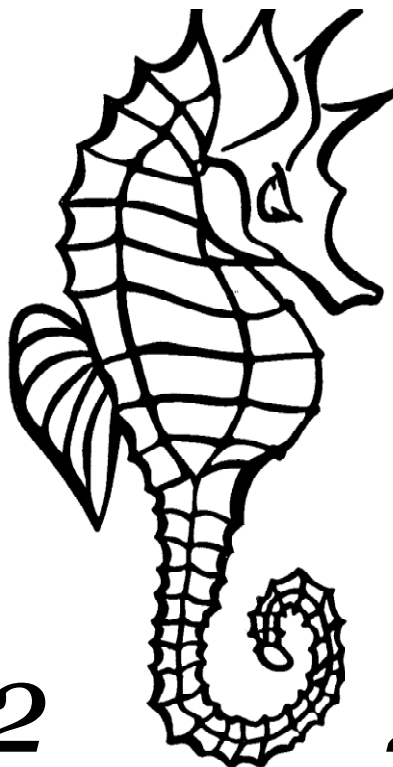


# JAMES RIVER AQUATIC CLUB



*1962*      *2018*

## **Swimming & Diving Rules**

### **MEMBER CLUBS**

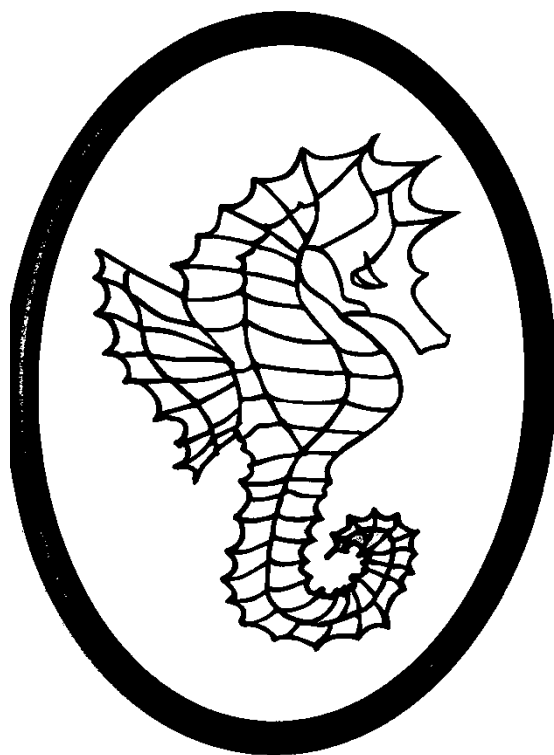
<b>SRA</b>	Southampton	<b>GA</b>	Glen Allen	<b>GP</b>	Ginter Park
<b>WEST</b>	Westwood	<b>WP</b>	Walton Park	<b>WRA</b>	Woodmont
<b>CCV</b>	Country Club of Virginia	<b>TC</b>	Three Chopt	<b>JLCC</b>	Jefferson Lakeside CC
<b>KRA</b>	Kanawha	<b>RCC</b>	Richmond CC	<b>ASC</b>	Anirav
<b>RT</b>	Ridgetop	<b>LSRC</b>	Lakeside	<b>SND</b>	Sandston
<b>ARA</b>	Avalon	<b>HERM</b>	Hermitage	<b>CAA</b>	Chickahominy
				<b>HMR</b>	Honey Meadows Rutland
Diving Only	<b>BA</b>	Bon Air	<b>BSRC</b>	Burkwood	
	<b>HC</b>	Hungary Creek			

