



2025 NVSL HANDBOOK

askNVSL@gmail.com



NVSL



@swimNVSL



@swimNVSL
@NVSLDive



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

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

Call: (703) 968-8800

TABLE OF CONTENTS

Sponsors Index	3
Forward	5
Standards of Conduct.....	7
Oaths.....	8
Board of Directors -Executive Officers	9
Board of Directors -Division Coordinators	11
Volunteer Recognition and Past Presidents	12
Scholarship Program.....	13
Safe Practice Guidelines	16

SWIMMING

Committee Chairpersons	26
Team Representatives & Pool Locations.....	29
Calendar (see mynvsl.com for detailed information)	43
Schedule of NVSL Swimming Meets.....	45
League Records	54
Checklist for Swim Meets	60
Recommended Procedures for Swim Meets	61
Officials' Qualification Procedures.....	64
NVSL Rule Terminology & Definitions.....	66
NVSL Swim Rules	
General	67
Pool and Competitor Eligibility	69
Limitations on Entries	70
Entry Lists for Team Meets	71
Substitutions and Scratches	72
Divisionals	73
Pool Facilities.....	74
Lane Assignments	74
Events	74
Officials	75
Timing	76
Technical Rules.....	76
Disqualifications	78
Protests	78
Scoring	79
Meet Results	80
Awards	80
Championship Meet Locations.....	81
Records	81
How Meets are Scheduled	82

Rules for Relay Carnivals	82
Events for Relay Carnivals	83
Events for Team Meets	84
Events for Individual Meets (Divisionals & Ind. All-Stars) ..	85
USA Swimming Rules Pertaining to Swimsuits & Medical Tape...	86
USA Swimming Stroke Rules & Guidelines for Disability Swimming....	87

DIVING

Officers	100
Committees	100
Division Coordinators	102
Championship Meets Schedule	102
Clinics	103
Future Dates	103
Dive Team Representatives & Pool Locations	104
Schedule of Meets	112
NVSL Dive Rules	
General	116
Events	118
Dives	119
Manner of Executing Dives	120
Judging	125
Points	125
Scoring	125
Officials	126
Rules or Procedures Not Covered in Handbook	127
Conduct of Meets	127
Protests	132
Safety Reminders for Dive Teams	133
Table of Dives (1-Meter)	135
Table of Dives (3-Meter)	137
Individual All-Star Diving Champions	138
Three Meter Diving Champions	142
One Meter Synchronized Diving Champions	147

SPONSOR INDEX

Alexandria Dive Club	136
Adobe Express	65
Capital Water Polo	148
Capitol Sea Devils.....	22
Cassel's Sport & Awards.....	28
Dolphin Swimwear.....	28
Dominion Dive Club	134
FISH Swim Team.....	18
George Mason University.....	24
Grown Up Swimming.....	12
Hammerhead Caps.....	44
J&J Printing.....	53
Jeff Allen Enterprises - Commercial Pool Service & Renovation.....	133
Machine Aquatics Swim Team.....	23
Mason MAKOS Swim Team.....	20
NCAP - Nation's Capital Swim Club.....	19
NIKE Swimwear and Gear.....	10
NVPools Inc	inside front cover
NVSL Happy Ads	44
Potomac Marlins Swimming.....	21
Resurgent Sports Rehab.....	60
Rita's of Fairfax.....	28
Sport Fair	back cover
SuitUp Water Sports	8
Swimbox	6
SwimTopia.....	4
York Swim Club.....	inside back cover
Zen Business	28

Thank you to our NVSL Sponsors!

NVSL Sponsors are shown on **www.myNVSL.com**
with clickable links to their websites

To sponsor the NVSL

PLEASE CONTACT: nvsl.sponsors@gmail.com



The #1 Software for Summer Swim Teams

GOOD TIMES



**Everything you need to manage your team
in a modern, easy-to-use platform.**

Start a free trial and see
why **85%** of NVSL teams
choose *SwimTopia!*



SwimTopia.com | 877.856.2940

Already use SwimTopia? Refer a new team and save \$75.

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.



Arlington & Sterling, VA

**GET YOUR FREE
VIDEO
ANALYSIS NOW**

**AND SEE WHATS
HOLDING YOU BACK**

BOOK NOW

**www.theswimbox.com
(703) 904-6340**

SWIMBOX

Swim Lessons & Performance

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.

**SuitUp**
shopumall.com



Retail Store in Fairfax
Fully Stocked Year Round
Online Team Stores
NVSL Merchandise

Local Team Outfitter
Dependable Service
Markdown Practice Suits
New! Jolyn Suits



 **TYR**

 **Dolphin**

 **speedo**

 **arena**

 **SWIM**

 **JOLYN**

lacey@shopumall.com
Woman-Owned Business

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

**BOARD OF DIRECTORS
EXECUTIVE OFFICERS**

PRESIDENT

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

VICE PRESIDENT

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

VICE PRESIDENT - DIVING

Susan Mitchell susan.mitchell8894@gmail.com

TREASURER

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

CORRESPONDING SECRETARY

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

RECORDING SECRETARY

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

DIRECTORS

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

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

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

Contact the NVSL by email at: **askNVSL@gmail.com**



**BREAK THE SURFACE.
BREAK RECORDS.**



BOARD OF DIRECTORS SWIM DIVISION COORDINATORS

1	Stewart Gordon	haggyss@msn.com	c 703-850-8594
2	Alison Galbraith	galbraithag@mac.com	c 571-212-9569
3	Don McIlwain	dmcilwainii@gmail.com	c 703-213-6706
4	Mary Burrows	mhburrows100@gmail.com	c 703-517-8665
	Julianne Kass	juliannekass@gmail.com	c 703-400-7791
5	Caitlin Irvin	vairvins@gmail.com	c 703-939-3114
6	Jen Sayasithsena	jensayasnvs@gmail.com	c 571-238-5000
7	Scott Woodworth	scott_woodworth@hotmail.com	c 202-277-0511
8	Ilean Kucharczk	ileankimberly@verizon.net	c 703-405-7487
	Terri Stukus	tstukusnvs@swim@gmail.com	c 571-277-9891
9	Carrie O'Hara	oharas1@cox.net	c 703-304-3051
10	Ginny Rizzo	ginriz@cox.net	c 703-505-1709
11	Deana McNeely	deana.mcneely@gmail.com	c 703-861-1715
12	Tertius Eksteen	tertius.eksteen@gmail.com	c 571-438-7000
13	Joe O'Kane	joeokane@hotmail.com	c 571-230-5947
14	Colleen Ferguson	dccolleenferguson@gmail.com	c 703-869-3352
15	Jen Guernsey	jenguernsey@gmail.com	c 703-887-6485
16	Amy Meli	amymelivolunteers@gmail.com	c 703-395-2817
17	Jennifer Killmer	Jennifer.killmer@gmail.com	c 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



GROWN-UP SWIMMING®

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



Join or Form a Team for Summer 2025
grownupswimming.com/dmv

SCHOLARSHIP PROGRAM

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

Community Service Scholarship

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

1991	Cara Garvey	(FP)	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)			

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)		

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 Billingsle	(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)		

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)		

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

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 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 9, 2025** 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, **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 is clear of unsafe hazards**, confirming **safety of water chemicals**, and visually checking that the **necessary safety equipment** is **readily available** each time the pool is in use; and they should be the last to leave. **Backstroke flags** should be used in practice. Pool deck should be kept **clear of unnecessary equipment**.

- A **qualified lifeguard**, or qualified educator, or qualified coach should confirm there is a **telephone in close proximity** of the pool deck designated for emergency calls **with pool phone number and street address visible**. Know **where the record book is** with parent emergency forms and phone numbers. Review emergency forms and **be aware of medical issues** of allergies, diabetic, asthma, heart problems and symptoms with a list of what to do if an issue arises.

- A **safety orientation** for all participants should be conducted prior to initially using the pool. It should **include all safety rules and regulations**, including "horse play", diving restrictions, safety procedures, water depth, and any other pertinent safety information. Some examples:

- **NVSL's Standards of Conduct**
- During warm-ups – **feet first entry, facing water**, no turning during entry (splitting chin)
- **No diving** without coaches' permission
- Special attention to **safe situation during games**
- **No hanging onto** another person **or pulling them under** while in the water - even in games
- **Never push** people into the pool
- **No inappropriate behavior** on the deck or in the locker room
- Skits, Driving, Other Activities – should **be appropriate and safe** - and **reviewed** with Team Rep
- **No open flames, no cars on deck, no climbing on roofs**

- **No use of advanced diving equipment**, including but not limited to trampolines (land or over-the-water) or bubble machines.

- The **diving boards should only be used by** those instructed in the proper techniques of diving **and only with the permission and supervision** of the instructor/coach/ lifeguard.

- Any time an **incident report** is written up for an incident during team practice or meets, please forward **a copy to the NVSL President** for review and/or further action.

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

**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





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)

If it's in you, we'll find it.

POTOMAC MARLINS

25-26



SWIMMING

33RD SEASON

potomacmarlins.com

AUDREY MOORE REC. CEN.

CHINQUAPIN REC. CEN.

COLGAN HIGH SCHOOL

CUB RUN REC. CEN.

GEORGE WASH. REC. CEN.

FRANCONIA REC. CEN.

MANASSAS PARK COMM.

SOUTH RUN REC.

and the re-opening of

MT. VERNON REC. CEN.

DREAM - BELIEVE - ACHIEVE

See web site for tryout dates !

THE CAPITOL

EST. 1967

CELEBRATING

50 YEARS

SEA DEVILS

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

www.seadevils.org

machineaquatics.com

realize your potential



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**

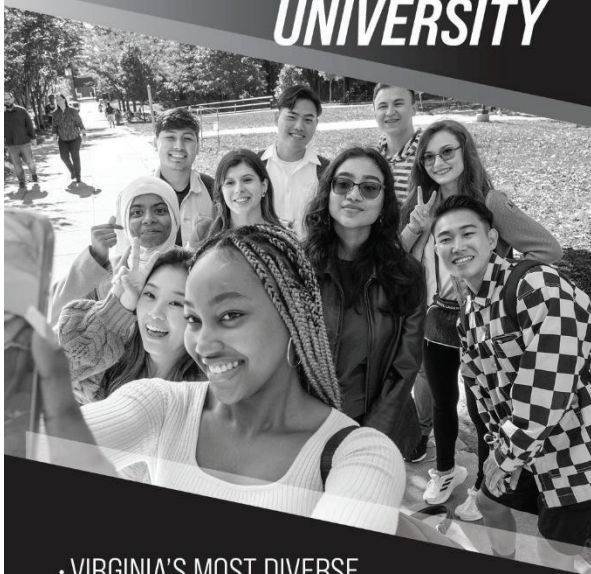
Maryland

**Fairland Aquatic Center
University of Maryland**

For tryout information contact

703.281.1500

PICTURE YOURSELF AT A
TOP 50
UNIVERSITY



- VIRGINIA'S MOST DIVERSE
AND MOST INNOVATIVE UNIVERSITY
- GLOBALLY RANKED PROGRAMS

GMU.EDU/HELLO



GEORGE
MASON
UNIVERSITY

ALL TOGETHER DIFFERENT



NVSL SWIMMING

www.myNVSL.com



SWIM COMMITTEE CHAIRS

ALL STARS

Meet Manager

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

Happy Ads

Michele Bergen	nvslhappyads@gmail.com	
----------------	------------------------	--

Awards

Bridget Janicki	bridgetjanicki@gmail.com	c 703-944-3643
-----------------	--------------------------	----------------

Patches

Jen Guernsey	nvslsupplies@gmail.com	c 703-887-6485
--------------	------------------------	----------------

Merchandise

Kris Bondanella	kris@tsandt.com	c 703-919-2199
-----------------	-----------------	----------------

Photos

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

HANDBOOK

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

HISTORY

Don McIlwain	don.mcilwain@nara.gov	c 703-244-6534
--------------	-----------------------	----------------

LOGO MERCHANDISE

Kris Bondanella	kris@tsandt.com	c 703-919-2199
-----------------	-----------------	----------------

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	c 703-209-6023
---------------	------------------------------	----------------

PARLIAMENTARIAN

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

RECORDS

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

RULES

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

SAFE SPORT

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

SCHOLARSHIP

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

SEEDING

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

SOCIAL MEDIA

Patrick Kearney	pkearney.phk@gmail.com	
-----------------	------------------------	--

SPECIAL ACTIVITIES (non-meet)

Julianne Kass	nvsl.sponsors@gmail.com	c 703-400-7791
---------------	-------------------------	----------------

SPONSORSHIP

Julianne Kass	nvsl.sponsors@gmail.com	
---------------	-------------------------	--

SUPPLIES and AWARDS (swim)

Jen Guernsey	nvslsupplies@gmail.com	c 703-887-6485
--------------	------------------------	----------------

TECHNOLOGY

Michelle Hale	michelle.hale.swim@gmail.com	c 703-209-6023
Sue Murphy	psumurphy@msn.com	c 703-216-9988
Brian Pawlowicz	swim.brianp@gmail.com	c 703-727-3994
Bryan Harris	cameronbh206@gmail.com	
Joe Mattis	jtmattis1@gmail.com	

**FUNDRAISING
AND
CATERING!**
ARE THE COOLEST WITH RITA'S



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

Catering@RitasoffFairfax.com
703-272-7373

©2009 RITA'S FUNDRAISING COMPANY. ALL RIGHTS RESERVED.

DOLFIN
LIVE IN WATER

ENGINEERED FOR EXCELLENCE

Contact sgreeby@dolphinswimwear.com for more information.



