



# **2021 NVSL HANDBOOK**

## **Diving Sections**

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

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

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## 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.

### VOLUNTEER RECOGNITION

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 nearly 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	1977-78	Bill Gillen	1999-00	Jay Copan
1958	J. N. Swarthley	1979-80	Dick Young	2001-02	Lynn Black
1959-60	Jack McGregor	1981-82	Bill Bancroft	2003-04	Rick Hoffman
1961-62	Richard Kane	1983-84	Pierre Brosseau	2005-06	Rick Healy
1963-64	Don Stocking	1985-86	Peter Marino	2007-08	Steve Burnley
1965-66	J. T. Gissendanner	1987-88	Ray Kotesky	2009-10	Christine Loeser
1967-68	John Horgan	1989-90	Steve Alterman	2011-12	Jack Schaeffer
1969-70	A. E. Highley	1991-92	Judy Strauss	2013-14	Jim Shlesinger
1971-72	George Falck	1993-94	Dick Rankin	2015-16	Bill Cook
1973-74	Gene Zink	1995-96	Bob Mahony	2017-18	Kelly Parry
1975-76	Gail Frank Sedgwick	1997-98	Bill Lind	2019-20	Nancy Jessen

## **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 Standard 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 a representative of all judges and officials, I 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."

## 2021 BOARD OF DIRECTORS

### EXECUTIVE OFFICERS

PRESIDENT	Jen Sayasithsena	jensayasnvl@gmail.com	c 571-238-5000
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DIRECTOR	Tertius Eksteen	Tertius@eksteen.us	c 571-438-7000

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Visit our website at: **www.myNVSL.com**

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Northern Virginia Swimming League.

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

### 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)	2018	Hannah Rollins	(LG)
2015	Anise Muir	(HF)	2019	Cara Patrick	(LRR)
2016	Ashley Weldon	(FS)	2020	Madeline Ice	(LG)
2017	Natalie Hohman	(HM)			

### 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)	2015	Erin Murphy	(H)
2009	Jillian Brown	(HTM)	2016	Maureen Duesterhaus	(G)
2010	Natalie Leake	(LG)	2017	Eleanor Ridgeway	(O)
2011	Julia Choudhury	(LE)	2018	Ian Peverall	(HM)
2012	Shannon Smith	(WC)	2019	Kate Billingsley	(PL)
2013	Alexander Place	(O)	2020	Carrie Morrison	(OH/HV)
2014	Jack Capra	(LE)			

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

## 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)	2019	Alexus Chua	(FO)
2018	Martin Salamone	(V)	2020	Justin Brady	(FO)

## 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)

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## Scholarship Application Process

Any graduating high school senior who is an NVSL swimmer and/or diver is eligible to apply for the 2021 scholarships\*\*. Each Team Representative has information about the application process, and copies of the application packet which must be submitted by all applicants. The application packet can also be found on and downloaded from the NVSL website [www.mynvsl.com](http://www.mynvsl.com) under the documents tab in the Scholarship Program folder.

To be considered for the 2021 Scholarships, applications must be RECEIVED by the NVSL Scholarship Chair **no later than 6:00 PM on FRIDAY JUNE 25, 2021** via email ([nvslscholarship@gmail.com](mailto:nvslscholarship@gmail.com)) or via mail at 3633 Eagle Rock Court, Woodbridge VA 22192. Incomplete and/or late application packets will NOT be considered. Recipients will be announced on [myvsl.com](http://myvsl.com).

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**\*\*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. **COVID related guideline adjustments will be distributed separately by the NVSL***

- All NVSL participants; Athletes, Coaches, Team Reps, Officials, Parents / Spectators, and NVSL Leadership should **abide by the Code of Conduct**.
- All swimming **practices should be open** to observation by parents.
- Open and Observable Environment: 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 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 also **adhere** to all of the above responsibilities for their area
- A **qualified life guard**, 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 always be used in practice. Pool deck should be kept **clear of unnecessary equipment**.
- A **qualified life guard**, 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.**



## **NVSL® SWMMING 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 a division and the NVSL; **2)** oversee the teams in NVSL sponsored events; **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 because of 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.

***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 withdrawing 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 and Diving Up*** - Swimming in an age group older than one's own.