## JRAC 2018 MEETING SCHEDULE

February 18, 2018	7:00 P.M.	Westwood	JRAC
March 18, 2018	7:00 P.M.	Westwood	JRAC
April 15, 2018	7:00 P.M.	Westwood	JRAC
May 20, 2018	4:30-7:00 P.M.	Richmond Country Club	Swim Officials Clinic*
May 20, 2018	7:00 P.M.	Richmond Country Club	JRAC
May 30, 2018	6:00-8:30 P.M.	Walton Park	Swim Officials Clinic*
June 3, 2018	TBD	Burkwood	Dive Coaches & Dive Reps – Computer
June 3, 2018	3:00-6:00 P.M.	Ginter Park	Swim Officials Clinic*
June 3, 2018	6:00 P.M.	Ginter Park	Swim Coaches and 1 Swim Rep
June 4, 2018	6:00-8:00 P.M.	Kathy's House	Computer Training
June 6, 2018	6:00-8:00 P.M.	Kathy's House	Computer Training
June 7, 2018	6:00 P.M.	Ridgetop	Swim Officials Clinic* - S&T/REF ONLY
June 24, 2018	7:00 P.M.	Westwood	JRAC
July 15, 2018	6:00 P.M.	Westwood	Swim Coaches
July 15, 2018	7:00 P.M.	Westwood	JRAC
July 20, 2018	6:00 P.M.	Ridgetop	Seeding Committee for Dive Champs
July 20, 2018	7:00 P.M.	Kathy Watson's house	Seeding Committee for Swim Champs
September 1, 2018		<i>Dive Rule changes are due via Rep to VP Dive, Dinah Lee Mason</i>	
September 1, 2018		<i>Swim Rule changes are due via Rep to VP Swim, Emily Fagan</i>	
September 9, 2018	6:00 P.M.	Westwood	Dive Rules Mtg. (1 seasoned rep each club)
September 9, 2018	6:00 P.M.	Westwood	Swim Rules Mtg. (1 seasoned rep each club)
September 16, 2018	6:00 P.M.	Westwood	Voting rep from each club

2018 JRAC Clinic Schedule						
	5/20/18 RCC (May Regular Meeting)	5/30/2018 Walton Park	6/3/2018 Ginter Park (Coaches meeting)	6/4/18 Kathy Watson's House	6/6/18 Kathy Watson's House	6/7/2018 Ridgetop
Referee	4:45-5:30 pm	6:00-6:45 pm	3:30-4:15 pm			6:00-6:45 pm
Strokes & Turns	5:30-6:45 pm	6:45-8:00 pm	4:15 - 5:30 pm			6:45-8:00 pm
Starter	5:30-6:45 pm	6:00-7:15 pm	3:30-4:45 pm			
Head Table	4:30-6:00 pm	7:00-8:30 pm	4:30-6:00 pm			
Clerk of Course	6:00-7:00 pm	6:00-7:00 pm	4:45-5:45 pm			
Announcer			3:00-3:30 pm			
Computer*				6:00-8:00 pm	6:00-8:00 pm	
*Computer training is mandatory this year. One computer operator per club. Must sign up for a specific day in advance.						
Please bring laptop with Meet Manager software loaded and practice meet uploaded.						
Head timer training - online only						

# JAMES RIVER AQUATIC CLUB



*1962 – 2018*

*Swimming & Diving Rules*

# 2018 Member Clubs

## BLUE DIVISION

<b>SRA</b>	Southampton Recreation Association
<b>WEST</b>	Westwood Racquet Club
<b>CCV</b>	Country Club of Virginia
<b>KRA</b>	Kanawha Recreation Association
<b>RT</b>	Ridgetop Recreation Association
<b>ARA</b>	Avalon Recreation Association

## RED DIVISION

<b>GA</b>	Glen Allen Community Center
<b>WP</b>	Walton Park Community Center
<b>TC</b>	Three Chopt Recreation Club
<b>RCC</b>	Richmond Country Club
<b>LSRC</b>	Lakeside Swim and Racquet Club
<b>HERM</b>	Hermitage Country Club






## WHITE DIVISION

<b>GP</b>	Ginter Park Recreation
<b>WRA</b>	Woodmont Recreation Association
<b>JLCC</b>	Jefferson Lakeside Country Club
<b>ASC</b>	Anirav Swim Club
<b>SND</b>	(SANDSTON) Recreation Association of Fairfield
<b>CAA</b>	Chickahominy Aquatics Association
<b>HMR</b>	Honey Meadows Rutland












## DIVING ONLY:

<b>BA</b>	Bon Air
<b>BSRC</b>	Burkwood Swim and Recreation Club
<b>HC</b>	Hungary Creek Recreation Association