Cassel's
SPORTS & AWARDS

4115 Pleasant Valley Rd
Unit 500
Chantilly, VA 20151

**TOTAL TEAM
OUTFITTING**

casselsonline.com

SUITS, CAPS, SPIRIT WEAR &
CUSTOMIZED ONLINE STORES!

speedo  arena  TYR

H.VASSALLO@CASSELSONLINE.COM
703.435.4446



zenbusiness

SWIM TEAM REPRESENTATIVES & POOL LOCATIONS

- 1. ANNANDALE (A) 1957 16 703-354-4272**
7530 Little River Tpk., Annandale 22003

Annie Kemps	astswimteamreps@gmail.com	c 703-969-0720
Dani Cao	danicaio.rdh@gmail.com	c 240-472-5515

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

Kathy Evans	swimteam@afctigers.org	c 301-509-7915
Margot Dickey	swimteam@afctigers.org	c 703-786-3889

- 3. BRANDYWINE (B) 1968 16 703-323-1109**
9537 Helenwood Dr., Fairfax 22032

Peter Tao	brandywineteamrep@gmail.com	c 703-989-3290
Lauren Miller	brandywineteamrep@gmail.com	c 571-234-9290
Jason Frank	jason.frank3@yahoo.com	c 612-270-9578

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

Jennifer Pinilla	brookfieldbreakers@gmail.com	c 703-828-5875
Andrea Kelley	brookfieldbreakers@gmail.com	c 571-265-3628
Chris Peters	brookfieldbreakers@gmail.com	c 703-586-0714

- 5. BROYHILL CREST (BC) 1971 17 703-914-9608**
7212 Early St., Annandale 22003

Stacy Coyle	coylestacy@gmail.com	c 612-889-1917
Allison Gilbert	bcrswimrep@gmail.com	c 202-256-2302

- 6. BURKE STATION (BKS) 1977 13 703-912-9720**
5820 Ridge Ford Rd., Burke 22015

Matt Gorski	teamreps@bksswimteam.org	c 703-403-7050
Mike Brenholt	teamreps@bksswimteam.org	c 720-235-6850
Deirdre Daumit	teamreps@bksswimteam.org	c 703-965-1229

- 7. CAMELOT COMM CLUB (CCC) 1967 8 703-560-1222**
3604 Balin Ct. (at Camelot Dr.), Annandale 22003

Molly Southworth	cccknights@gmail.com	c 703-577-9771
Melissa Snyder	melissa.anne.snyder@gmail.com	c 518-281-0774

- 8. CANTERBURY WOODS (CW) 1969 7 703-323-1646**
5101 Southhampton Dr., Annandale 22003
 Elizabeth Bauernshub c 703-992-5597
 cswimteam@gmail.com
 Georgia Saunders cswimteam@gmail.com c 619-606-0224
- 9. CARDINAL HILL (CH) 1968 5 703-938-0858**
9117 Westerholme Way, Vienna 22180
 Kim Dean kimrnc23@gmail.com c 703-850-1370
 Pam Berg pamelaberg@yahoo.com c 703-855-4213
- 10. CHESTERBROOK (CB) 1956 1 703-356-4471**
1812 Kirby Rd., McLean 22101
 Laura O'Dea lodea02@gmail.com c 703-899-9916
 Jennifer Shen jennifer.l.eng@gmail.com c 516-319-0110
 Amy Furches amyllynneking@hotmail.com c 703-447-5967
- 11. COMMONWEALTH (CSC) 1971 11 703-323-6020**
9800 Commonwealth Blvd., Fairfax 22032
 Adrienne Baldree adrienne.baldree@gmail.com c 703-220-2642
 Heather Lowe swimcudas@gmail.com
- 12. COTTONTAIL (CT) 1980 8 703-455-1394**
7000 Cottontail Ct., Springfield 22153
 Heather Page cottontailcobias@gmail.com c 832-205-3422
 Danee Lowry cottontailcobias@gmail.com c 408-483-1799
- 13. COUNTRY CLUB HILLS (CCH) 1962 11 703-591-6114**
3621 Old Post Rd., Fairfax 22032
 Chad Barry chad.barry@gmail.com c 703-945-9451
 Megan LeBoon mleboon@gmail.com c 571-318-2263
 Katie Hermann katehermann@gmail.com c 703-216-7706
- 14. CROSSPOINTE (CP) 1995 2 703-690-4895**
8275 Glen Eagle Ln., Fairfax Station 22039
 Katy Johns cpswimteamrep@gmail.com c 206-714-0035
 Carolyn Kosowski ckosowski@gmail.com c 978-273-2667

- 15. DAVENTRY (DV) 1987 11 703-455-9810**
7721 Painted Daisy Dr., Springfield 22152
 Melissa Ball daventryswim@gmail.com c 202-821-6841
 Courtney Lopes cjoswick@gmail.com c 703-447-6787
- 16. DOMINION HILLS (DH) 1957 8 703-533-7550**
6000 Wilson Blvd., Arlington 22205
 Maria Clinger mjclinger@gmail.com c 571-215-4965
 Libby Langsdale libby.phelps@gmail.com c 703-801-4683
- 17. DONALDSON RUN (DR) 1960 1 703-522-3115**
2729 Marcey Rd., Arlington 22207
 Cristina Mestre cmestre@gmail.com c 919-451-2383
 Jane Wishneff jwishneff@gmail.com c 571-217-4300
- 18. DOWDEN TERRACE (DT) 1958 9 703-998-9761**
6300 Holmes Run Pkwy, Alexandria 22311
 Amie Brock dtdolphins@gmail.com c 207-522-4209
 Catie Brownback dtdolphins@gmail.com c 202-271-2406
- 19. DUNN LORING (DL) 1965 7 703-560-9873**
8326 Cottage St. (at Drexel St.), Vienna 22180
 Doug Richards wdouglasrichards@gmail.com c 703-609-2188
 Alison Jones acrclaire@gmail.com
- 20. EDSALL PARK (EP) 1963 17 703-941-9823**
5505 Montgomery St., Springfield 22151
 Amy Brown amysevernbrown@gmail.com c 571-243-4898
- 21. FAIR OAKS (FO) 2000 3 703-758-1980**
3720 Charles Stewart Dr., Fairfax 22033
 Gina Flacco gina.flacco@gmail.com c 703-244-9681
 Aaron Smith aaron.lawrence.smith@gmail.com c 814-404-6650
- 22. FAIRFAX (F) 1964 5 703-691-8166**
4200 Roberts Rd., Fairfax 22032
 Rebecca Strano rebeccastrano@gmail.com c 703-801-8588
 Monique Milucky mmilucky@yahoo.com c 703-201-4959

- 23. FAIRFAX CLUB ESTATES (FCE) 1986 12 703-250-1151**
5601 Snowy Owl Dr., Fairfax 22032
 Sarah Lasmanis fceflippers@gmail.com c 703-980-8118
 Heidi Taphorn d_taphorn@hotmail.com c 479-320-9514
- 24. FAIRFAX STATION (FS) 1985 8 703-250-6604**
6203 Old Arrington Dr., Fairfax Station 22039
 Matthew Howard howardmatthewp@gmail.com c 410-302-0129
 Courtney Paynter courtpaige3@gmail.com c 540-239-4689
- 25. FOREST HOLLOW (FH) 1966 9 703-750-9737**
4300 Old Columbia Pike, Annandale 22003
 Molly Chilton chilton.molly@gmail.com c 718-930-8281
 Sara O'Brien saraobrien1974@gmail.com
- 26. FOX HUNT (FX) 1974 6 703-451-5015**
7024 Spaniel Rd., Springfield 22153
 Courtney van Schagen c 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
 Michelle Siraj foxmillfoxes@gmail.com
 Christine Kadambi foxmillfoxes@gmail.com
- 28. FOX MILL WOODS (FMW) 1980 13 703-860-0628**
2634A Black Fir Ct., Reston 20191
 Kelly Roshelli kellyeroshelli@yahoo.com c 571-263-0482
 Amanda Venkatesan c 703-861-7813
 amanda.l.rachel@gmail.com
 fmwreps@gmail.com
- 29. GREAT FALLS (GF) 1973 12 703-759-3299**
761 Walker Rd., Great Falls 22066
 Mandy Bertin mandyc77@aol.com c 703-473-5001
 Noelle Pierson noelle.pierson@gmail.com c 484-366-5789
 Shaq Dastur GreatfallsSwim@gmail.com c 703-626-1043

- 30. GREENBRIAR (G) 1973 10 703-378-4421**
13001 Point Pleasant Dr., Fairfax 22033
- Stephanie Kim c 253-347-3022
stephanie.kim@greenbriardolphins.org
- Sarah Murphy c 703-505-3359
sarah.murphy@greenbriardolphins.org
- Sharon Grogan c 914-319-3204
sharon.grogan@greenbriardolphins.org
- 31. HAMLET (HSC) 1970 4 703-893-7255**
8209 Dunsinane Ct., McLean 22102
- Dana Rice Greenfeetteamrep@gmail.com c 508-579-3937
Katie Steele sarahkatie.steele@gmail.com c 703-258-5696
Lisa Ghazal lbantamd@gmail.com c 202-821-9225
- 32. HAYFIELD FARM (HF) 1971 14 703-971-9837**
7820 Hayfield Rd., Alexandria 22315
- Megan Eanes sparklegirl96@hotmail.com c 215-620-0460
Jamie Fobert summerseahawks@gmail.com c 914-805-2361
- 33. HERNDON (H) 1960 16 703-707-0726**
1114 Monroe St., Herndon 20170
- Sara Murphy hhteamreps@gmail.com c 412-414-6413
Tara Stone Medina tstone28@yahoo.com c 703-888-9235
Christine Simard csimard817@yahoo.com c 610-256-2626
- 34. HIDDENBROOK (HB) 1979 4 703-437-9736**
1508-A Sadlers Wells Dr., Herndon 20170
- Neal Jarvis hbteamrep@gmail.com c 703 309-4625
Marc Anderson hbteamrep@gmail.com c 703 473-6736
- 35. HIGH POINT POOL (HPP) 1967 2 703-241-9386**
6840 Woodland Dr., Falls Church 22043
- Elizabeth Wilcox emphan@gmail.com c 571-379-1640
Marguerite Williams mhl17@yahoo.com c 917-607-2382
- 36. HIGHLAND PARK (HP) 1960 11 703-971-9439**
6406 Telegraph Rd., Alexandria 22310
- Michele Peterson hphurricanes@gmail.com c 703-350-2056
Alison Coglianese hphurricanes@gmail.com c 610-751-1082
Chris Capistran hphurricanes@gmail.com c 703-589-5123

- 37. HIGHLANDS SWIM (HS) 1967 1 703-821-9893**
1515 Bryan Branch Rd., McLean 22101
 Melissa Vayra melissa@whompingturtles.org c 646-467-3506
 Erin Donohue erin@whompingturtles.org c 540-267-6303
- 38. HOLLIN HILLS (HH) 1956 15 703-765-9628**
1600 Paul Spring Rd., Alexandria 22307
 Brooke Lombardi belombardi@hotmail.com c 703-470-6965
- 39. HOLLIN MEADOWS (HM) 1966 9 703-765-9859**
2500 Woodlawn Trail , Alexandria 22306
 Lauren Iannitto LFalkenhan@gmail.com c 202-669-8739
 Kim Dwyer kim.f.dwyer@gmail.com c 773-220-2143
- 40. HOLMES RUN ACRES (HRA) (25Y) 1958 13 703-560-2750**
3451 Gallows Rd., Falls Church 22042
 Cathy Mltchell teamrephra@gmail.com c 703-350-1779
 Bridget Gannon teamrephra@gmail.com c 202-615-0300
- 41. HUNT VALLEY (HV) 1975 3 703-451-9137**
7100 Sydenstricker Rd., Springfield 22153
 Olivia Slater c 609-707-0703
 huntvalleyswimteamrep@gmail.com
 Amy Herbert c 703-615-7414
 huntvalleyswimteamrep@gmail.com
 Brittany McGill c 703-346-1408
 huntvalleyswimteamrep@gmail.com
- 42. HUNTER MILL (HTM) 1986 7 703-262-0033**
10339 Brittenford Dr., Vienna 22182
 Carly Reiley cballintine@gmail.com c 952-201-0834
 Amanda Sahin asahin.hmswim@gmail.com c 785-477-8879
- 43. ILDA COMMUNITY (IC) 1965 16 703-323-9813**
8900 Braeburn Dr., Annandale 22003
 Shannon Springfield c 571-294-8667
 shannonspringfield@gmail.com
 Kristyn Vinet kristynvinet@gmail.com c 703-328-1892

- 44. KENT GARDENS (KG) (25Y) 1961 2 703-893-7573**
1906 Westmoreland St., McLean 22101
 Bethany Nguyen swim@kentgardens.org c 412-901-9136
 Tracey Buonforte traceybuonforte@gmail.com c 571-232-8251
 Lauren Braccia lauren.braccia@gmail.com c 917-318-8587
- 45. KINGS RIDGE SWIM CLUB (KR) 1978 9 703-323-1811**
4850 Gainsborough Dr., Fairfax 22032
 Maura Butler mbbutler@gmail.com
 Julie Lunsford julietlunsford@gmail.com
- 46. LAKE BRADDOCK (LB) 1973 16 703-323-5332**
9528 Ashbourn Dr., Burke 22015
 Kim Leary kimberleary@gmail.com c 603-475-3164
 Kayla Kelley kayla.lblakersswim@gmail.com c 518-391-9143
- 47. LAKEVALE ESTATES (LE) 1968 9 703-242-1521**
2554 Oak Valley Dr., Vienna 22181
 Scott Nuzum leteamrep@gmail.com c 703-217-7918
 Tom Velarde leteamrep2@gmail.com c 703-895-4382
- 48. LAKEVIEW (LV) 1973 8 703-323-9510**
5352 Gainsborough Dr., Fairfax 22032
 Christina Lorelli lakeview.swim@gmail.com c 703-232-2499
 Erica Andresen lakeview.swim@gmail.com c 703-657-9670
- 49. LANGLEY CLUB (L) 1958 2 703-821-9316**
728 Live Oak Dr., McLean 22101
 Mickey Moreno swim@langleyclub.org c 703-655-6429
 Kimberly Alms swim@langleyclub.org c 703-226-9140
 Allison Pai abentzpai@mac.com c 703-944-1762
- 50. LAUREL HILL (LH) 2006 14 703-493-8961**
8380 Laurel Crest Dr., Lorton 22079
 Amy Johnson TeamReps@lhtritons.org
 Jenn Talarico TeamReps@lhtritons.org
- 51. LEE GRAHAM (LG) 1956 5 703-573-9706**
7319 Lee Hwy., Falls Church 22042
 Erin Yeh erinmyeh@gmail.com c 301-801-7282
 Bethany Scully bethany.scully@gmail.com c 703-725-9068

- 52. LINCOLNIA PARK (LP) 1960 14 703-941-9676**
6501 Montrose St., Alexandria 22312
 Kate Wise Lazersrep@gmail.com c 703-795-3496
 Andrew Wise Lazersrep@gmail.com c 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 c 703-772-2703
 Matias Palavecino mpalavecino@gmail.com c 202-556-5452
- 54. LITTLE ROCKY RUN (LRR) 1987 3 703-815-3836**
6201 Sandstone Way, Clifton 20124
 Katy Kownacki teamrep@lrrstingrays.com c 571-344-3234
 Theresa Greene c 703-577-2414
 assistantteamrep@lrrstingrays.com
- 55. LONG BRANCH (LBR) 1980 17 703-764-2744**
9100 Burnetta Dr., Annandale 22003
 Leanne McSween lkmcsween@gmail.com c 703-283-4688
 Masha Richart masharichart@gmail.com c 703-953-4822
 Jennifer Gibson jkaygibson@gmail.com c 361-779-0045
- 56. MANSION HOUSE (MHC) 1968 10 703-780-6485**
9321 Old Mt. Vernon Rd., Alexandria 22309
 Rebecca Dresch c 757-303-2154
 swimrep@mansionhouseclub.com
 Jeannine Carrado c 703-861-1568
 swimrep@mansionhouseclub.com
- 57. MANTUA (M) 1964 3 703-273-5363**
9330 Pentland Pl., Fairfax 22031
 Max Troth mantuamarlins@gmail.com c 650-799-5311
 Sushma Guruswamy c 571-205-8870
 mantuamarlins@gmail.com
- 58. McLEAN (ML) 1961 3 703-409-3520**
1700 Margie Dr., McLean 22101
 Jocelyn Holguin Jocelynholguin@gmail.com c 617-645-2567
 Soraya Goga sorayagoga@gmail.com c 202-460-2690
 Alison Wager alisonrwager@gmail.com c 847-714-7061