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

# 2021 NVSL® Web Sponsors

## Click the logo to visit their website



If you are interested in sponsoring the NVSL contact  
[nvsl.sponsors@gmail.com](mailto:nvsl.sponsors@gmail.com)

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

**OFFICERS**

**VICE PRESIDENT (Diving)**

Lynn Clark (AF) clarkmail@verizon.net 703-919-4376  
4610 S. 4<sup>th</sup> St., Arlington 22204

**SECOND VICE-PRESIDENT**

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SAFETY AND CLINICS COORDINATOR

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## DIVE DIVISION COORDINATORS

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2	Claudia Tielking (KG) dive@kgrc.org 6533 Mulroy St., McLean 22101	703-819-1527
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4	Mike Schaeffer (HF) mikejudy@cox.net 5911 Grayson St., Springfield 22150	703-593-5075
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6	Katherine McClure (OH) ksmcclure@gmail.com 8703 Powder Horn Dr., Springfield 22152	240-271-1905
7	Tony Maull (HSC) hamletdiveteam@gmail.com 8107 Touchstone Terr., McLean 22102	703-627-1734
8	Betsy Yarrison (S) betsy.yarrison@gmail.com 7312 Essex Ave., Springfield 22150	703-371-7183

## CHAMPIONSHIP MEETS

## Wally Martin Memorial Meet

July 11 Oak Marr Rec Center  
Meet Manager: Stacey Brooks 703-437-3453

# Cracker Jack Meet Invitational

July 18	Fairfax Station		
	Meet Managers:	Mary Bowersox	703-913-5420
		Arlene Pripeton	703-323-5687
	Local Contact	Leann Parente	908-419-7383

## Division Individual Championship Meets

July 25 Sites listed in the 2021 Handbook

## All-Star Meet

August 1	Great Falls		
	Meet Manager:	Lynn Clark	703-919-4376
	Local Contact:	Amy Vroom	703-864-0712

## CLINICS

Team Reps	May 23, 4:00 PM via ZOOM Lynn Clark, Local Contact	703-919-4376
Coaches	June 5, 4:00 PM at Camelot (also live streamed) Megan Wells, Local Contact	703-801-5355
Division Coordinators	Week of June 6 or 13, actual date/location/time TBD Arlene Pripeton, Local Contact	703-323-5687
Team Rep and Division Coordinator Meet Supply Pick-Up	June 6, 8 AM to 12 PM Lynn Clark, Local Contact	703-919-4376
Meet Workers	June 6, 8:30 AM at Arlington Forest (also live streamed) Mary Bowersox, Local Contact	703-913-5420
Judges	June 6, 10:00 AM at Arlington Forest (also live streamed) Lynn Clark, Local Contact	703-919-4376
	June 15, 6:30 PM at Truro (also live streamed) Mike Mangan, Local Contact	703-362-1099
	June 23, 6:30 PM at Camelot (also live streamed) Megan Wells, Local Contact	703-801-5355
Referees	June 9, 6:30 PM at Truro (must attend in person) Mike Mangan, Local Contact	703-362-1099
	June 13, 2 PM at Chesterbrook (must attend in person) Jennifer Lager, Local Contact	703-407-6757

### Future Dates:

Proposed Rule Changes Submitted	10/03/21
Executive Board Meeting	10/24/21
Team Rep Meeting	11/14/21
Executive Board Meeting	02/20/22
Team Rep Meeting	03/06/22

## DIVING TEAM REPRESENTATIVES AND POOL LOCATIONS

1.	ANNANDALE (A) 7530 Little River Tpk., Annandale 22003  Rae Tran raetran@gmail.com	8	703-354-4272   703-517-0556
2.	ARLINGTON FOREST (AF) 5401 N. Carlin Springs Rd., Arlington 22203  Laura Smialowicz laura.n.ballou@gmail.com  Tom Smialowicz tsmialowicz@gmail.com	3	703-527-9566   703-528-3889 (c)703-408-8076 (c)703-407-6800
3.	CAMELOT COMMUNITY CLUB (CCC) 3604 Balin Ct., Annandale 22003  Megan Burski Wells burskiwells@yahoo.com	5	703-560-1222   (c)703-801-5355
4.	CARDINAL HILL (CH) 9117 Westerholme Way, Vienna 22180  Michelle Butler mmclarke@yahoo.com	6	703-938-0858   703-272-7448 (c)917-848-1166
5.	CHESTERBROOK (CB) 1812 Kirby Rd., McLean 22101  Jennifer Lager drjenniferlager@gmail.com  Beth Hogan beth.hogan@gmail.com	4	703-356-4471   703-407-6757  202-494-3621 703-237-2421
6.	COMMONWEALTH SWIM CLUB (CSC) 9800 Commonwealth Blvd., Fairfax 22032  Adrienne Baldree Adrienne.Baldree@gmail.com	8	703-323-6020   703-220-2642
7.	CROSSPOINTE (CP) 8275 Glen Eagle Ln., Fairfax Station 22039  Winsome Lenfert cpdiveteamrep@gmail.com  Melissa Mihocko Mdkuo@yahoo.com	5	703-690-4895   404-803-3457  703-599-6743
8.	DOMINION HILLS (DH) 6000 Wilson Blvd., Arlington 22205  Angela DiBenigno tadb1@verizon.net  Thomas Joyce tjoyce72@hotmail.com	4	703-533-7550   703-307-4529  703-622-8452