## TABLE OF CONTENTS

SWIMMING RULES.....	1
ARTICLE I - ELIGIBILITY .....	1
1.01 Member Clubs .....	1
1.02 Representation of Single Member .....	1
 1.03 Activation.....	1
1.04 Championship Meet.....	1
1.05 Handicapped Swimmers.....	1
1.06 Club Insurance .....	1
1.07 Conduct Unbecoming of a Swimmer .....	1
ARTICLE II - CLASSIFICATION .....	2
2.01 Age.....	2
2.02 Competitive Classifications.....	2
2.03 Official Classifying Times.....	2
2.04 Aging Up.....	2
ARTICLE III - SWIM MEETS .....	2
3.01 Scheduling.....	2
3.02 Competing Clubs.....	2
 3.03 Events.....	2
3.04 Entrants.....	2
3.05 Relays.....	3
 3.06 Timer's Cards.....	3
3.07 Seeding.....	3
3.08 Postponement of Meets.....	3
3.09 Awards.....	3
3.10 Scoring.....	3
3.11 Failure of Swimmer to Swim to Best of Ability.....	4
3.12 Meet Results.....	4
3.13 Starting Blocks.....	4
3.14 False Start Rule.....	4
3.15 Updating Best Times.....	4
 3.16 Flyovers.....	4
3.17 15 Meter Mark on Lane Lines .....	4
ARTICLE IV - CHAMPIONSHIP MEET .....	4
4.01 Participants.....	4
 4.02 Events.....	4
4.03 Entrants.....	4
4.04 Relays.....	4
4.05 Entry Information.....	5
4.06 Submitted Times.....	5
4.07 Seeding and Timer's Cards.....	5
4.08 Substitutions and Scratches.....	5

4.09	Awards.....	5
4.10	Scoring.....	5
4.11	Championship Meet Trophies.....	5
4.12	Flyovers.....	5
4.13	False Start Rule.....	5
4.14	15 Meter Mark on Lane Lines.....	6
ARTICLE V - SWIM MEET OFFICIALS.....		6
5.01	Meet Director.....	6
5.02	Referee.....	6
5.03	Automatic Timing Officials.....	6
5.04	Timers.....	6
5.05	Clerk of Course.....	6
5.06	Table Workers.....	6
5.07	Starter.....	6
5.08	Strokes and Turns Judges.....	6
5.09	Relay Take-Off Judges.....	6
5.10	Miscellaneous.....	6
5.11	Coaches Not to be Officials.....	6
5.12	Dual Capacity of Officials.....	6
5.13	Failure of a Club to Provide Trained Officials.....	7
ARTICLE VI - REQUIRED EQUIPMENT & MATERIAL.....		7
6.01	Responsibility.....	7
6.02	Previously Distributed Material.....	7
6.03	JRAC Equipment.....	7
6.04	Equipment and Material to be Furnished by Host Team.....	7
6.05	Material to be Furnished by Visiting Team(s).....	7
ARTICLE VII - CONDUCT OF MEETS; PENALTIES; PROTESTS.....		7
7.01	Grievances.....	7
7.02	Course Area Limited to Participating Swimmers and Officials.....	7
7.03	Penalties.....	7
7.04	Protests.....	7
7.05	Rule Changes.....	8
ARTICLE VIII - SEASON'S RESULTS.....		8
8.01	Team Standings.....	8
8.02	Blue, Red and White Division.....	8
8.03	Swim Meet Season Trophies.....	8
8.04	Sportsmanship Trophies.....	8
APPENDICES		
S-1:	JRAC SWIMMING & EQUIPMENT KITS SCHEDULE.....	9
S-2:	JRAC STANDARDS.....	10
S-3:	MASTER LIST OF JRAC EVENTS AND EVENT NUMBERS.....	14
S-4:	EVENTS FOR SWIM MEETS.....	16
S-5:	EVENTS FOR JRAC CHAMPIONSHIP MEET.....	22

	S-6: DIRECTIONS FOR SWIMMER REGISTRATION .....	24
	S-7: GUIDELINES FOR MEET WORKERS .....	25
	S-8: BRIEF OVERVIEW OF THE COMPUTERIZED SWIM MEET .....	29
	S-9: SWIM CLINIC INSTRUCTIONS.....	30
DIVING RULES .....		40
ARTICLE I - ELIGIBILITY .....		40
1.01	Team Option of Member Clubs.....	40
1.02	JRAC Representatives. ....	40
1.03	Member Clubs. ....	40
	1.04 Representation of Single Member Club.....	40
1.05	Activation.....	40
1.06	Participation of JRAC Member from Club Without a Diving Team.....	40
ARTICLE II - CLASSIFICATION .....		40
	2.01 Age .....	40
2.02	Competitive Classifications.....	41
ARTICLE III - MEET OFFICIALS .....		41
3.01	Meet Director .....	41
	3.02 Judges.....	41
3.03	Workers.....	41
3.04	Head Coach.....	41
ARTICLE IV - INTRASQUAD MEETS .....		41
	4.01 Schedules.....	41
4.02	Day and Time. ....	41
4.03	Diving Pool .....	41
4.04	Postponement. ....	41
	4.05 Forms .....	42
4.06	Attire .....	42
4.07	Number of Divers: Penalty.....	42
	4.08 Warm-ups.....	42
4.09	Diving Order and Required Dives.....	42
4.10	Judges Scoring.....	42
4.11	Team Scoring. ....	43
4.12	Awards. ....	43
	4.13 Meet Results.....	44
4.14	Order of Diving .....	44
ARTICLE V - CHAMPIONSHIP MEET .....		44
	5.01 Entries. ....	44
5.02	Eligibility. ....	44
5.03	Diving Forms. ....	44
	5.04 Diving Order and Required Dives. ....	44
5.05	Awards. ....	45
5.06	Warm-ups.....	45