- 59. MOSBY WOODS (MW) 1966 11 703-691-9536**
3136 Plantation Pkwy (at Blue Coat Dr.), Fairfax 22030
 Holly VanValkenburg c 480-209-8486
 Holly.VanValkenburg@yahoo.com
 swimteam@mosbywoodspool.com
 Stephanie McCrone c 703-927-2234
 steph.m.mathieu@gmail.com
- 60. MOUNT VERNON PARK (MVP) 1956 8 703-765-3688**
8040 Fairfax Rd., Alexandria 22308
 Drew Wormell mvpgators@gmail.com c 503-679-8468
 Lance Wormell mvpgators@gmail.com c 703-828-7686
- 61. NEWINGTON FOREST (NF) 1983 15 703-440-9034**
8201 Southrun Rd., Springfield 22153
 Patrick Hughes nfteamrep@gmail.com c 202-236-5960
 Stacy Bodani nfteamrep@gmail.com
- 62. NORTH SPRINGFIELD (NS) 1961 17 703-256-4686**
5604 Earlhurst St., Springfield 22151
 Katie Wayne ns.dolphin.swim@gmail.com c 703-380-4003
 Trish Armentrout ns.dolphin.swim@gmail.com
- 63. OAKTON (OAK) 1985 2 703-620-9800**
11714 Flemish Mill Ct., Oakton 22124
 Andrea Chapas chapii@verizon.net c 703-944-8981
 Liz Wolf lizwolf77@gmail.com c 703-408-3428
 Annie McLenahan annixu12@gmail.com c 703-340-7588
- 64. OLD KEENE MILL (OKM) 1978 1 703-455-1312**
9534 Orion Ct., Burke 22015
 Sue Rizzardi swimrep@okmpool.com c 703-589-4102
 Katie Bailey asstswimrep@okmpool.com c 717-991-9822
 Ayron Myers website_it@okmpool.com c 703-447-6886
- 65. ORANGE HUNT (OH) 1970 4 703-451-9815**
8600 Bridlewood Dr., Springfield 22152
 Lauren York swim@orangehuntswimclub.org c 703-501-4225
 Jenn Schneider c 917-863-7238
 swim@orangehuntswimclub.org

- 66. OVERLEE (O)** **1958 1 703-532-7819**
6030 Lee Hwy, Arlington 22205
 Anne Marie Kilgallon c 571-236-5467
 annemkilgallon@gmail.com
 Kelly Cravens kelly.cravens12@gmail.com c 843-697-2429
- 67. PARKLAWN (PL)** **1958 6 703-941-9808**
6011 Crater Pl., Alexandria 22312
 Karen Corbett parklawnteamrep@gmail.com c 703-717-2238
 Jason Corbett jason25corbett@gmail.com c 703-626-6984
- 68. PARLIAMENT (PAR)** **1966 14 703-978-5522**
8510 Parliament Dr., Springfield 22151
 Colin Wiemer wiemerc@hotmail.com c 707-628-5369
 Chris Moeller parliamentswim@gmail.com
- 69. PINECREST (PC)** **1979 4 703-620-9883**
12515 Pinecrest Rd., Herndon 20171
 Laura Manning pinecrestswimteam@gmail.com c 703-785-9537
 Rebecca Gibson c 703-489-5692
 pinecrestswimteam@gmail.com
 Melinda Holler pinecrestswimteam@gmail.com c 614-309-3214
- 70. PINWOOD LAKE (PW)** **1971 17 703-780-9600**
8159 Fernlake Ct., Alexandria 22309
 Marshall Sutton c 703-732-2325
 marshall@pinewoodporpoises.org
- 71. PLEASANT VALLEY (PV)** **1992 15 703-378-7930**
4347 Cub Run Dr., Chantilly 20151
 Amber Dominick walter.amber@gmail.com c 757-685-2201
 Laura Walbert laurawalbert@gmail.com c 703-463-1358
- 72. POPLAR HEIGHTS (PH)** **1956 6 703-237-7946**
2463 Buckelew, Falls Church 22046
 Mary Beth DeLuca wolfedeluca@me.com c 703-559-1675
 Joe Viola jviola@gonzaga.org c 703-899-5986

- 73. POPLAR TREE (PT) 1989 12 703-378-9836**
13516 Point Pleasant Dr., Chantilly 20151
 Paul Farelo ptpiratesswim@gmail.com c 202-360-0854
 Cassey Gibson ptpiratesswim@gmail.com
- 74. RAVENSWORTH FARM (R) 1964 6 703-321-4903**
5210 Inverchapel Rd., Springfield 22151
 Nicole Leger c 703-835-3835
 swimteam@ravensworthfarmpool.com
 Kate Janczyk c 540-729-4019
 swimteam@ravensworthfarmpool.com
- 75. RIVERSIDE GARDENS (RG) 1967 13 703-780-9088**
8633 Buckboard Dr., Alexandria 22308
 Kimberly John kimberly.w85@gmail.com c 571-239-4909
- 76. ROLLING FOREST (RF) 1982 13 703-569-1472**
7011 Flax St., Springfield 22152
 Sara Parrish rfswimteam@gmail.com c 703-629-3991
 Mary Tessier rfswimteam@gmail.com c 858-705-5888
 Amy Bell rfswimteam@gmail.com c 512-787-6539
- 77. ROLLING HILLS (RH) 1966 6 703-451-9666**
8301 Carrleigh Pkwy., Springfield 22152
 Leanne Flanagan c 703-862-7757
 rhscswimteamrep@gmail.com
 Carrie Hurt rhscseahawksevents@gmail.com c 757-672-6815
- 78. ROLLING VALLEY (RV) 1970 12 703-912-4842**
7019 Ashbury Dr., Springfield 22152
 Mark Spans rollingvalley.dolphins@gmail.com c 703-409-8861
- 79. RUTHERFORD (RFD) 1966 15 703-978-9853**
4609 Marley Rd. Fairfax 22032
 Rebecca Arguello c 859-582-0735
 rfdwaterratsswim@gmail.com
 Stuart Williams rfdwaterratsswim@gmail.com c 703-994-5446

- 80. SHOUSE VILLAGE (SV) 1973 10 703-938-0171**
1432 Towlston Rd., Vienna 22182
 Tim Judkins svteamrep@gmail.com c 571-338-0968
 Elizabeth Schreiber svteamrep@gmail.com c 571-447-2170
- 81. SIDEBURN RUN (SR) 1973 12 703-323-5698**
10603 Zion Rd., Fairfax 22032
 Ben Spencer bwspencer1@live.com c 937-344-5915
 Elaine Simonsen elainesimonsen@me.com c 703-969-6678
 Kelly Douglas kaparris@gmail.com c 703-674-6095
- 82. SLEEPY HOLLOW BATH (SHB) 1961 7 703-241-9731**
3516 Sleepy Hollow Rd., Falls Church 22044
 Sara Fiala shbrswimteamrep@gmail.com c 571-277-7257
 Jennifer Montgomery jennifersmontgo@gmail.com c 571-230-6632
- 83. SLEEPY HOLLOW REC (SHR) 1959 5 703-941-0456**
3538 Sleepy Hollow Rd., Falls Church 22042
 Megan Underdown c 202-422-2581
 megan.underdown@pbs-sales.com
 Ashley Sheriff ashleys@shrasharks.org
- 84. SOMERSET-OLDE CREEK (SOC) 1968 14 703-323-9872**
9703 Laurel St., Fairfax 22032
 Dorie Johannis doriejohannis@gmail.com c 703-585-4523
 Jocelyn Lewis jocelyn_lewis@hotmail.com c 202-270-0070
- 85. SOUTH RUN (SOR) 1987 7 703-455-5848**
9908 South Park Circle, Fairfax Station 22039
 Brendan O'Hara teamrep@southrunswim.com c 703-568-7656
- 86. SPRINGBOARD (SB) 1962 5 703-719-7359**
6500 Deepford St., Springfield 22150
 Claire Ouimet clairebenson@gmail.com c 703-268-0198
- 87. SPRINGFIELD (S) 1956 17 703-451-9880**
7400 Highland St., Springfield 22150
 Jennifer Killmer ssrctigersharks@gmail.com c 703-945-8574

- 88. STRATFORD (SRA) 1968 12 703-780-8900**
2300 Brinitzer Way, Alexandria 22308
 Wendy Putnam swimteamsra@gmail.com
- 89. SULLY STATION (SS) 1989 10 703-830-7566**
5101 Sequoia Farm Dr., Centreville 20120
 Leslie Whitacre lbwhitacre@gmail.com c 703-424-3514
 Lisa Campet lisacampet@gmail.com c 703-969-3730
- 90. SULLY STATION II (SS2) 1997 15 703-968-9753**
5501 Sully Park Dr., Centreville 20120
 Lori Campbell lsc6@verizon.net c 703-216-4435
 Chris Campbell chriscn@verizon.net c 703-216-4425
- 91. TRURO HOMES ASSN. (THA) 1971 10 703-978-3040**
4146 Elizabeth Ln., Annandale 22003
 Sarah Girard swim@trurohomes.org c 703-727-8262
 Jen Long swim@trurohomes.org c 703-431-9478
- 92. TUCKAHOE (T) 1956 1 703-356-1205**
1814 Great Falls St., McLean 22101
 Keith Bretzfield Keith.Bretzfield@gmail.com c 703-919-3149
 Andre Passos apassos@bluewin.ch c 818-261-8162
- 93. VIENNA AQUATIC CLUB (VAC) 1963 4 703-938-4331**
625 Marshall Rd., Vienna 22183
 Katie Meredith vacgators@gmail.com c 571-238-2625
 Barbara Hamill bjhamill@verizon.net c 571-356-1389
 Lacey Meenaghan c 609-213-0794
 laceymeenaghan@gmail.com
- 94. VIENNA WOODS (VW) 1959 4 703-938-4218**
109 Harmony Dr. SW, Vienna 22180
 Jason Somensatto jsomensatto@gmail.com c 571-334-6094
 Scott Trubisz trubisz@gmail.com c 804-310-2140
- 95. VILLA AQUATIC (VA) 1964 10 703-591-9447**
4299 Andes Dr., Fairfax 22030
 Meg Moody villaswimteam@gmail.com c 703-944-1582
 Beth Maloney villaswimteam@gmail.com c 202-281-5403

- 96. VILLAGE WEST (V) 1969 16 703-451-9886**
7008 Elkton Dr., Springfield 22152
 Heidi Pappas villagewestvikings@gmail.com c 202-550-7624
 Abby Schneider villagewestvikings@gmail.com c 208-598-5419
- 97. VIRGINIA HILLS (VH) 1961 5 703-960-9717**
6500 Virginia Hills Dr., Alexandria 22310
 April Rodgers vahillstidalwave@gmail.com c 571-435-5490
 Lemoire Fritz vahillstidalwave@gmail.com c 609-273-2995
- 98. VIRGINIA RUN (VR) 1990 6 703-815-9700**
15355 Wetherburn Ct., Centreville 22020
 Karen Harris Karen.Harris@variptide.com c 703-862-3896
 Anne Crowell Anne.Crowell@variptide.com c 724-787-4615
- 99. WAKEFIELD CHAPEL (WC) 1970 2 703-323-9739**
4627 Holborn Ave., Annandale 22003
 Stephanie McNamara c 202-302-1168
 wakefieldchapelswimteam@gmail.com
 Vicki Mansuy c 301-502-5468
 wakefieldchapelswimteam@gmail.com
- 100. WALDEN GLEN (WG) 1971 11 703-451-9859**
6126 Harmon Pl., Springfield 22152
 Kristen Smith c 571-435-1531
 Waldenglenswimreps@gmail.com
 Malia Cameron c 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 c 706-490-7041
 Genna Dahlberg gennapat@gmail.com c 646-251-7455
 Melissa Bluey mlbluey@gmail.com c 202-345-8793
- 102. WOODLEY (W) 1956 14 703-573-9852**
7421 Camp Alger Ave., Falls Church 22042
 Carrie McCall woodleyswimrep@gmail.com c 703-401-6417

2025 & 2026 SWIMMING CALENDAR

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

2025

Jun 9	Deadline - Scholarship Applications	10:00 PM
Jun 14, Jun 21, Jun 28, Jul 5, Jul 12 -	DUAL MEETS	9:00 AM
Jul 2	DIVISION RELAY CARNIVALS	6:30 PM
Jul 9	ALL-STAR RELAY CARNIVAL @ Lincolnia Park cohost Tuckahoe	4:00 PM
Jul 19	DIVISION INDIVIDUAL CHAMPIONSHIPS - starts with Freestyle events -	8:30 AM
Jul 26	INDIVIDUAL ALL-STARS @ Pinecrest	8:30 AM
Sep	Team Reps End of Year Mtg	
Oct 31	Deadline - Submittal of Rule Change Proposals	



2026

Jun 8	Deadline - Scholarship Applications (projected)	10:00 PM
Jun 20, Jun 27, Jul 4, Jul 11, Jul 18 -	DUAL MEETS	9:00 AM
Jul 8	DIVISION RELAY CARNIVALS	6:30 PM
Jul 15	ALL-STAR RELAY CARNIVAL	4:00 PM
Jul 25	DIVISION INDIVIDUAL CHAMPIONSHIPS - starts with Backstroke events -	8:30 AM
Aug 1	INDIVIDUAL ALL-STARS	8:30 AM
Sep	Team Reps End of Year Mtg	
Oct 31	Deadline - Submittal of Rule Change Proposals	

THE SWIM CAP THAT HAS IT ALL



Protects Heads:

Backstroke Finishes & Busy Lane Collisions

Cut Time

Easy-Off & Easy-On



The World's Only
Protective Swim Cap®

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®**

2025 SCHEDULE OF NVSL SWIMMING MEETS

SWIM DIVISION 1

June 14	Tuckahoe (T)	at	Donaldson Run (DR)
	Highlands Swim (HS)	at	Chesterbrook (CB)
	Overlee (O)	at	Old Keene Mill (OKM)
June 21	Old Keene Mill (OKM)	at	Tuckahoe (T)
	Donaldson Run (DR)	at	Chesterbrook (CB)
	Highlands Swim (HS)	at	Overlee (O)
June 28	Tuckahoe (T)	at	Overlee (O)
	Old Keene Mill (OKM)	at	Chesterbrook (CB)
	Donaldson Run (DR)	at	Highlands Swim (HS)
July 2	DIVISIONAL RELAYS	at	Donaldson Run (DR)
July 5	Highlands Swim (HS)	at	Tuckahoe (T)
	Chesterbrook (CB)	at	Overlee (O)
	Donaldson Run (DR)	at	Old Keene Mill (OKM)
July 9	ALL-STAR RELAYS	at	LINCOLNIA PARK cohost TUCKAHOE
July 12	Chesterbrook (CB)	at	Tuckahoe (T)
	Overlee (O)	at	Donaldson Run (DR)
	Old Keene Mill (OKM)	at	Highlands Swim (HS)
July 19	DIVISIONALS	at	Chesterbrook (CB)
July 26	INDIVIDUAL ALL-STARS	at	PINECREST