9.	DONALDSON RUN (DR) 2729 Marcey Rd., Arlington 22207	3	703-522-3115
	Jennifer Mulchandani jennifer.mulchandani@gmail.com		703-304-0465
	Lesley Reed lesley10@yahoo.com		703-244-4338
10.	DUNN LORING (DL) Drexel and Cottage Streets, Vienna 22180	1	703-560-9873
	Cindy Hatchl Cindy.hatchl@gmail.com		703-639-7765
11.	FAIRFAX (F) 4200 Roberts Rd., Fairfax 22032	2	703-691-8166
	Matt Rodjom mrodjom@yahoo.com		412-849-0554
12.	FAIRFAX STATION (FS) 6203 Old Arrington Dr., Fairfax Station 22039	6	703-250-6604
	Paige Schupp paige22554@gmail.com		(h)540-351-0572 (c)703-622-0243
	Leann Parente leannparente@gmail.com		908-419-7383
13.	GREAT FALLS (GF) 761 Walker Rd., Great Falls 22066	2	703-759-3299
	Amy Vroom amyvroom@me.com		703-864-0712
	Lisa Vasiliadis lisanv@hotmail.com		703-915-8690
14.	GREENBRIAR (G) Pt Pleasant/Middle Ridge Dr., Fairfax 22033	6	703-378-4421
	Joel Waterfield waterfieldfamily@verizon.net		703-980-8313
	Dawn Bray rdbray4@verizon.net		703-589-7010
15.	HAMLET SWIM CLUB (HSC) 8209 Dunsinane Ct., McLean 22102	7	703-893-7255
	Tony Maull hamletdiveteam@gmail.com		703-627-1734
16.	HAYFIELD FARM (HF) 7820 Hayfield Rd., Alexandria 22315	4	703-971-9837
	Mary Mohny mmohny@gmail.com		703-867-8203 703-971-3757



17.	HIGHLAND PARK (HP) 6400 Highland Dr., Alexandria 22310  Lynette Bertman mlbertman@msn.com	6	703-922-7343  (h)703-329-7080 (c)703-944-6855
18.	HIGHLANDS SWIM (HS) 1515 Bryan Branch Rd., McLean 22101  Neil Wills highlandsdive@gmail.com	4	703-821-9893 703-821-9894  202-415-2015
19.	HUNT VALLEY (HV) 7100 Sydenstricker Rd., Springfield 22153  Judy Baltas judy.baltas@gmail.com  Alicia Ogrodny aogrodnyit@gmail.com	3	703-451-9137   571-334-5318 (h)703-913-4850  571-234-9871
20.	ILDA COMMUNITY (IC) 8900 Braeburn Dr., Annandale 22003  Maureen Bush maureenbush@me.com	8	703-323-9813   703-346-1357
21.	KENT GARDENS (KG) 1906 Westmoreland St., McLean 22101  Malia Asfour maliaa@aol.com  Claudia Tielking dive@kgrc.org	2	703-893-7573   703-623-0114  703-819-1527
22.	LAKEVIEW (LV) 5352 Gainsborough Dr., Fairfax 22032  Elizabeth "Biz" Macaranas lakeview.diveteam@gmail.com  Vicky Palazzo vicky.palazzo@gmail.com	5	703-323-9510   (c)571-235-1755  703-906-4846
23.	LEE GRAHAM (LG) 7319 Lee Hwy., Falls Church 22042  Alice Mar acjhs@me.com  Camille McCarthy camille_mccarthy@yahoo.ca	3	703-573-9706   703-946-4281  571-230-3476
24.	MANSION HOUSE (MHC) 9321 Old Mt. Vernon Rd., Alexandria 22309  MacKenzie Duffield diverep@mansionhouseclub.com	2	703-780-9738   703-232-6326