5.07	JRAC Diving Representatives.....	45
5.08	Workers.....	45
5.09	Coaches.....	45
5.10	Judging.....	45
ARTICLE VI - U.S. DIVING COMPETITION.....		45
6.01	Position of JRAC Board.....	45
ARTICLE VII - SEASON'S RESULTS.....		45
7.01	Awards.....	45
7.02	Brandon Wilburn Sportsmanship Award.....	45
ARTICLE VIII - MEET MATERIALS.....		46
8.01	Responsibility.....	46
ARTICLE IX - TABLE.....		46
9.01	Table.....	46
ARTICLE X - PENALTIES AND PROTESTS .....		47
10.01	Penalties.....	48
10.02	Protests.....	48
10.03	Rules Meeting.....	48
10.04	Rule Changes.....	48
APPENDICES .....		47
D-1: GUIDELINES FOR DIVING MEETS AND JUDGING .....		47
D-2: FINA DIVING DEGREES OF DIFFICULTY .....		52
D-3: JRAC DIVING SCHEDULE.....		54
BY-LAWS OF JAMES RIVER AQUATIC CLUB .....		55
JAMES RIVER AQUATIC CLUB DIRECTORY .....		59
JRAC SWIMMING RECORDS .....		70
SWIMMING CHAMPIONS.....		73
REGULAR SEASON SWIMMING CHAMPIONS.....		73
SWIMMING CHAMPIONSHIP MEET WINNERS .....		74
SPORTSMANSHIP AWARDS.....		74
DIVING CHAMPIONS.....		75
REGULAR SEASON DIVING CHAMPIONS.....		75
DIVING CHAMPIONSHIP MEET WINNERS.....		76
BRANDON HALL WILBURN SPORTSMANSHIP AWARDS.....		76
ADDRESSES & PHONE NUMBERS OF MEET VENUES.....		77



MICHAEL J. STOTT SCHOLARSHIP WINNERS.....	78
MICHAEL J. STOTT SCHOLARSHIP APPLICATION .....	79



## JAMES RIVER AQUATIC CLUB

www.jracsummerswim.org

### SWIMMING RULES

The goals of the JAMES RIVER AQUATIC CLUB are to provide an opportunity for qualified swimmers and divers of the JRAC to compete with other member clubs in competitive swimming and diving and to foster swimming and diving in each member club so that each child has the maximum opportunity and incentive to develop his aquatic interests and abilities.


All swim rule change proposals for the following year must be submitted in writing to the Swimming Vice President by September 1. Proposals for new or modified rules must be submitted in the form of a motion specifying the wording and placement of the new/modified rule and providing a rationale for the change. All proposed rule changes will be sent by the league to all representatives with notice of the Rules Committee Meeting.

If not expressly provided in these SWIMMING RULES all competitive swimming in JRAC meets shall be governed by United States Swimming. Use the following Web Site to download United States Swimming rules [www.usaswimming.org](http://www.usaswimming.org)

#### ARTICLE I – ELIGIBILITY

**1.01 Member Clubs.** Only dues-paying members (as an individual or through their families) of a JRAC club shall swim in a JRAC meet. Head coaches of member clubs cannot swim in any JRAC meet.

**1.02 Representation of Single Member Club.** No person shall swim for more than one member club during any summer season. With prior approval of both member clubs and payment of registration fees to each, an eligible person may swim for one member club and dive for another. A participating JRAC swimmer may also swim at the United States Swimming (USS) level.