SWIM DIVISION 2

June 14	Crosspointe (CP)	at	High Point Pool (HPP)
	Kent Gardens (KG)	at	Langley (L)
	Oakton (OAK)	at	Wakefield Chapel (WC)
June 21	Wakefield Chapel (WC)	at	Crosspointe (CP)
	High Point Pool (HPP)	at	Langley (L)
	Oakton (OAK)	at	Kent Gardens (KG)
June 28	Crosspointe (CP)	at	Oakton (OAK)
	Wakefield Chapel (WC)	at	Langley (L)
	High Point Pool (HPP)	at	Kent Gardens (KG)
July 2	DIVISIONAL RELAYS	at	Wakefield Chapel (WC)
July 5	Crosspointe (CP)	at	Kent Gardens (KG)
	Langley (L)	at	Oakton (OAK)
	Wakefield Chapel (WC)	at	High Point Pool (HPP)
July 9	ALL-STAR RELAYS	at	LINCOLNIA PARK cohost TUCKAHOE
July 12	Langley (L)	at	Crosspointe (CP)
	Oakton (OAK)	at	High Point Pool (HPP)
	Kent Gardens (KG)	at	Wakefield Chapel (WC)
July 19	DIVISIONALS	at	Crosspointe (CP)
July 26	INDIVIDUAL ALL-STARS	at	PINECREST

SWIM DIVISION 3

June 14	Mantua (M)	at	Hunt Valley (HV)
	Little Rocky Run (LRR)	at	McLean (ML)
	Fair Oaks (FO)	at	Little Hunting Park (LHP)
June 21	Hunt Valley (HV)	at	Little Hunting Park (LHP)
	McLean (ML)	at	Mantua (M)
	Fair Oaks (FO)	at	Little Rocky Run (LRR)
June 28	Hunt Valley (HV)	at	Fair Oaks (FO)
	Little Hunting Park (LHP)	at	McLean (ML)
	Little Rocky Run (LRR)	at	Mantua (M)
July 2	DIVISIONAL RELAYS	at	Little Rocky Run (LRR)
July 5	Little Rocky Run (LRR)	at	Hunt Valley (HV)
	McLean (ML)	at	Fair Oaks (FO)
	Mantua (M)	at	Little Hunting Park (LHP)
July 9	ALL-STAR RELAYS	at	LINCOLNIA PARK cohost TUCKAHOE
July 12	Hunt Valley (HV)	at	McLean (ML)
	Fair Oaks (FO)	at	Mantua (M)
	Little Hunting Park (LHP)	at	Little Rocky Run (LRR)
July 19	DIVISIONALS	at	Hunt Valley (HV)
July 26	INDIVIDUAL ALL-STARs	at	PINECREST

SWIM DIVISION 4

June 14	Hiddenbrook (HB)	at	Hamlet (HSC)
	Vienna Woods (VW)	at	Vienna Aquatic (VAC)
	Pinecrest (PC)	at	Orange Hunt (OH)
June 21	Hamlet (HSC)	at	Pinecrest (PC)
	Vienna Woods (VW)	at	Hiddenbrook (HB)
	Vienna Aquatic (VAC)	at	Orange Hunt (OH)
June 28	Orange Hunt (OH)	at	Hamlet (HSC)
	Pinecrest (PC)	at	Vienna Woods (VW)
	Vienna Aquatic (VAC)	at	Hiddenbrook (HB)
July 2	DIVISIONAL RELAYS	at	Vienna Aquatic (VAC)
July 5	Hamlet (HSC)	at	Vienna Aquatic (VAC)
	Orange Hunt (OH)	at	Vienna Woods (VW)
	Pinecrest (PC)	at	Hiddenbrook (HB)
July 9	ALL-STAR RELAYS	at	LINCOLNIA PARK cohost TUCKAHOE
July 12	Vienna Woods (VW)	at	Hamlet (HSC)
	Hiddenbrook (HB)	at	Orange Hunt (OH)
	Vienna Aquatic (VAC)	at	Pinecrest (PC)
July 19	DIVISIONALS	at	Vienna Woods (VW)
July 26	INDIVIDUAL ALL-STARs	at	PINECREST

SWIM DIVISION 5

June 14	Virginia Hills (VH)	at	Lee-Graham (LG)
	Sleepy Hollow Rec (SHR)	at	Fairfax (F)
	Cardinal Hill (CH)	at	Springboard (SB)
June 21	Lee-Graham (LG)	at	Springboard (SB)
	Sleepy Hollow Rec (SHR)	at	Virginia Hills (VH)
	Cardinal Hill (CH)	at	Fairfax (F)
June 28	Lee-Graham (LG)	at	Cardinal Hill (CH)
	Springboard (SB)	at	Sleepy Hollow Rec (SHR)
	Fairfax (F)	at	Virginia Hills (VH)
July 2	DIVISIONAL RELAYS	at	Springboard (SB)
July 5	Lee-Graham (LG)	at	Fairfax (F)
	Cardinal Hill (CH)	at	Sleepy Hollow Rec (SHR)
	Springboard (SB)	at	Virginia Hills (VH)
July 9	ALL-STAR RELAYS	at	LINCOLNIA PARK cohost TUCKAHOE
July 12	Sleepy Hollow Rec (SHR)	at	Lee-Graham (LG)
	Virginia Hills (VH)	at	Cardinal Hill (CH)
	Fairfax (F)	at	Springboard (SB)
July 19	DIVISIONALS	at	Cardinal Hill (CH)
July 26	INDIVIDUAL ALL-STARs	at	PINECREST

SWIM DIVISION 6

June 14	Virginia Run (VR)	at	Parklawn (PL)
	Poplar Heights (PH)	at	Ravensworth (R)
	Rolling Hills (RH)	at	Fox Hunt (FX)
June 21	Fox Hunt (FX)	at	Virginia Run (VR)
	Poplar Heights (PH)	at	Parklawn (PL)
	Ravensworth (R)	at	Rolling Hills (RH)
June 28	Rolling Hills (RH)	at	Virginia Run (VR)
	Fox Hunt (FX)	at	Poplar Heights (PH)
	Parklawn (PL)	at	Ravensworth (R)
July 2	DIVISIONAL RELAYS	at	Fox Hunt (FX)
July 5	Virginia Run (VR)	at	Ravensworth (R)
	Rolling Hills (RH)	at	Poplar Heights (PH)
	Fox Hunt (FX)	at	Parklawn (PL)
July 9	ALL-STAR RELAYS	at	LINCOLNIA PARK cohost TUCKAHOE
July 12	Poplar Heights (PH)	at	Virginia Run (VR)
	Parklawn (PL)	at	Rolling Hills (RH)
	Ravensworth (R)	at	Fox Hunt (FX)
July 19	DIVISIONALS	at	Poplar Heights (PH)
July 26	INDIVIDUAL ALL-STARs	at	PINECREST

SWIM DIVISION 7

June 14	South Run (SOR)	at	Sleepy Hollow Bath (SHB)
	Hunter Mill (HTM)	at	Canterbury Woods (CW)
	Waynewood (WW)	at	Dunn Loring (DL)
June 21	Waynewood (WW)	at	South Run (SOR)
	Sleepy Hollow Bath (SHB)	at	Hunter Mill (HTM)
	Canterbury Woods (CW)	at	Dunn Loring (DL)
June 28	Dunn Loring (DL)	at	South Run (SOR)
	Hunter Mill (HTM)	at	Waynewood (WW)
	Sleepy Hollow Bath (SHB)	at	Canterbury Woods (CW)
July 2	DIVISIONAL RELAYS	at	Waynewood (WW)
July 5	South Run (SOR)	at	Canterbury Woods (CW)
	Dunn Loring (DL)	at	Hunter Mill (HTM)
	Waynewood (WW)	at	Sleepy Hollow Bath (SHB)
July 9	ALL-STAR RELAYS	at	LINCOLNIA PARK cohost TUCKAHOE
July 12	Hunter Mill (HTM)	at	South Run (SOR)
	Sleepy Hollow Bath (SHB)	at	Dunn Loring (DL)
	Canterbury Woods (CW)	at	Waynewood (WW)
July 19	DIVISIONALS	at	Sleepy Hollow Bath (SHB)
July 26	INDIVIDUAL ALL-STARs	at	PINECREST

SWIM DIVISION 8

June 14	Fairfax Station (FS)	at	Mount Vernon Park (MVP)
	Lakeview (LV)	at	Dominion Hills (DH)
	Cottontail (CT)	at	Camelot (CCC)
June 21	Camelot (CCC)	at	Fairfax Station (FS)
	Mount Vernon Park (MVP)	at	Dominion Hills (DH)
	Cottontail (CT)	at	Lakeview (LV)
June 28	Fairfax Station (FS)	at	Cottontail (CT)
	Dominion Hills (DH)	at	Camelot (CCC)
	Lakeview (LV)	at	Mount Vernon Park (MVP)
July 2	DIVISIONAL RELAYS	at	Lakeview (LV)
July 5	Lakeview (LV)	at	Fairfax Station (FS)
	Dominion Hills (DH)	at	Cottontail (CT)
	Mount Vernon Park (MVP)	at	Camelot (CCC)
July 9	ALL-STAR RELAYS	at	LINCOLNIA PARK cohost TUCKAHOE
July 12	Fairfax Station (FS)	at	Dominion Hills (DH)
	Cottontail (CT)	at	Mount Vernon Park (MVP)
	Camelot (CCC)	at	Lakeview (LV)
July 19	DIVISIONALS	at	Cottontail (CT)
July 26	INDIVIDUAL ALL-STARs	at	PINECREST

SWIM DIVISION 9

June 14	Forest Hollow (FH)	at	Dowden Terrace (DT)
	Lakevale Estates (LE)	at	Hollin Meadows (HM)
	Kings Ridge (KR)	at	Arlington Forest (AF)
June 21	Dowden Terrace (DT)	at	Kings Ridge (KR)
	Lakevale Estates (LE)	at	Forest Hollow (FH)
	Hollin Meadows (HM)	at	Arlington Forest (AF)
June 28	Arlington Forest (AF)	at	Dowden Terrace (DT)
	Kings Ridge (KR)	at	Lakevale Estates (LE)
	Forest Hollow (FH)	at	Hollin Meadows (HM)
July 2	DIVISIONAL RELAYS	at	Forest Hollow (FH)
July 5	Hollin Meadows (HM)	at	Dowden Terrace (DT)
	Lakevale Estates (LE)	at	Arlington Forest (AF)
	Forest Hollow (FH)	at	Kings Ridge (KR)
July 9	ALL-STAR RELAYS	at	LINCOLNIA PARK cohost TUCKAHOE
July 12	Dowden Terrace (DT)	at	Lakevale Estates (LE)
	Arlington Forest (AF)	at	Forest Hollow (FH)
	Kings Ridge (KR)	at	Hollin Meadows (HM)
July 19	DIVISIONALS	at	Kings Ridge (KR)
July 26	INDIVIDUAL ALL-STARs	at	PINECREST

SWIM DIVISION 10

June 14	Greenbriar (G)	at	Sully Station (SS)
	Truro (THA)	at	Villa Aquatic (VA)
	Mansion House (MHC)	at	Shouse Village (SV)
June 21	Sully Station (SS)	at	Shouse Village (SV)
	Villa Aquatic (VA)	at	Greenbriar (G)
	Truro (THA)	at	Mansion House (MHC)
June 28	Mansion House (MHC)	at	Sully Station (SS)
	Shouse Village (SV)	at	Villa Aquatic (VA)
	Greenbriar (G)	at	Truro (THA)
July 2	DIVISIONAL RELAYS	at	Greenbriar (G)
July 5	Truro (THA)	at	Sully Station (SS)
	Villa Aquatic (VA)	at	Mansion House (MHC)
	Greenbriar (G)	at	Shouse Village (SV)
July 9	ALL-STAR RELAYS	at	LINCOLNIA PARK cohost TUCKAHOE
July 12	Sully Station (SS)	at	Villa Aquatic (VA)
	Mansion House (MHC)	at	Greenbriar (G)
	Shouse Village (SV)	at	Truro (THA)
July 19	DIVISIONALS	at	Mansion House (MHC)
July 26	INDIVIDUAL ALL-STARs	at	PINECREST

SWIM DIVISION 11

June 14	Daventry (DV)	at	Country Club Hills (CCH)
	Mosby Woods (MW)	at	Highland Park (HP)
	Walden Glen (WG)	at	Commonwealth (CSC)
June 21	Country Club Hills (CCH)	at	Commonwealth (CSC)
	Highland Park (HP)	at	Daventry (DV)
	Walden Glen (WG)	at	Mosby Woods (MW)
June 28	Country Club Hills (CCH)	at	Walden Glen (WG)
	Commonwealth (CSC)	at	Highland Park (HP)
	Mosby Woods (MW)	at	Daventry (DV)
July 2	DIVISIONAL RELAYS	at	Country Club Hills (CCH)
July 5	Country Club Hills (CCH)	at	Mosby Woods (MW)
	Walden Glen (WG)	at	Highland Park (HP)
	Commonwealth (CSC)	at	Daventry (DV)
July 9	ALL-STAR RELAYS	at	LINCOLNIA PARK cohost TUCKAHOE
July 12	Highland Park (HP)	at	Country Club Hills (CCH)
	Daventry (DV)	at	Walden Glen (WG)
	Mosby Woods (MW)	at	Commonwealth (CSC)
July 19	DIVISIONALS	at	Mosby Woods (MW)
July 26	INDIVIDUAL ALL-STARS	at	PINECREST

SWIM DIVISION 12

June 14	Rolling Valley (RV)	at	Great Falls (GF)
	Sideburn Run (SR)	at	Stratford (SRA)
	Fairfax Club Estates (FCE)	at	Poplar Tree (PT)
June 21	Rolling Valley (RV)	at	Fairfax Club Estates (FCE)
	Great Falls (GF)	at	Stratford (SRA)
	Sideburn Run (SR)	at	Poplar Tree (PT)
June 28	Poplar Tree (PT)	at	Rolling Valley (RV)
	Fairfax Club Estates (FCE)	at	Stratford (SRA)
	Great Falls (GF)	at	Sideburn Run (SR)
July 2	DIVISIONAL RELAYS	at	Great Falls (GF)
July 5	Rolling Valley (RV)	at	Sideburn Run (SR)
	Stratford (SRA)	at	Poplar Tree (PT)
	Great Falls (GF)	at	Fairfax Club Estates (FCE)
July 9	ALL-STAR RELAYS	at	LINCOLNIA PARK cohost TUCKAHOE
July 12	Stratford (SRA)	at	Rolling Valley (RV)
	Poplar Tree (PT)	at	Great Falls (GF)
	Sideburn Run (SR)	at	Fairfax Club Estates (FCE)
July 19	DIVISIONALS	at	Sideburn Run (SR)
July 26	INDIVIDUAL ALL-STARS	at	PINECREST