25.	MANTUA (M) 9330 Pentland Pl., Fairfax 22031	7	703-273-5363
	Laura Tetreault diveteam@mantuastc.org		703-244-1780
26.	NORTH SPRINGFIELD (NS) 5604 Earlhurst St., Springfield 22151	8	703-256-4686
	Celeste Leyhe celesteleyhe@yahoo.com		703-347-3865
27.	OAKTON (OAK) 11714 Flemish Mill Ct., Oakton 22124	2	703-620-9800
	Lisa Vaughan JayandLisaVaughan@yahoo.com		703-403-0716
	Susan Estes susan.brown.estes@gmail.com		202-246-8013
28.	OLD KEENE MILL (OKM) 9534 Orion Ct., Burke 22015	1	703-455-1312
	Mark Miller divingboar@verizon.net		703-304-9656
29.	ORANGE HUNT (OH) 8600 Bridlewood Dr., Springfield 22152	6	703-451-9428
	Katherine McClure ksmcclure@gmail.com		240-271-1905
	Sarah Wolfe PanamaForever@aol.com		703-789-2981
30.	OVERLEE (O) 6030 Lee Hwy., Arlington 22205	1	703-532-7819
	Whitney Cobey		703-919-6197
	Whitcobey@hotmail.com		
	Shalla Ross Shalla.Ross@verizon.net		202-669-5324
31.	PARKLAWN (PL) 6011 Crater Pl., Alexandria 22312	8	571-447-9461
	Dave Galway dave.galway176@gmail.com		703-395-2172
32.	PARLIAMENT (PAR) 8510 Parliament Dr., Springfield 22151	6	703-978-5522
	Andrea Cate panthersdive@gmail.com		808-375-7964

33.	PINECREST (PC) 12515 Pinecrest Rd., Herndon 20171	3	703-360-8027
	JJ Conner jjconner14@verizon.net		703-868-4814
	Jessica Kennedy jessicakennedy05@gmail.com		571-218-0688
34.	RAVENSWORTH FARM (R) 5210 Inverchapel Rd. (at Braddock Rd.), Springfield 22151	5	703-321-4903
	Mary Beth Champlin MBChamplin2@yahoo.com		(c)240-383-7991
	Melinda Young melandstu@verizon.net		703-503-9686 (c)703-731-7353
35.	ROLLING HILLS (RH) 8301 Carrleigh Pkwy., Springfield 22152	5	703-451-9666
	Aimee Callahan aimee@callahanfamily.net		(c)703-930-6108 703-912-1492
36.	RUTHERFORD (RFD) 4609 Marley Rd., Fairfax 22032	7	703-978-9853
	Chris Wade cjwade@gmail.com		571-238-3468
	Cheryl Fegan candrukonis@hotmail.com		703-304-8558
37.	SIDEBURN RUN (SR) 10601 Zion Rd., Fairfax 22032	1	703-978-9526
	Shannon Asko-Danielsen shannonasko@gmail.com		843-468-0768
38.	SLEEPY HOLLOW BATH (SHB) 3516 Sleepy Hollow Rd., Falls Church 22044	5	703-241-9731
	James Wilkins diving@shbr.org		417-597-4663
39.	SLEEPY HOLLOW REC (SHR) 3538 Sleepy Hollow Rd., Falls Church 22041	3	703-941-0456
	Sheri Crotty crottycrew@hotmail.com		(c)703-862-1636 703-914-2777
40.	SPRINGBOARD RECREATION CLUB (SB) 6500 Deepford St., Springfield 22150	7	703-719-7359
	Carol Davis caroldavis1988@yahoo.com		(c)703-338-4242
	Carylin Waterval carylin_mother2@yahoo.com		(c)703-507-6651 (h)703-924-2681

