whistle start procedure for this meet. * We will use dive-over starts to expedite the meet. | | |
| Stroke and Turn Judges |  | | |
| **COVID Protocols** | * **This meet will be CLOSED to spectators.** * **Norfolk Academy will supply the timers and officials** * **ALL athletes and adults shall wear a mask indoors** | |