SWIM DIVISION 13

June 14	Riverside Gardens (RG)	at	Holmes Run (HRA)
	Brookfield (BF)	at	Fox Mill Woods (FMW)
	Burke Station (BKS)	at	Rolling Forest (RF)
June 21	Holmes Run (HRA)	at	Burke Station (BKS)
	Brookfield (BF)	at	Riverside Gardens (RG)
	Rolling Forest (RF)	at	Fox Mill Woods (FMW)
June 28	Rolling Forest (RF)	at	Holmes Run (HRA)
	Burke Station (BKS)	at	Brookfield (BF)
	Fox Mill Woods (FMW)	at	Riverside Gardens (RG)
July 2	DIVISIONAL RELAYS	at	Rolling Forest (RF)
July 5	Fox Mill Woods (FMW)	at	Holmes Run (HRA)
	Brookfield (BF)	at	Rolling Forest (RF)
	Riverside Gardens (RG)	at	Burke Station (BKS)
July 9	ALL-STAR RELAYS	at	LINCOLNIA PARK cohost TUCKAHOE
July 12	Holmes Run (HRA)	at	Brookfield (BF)
	Rolling Forest (RF)	at	Riverside Gardens (RG)
	Burke Station (BKS)	at	Fox Mill Woods (FMW)
July 19	DIVISIONALS	at	Burke Station (BKS)
July 26	INDIVIDUAL ALL-STARs	at	PINECREST

SWIM DIVISION 14

June 14	Somerset-Older Creek (SOC)	at	Woodley (W)
	Hayfield (HF)	at	Lincolnia Park (LP)
	Parliament (PAR)	at	Laurel Hill (LH)
June 21	Woodley (W)	at	Laurel Hill (LH)
	Somerset-Older Creek (SOC)	at	Hayfield (HF)
	Lincolnia Park (LP)	at	Parliament (PAR)
June 28	Woodley (W)	at	Parliament (PAR)
	Laurel Hill (LH)	at	Hayfield (HF)
	Lincolnia Park (LP)	at	Somerset-Older Creek (SOC)
July 2	DIVISIONAL RELAYS	at	Woodley (W)
July 5	Lincolnia Park (LP)	at	Woodley (W)
	Hayfield (HF)	at	Parliament (PAR)
	Somerset-Older Creek (SOC)	at	Laurel Hill (LH)
July 9	ALL-STAR RELAYS	at	LINCOLNIA PARK cohost TUCKAHOE
July 12	Woodley (W)	at	Hayfield (HF)
	Parliament (PAR)	at	Somerset-Older Creek (SOC)
	Laurel Hill (LH)	at	Lincolnia Park (LP)
July 19	DIVISIONALS	at	Hayfield (HF)
July 26	INDIVIDUAL ALL-STARs	at	PINECREST

SWIM DIVISION 15

June 14	Fox Mill Estates (FME)	at	Rutherford (RFD)
	Newington Forest (NF)	at	Sully Station II (SS2)
	Pleasant Valley (PV)	at	Hollin Hills (HH)
June 21	Pleasant Valley (PV)	at	Fox Mill Estates (FME)
	Rutherford (RFD)	at	Sully Station II (SS2)
	Hollin Hills (HH)	at	Newington Forest (NF)
June 28	Fox Mill Estates (FME)	at	Hollin Hills (HH)
	Sully Station II (SS2)	at	Pleasant Valley (PV)
	Rutherford (RFD)	at	Newington Forest (NF)
July 2	DIVISIONAL RELAYS	at	Rutherford (RFD)
July 5	Fox Mill Estates (FME)	at	Newington Forest (NF)
	Hollin Hills (HH)	at	Sully Station II (SS2)
	Rutherford (RFD)	at	Pleasant Valley (PV)
July 9	ALL-STAR RELAYS	at	LINCOLNIA PARK cohost TUCKAHOE
July 12	Sully Station II (SS2)	at	Fox Mill Estates (FME)
	Hollin Hills (HH)	at	Rutherford (RFD)
	Newington Forest (NF)	at	Pleasant Valley (PV)
July 19	DIVISIONALS	at	Fox Mill Estates (FME)
July 26	INDIVIDUAL ALL-STARs	at	PINECREST

SWIM DIVISION 16

June 14	Brandywine (B)	at	Herndon (H)
	Annandale (A)	at	Village West (V)
	Lake Braddock (LB)	at	Ilda (IC)
June 21	Brandywine (B)	at	Ilda (IC)
	Herndon (H)	at	Annandale (A)
	Village West (V)	at	Lake Braddock (LB)
June 28	Lake Braddock (LB)	at	Brandywine (B)
	Annandale (A)	at	Ilda (IC)
	Herndon (H)	at	Village West (V)
July 2	DIVISIONAL RELAYS	at	Lake Braddock (LB)
July 5	Village West (V)	at	Brandywine (B)
	Lake Braddock (LB)	at	Annandale (A)
	Ilda (IC)	at	Herndon (H)
July 9	ALL-STAR RELAYS	at	LINCOLNIA PARK cohost TUCKAHOE
July 12	Annandale (A)	at	Brandywine (B)
	Herndon (H)	at	Lake Braddock (LB)
	Ilda (IC)	at	Village West (V)
July 19	DIVISIONALS	at	Annandale (A)
July 26	INDIVIDUAL ALL-STARs	at	PINECREST

SWIM DIVISION 17

June 14	Long Branch (LBR)	at	Springfield (S)
	Edsall Park (EP)	at	North Springfield (NS)
	Broyhill Crest (BC)	at	Pinewood Lake (PW)
June 21	Pinewood Lake (PW)	at	Long Branch (LBR)
	North Springfield (NS)	at	Springfield (S)
	Broyhill Crest (BC)	at	Edsall Park (EP)
June 28	Long Branch (LBR)	at	Broyhill Crest (BC)
	Pinewood Lake (PW)	at	North Springfield (NS)
	Springfield (S)	at	Edsall Park (EP)
July 2	DIVISIONAL RELAYS	at	Long Branch (LBR)
July 5	Long Branch (LBR)	at	Edsall Park (EP)
	Broyhill Crest (BC)	at	North Springfield (NS)
	Pinewood Lake (PW)	at	Springfield (S)
July 9	ALL-STAR RELAYS	at	LINCOLNIA PARK cohost TUCKAHOE
July 12	North Springfield (NS)	at	Long Branch (LBR)
	Springfield (S)	at	Broyhill Crest (BC)
	Edsall Park (EP)	at	Pinewood Lake (PW)
July 19	DIVISIONALS	at	Broyhill Crest (BC)
July 26	INDIVIDUAL ALL-STARS	at	PINECREST



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!**

SWIMMING RECORDS FOR BOYS IN SATURDAY 'A' MEETS

<u>Event</u>	<u>Time</u>	<u>Date Set</u>	<u>Name</u>	<u>Club</u>
8 and Under				
25Y Free	13.90	7-31-1965	Roger McLeod	M
25M Free	15.10	1965	Roger McLeod	M
25Y Back	16.69	6-28-2014	John Paul Gonsalves	KG
25M Back	18.15	7-28-2007	Roman Lowery	FS
25Y Breast	17.37	7-14-2018	Andy Li	KG
25M Breast	19.35	7-28-2018	Andy Li	KG
25Y Butterfly	16.30	6-28-2014	John Paul Gonsalves	KG
25M Butterfly	16.21	7-28-2018	Andy Li	KG
100Y Free Relay	1:06.50	1977	Charles Thompson	O
			Steve Newlove	
			Guido Gerlitz	
			Craig Lanois	
100M Free Relay	1:07.95	7-01-2023	Atticus E Henry	ML
			Henry M Weeks	
			Tyson C Wager	
			Nathan W Lee	
9 and 10				
50Y Free	27.90	1976	Paul Busa	RP
		1976	Marc Hagen	WC
50M Free	29.38	7-12-2014	Johnny Bradshaw	HSC
50Y Back	31.73	7-09-2016	John Paul Gonsalves	KG
50M Back	33.37	7-05-2014	Johnny Bradshaw	HSC
50Y Breast	34.69	6-22-2019	Andy Li	KG
50M Breast	37.26	8-04-2018	Brandon Lesser	DV
25Y Butterfly	14.00	7-19-2012	Max Cruz	HRA
25M Butterfly	14.36	8-02-2014	Johnny Bradshaw	HSC
100Y IM	1:12.00	1968	Randy Burnett	SB
100M IM	1:12.84	8-02-2014	Johnny Bradshaw	HSC
100Y Medley Relay	1:04.33	6-22-2019	Alexander Cafer	KG
			Andy Li	
			Blake Nguyen	
			James Davis	
100M Medley Relay	1:07.59	7-06-2024	Andrew Pelaez	T
			Daniel Klett	
			Victor Rodriguez	
			Oliver Waisberg	
11 and 12				
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 Justin Connors Christopher Dobrydney Graham Evers	F
-------------------	-------	-----------	--	---

13 and 14

50Y Free	22.59	7-09-2011	Ben Lambert	HF
50M Free	24.03	8-02-2014	Tommy Hallock	FMW
50Y Back	25.80	1979	Jon Ballard	T
50M Back	26.19	7-15-2017	Anthony Grimm	FO
50Y Breast	28.91	7-17-2010	Joel DeSatnick	HF
50M Breast	30.41	7-28-2018	Aiken Do	RFD
50Y Butterfly	25.00	1979	Jon Ballard	T
		8-06-1983	Charles Thompson	O
50M Butterfly	25.88	7-22-2017	Anthony Grimm	FO
100Y IM	59.10	8-05-1978	Keith Moon	NS
100M IM	59.15	7-29-2017	Anthony Grimm	FO
100Y Medley Relay	49.44	7-08-2023	Mark M Edwards Jason C Manning Jayden K Nam Ian T Kang	FO

100M Medley Relay	53.50	7-13-2019	JT Ewing Emanuel Rouvelas Nolan Dunkel 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	1:40.78	7-13-2019	Matthew Ferrari Luke Shiviik Joey Dobrydney Matt Mitros	SR

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

Mixed Age Relays

200 Yard Free	1:43.31	6-22-2024	Logan Hillman Eliot C White Macallister Kollet Alex Eriksen	M
---------------	---------	-----------	--	---

200 Meter Free	1:49.25	7-16-2022	Kyle Koay Grant Nielsen Hunter Zipperer 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>
8 and Under				
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 Jaclyn Benjamin Meghan Ferguson Carrie McCormack	OAK
100M Free Relay	1:10.35	6-28-2014	Patricia Leonard Josie Gieseman Brook Thomas Catherine Hughes	T
9 and 10				
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 Kim Watson Cathy Bergman Kerry Danisavage	WC
100M Medley Relay	1:07.34	7-23-2016	Patricia Leonard Ellie Leonard Keira Gutierrez Madie Turley	CB
11 and 12				
50Y Free	25.50	7-15-1989	Tracey Rankin	RG
50M Free	27.36	6-23-2012	Cassidy Bayer	MVP
50Y Back	27.59	6-21-2008	Janet Hu	MW
50M Back	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 Kathryn Jobe Melissa Fransen Jenny Ramsdell	OAK

Girls 11 and 12 (cont.)

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

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	29.38	7-20-2024	Hadley Petronello	SRA
50Y Breast	31.65	6-28-2014	Jacquee Clabeaux	G
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	54.75	7-13-2019	Anna Littleton	SR

100M Medley Relay	57.33	7-06-2019	Ameila Simonsen Sophie Scadron Jackie Dobrydney Cate Sheridan Ellie Leonard Caroline Burgeson 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	28.21	8-04-2012	Janet Hu	MW
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	ML

200M Medley Relay	1:58.61	7-17-2021	Natalia Rongione Anna Lasxlo Olivia Tennant Allison Martin Bridget Morris-Larkin Skye Sunderhauf Megan Craven	HS
-------------------	---------	-----------	---	----

Mixed Age Relays

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

RELAY CARNIVAL RECORDS FOR GIRLS

<u>Event</u>	<u>Time</u>	<u>Date Set</u>	<u>Name</u>	<u>Club</u>
Mixed Age				
200 M Free	1:54.89	7-18-2018	Courtney Watts Emma Watts Maggie Shi Brynn Curtis	CH
8 and Under				
100 M Medley	1:17.56	7-16-2014	Brook Thomas Ellie Leonard Catherine Hughes Josie Gieseman	T
100 M Free	1:09.37	7-17-2013	Victoria Valko Anna Laszlo Lillie Paris Olivia Tennant	ML
100 M Modified Medley (back, breast, free, free)	1:17.30	7-15-2009	Paige Pilewski Sinead Eksteen Sara Vavonese Heather Geisler	SV
9 and 10				
100 M Medley	1:05.77	7-08-2015	Courtney Watts Hanna Boughanem Maria Alvarado Bridget O'Shaughnessy	HS
100 M Free	58.43	7-15-2015	Aminata Davis Maria Alvarado Courtney Watts Bridget O'Shaughnessy	HS
11 and 12				
100 M Medley	1:00.21	7-08-2015	Samantha Gonzalez Dora Wu Olivia Brower Skylar Tennant	ML
100 M Free	54.21	7-19-2017	Maria Alvarado Cate Sheridan Patricia Leonard Caroline Burgeson	CB
13 and 14				
200 M Medley	2:03.87	7-12-2023	Sadie E Buckley Lyla G Devlin Cally B Coddling Olivia E Roca	F
200 M Free	1:52.98	7-10-2019	Patricia Leonard Ellie Leonard Cate Sheridan Caroline Burgeson	CB
15-18				
200 M Medley	1:59.14	7-10-2019	Mary Kate Reichert Kayle Park Kate Bailey Alexis C Lee	O
200 M Free	1:49.44	7-13-2016	Ellie Ridgeway Katherine Lundy Kayle Park Suzanne Dolan	O

RELAY CARNIVAL RECORDS FOR BOYS

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

2. Equipment list:

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



RECOVER STRONGER, PERFORM BETTER.

Your path to peak performance starts here.

BOOK A FREE 15 MIN CONSULT NOW!

 CHANTILLY & FAIRFAX

 **RESURGENT**
SPORTS REHAB

 +703 698 7888

RECOMMENDED PROCEDURES FOR TEAM MEETS

**Please also see 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 teams and cooperation with the Meet Manager and the Referee by everyone at the meet is essential.
2. The Meet Manager (host Team Rep) should contact the visiting Team Rep early in the week of the meet to establish 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 Hytek 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 cards for both teams. The cards include the first and last names of swimmers (including relay swimmers) and the event and lane numbers. Seed/entry time should not be printed on the cards. The cards are assembled in lane and event order on the Head Lane Timers' clipboards prior to the start of the meet.
6. Award labels are usually printed by the data coordinator at the meet. Check with your data coordinator.
7. The pool should be ready for competition 30 minutes prior to the start of warm-ups. 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/skimers within the pool's competition area should be covered.
8. Referees and Marshals should report to the pool prior to the start of warmups. All other officials should report to the pool at least 45 minutes before the meet start time. The Referee should meet with all officials approximately 20 minutes before the start of the meet to brief them on their assignments. The Referee and/or Starter ensures the starting equipment

is tested and in good working order, briefs the timers, and conducts watch checks before the start of the meet.