41.	SPRINGFIELD (S) 7400 Highland St., Springfield 22150  Kristin Garcia springfieldtigersharksdive@gmail.com	8	703-451-9700   202-550-7101
42.	STRATFORD REC ASSN (SRA) 2300 Brinitzer Way, Alexandria 22308  Peggy Dinkel divesra@gmail.com  Matt Burke divesra@gmail.com	7	703-780-8900   703-360-6224 (c)703-244-8197  703-829-0628
43.	TRURO HOMES ASSN (THA) 4146 Elizabeth Ln., Annandale 22003  Mike Mangan bruinxctnf@aol.com  Andrew Albosta albosta@gmail.com	1	703-978-3040   703-362-1099  571-239-9693
44.	TUCKAHOE (T) 1814 Great Falls St., McLean 22101  Saira Smith dive@tuckahoe.club	4	703-356-1205   415-271-2487
45.	VIENNA WOODS (VW) Harmony S.W. & Plum S.W., Vienna 22180  Rachel Paci rachelpaci@gmail.com	1	703-938-4218   703-975-6425
46.	WAKEFIELD CHAPEL (WC) 4627 Holborn Avenue, Annandale 22003  David Grannis wakefieldchapeldive@gmail.com	4	703-323-8303   (c)202-365-6651
47.	WALDEN GLEN (WG) 6126 Harmon Pl., Springfield 22152  Kathleen Moyer kathleen_moyer@hotmail.com	2	703-451-9503   (h)571-830-6291 (c)703 638 4711
48.	WOODLEY (W) 7421 Camp Alger Ave., Falls Church 22042  Emily Hoover woodleydiverrep@gmail.com	7	703-573-9852   405-209-7248

## SCHEDULE OF 2021 NVSL® DIVE MEETS

### **DIVE DIVISION 1 - Arlene Pripeton 703-385-2858**

June 22	Overlee	at	Vienna Woods
	Old Keene Mill	at	Truro
	Sideburn Run	at	Dunn Loring
June 29	Vienna Woods	at	Sideburn Run
	Overlee	at	Old Keene Mill
	Dunn Loring	at	Truro
July 6	Dunn Loring	at	Vienna Woods
	Sideburn Run	at	Old Keene Mill
	Truro	at	Overlee
July 13	Vienna Woods	at	Truro
	Old Keene Mill	at	Dunn Loring
	Overlee	at	Sideburn Run
July 20	Vienna Woods	at	Old Keene Mill
	Truro	at	Sideburn Run
	Dunn Loring	at	Overlee
July 25	Divisionals	at	Vienna Woods

### **DIVE DIVISION 2 - Claudia Tielking 703-819-1527**

June 22	Fairfax	at	Walden Glen
	Oakton	at	Great Falls
	Mansion House	at	Kent Gardens
June 29	Walden Glen	at	Mansion House
	Fairfax	at	Oakton
	Kent Gardens	at	Great Falls
July 6	Kent Gardens	at	Walden Glen
	Mansion House	at	Oakton
	Great Falls	at	Fairfax
July 13	Walden Glen	at	Great Falls
	Oakton	at	Kent Gardens
	Fairfax	at	Mansion House
July 20	Walden Glen	at	Oakton
	Great Falls	at	Mansion House
	Fairfax	at	Kent Gardens
July 25	Divisionals	at	Oakton

**DIVE DIVISION 3 - Sheri Crotty****703-862-1636**

June 22	Sleepy Hollow Rec	at	Arlington Forest
	Lee Graham	at	Donaldson Run
	Hunt Valley	at	Pinecrest
June 29	Arlington Forest	at	Hunt Valley
	Sleepy Hollow Rec	at	Lee Graham
	Pinecrest	at	Donaldson Run
July 6	Pinecrest	at	Arlington Forest
	Hunt Valley	at	Lee Graham
	Donaldson Run	at	Sleepy Hollow Rec
July 13	Arlington Forest	at	Donaldson Run
	Lee Graham	at	Pinecrest
	Sleepy Hollow Rec	at	Hunt Valley
July 20	Arlington Forest	at	Lee Graham
	Donaldson Run	at	Hunt Valley
	Pinecrest	at	Sleepy Hollow Rec
July 25	Divisionals	at	Hunt Valley

**DIVE DIVISION 4 - Mike Schaeffer****703-593-5075**

June 22	Dominion Hills	at	Highlands Swim
	Tuckahoe	at	Hayfield
	Chesterbrook	at	Wakefield Chapel
June 29	Highlands Swim	at	Chesterbrook
	Dominion Hills	at	Tuckahoe
	Wakefield Chapel	at	Hayfield
July 6	Wakefield Chapel	at	Highlands Swim
	Chesterbrook	at	Tuckahoe
	Hayfield	at	Dominion Hills
July 13	Highlands Swim	at	Hayfield
	Tuckahoe	at	Wakefield Chapel
	Dominion Hills	at	Chesterbrook
July 20	Highlands Swim	at	Tuckahoe
	Hayfield	at	Chesterbrook
	Wakefield Chapel	at	Dominion Hills
July 25	Divisionals	at	Chesterbrook

