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| Location: | Vaughan Aquatic Center, Norfolk Academy1585 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 5484kkirkman@norfolkacademy.org | Bill Gill(757) 631-6185wcgill757@gmail.com |
| Rules: | The meet will be governed by NFHS rules.  |
| Warm-up Schedule: |  |  |
| Session I: 10:30-10:50am | NSA, WCA, NA JV |
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| 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
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| Events: |

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| **Event #** | **Event** |
| 1-23-4 | 200 Medley Relay200 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* |

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| 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.
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| 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.
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| 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.
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| 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
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| 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.
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| 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.
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| 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**
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