9. Before the start of the meet, or as far in advance of the events as possible, each Team Rep shall provide the original (white copy) of the Scratch-Substitution Form to the Place Recorders with copies to the Clerk of Course, the Announcer, and the opposing Team Rep. The Place Recorders shall ensure each Scratch Form is routed to Data Entry and to Verifier(s).

10. The Announcer should call the first two events to Clerk of Course approximately 10 minutes before the start of the meet and should keep two events ahead throughout the meet.

11. Just prior to the National Anthem and throughout the meet as necessary, the Announcer should read the following: "ALL competitors, coaches, officials and spectators are reminded to follow the NVSL Standards of Conduct and to maintain silence prior to the start of each event." (*see mynvsl.com/documents and NVSL Handbook for NVSL Standards of Conduct*)

12. The Head Lane Timers shall verify the names of swimmers in their lanes immediately before or after the event and make necessary corrections to the time cards. At the completion of each event, each Head Lane Timer **LEGIBLY** writes the stopwatch times on the card, determines the official time, and **LEGIBLY** writes it on the card. Each lane timer views the recordings by the Head Lane Time for correctness before clearing his or her watch. The time cards are collected by the Chief Timer who reviews the times and has the cards delivered to the Place Recorder.

13. The official observing a swimmer disqualify shall prepare an original and a copy of the DQ slip. The Referee shall review the disqualification and, if it is upheld, shall initial the DQ slip. The original DQ slip goes to the Place Recorder, and the copy goes to the Team Rep of the disqualified swimmer. Relay Take-off slips showing disqualifications shall be attached to the official/original DQ slip by the Place Recorder.

14. A ten-minute break should follow Event #40 (15-18 Girls Butterfly), and a five-minute break should follow Event #50 (15-18 Girls Medley Relay).

15. The Place Recorder verifies the official time on each card; determines the order of finish by arranging the time cards in order with the fastest time on top; staples DQ slips to the front of the appropriate cards; identifies times for new League Records and records these new record times on the Official Meet Results' cover sheet. The Asst. Place Recorder writes the places on the cards; writes a red "DQ" on the cards of the disqualified swimmers; and sorts the cards into lane order. The Place Recorders verify each other's work.

16. If a League Record is set, the Place Recorders: (1) Ensure that the signatures of the Referee, the Chief Timer, and the three lane timers who timed the race are on the back of the record time card; (2) Mark the card in red "new NVSL Record"; (3) Make a duplicate time card, without signatures, but marked in red "New NVSL Record duplicate card" to forward with the other event cards; (4) Ensure that the original record card goes to the RECORD BREAKER'S Team Rep at the conclusion of the meet. The Team Rep should make a front and back copy of the card for retention (a front and back picture is also handy) and then forward the original record card to the League Records Chair who will notify how/when patches and certificates will be available.

17. After the Place Recorders, the cards go to Data Entry and then to Verifiers. One person from each team should be used for Data Entry and to provide for dual confirmation of the entered time with the time card. After the data entry for each event, the swimmers' names and finish times/DQs are printed. Verifiers review this print-out and the time cards for accuracy before any results are announced. Any differences between this printout and the time cards should be immediately resolved. The Verifier(s) should sign or initial the final verified print-out and pass it on to the Announcer.

18. The cards and 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 (cl2) 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.

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

Course - designated distance over which the competition is conducted.

Division Coordinator - An individual selected to: 1) be the liaison between 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.

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

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.

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.

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 4th fireworks hosted by the pool; (iii) any depiction of personal injury or death directed at Team Reps, Coaches, swimmers or team mascots. These illustrative examples of unacceptable conduct are not intended to be exhaustive.

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

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

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

f. The starting time for all meets except relay carnivals shall be 9:00 a.m. unless another starting time is pre-approved by the Division Coordinator and either the President or the Vice President for Swimming, or unless there are safety reasons which reasonably justify rescheduling. The time to start a rescheduled team meet or to resume an interrupted team meet shall be determined by agreement of the Team Reps of the competing teams.

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

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

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

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

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

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

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

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

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

2. POOL AND COMPETITOR ELIGIBILITY

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

Article III - Membership

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

Article IV – Competitor Eligibility

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

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

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

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

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

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

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

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

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

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

3. LIMITATIONS ON ENTRIES

a. Team Meets

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

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

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

c. All-Star Meets

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

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

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

4. ENTRY LISTS FOR TEAM MEETS

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

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

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

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

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

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

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

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

5. SUBSTITUTIONS AND SCRATCHES

a. All Meets

(1) A swimmer shall not be moved from one event to another under any circumstances.

(2) Coaches or Team Reps shall submit their written scratches and substitutions to the Officials listed on the Scratch-Substitution Form prior to the start of the meet or as far in advance of the applicable event as possible. Inadvertent failure to report a substitution shall not disqualify the substitute swimmer.

(3) An event shall not be delayed in order to permit substitutions after the meet has begun.

(4) An event shall not be reseeded because of substitutions.

(5) A substitution shall not be allowed for a swimmer who is disqualified under **Rule 1c**.

b. Team Meets

(1) No additions, deletions or other changes shall be made to the firm entry lists after they have been exchanged except as authorized by these rules.

(2) Substitutions may be made in individual events and relays only because of swimmers' sickness, injury, or absence under the conditions stated in **Rule 5b(3)** below. (See also **Rule 4b**.) 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. 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 one person from each team shall be designated as the Team Rep on the firm entry list. In team meets, the designated Team Rep from the host team shall be the Meet Manager. The designated Team Rep(s) from the visiting team(s) shall be the Assistant Meet Manager(s). These Team Rep(s) shall not serve in any other capacity during team meets. In divisional meets, the Division Coordinator shall be the Meet Manager and the Team Rep of the host pool shall be the Assistant Meet Manager.

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

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

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

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

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

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

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

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

11. TIMING

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

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

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

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

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

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

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

12. TECHNICAL RULES

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

b. The Start

(1) Starting blocks shall not be used.

(2) The no-recall and whistle start procedure of the USA Swimming Rules shall be followed. 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 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	Mixed-Age	Freestyle Relay	2
3.....	100 M	8 & U	Medley Relay.....	4
5.....	100 M	9-10	Medley Relay	6
7.....	100 M	11-12	Medley Relay	8
9.....	200 M	13-14	Medley Relay.....	10
11.....	200 M	15-18	Medley Relay.....	12
13.....	100 M	8 & U	Freestyle Relay	14
15.....	100 M	9-10	Freestyle Relay	16
17.....	100 M	11-12	Freestyle Relay	18
19.....	200 M	13-14	Freestyle Relay	20
21.....	200 M	15-18	Freestyle Relay	22



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
41	4 lengths individual medley	42

11 - 12

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

13 - 14

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

15 - 18

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

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

NOTE: In 2025 these meets shall **start with Event 1 FREESTYLE**

USA SWIMMING RULES PERTAINING TO SWIMSUITS & MEDICAL TAPE

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

SWIMSUITS (Article 102.8)

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

MEDICAL TAPE (Article 102.8.E)

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

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

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

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



*QR Code for
USA Swimming
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 out-stretched 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 ~~the command~~ a "stand-up" command upon which the swimmers may stand up or step off the blocks.
- E A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed. Enforcement of the correct starting position is the responsibility of the Starter.

.3 False Starts

- A Any swimmer 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 ~~the a~~ "stand-up" command and may step off the blocks.
- B If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the Referee independently observes and confirms the Starter's observation that a violation occurred, the swimmer or swimmers who have false started shall be disqualified upon completion of the race.
- C If the recall signal is activated, no swimmer shall be charged with a false start and the Starter shall restart the race upon signal by the Referee.
- D A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to ~~the a~~ "stand-up" command.
- E Declared false start: swimmers reporting to the Referee prior to the start of their race and declaring their intent not to compete ~~will~~ shall be disqualified except as noted in 207.11.6D(1).

.4 Warning Signal - *n/a NVSL*

.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 shoulders must be at or past the vertical toward 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 the swimmer leaves leaving the wall. The shoulders must be at or past the vertical toward the breast when the swimmer leaves 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.

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.

101.5 FREESTYLE

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

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

- .1 **Start** —The forward start shall be used.
- .2 **Stroke** — The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke, except in the freestyle, the swimmer must be on the breast except when executing a turn.
- .3 **Turns**
 - A Intermediate turns within each stroke shall conform to the turn rules for that stroke, except that in the freestyle turn, the swimmer must return to the breast before any kick or stroke.
 - B The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed. ~~and shall be as follows:~~

~~(1) **Butterfly to Backstroke** — The swimmer must touch as described in 101.3.5. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.~~

~~(2) **Backstroke to Breaststroke** — The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.~~

~~(3) **Breaststroke to Freestyle** — The swimmer must touch as described in 101.2.4. Once a legal touch has been made, the swimmer may turn in any manner and must return to the breast before any kick or stroke.~~

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

101.7 RELAYS

- .1 **Freestyle Relay** —Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

- .2 **Medley Relay** — Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining to each stroke used as described in 101.6 (Individual Medley) shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

- .3 **Mixed Gender Competition Category Relays** —must consist of two (2) males and two (2) females.

Exception: at meets below the LSC championship level, mixed relays consisting of compositions other than two (2) male swimmers and two (2) female swimmers may be permitted if stated in the meet announcement. Times for the mixed relays with compositions other than two (2) males and two (2) females 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 touch plate or pad in his/her lane at the end of the course to have finished his/her leg of the relay race.
- C In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.

- D Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-the-water start is required or such start is approved by the Referee.
- E Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
- F In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
- G In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.
- H On relays, the second, third and fourth swimmers are prohibited from starting from the top of the adjustable back plate. A swimmer must have at least part of one foot in contact with the starting platform in front of the adjustable back plate during a relay exchange.

ARTICLE 105 GUIDELINES FOR OFFICIATING SWIMMERS WITH A DISABILITY

105.1 GENERAL

- .1 **Authority** — The USA Swimming Rules & Regulations grant the Referee the authority to modify the rules for the swimmer with a disability. Disability is defined as a permanent physical or cognitive disability that substantially limits one or more major life activities. This section contains guidelines and suggestions for making such modifications.

.2 Responsibilities

- A **Swimmer/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:

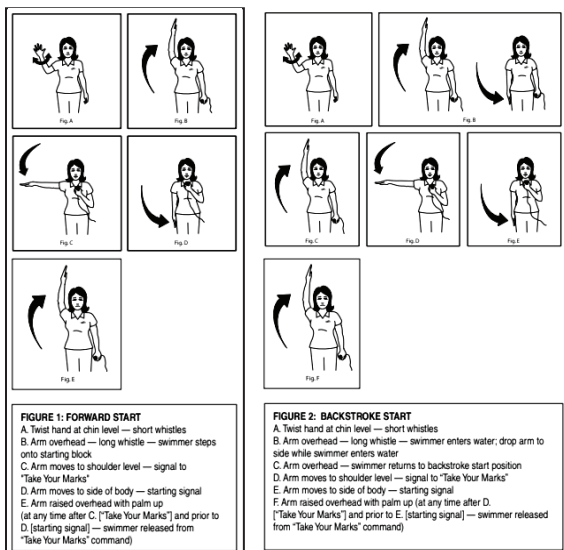
- (1) Personal Assistant to act as a tapper at the turn and finish walls for a swimmer who is blind or has low vision.
- (2) Use of visual starting signal(s) (strobe and hand signals) for a swimmer that is deaf or hard of hearing.
- (3) Inability of the swimmer to turn a foot out in breaststroke during 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 deaf or hard of hearing swimmer will be participating.
- 2 **Strobe Light Location** - The Starter shall advise the swimmers about the location of the strobe light and the light shall be located where the swimmers

can clearly see it for the start. For backstroke starts, the light should be positioned so that the swimmers don't have to turn their heads to look backwards.

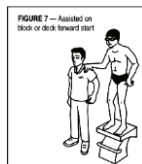
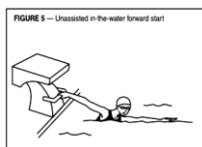
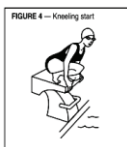
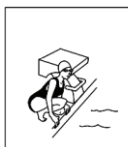
105.4 COGNITIVELY DISABLED - A swimmer with a cognitive disability may be permitted to have a Personal Assistant on the deck when necessary. Specific circumstances may allow rule modifications as communicated and approved in accordance with Rule 105.1.2 to be granted. Patience and clarity in communication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

105.5 PHYSICAL DISABILITIES

.1 Start - Swimmers with physical disabilities:

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

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



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

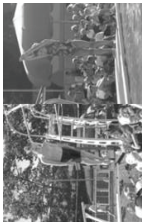
Judgments should be made based on the actual rule — not on the swimmer's technique. For example, the breaststroke swimmer with one arm or leg shorter than the other, may have a non-symmetrical stroke or kick, but as long as the arm or leg action is simultaneous, it would meet that portion of the rule. No flotation devices should be permitted

.3 **Turns/Finishes**

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

B At the turn and finish of the butterfly, an athlete with no leg function is permitted to perform a partial stroke with the arm(s) recovering forward under the surface of the water in order to touch the wall.