**DIVE DIVISION 5 - Susan Mitchell 808-754-7149**

June 22	Camelot	at	Lakeview
	Sleepy Hollow B&R	at	Ravensworth
	Rolling Hills	at	Crosspointe
June 29	Lakeview	at	Rolling Hills
	Camelot	at	Sleepy Hollow B&R
	Crosspointe	at	Ravensworth
July 6	Crosspointe	at	Lakeview
	Rolling Hills	at	Sleepy Hollow B&R
	Ravensworth	at	Camelot
July 13	Lakeview	at	Ravensworth
	Sleepy Hollow B&R	at	Crosspointe
	Camelot	at	Rolling Hills
July 20	Lakeview	at	Sleepy Hollow B&R
	Ravensworth	at	Rolling Hills
	Crosspointe	at	Camelot
July 25	Divisionals	at	Ravensworth

**DIVE DIVISION 6 - Katherine McClure 240-271-1905**

June 22	Fairfax Station	at	Highland Park
	Greenbriar	at	Cardinal Hill
	Parliament	at	Orange Hunt
June 29	Highland Park	at	Parliament
	Fairfax Station	at	Greenbriar
	Orange Hunt	at	Cardinal Hill
July 6	Orange Hunt	at	Highland Park
	Parliament	at	Greenbriar
	Cardinal Hill	at	Fairfax Station
July 13	Highland Park	at	Cardinal Hill
	Greenbriar	at	Orange Hunt
	Fairfax Station	at	Parliament
July 20	Highland Park	at	Greenbriar
	Cardinal Hill	at	Parliament
	Orange Hunt	at	Fairfax Station
July 25	Divisionals	at	Cardinal Hill

**DIVE DIVISION 7 - Tony Maull                      703-627-1734**

June 22	Woodley	at	Stratford
	Hamlet	at	Rutherford
	Springboard	at	Mantua
June 29	Stratford	at	Springboard
	Woodley	at	Hamlet
	Mantua	at	Rutherford
July 6	Mantua	at	Stratford
	Springboard	at	Hamlet
	Rutherford	at	Woodley
July 13	Stratford	at	Rutherford
	Hamlet	at	Mantua
	Woodley	at	Springboard
July 20	Stratford	at	Hamlet
	Rutherford	at	Springboard
	Mantua	at	Woodley
July 25	Divisionals	at	Hamlet

**DIVE DIVISION 8 - Betsy Yarrison                      703 371-7183**

June 22	Parklawn	at	Ilda
	Springfield	at	North Springfield
	Annandale	at	Commonwealth
June 29	Ilda	at	Annandale
	Parklawn	at	Springfield
	Commonwealth	at	North Springfield
July 6	Commonwealth	at	Ilda
	Annandale	at	Springfield
	North Springfield	at	Parklawn
July 13	Ilda	at	North Springfield
	Springfield	at	Commonwealth
	Parklawn	at	Annandale
July 20	Ilda	at	Springfield
	North Springfield	at	Annandale
	Commonwealth	at	Parklawn
July 25	Divisionals	at	Springfield



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 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
- 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 procedures for the Cracker Jack Meet Invitational will be determined by the NVSL Diving Executive Committee (EXCOM). The Cracker Jack Meet is intended only for divers with basic developing skills. The Meet is not a one-for-one replacement meet for Divisionals. Potential meet entrants are subject to screening, based on the current season's meet scores and meet finishes, which are to be provided by team representatives with the meet entry form. 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 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.

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 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

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

**(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. 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.** 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. 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 have 401 as his/her third dive, he/she is disqualified). If a diver makes a legitimate attempt to perform a required dive and fails, he/she may remain in the contest if otherwise eligible. A diver who, in the referee's opinion, willingly fails, eliminates, or purposely chooses not to perform a required dive, shall be disqualified from the contest. A diver failing two dives, without regard to the dives being required or optional, may complete his/her event, but cannot register placement points for the team.

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

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

**g.** If in any dive the diver touches the end of the board, dives to the side of the direct line of flight or dives too far out from the board, this indicates, no matter how well the dive may have been executed, that he or she was too close to the board or not in control of the dive for execution, and each judge must exercise his or her own opinion regarding the deduction to be made.

**h.** During the passage through the air the body can be carried in a straight (lay-out), pike or tuck position. For the front and back entry (001 and 002), there is no prior declaration of the position of the dive by the diver.