 **1.03 Activation.** All participants must be activated by name, birth date, and gender with the JRAC treasurer. Each member club shall be responsible for the activation of its swimmers and for the payment of annual dues of \$25 per active swimmer. This fee is not transferable nor is it refundable. A penalty will be assessed to clubs whose initial swimmer registration is not complete prior to the first meet. Swimmers for whom league dues have not been paid may participate in a meet only if their name appears in the computer meet entry file OR if their name appears on the computer generated hard copy of the roster and/or top times report handed in at the head table 45 minutes before the start of a meet. By no later than midnight of the Saturday after the meet swum as inactive, the treasurer must receive two copies of the updated team roster showing new swimmers and \$25 for each new swimmer.

The printed team rosters sent to the JRAC treasurer, both for initial swimmer registration and for subsequent additions or activations of swimmers, may be generated without using the league computer software, as long as the roster listing is typed (or computer printed), includes each swimmer's first and last name, birthdate and gender, and is alphabetized by swimmer's last name.

**1.04 Championship Meet.** No person shall participate in the JRAC Championship Meet unless he has swum in at least one JRAC swim meet during the current summer season.

**1.05 Handicapped Swimmers.** Handicapped swimmers shall be exempt from disqualification if, in the opinion of the referee, they do not enjoy a competitive advantage. All handicapped swimmers must be brought to the attention of the referee at the coaches meeting before the meet.

**1.06 Club Insurance.** A Certificate of Insurance, documenting liability coverage for each Member Club's property, including but not limited to pools and pool deck area, must be on file with JRAC at all times. Updated copies must be submitted to the JRAC Secretary upon renewal. Member Clubs will not be permitted to host JRAC meets until this Certificate of Insurance is submitted.

**1.07 Conduct Unbecoming of a Swimmer.** If suspected of being under the influence of illicit drugs or alcohol at a JRAC sanctioned event and not disproved, an automatic full season suspension shall follow. Suspension is subject to appeal to the Board. If any mitigating circumstances found, a minimum

one meet suspension will still be enforced. In the event the next meet is the JRAC Championship meet this one meet suspension shall remain in force. This policy shall be communicated to our intermediate and senior swimmers before the start of the current season by the coach with JRAC rep also present.

## ARTICLE II - CLASSIFICATION

- 2.01 Age.** The eligibility of a swimmer for a particular age group will be determined by his age as of June 1<sup>st</sup>.

Mites	8 and under
Midgets	9 and 10
Juniors	11 and 12
Intermediates	13 and 14
Seniors	15 through 18

Seniors who attain the age of 19 years after June 1<sup>st</sup> will be allowed to complete the regular season and participate in Champs that year only.

- 2.02 Competitive Classifications.** Swimming shall be conducted within each age group under the following competitive classifications:

**Novice Heat.** Any swimmer may swim in a Novice Heat if he is a Novice in that event. A swimmer is a Novice in an event in his respective age group unless he has made the novice cut-off time or faster for his age group shown in Appendix S-2

**Regular Heat.** Any swimmer may swim in a Regular Heat provided he has not made Heat X qualifying time or faster in that event. Qualifying times are located in Appendix S-2.

**Heat X.** Any swimmer must swim Heat X if he has made a Heat X qualifying time in that event, unless he has made Heat XX qualifying time in that event. Qualifying times for Heat X appear in Appendix S-2.

**Heat XX.** Any swimmer must swim Heat XX if he has made a Heat XX qualifying time in that event. Qualifying times for Heat XX appear in Appendix S-2.

Time Standards (Appendix S-2) for each individual event will be updated on a 5 year rotation following a documented protocol established by a committee appointed by the JRAC Board.

- 2.03 Official Classifying Times.** Only those times achieved in JRAC meets since June 1 of the two prior seasons will be used for classifying swimmers.

NOTE: Any swim by a swimmer who is DQed counts as a "no swim".

- 2.04 Aging Up.** When a swimmer changes age groups, his competitive classifications shall be determined by the novice cut-off times, Heat X and Heat XX qualifying times for the new age group. This rule also applies for Championship Qualifying Times.

## ARTICLE III - SWIM MEETS

- 3.01 Scheduling.** Except where prohibited by club policy and legal holidays, all swim meets will be held on Monday nights with the exception of schedule changes approved by the Board each year.

Warm-up times for swim meets will be as follows: the Home team will practice 45 minutes prior to the start of the meet; the Visiting team will practice 30 minutes prior to the start of the meet. Each team will have 15 minutes for warm-ups, i.e., for a 6:30 p.m. meet, warm-up times for the Home team will be 5:45-6:00 p.m. and for the Visiting team 6:00-6:15 p.m.