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



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 600 divers*
- *CrackerJack has been hosted by Overlee, Cardinal Hill, Truro, Mansion House, Springfield, Sideburn Run, and Fairfax Station*
- *Since 2022, CrackerJack has been hosted by Ravensworth*
- *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



NVSL DIVING

<https://dive.mynvsl.com>



DIVE OFFICERS AND COMMITTEE CHAIRPERSONS (EXCOM)

OFFICERS

VICE PRESIDENT (Diving)

Susan Mitchell - susan.mitchell8894@gmail.com	808-754-7149
5200 Tamar Woods Ct., Fairfax 22032	

SECOND VICE-PRESIDENT

Judy Baltas - judy.baltas.hvscdive@gmail.com	571-334-5318
8503 Wild Spruce Dr., Springfield 22153	

CHIEF INFORMATION OFFICER

Thomas Joyce - tjoyce72@hotmail.com	703-622-8452
850 N. Burlington St., Arlington 22203	

SECRETARY

Amy Vroom - amyvroom@me.com	703-864-0712
1495 Lily Loch Way, Great Falls 22066	

TREASURER

Bob McKinney - bobjenmac@cox.net	703-916-8212
7403 Farnum St., Springfield, 22151	

(c) 703-568-6762

COMMITTEES

AWARDS

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

RULES COMMITTEE

Mike Schaeffer, Chair (HF)	703-593-5075
mikejudy@cox.net	

Nancy Steffen (Unatt)	(h) 703-938-4611
fachsteffen@yahoo.com	

(c) 202-359-1603

Bob McKinney (NS)	703-916-8212
bobjenmac@cox.net	

(c) 703-568-6762

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

Gene Lee (HV)	571-294-8285
el22@georgetown.edu	

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

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 (214)507-9439
ewiley@cheiron.us

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

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

SCHOLARSHIP

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

CHIEF OFFICIAL

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

SAFETY AND CLINICS COORDINATOR

Mike Schaeffer (HF) 703-593-5075
mikejudy@cox.net

DIVISION COORDINATION ADMINISTRATOR

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

CRACKER JACK MEET COMMITTEE COORDINATORS

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

Katie Upton (SRA) 571-212-5806
divesra@gmail.com

TECHNOLOGY

Thomas Joyce tjoyce72@hotmail.com

Pete Marcotty



DIVE DIVISION COORDINATORS

1	Wes Bowman (DR) Sarah McDonnell (DR)	wbowman@mac.com slmcdonnell@gmail.com
2	Mary Stinnett (F)	marysstinnett@gmail.com
3	Gene Lee (HV)	el22@georgetown.edu
4	Joel Waterfield (G)	h2odirt2@gmail.com
5	David Grannis (WC)	Dagrannis@gmail.com
6	Tim Harbeck (AF)	Tim.harbeck@gmail.com
7	Katherine McClure (OH)	ohscdiveteam@gmail.com
8	Adrienne Baldree (CSC)	Adrienne.Baldree@gmail.com

CHAMPIONSHIP MEETS

Wally Martin 3 meter Memorial Meet

July 6 Oak Marr Rec Center at 7 AM
Meet Manager: Susan Mitchell 808-754-7149

Cracker Jack Meet Invitational

July 13 North Springfield (NS) at 8AM
Meet Managers: Lynn Clark 703-919-4376
 Katie Upton 571-212-5806
Local Contact: Jessica Albers 703-772-3420

Division Individual Championship Meets

July 20 Sites listed in the 2025 handbook team schedule

Synchro 1 Meter Dive Meet

July 22 Vienna Woods (VW) at 3PM
Meet Manager: Susan Mitchell 808-754-7149

All-Star Meet

July 27 Hunt Valley (HV) at 7 AM
Meet Manager: Judy Baltas 571-334-5318
Local Contact: Judy Baltas 571-334-5318

CLINICS

Coaches	June 8, 12:00 PM at Great Falls Amy Vroom, Local Contact	703-864-0712
Team Reps	June 1, 8:00-9:30 AM at Overlee Deb Cohen, Local Contact	703-362-0649
Meet Workers	June 1, 9:45-10:30 AM at Overlee Deb Cohen, Local Contact	703-362-0649
Judges	June 1, 10:30 AM at Overlee Deb Cohen, Local Contact	703-362-0649
	June 10, 6:30 PM at Chesterbrook Jeff Neumann, Local Contact	703-772-4452
	June 19, 6:30 PM at Sleepy Hollow Bath Jen Arnic, Local Contact	571-839-1413
Referees	June 4, 6:30 PM at Overlee Deb Cohen, Local Contact	703-362-0649
	June 7, 12:00 PM at Hamlet Phyllis Hashemi, Local Contact	215-359-8815
	Late June - TBD	

Future Dates:

Proposed Rule Changes Submitted	Oct 6, 2025
Executive Board Meeting	Oct 2025
Team Rep Meeting	Nov 2024
Executive Board Meeting	Feb 2026
Team Rep Meeting	Mar 2026



2025 DIVING TEAM REPRESENTATIVES AND POOL LOCATIONS

- | | | |
|----|---|---|
| 1. | ANNANDALE (A)
7530 Little River Tpk., Annandale 22003

Jason Detten
jndetten@gmail.com

Alma Detten
dettenaleti@gmail.com | 8 703-354-4272

760-978-8477

760-978 8471 |
| 2. | ARLINGTON FOREST (AF)
5401 N. Carlin Springs Rd., Arlington 22203

Marlies Petruccelli
mklose2001@yahoo.com

Jillian Green
jillian.regler@gmail.com | 6 703-527-9566

703-919-5970

703-402-1341 |
| 3. | CAMELOT COMMUNITY CLUB (CCC)
3604 Balin Ct., Annandale 22003

Megan Burski Wells
camelotdive@gmail.com

Laura Wilson
camelotdive@gmail.com | 7 703-560-1222

no number listed

no number listed |
| 4. | CARDINAL HILL (CH)
9117 Westerholme Way, Vienna 22180

Kate Beck
cathleenbeck@hotmail.com | 5 703-938-0858

860-490-8530 |
| 5. | CHESTERBROOK (CB)
1812 Kirby Rd., McLean 22101

Jeff Neumann
jeffneum@gmail.com

Cindy Anderson
andercind@gmail.com, dive@chesterbrookclub.com | 5 703-356-4471

703-772-4452

703-608-5310 |
| 6. | COMMONWEALTH SWIM CLUB (CSC)
9800 Commonwealth Blvd., Fairfax 22032

Julie Benson
divecudas@gmail.com

Kristin Webster
divecudas@gmail.com | 8 703-323-6020

225-288-1659

518-312-8462 |

- | | |
|--|--|
| <p>7. CROSSPOINTE (CP)
 8275 Glen Eagle Ln.

 Meredith Harris
 mbharris05@gmail.com

 Todd Whaley
 todd.a.whaley@gmail.com</p> | <p>5 703-690-4895

 703-599-6743

 914-443-3624</p> |
| <p>8. DOMINION HILLS (DH)
 6000 Wilson Blvd., Arlington 22205

 June Seymour
 dhdiveteam@gmail.com</p> | <p>3 703-533-7550

 240-406-0673</p> |
| <p>9. DONALDSON RUN (DR)
 2729 Marcey Rd., Arlington 22207

 Sarah McDonnell
 sjmcdonnell@gmail.com

 Elizabeth Fitzgerald
 elizabeth.leise@gmail.com</p> | <p>1 703-522-3115

 312-550-6507

 202-744-6071</p> |
| <p>10. DUNN LORING (DL)
 Drexel and Cottage Streets, Vienna 22180

 Theresa Beatty
 tamccaffrey@gmail.com

 Andrea Bosco
 andrea_aberion@yahoo.com

 Susan Martonik
 smartonik@gmail.com</p> | <p>3 703-560-9873

 202-321-8240

 917-226-5537

 703-303-7789</p> |
| <p>11. FAIRFAX (F)
 4200 Roberts Rd., Fairfax 22032

 Ginny Barron
 vburkart@gmail.com

 Laurel Carpenter
 laurelmaresca@gmail.com

 Mary Stinnett
 marysstinnett@gmail.com</p> | <p>2 703-691-8166

 703-309-8650

 201-906-3734

 703-472-4491</p> |

- | | | |
|-----|---|---|
| 12 | FAIRFAX STATION (FS)
6203 Old Arrington Dr., Fairfax Station 22039

Leann Parente
fairfaxstationdive@gmail.com

Stefanie Pidgeon
fairfaxstationdive@gmail.com | 2 703-250-6604

908-419-7383

803-984-6399 |
| 13. | GREAT FALLS (GF)
761 Walker Rd., Great Falls 22066

Chalitda Chitman
chalitda.c@gmail.com

Melissa Fowler
melissfowler@gmail.com | 4 703-759-3299

703-269-7556

703-628-1777 |
| 14. | GREENBRIAR (G)
Pt Pleasant/Middle Ridge Dr., Fairfax 22033

Julena Goodell
greenbriar.dive@gmail.com

Paula Threadgill
greenbriar.dive@gmail.com | 4 703-378-4421

949-254-0390

706-296-3903 |
| 15. | HAMLET SWIM CLUB (HSC)
8209 Dunsinane Ct., McLean 22102

Phyllis Hashemi
phyllis.hashemi@gmail.com

Rachel Wegner
hamletdiveteam@gmail.com | 6 703-893-7255

215-359-8815

617-935-2167 |
| 16 | HAYFIELD FARM (HF)
7820 Hayfield Rd., Alexandria 22315

Jessica Copes
Jessica.copes@gmail.com

Susanna Butler
susanna.p.butler1@gmail.com | 3 703-971-9837

703-965-5044

703-627-1044 |
| 17. | HIGHLAND PARK (HP)
6400 Highland Dr., Alexandria 22310

Julie Margolis
mjrunningteam@gmail.com | 5 703-922-7343

703-343-5572 |

- | | | |
|-----|---|--|
| 18. | HIGHLANDS SWIM (HS)
1515 Bryan Branch Rd., McLean 22101

John Berik
JB@HighlandsDiving.org | 1 703-821-9893

703-861-5100 |
| 19. | HUNT VALLEY (HV)
7100 Sydenstricker Rd., Springfield 22153

Judy Baltas
judy.baltas.hvscdive@gmail.com | 3 703-451-9137

571-334-5318 |
| 20. | ILDA COMMUNITY (IC)
8900 Braeburn Dr., Annandale 22003

Meredyth Havasy
ildadiveteam@gmail.com

Charles Havasy
ildadiveteam@gmail.com | 8 703-323-9813

202-486-5842

661-857-0783 |
| 21. | KENT GARDENS (KG)
1906 Westmoreland St., McLean 22101

Karen Denniston
dive@kgrc.org

Amanda Wittman
amanda.p.wittman@gmail.com | 1 703-893-7573

703-850-5337

719-502-0149 |
| 22. | LAKEVIEW (LV)
5352 Gainsborough Dr., Fairfax 22032

Kastell Larson
lakeview.diveteam@gmail.com | 4 703-323-9510

714-469-2903 |
| 23. | LEE GRAHAM (LG)
7319 Lee Hwy., Falls Church 22042

Adrienne Nicholson
adriennedass@gmail.com

Kara Klousia
karaklousia@gmail.com | 3 703-573-9706

434-882-0122

703-646-0298 |
| 24. | MANSION HOUSE (MHC)
9321 Old Mt. Vernon Rd., Alexandria 22309

Sharon Moss
diverep@mansionhouseclub.com | 8 703-780-9738

580-595-1076 |

- 25. MANTUA (M)** **7 703-273-5363**
 9330 Pentland Pl., Fairfax 22031
 Laura Tetreault 703-244-1780
 diveteam@mantuastc.org
 Tessa White 703-609-7909
 diveteam@mantuastc.org
- 26. NORTH SPRINGFIELD (NS)** **7 703-256-4686**
 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
 Kelly Emerick 703-731-3792
 emerick_kelly@yahoo.com
 Diana Blanco 646-660-5782
 dgonzalezblanco@gmail.com
- 28. OLD KEENE MILL (OKM)** **2 703-455-1312**
 9534 Orion Ct., Burke 22015
 Sean Stegmaier 703-371-4657
 diverrep@okmpool.com
 Alli Shrieves 571-236-8121
 allishrieves@yahoo.com
- 29. ORANGE HUNT (OH)** **7 703-451-9428**
 8600 Bridlewood Dr., Springfield 22152
 Katherine McClure 240-271-1905
 diveteam@orangehunswimclub.org
- 30. OVERLEE (O)** **1 703-532-7819**
 6030 Lee Hwy., Arlington 22205
 Deb Cohen 703-362-0649
 debncohen@gmail.com
 Elizabeth Deegan 207-217-5866
 emd1524@gmail.com
 Katie McAllister 202-903-8151
 kmmcallister@gmail.com

31. **PARKLAWN (PL)** 4 571-447-9461
6011 Crater Pl., Alexandria 22312
Jim Supple 202-253-6935
jimssupple29@gmail.com
Ali Supple 301-467-9741
alison.supple@gmail.com
32. **PARLIAMENT (PAR)** 2 703-978-5522
8510 Parliament Dr., Springfield 22151
Virginia Rotteveel 757-876-7024
rotteveelfamily@gmail.com
Theresa Wills 703-740-7691
theresawills@gmail.com
33. **PINECREST (PC)** 8 703-360-8027
12515 Pinecrest Rd., Herndon 20171
Amy Kalfus 646-391-4200
askalfus@gmail.com
34. **RAVENSWORTH FARM (R)** 4 703-321-4903
5210 Inverchapel Rd. (at Braddock Rd.), Springfield 22151
Lydia DiCola 717-574-9868
diveteam.rfsrc@gmail.com
35. **ROLLING HILLS (RH)** 3 703-451-9666
8301 Carleigh Pkwy., Springfield 22152
Julie Wagner 931-206-2907
rhscdiveteamrep@gmail.com
36. **RUTHERFORD (RFD)** 6 703-978-9853
4609 Marley Rd., Fairfax 22032
Kathy Burng 703-677-6370
rfddive@gmail.com
37. **SIDEBURN RUN (SR)** 6 703-978-9526
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
 Dana Chodos 619-208-4490
 chodos5@icloud.com
 Jen Amic 571-839-1413
 jenamic@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
 jasonandchristinahunt@yahoo.com
 Katie Gonzales 865-705-8337
 katiea9911@gmail.com
- 41. SPRINGFIELD (S)** **7 703-451-9700**
 7400 Highland St., Springfield 22150
 Marty Martin 804-357-5081
 springfieldtigersharksdive@gmail.com
- 42. STRATFORD REC ASSN (SRA)** **7 703-780-8900**
 2300 Brinitzer Way, Alexandria 22308
 Katie Upton 571-212-5806
 divesra@gmail.com
- 43. TRURO HOMES ASSN (THA)** **6 703-978-3040**
 4146 Elizabeth Ln., Annandale 22003
 Theresa Lucado 703-944-2675
 theresa.lucado@gmail.com
- 44. TUCKAHOE (T)** **5 703-356-1205**
 1814 Great Falls St., McLean 22101
 Stacy Zellers no number listed
 tuckahoediverep@gmail.com
 Kim Glasser no number listed
 tuckahoediverep@gmail.com

- | | |
|---|---|
| 45. VIENNA WOODS (VW)
Harmony S.W. & Plum S.W., Vienna 22180

Susan Harris
harrissusan100@gmail.com

Rachel Paci
rachelpaci@gmail.com | 1 703-938-4218

571-357-3633

703-975-6425 |
| 46. WAKEFIELD CHAPEL (WC)
4627 Holborn Avenue, Annandale 22003

Michelle Negrelli
wakefieldchapeldive@gmail.com | 5 703-323-8303

703-587-4338 |
| 47. WALDEN GLEN (WG)
6126 Harmon Pl., Springfield 22152

Damask Petrick
damaskp@gmail.com

Steve Petrick
spetrick1@gmail.com | 4 703-451-9503

703-915-9991

703-727-8872 |
| 48. WOODLEY (W)
7421 Camp Alger Ave., Falls Church 22042

Emily Hoover
soccerchic4031@yahoo.com | 2 703-573-9852

405-816-6735 |

2025 SCHEDULE OF NVSL DIVE MEETS

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

June 17	Kent Gardens	at	Oakton
	Highlands Swim	at	Overlee
	Donaldson Run	at	Vienna Woods
June 24	Oakton	at	Donaldson Run
	Kent Gardens	at	Highlands Swim
	Vienna Woods	at	Overlee
July 1	Vienna Woods	at	Oakton
	Donaldson Run	at	Highlands Swim
	Overlee	at	Kent Gardens
July 8	Oakton	at	Overlee
	Highlands Swim	at	Vienna Woods
	Kent Gardens	at	Donaldson Run
July 15	Oakton	at	Highlands Swim
	Overlee	at	Donaldson Run
	Vienna Woods	at	Kent Gardens
July 20	Divisionals	at	Highlands Swim

DIVE DIVISION 2 - Mary Stinnett (F)