**(1)** Straight Position (Lay-out): in the first case of straight position (lay-out), the body shall not be bent either at the knees or hips. The feet shall be together and toes pointed. The position of the arms is at the option of the diver.

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

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

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

**i.** 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.

**j.** 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. Judges shall reward twisting dives thus observed a score in the unsatisfactory range.

**k.** All twists must be within 90 degrees of the completion from the time of the first contact with the water, and at all times during the entry. Deviations of  $\frac{1}{4}$  twist under or  $\frac{1}{4}$  over the desired amount will constitute a failed dive.

**l.** 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.

**m.** 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  $4\frac{1}{2}$  points. Judges may award a maximum of  $4\frac{1}{2}$  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  $\frac{1}{2}$  to 2 points from their awards.

**n.** 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.

**o.** 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.

**p.** 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.

**q.** 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.

**r.** 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.

**s.** 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.

**t.** 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 FINA 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.

**u.** 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.

## 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 ½
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 FINA shall govern. Only dives with prelisted DDs in the current NVSL or FINA tables are permissible in NVSL competition, except for flying somersault dives (dive numbers 11X, 21X, 31X, and 41X as given in the FINA 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.

**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 **FINA** 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.

(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. 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 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. 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.

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

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

**(11)** The meet secretary will compile the list of divers, assigning order of divers in the events as follows:

- (a)** Freshman girls, freshman boys, junior girls, junior boys, intermediate girls, intermediate boys, senior girls, senior boys.
- (b)** Within events, host and visiting divers will alternate with host divers diving the odd numbered positions.

**(12)** Individual scores will be listed and team scores compiled on the diving forms provided by the home team. The winner of each event will receive 5 points, second 3 and third 1 point. In case of divers receiving the same individual score, the total number of points involved will be equally divided and given to each diver. The team score will then be added to decide the meet winner; the meet secretary and the visiting team secretary shall sign the completed form. Should a mistake be discovered in the computation of individual or team scores, it must be called to the attention of the Division Coordinator and the Team Representatives by the end of the day following the completion of the meet for appropriate correction. If the Team Representatives and Division Coordinator are unavailable, a member of the Rules Committee must be notified of the mistake within the requisite time period. Meet results will be considered final at the end of the day following completion of the meet unless a timely notification of mistake is given as provided herein.

**(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. 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, 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 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) Diving registrations (divemeets) or dive entry forms (paper meets) for Divisionals, Wally Martin, 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 highest three scores in each event are eligible for the All-Star Meet; for all other divisions, the two highest scores are eligible. For Divisions 1 and 2, the next three finishers, and for the remaining divisions, the next two finishers, in each event will be assigned as All-Star alternates for their divisions. Alternates are eligible to dive at All-Stars only if a place qualifier will not compete. Additionally, divers who finish no lower than fourth for Divisions 1 and 2, or third for Divisions 3 through 8 ~~first alternate~~ 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.

**(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 and All-Star Meet: It will be conducted by the NVSL Diving Executive Committee in accordance with the FINA Dive Rules, as modified by the NVSL Handbook.

**d.** Meet Line-ups: For each event in Divisional, Wally Martin, 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 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.]*

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## 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.
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# 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 Twists	----	----	----	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 1½ Somersault 1/2 Twist	----	----	----	2.2
5333	Reverse 1½ Somersault 1-1/2 Twists	----	----	----	2.6
<u>For Freshman Competition only:</u>					
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 FINA Rulebook. A dashed line entry (----) indicates the dive cannot be performed.



### 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 FINA 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>
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 Buergher	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

<u>Year</u>	<u>Senior Boys</u>	<u>Team</u>	<u>Senior Girls</u>	<u>Team</u>
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>
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