703-427-4491

June 17	Woodley	at	Old Keene Mill
	Fairfax Station	at	Sleepy Hollow Rec
	Parliament	at	Fairfax
June 24	Fairfax Station	at	Woodley
	Sleepy Hollow Rec	at	Fairfax
	Old Keene Mill	at	Parliament
July 1	Parliament	at	Woodley
	Old Keene Mill	at	Sleepy Hollow Rec
	Fairfax	at	Fairfax Station
July 8	Woodley	at	Fairfax
	Sleepy Hollow Rec	at	Parliament
	Fairfax Station	at	Old Keene Mill
July 15	Woodley	at	Sleepy Hollow Rec
	Fairfax	at	Old Keene Mill
	Parliament	at	Fairfax Station
July 20	Divisionals	at	Fairfax

DIVE DIVISION 3 - Gene Lee (HV)**571-294-8285**

June 17	Hayfield	at	Dominion Hills
	Dunn Loring	at	Hunt Valley
	Rolling Hills	at	Lee Graham
June 24	Dominion Hills	at	Rolling Hills
	Hayfield	at	Dunn Loring
	Lee Graham	at	Hunt Valley
July 1	Lee Graham	at	Dominion Hills
	Rolling Hills	at	Dunn Loring
	Hunt Valley	at	Hayfield
July 8	Dominion Hills	at	Hunt Valley
	Dunn Loring	at	Lee Graham
	Hayfield	at	Rolling Hills
July 15	Dominion Hills	at	Dunn Loring
	Hunt Valley	at	Rolling Hills
	Lee Graham	at	Hayfield
July 20	Divisionals	at	Lee Graham

DIVE DIVISION 4 - Joel Waterfield (G)**703-980-8313**

June 17	Parklawn	at	Ravensworth
	Great Falls	at	Greenbriar
	Walden Glen	at	Lakeview
June 24	Ravensworth	at	Walden Glen
	Parklawn	at	Great Falls
	Lakeview	at	Greenbriar
July 1	Lakeview	at	Ravensworth
	Walden Glen	at	Great Falls
	Greenbriar	at	Parklawn
July 8	Ravensworth	at	Greenbriar
	Great Falls	at	Lakeview
	Parklawn	at	Walden Glen
July 15	Ravensworth	at	Great Falls
	Greenbriar	at	Walden Glen
	Lakeview	at	Parklawn
July 20	Divisionals	at	Lakeview

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

June 17	Tuckahoe	at	Highland Park
	Wakefield Chapel	at	Chesterbrook
	Crosspointe	at	Cardinal Hill
June 24	Highland Park	at	Crosspointe
	Tuckahoe	at	Wakefield Chapel
	Cardinal Hill	at	Chesterbrook
July 1	Cardinal Hill	at	Highland Park
	Crosspointe	at	Wakefield Chapel
	Chesterbrook	at	Tuckahoe
July 8	Highland Park	at	Wakefield Chapel
	Chesterbrook	at	Crosspointe
	Cardinal Hill	at	Tuckahoe
July 15	Highland Park	at	Chesterbrook
	Wakefield Chapel	at	Cardinal Hill
	Tuckahoe	at	Crosspointe
July 20	Divisionals	at	Chesterbrook

DIVE DIVISION 6 - Tim Harbeck (AF)**703-585-5177**

June 17	Rutherford	at	Truro
	Hamlet	at	Sideburn Run
	Arlington Forest	at	Sleepy Hollow B&R
June 24	Truro	at	Arlington Forest
	Rutherford	at	Hamlet
	Sleepy Hollow B&R	at	Sideburn Run
July 1	Sleepy Hollow B&R	at	Truro
	Arlington Forest	at	Hamlet
	Sideburn Run	at	Rutherford
July 8	Truro	at	Sideburn Run
	Hamlet	at	Sleepy Hollow B&R
	Rutherford	at	Arlington Forest
July 15	Truro	at	Hamlet
	Sideburn Run	at	Arlington Forest
	Sleepy Hollow B&R	at	Rutherford
July 20	Divisionals	at	Hamlet

DIVE DIVISION 7 - Katherine McClure (OH)**240-271-1905**

June 17	Camelot	at	Stratford
	North Springfield	at	Orange Hunt
	Mantua	at	Springfield
June 24	Camelot	at	Orange Hunt
	Springfield	at	Stratford
	Mantua	at	North Springfield
July 1	Mantua	at	Camelot
	Orange Hunt	at	Stratford
	North Springfield	at	Springfield
July 8	Camelot	at	North Springfield
	Stratford	at	Mantua
	Springfield	at	Orange Hunt
July 15	Springfield	at	Camelot
	Stratford	at	North Springfield
	Orange Hunt	at	Mantua
July 20	Divisionals	at	Stratford

DIVE DIVISION 8 - Adrienne Baldree (CSC)**703-220-2642**

June 17	Springboard	at	Mansion House
	Commonwealth	at	Pinecrest
	Ilda	at	Annandale
June 24	Mansion House	at	Ilda
	Springboard	at	Commonwealth
	Annandale	at	Pinecrest
July 1	Annandale	at	Mansion House
	Ilda	at	Commonwealth
	Pinecrest	at	Springboard
July 8	Mansion House	at	Pinecrest
	Commonwealth	at	Annandale
	Springboard	at	Ilda
July 15	Mansion House	at	Commonwealth
	Pinecrest	at	Ilda
	Annandale	at	Springboard
July 20	Divisionals	at	Commonwealth

(2025 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.

(2025 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. Dives and ~~All~~ 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 ~~approved~~ by the NVSL Diving Executive Committee (EXCOM). The Cracker Jack Meet is intended only for divers with basic developing skills. The Meet is not a one-for-one replacement meet for Divisionals. Potential meet entrants are subject to screening, based on the current season's meet scores and meet finishes, which are to be provided by team representatives with the meet entry form to the Cracker Jack meet manager(s). Only divers whose dual/tri meet scores for all current season dual/tri meets up to the time of the Cracker Jack meet are all below the qualifier score shown in the ruleset determined by the EXCOM may dive in the Cracker Jack meet. The meet manager shall decide the acceptance of potential meet-entrants for participation in the Cracker Jack Meet. Divers who attend Cracker Jack cannot attend Divisionals.

k. Division Individual Championship Meet: Each division will have a separate meet for qualification of entrants in the All-Star meet. Entries will be on an individual basis from pools in the division. No team scores will be kept. The meet manager must prepare and preserve an official copy of the meet results to document meet participants and corresponding scores. To qualify as an entrant

(2025 NVSL Dive Rules)

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.

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

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

2. EVENTS

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

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

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

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

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

3. DIVES

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

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

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

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

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

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

c. For all meets required dives will be listed on the dive entry sheet in the order specified in this handbook. Optional dives may be listed in any order at the election of the competitor. 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.

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.

(2025 NVSL Dive Rules)

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

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

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

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

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

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. 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 ~~subsequent dive 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.

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

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

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

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

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

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

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

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

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

g. If, 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.

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.

(2025 NVSL Dive Rules)

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

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

(4) Free Position: the free position may incorporate any or all of the straight (lay-out), pike, and tuck positions within the performance of a single dive. In the free position, the body position is optional, but the legs shall be together and toes pointed. In dives with twists, the twisting shall not manifestly be done from the board ~~or the judges may deduct according to their opinions~~. The referee shall declare an unsatisfactory dive (maximum of 2 points) (see paragraph 4.j. 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 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.

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.

(2025 NVSL Dive Rules)

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.

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.

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 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. 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.

(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 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 scoresheet shall be changed to reflect the new optional dive. It is not permissible to change to a more difficult dive while retaining the original dive's degree of difficulty.

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

The make-up meet at a time later than specified above shall be scheduled with concurrence of the Division Coordinator and consultation with the ~~VP (Diving) or his/her designee if the Division Coordinator is so inclined~~ Division Coordinator Committee Chair (DCCC). If the Division Coordinator is a Team Representative of a team involved with the meet rescheduling, concurrence by the ~~VP (Diving) or his/her designee~~ 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 ~~VP (Diving) or his/her designee~~ 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~~ alternate with host divers diving the odd numbered positions.

(12) Individual scores will be listed and team scores compiled on the diving forms provided by the home team. The winner of each event will receive 5 points, second 3 and third 1 point. In case of divers receiving the same individual score, the total number of points involved will be equally divided and given to each diver. The team score will then be added to decide the meet winner; the meet secretary and the visiting team secretary shall sign the completed form. Should a mistake be discovered in the computation of individual or team scores, it must be called to the attention of the Division

Coordinator and the Team Representatives by the end of the day following the completion of the meet for appropriate correction. If the Team Representatives and Division Coordinator are unavailable, a member of the Rules Committee must be notified of the mistake within the requisite time period. Meet results will be considered final at the end of the day following completion of the meet unless a timely notification of mistake is given as provided herein.

(13) The meet secretary will prepare three copies of results which affect team scores. These results must also include the names and scores for the top three divers participating in the meet. Before the start of the meet, the meet secretary must also record the name and team affiliation of every diver participating in the meet on the league-supplied form and request that the team representatives of both teams review the form to ensure that the names correspond with those on all of the submitted meet participants and diving entry forms. The meet secretary shall also record the scores for the divers after the completion of their meet event. If the meet is not completed and is resumed on another day, each team representative shall be given a copy of that form (legible, digital image, cell phone picture acceptable) before departing the meet site. If the meet has been prepared but does not start (i.e. entire meet is rescheduled), the sheets originally submitted become invalid. They can be re-validated at the rescheduled meet, or new ones may be submitted. Changes and substitutions may be made at the rescheduled meet according to rule 10.a.(6). After the meet, one copy of all meet forms is to be provided to the visiting Team Representative and two copies to the host Team Representative. One of the two host Team Representative's copies is for team use and the other copy is to be forwarded to the Division Coordinator not later than the day following the official dual meet. Additionally, after each meet, team results shall be handled according to NVSL Diving-issued procedures governing publicity.

b. Divisional, Wally Martin, 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 diving venue 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 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~~ divemeets.com) or dive entry forms (paper meets) for Divisionals, Wally Martin, Synchro 1-meter, and All-Stars meets ~~will~~ shall be submitted or be filled out, ~~signed by the diver~~, and turned in no later than 2 days before the meet, i.e. by Friday if the meet is conducted on Sunday, to the meet managers as instructed in written guidance provided by meet managers to team reps. An entry form may be turned in and accepted after this time with the payment of a \$20 non-waivable late fee. The fee is assessed on a per-sheet basis. Meet managers have the discretion to reject a meet sheet with late fee if turned in within 20 minutes before the start of the event if it potentially results in meet delay. Meet managers have the discretion to decide whether or not to accept late submissions of registrations or entry forms as detailed in the written guidance. The responsibility for the timely turn-in and accuracy of the diving entry form rests with the coach and diver. In addition, the diver's coach will review the diving entry form for accuracy, completeness, and compliance with Section 3 of the Handbook's Diving Rules. An unsigned entry form shall not disqualify the diver from the meet or alter the status of any dives performed. If any meet official discovers an unsigned entry form, the diver should be notified as soon as possible to sign the form in acknowledgment of the dive list. Corrections to turned-in entry forms are permissible up to the time of the event.

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

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

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

temporary meet interruption and the meet is resumed on the same day, the meet will continue from the point of the last dive performed.

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

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

(11) For Divisions 1 and 2, the 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: ~~it they~~ will be conducted by the NVSL Diving Executive Committee in accordance with the FINA World Aquatics Dive Rules, as modified by the current NVSL Handbook.

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 ~~may 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.

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



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

Dominiondiveclub@gmail.com

(703) 938-0176

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 and Junior 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.



- 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



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

A complete table of dives is shown in the current official 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>
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 Buerger	AF	Elena Bavalack	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>
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 Buerger	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>
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 Buerkler	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 Ehrnantrout	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>
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 Stickel	VW
2005	Jack Albrittain	CH	Cora Stern	DR
2004	Cory Bowersox	OKM	Mary Lynn Clark	AF
2003	Carl Buegler	AF	Elizabeth Flint	R
2002	John Trope	RH	Maren Taylor	DR
2001	Michael Flach	W	Maren Taylor	DR
2000	Briggy Imbriglia	R	Meg Alderman	CB
1999	Christopher Douglas	RH	Natalie West	PAR
1998	Christopher Douglas	RH	Stephannie McKinney	NS
1997	Seth Blaustein	CB	Erica Strong	SR
1996	Mikey McDonald	THA	Mary Yarrison	S
1995	Andrew Barber	CH	Mary Yarrison	S
1994	Andrew Barber	CH	Mary Yarrison	S
1993	Andrew Barber	CH	Kristyn Thiel	MHC
1992	Erick Rawlings	WG	Elizabeth Druy	DR
1991	Bradley Galleher	F	Elizabeth Druy	DR
1990	Bradley Galleher	F	Elizabeth Druy	DR

THREE METER DIVING CHAMPIONS

<u>Year</u>	<u>Senior Boys</u>	<u>Team</u>	<u>Senior Girls</u>	<u>Team</u>
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>
2024	Cristiano Garcia	S	Cecilia Yen	O
2023	Thibault Lede	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>
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 Buerger	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>
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 Schuppin	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 Buergher	AF	Maggie Cullather	SHB
2003	Carl Buergher	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 & Up Boys</u>	<u>Team</u>	<u>13 & Up Girls</u>	<u>Team</u>
2024	Nathaniel Grannis Ivor Brown	WC VW	Rowan Threadgill Beatrice Sultanaeva	G LV
2023	Brendan Doe Jon Anthony Montel	OAK OAK	Francesca Pereira Ziya Bhasin	KG KG
2022	Nathaniel Grannis Ivor Brown	WC VW	Ellie Joyce Amanda Stalfort	DH SR
2019	Jacob Fisher Matthew Bray	MHC G	Claire Vroom Minh Donnell	GF THA
2018	Joseph Perreault Sam Duncan	PC DL	Hannah Karlin Minh Donnell	O THA
2017	Nathan Holt Manuel Borowski	MHC T	Katie Vaughan Sarah Gurley	OAK OAK
2016	Jacob Fisher Manuel Borowski	MHC T	Anne Fowler Miah Fisher	WG MHC

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

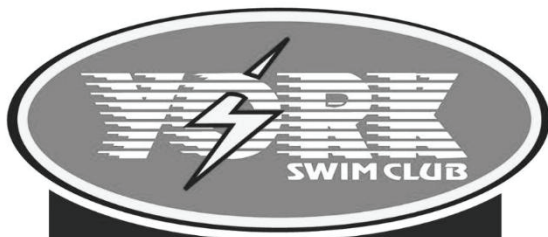


SWIM FAST
THROW HARD
PLAY **FIERCE**

*The waterpolo club for boys and girls
ages 8 - 18 for the greater DC region. Join us!*



CapitalWaterPolo.com



Practices Available At:

**Oakmarr Rec Center - Oakton, VA
Renaissance Pool - Falls Church, VA
Reston CC - Reston, VA
Yorktown HS - Arlington, VA**

Team Activities Include:

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

Contact Us!

703.536.6338

www.yorkswim.com

**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.**



CHECK US OUT ON INSTAGRAM AND FACEBOOK





5010 Langston Blvd Arlington, VA 703 524 9500
www.sportfairusa.com

70 Years Serving the Washington Area
Swimming Community.