<u>Year</u>	<u>Intermediate Boys</u>	<u>Team</u>	<u>Intermediate Girls</u>	<u>Team</u>
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>
2019	Nicholas Shivik	SR	Marleigh Dasilva	VW
2018	Noah Wanzer	VW	Jocelyn Brooks	KG
2017	Finnian Gelbach	HV	Devon Babcock	F
2016	Matthew Bray	G	Margaret Di Scipio	LG
2015	Aidan Thomas	WC	Miah Fisher	MHC
2014	Garrett Janiak	MHC	Anne Fowler	WG
2013	Aaron Freeman	THA	Lindsey Butchko	THA
2012	Conor Casey	THA	Hailey Fisher	MHC
2011	Conor Casey	THA	Hailey Fisher	MHC
	Parker Johnston	THA		
2010	Grayson Campbell	VW	Eve Fowler	WG
2009	Grayson Campbell	VW	Callan Monette	THA
2008	Matthew Hubbard	THA	Alison Stickel	VW
2007	Matthew Hubbard	THA	Alison Stickel	VW
2006	Cory Bowersox	OKM	Kelly Corish	DL
2005	Carl Buerger	AF	Kathy Jennings	THA
2004	Sean McKinney	NS	Maren Taylor	DR
2003	Sean McKinney	NS	Cassie Self	DL
2002	Matt Wheeler	CCC	Samantha Winter	T
2001	Will Richardson	RH	Natalie West	PAR
2000	Christopher Douglas	RH	Natalie West	PAR
1999	Jim Richmond	F	Alex West	PAR
1998	Scott Hudson	OH	Laura Speer	OKM
1997	Timmy McNeill	LG	Patty Park	MHC
1996	Andrew Barber	CH	Patty Park	MHC
1995	Colby Carter	T	Kristyn Thiel	MHC
1994	Andy Bradley	SR	Amber O'Reilly	HF
1993	Tim Harbeck	MHC	Ashley Kirchner	O
1992	Bradley Galleher	F	Jenny Sweeder	NS
1991	Chris Alderman	CB	Stephanie Sutton	LG
1990	Jason Rockwell	T	Mindy Hanneman	DR
1989	Chris Alderman	CB	Erin Hintenach	RFD
1988	Chris Alderman	CB	Minu Aghevli	CB
1987	David Johns	R	Kate Moran	AF
1986	David Johns	R	Cheri Yadao	MHC
1985	Marcus Witke	T	Cheri Yadao	MHC
1984	Mac McDermott	RG	Kim Sargent	VW
1983	Bryan Jones	CH	Suzie Swanson	VW
1982	Mac McDermott	RG	Suzie Swanson	VW
1981	Francis Draper	RG	Richelle Bruns	MHC

<u>Year</u>	<u>Junior Boys</u>	<u>Team</u>	<u>Junior Girls</u>	<u>Team</u>
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 Carrolle	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>
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 Buergler	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>
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	Mike 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>
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	SRA	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>
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>
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



<u>Year</u>	<u>Freshman Boys</u>	<u>Team</u>	<u>Freshman Girls</u>	<u>Team</u>
2011	Max Flory	SR	Lindsey Butchko	THA
2010	Conor Casey	THA	Hailey Fisher	MHC
2009	Christopher Toomey	OH	Evelyn Gray	HS
2008	Tucker Smith	LG	Teal Schupp	FS
2007	Bennett Fagan	PC	Anise Muir	HF
2006	Bennett Fagan	PC	Alison Stickel	VW
2005	Jack Albright	CH	Mary Lynn Clark	AF
2004	Carl Buegler	AF	Maggie Cullather	SHB
2003	Carl Buegler	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	Mickey McDonald	THA	Stephannie McKinney	NS
1997	Daniel McCarthy	CH	Lauren Peterson	FS
1996	Mickey 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

### ONE METER SYNCHRONIZED DIVING CHAMPIONS

<u>Year</u>	<u>13 &amp; Up Boys</u>	<u>Team</u>	<u>13 &amp; Up Girls</u>	<u>Team</u>
2019	Jacob Fisher	MHC	Claire Vroom	GF
	Matthew Bray	G	Minh Donnell	THA
2018	Joseph Perreault	PC	Hannah Karlin	O
	Sam Duncan	DL	Minh Donnell	THA
2017	Nathan Holt	MHC	Katie Vaughan	OAK
	Manuel Borowski	T	Sarah Gurley	OAK
2016	Jacob Fisher	MHC	Anne Fowler	WG
	Manuel Borowski	T	Miah Fisher	MHC
<u>Year</u>	<u>12 &amp; Under Boys</u>	<u>Team</u>	<u>12 &amp; Under Girls</u>	<u>Team</u>
2019	Michael Bray	G	Maura Leonard	T
	Mason Waterfield	G	Libby Hall	T
2018	Liam Miller	OKM	Jocelyn Brooks	KG
	Ivor Brown	VW	Ellie Joyce	DH
2017	Jacob Fisher	MHC	Jocelyn Brooks	KG
	Matthew Bray	G	Ellie Joyce	DH
2016	Max Fowler	WG	Jocelyn Brooks	KG
	Finn Gelbach	HV	Ellie Joyce	DH