- 3.02 Competing Clubs.** Each member club shall participate in six meets on the basis of its respective standings at the end of the previous summer season. The teams in the Blue, Red and White divisions shall compete against each other.


- 3.03 Events.** Each swim meet shall consist of the events listed in Appendix S-4

- 3.04 Entrants.** Member clubs may enter no more than three swimmers in a Regular Heat, Heat X or Heat XX of each event except Mite, Midget and Junior Regular in IM & Freestyle events. In these age groups only, member clubs may enter no more than six swimmers in a Regular Heat of IM & Freestyle, with no more than three scoring swimmers. Regular swimmers entered beyond the maximum amount of scorers must be entered as Exhibition and these Exhibition swimmers will be determined prior to swimming the event. An unlimited number of swimmers may be entered in the Novice Heat with the exception of the IM where no more than three Novice swimmers may swim the IM events each week. No person shall swim in more than one heat (excluding relay events) of the same stroke in any swim meet. Swimmers may participate in no more than four (4) events with a maximum of three (3) individual events in any swim meet, including EXH IM & Free. In no meet is a Mite allowed to swim in

25 Novice Back and 25 Novice Breaststroke and/or Novice Butterfly.

**3.05 Relays.** Relay teams must consist of four swimmers, as follows: two boys and two girls; one boy and three girls; or four girls. Each participating member club may enter no more than three relay teams in each relay event. Relays are open to all swimmers in a particular age group, including Heat X and Heat XX swimmers. The swimmers' first and last names must be listed in swimming order.

 **3.06 Timer's Cards.** Each coach is responsible for completing a Timer's Card for each swim meet event in which a swimmer is to participate. Clubs shall print white Timer's Cards using the software. Timer's Cards shall be completed by the coach prior to the meet and given to the Clerk of Course when they turn in their Meet Entry File. The Clerk of Course shall mark the proper heat number and lane number on each card. The swimmer shall present his completed card to the Lane Timer for the indicated lane when his heat is called to the blocks.

 **3.07 Seeding.** Seeding will be done by the software based on seed times, with NT entries seeded in the first heat(s). Custom times are only allowed by coaches when bumping up a Novice swimmer to R for scoring purposes. The visiting team will turn over their entry file upon arrival at the pool, after completing swimmer check in. The head table will generate a heat sheet with assigned heats and lanes, which will be turned over to the Clerk of Course. Clubs will still be responsible for printing cards and turning those cards into Clerk of Course. The clerk may, if practicable, combine events, or make other changes to the computer generated lane assignments if necessary. Those changes will be communicated to the Starter, Meet Referee and Head Table. NOTE: See Clerk of Course guidelines in Appendix S-7

**3.08 Postponement of Swim Meets.** After consultation with the host club management and the JRAC representatives of the participating member clubs, the referee shall delay or postpone to a future date any swim meet or event, even though the same has been actually commenced, if in his judgment the competition cannot be conducted or completed in a safe and satisfactory manner and in fairness to all swimmers. In the case where a meet has not started, the minimum delay in determining whether a meet shall be conducted shall be one hour from the time of scheduled start of the meet (i.e. decision to not

continue should not be made before 7:30 p.m.) When a meet has started, the minimum delay in determining whether a meet shall continue shall be one hour from the stoppage of competition.

The postponed meet or event shall be rescheduled by the JRAC representatives of the member clubs, as soon as possible, preferably the next day, and the Meet Director shall so notify the JRAC Vice-President, Swimming. If a meet is postponed after it commences, all events that have been completed shall be counted as such and only those events that have not been completed shall be conducted on the rescheduled date. Any person who would have been eligible to participate in an event on the day for which a swim meet was originally scheduled shall be eligible to participate in the postponed meet or any postponed events thereof. It is the Referee's responsibility to inform each coach and swimming representative with which event the meet will resume. In case of a postponement, the computer operator must reset the calendar to the first day of the meet before continuing.

After the completion of ALL individual events of the scheduled official events, a meet will be considered complete. The Meet Director, JRAC Representative of the member clubs and the head coaches for member clubs, shall reach a consensus as to whether to reschedule a suspended meet that has completed ALL individual events of the scheduled official events. In the event that either member club wishes to reschedule a suspended meet, it shall be rescheduled in accordance with the preceding paragraph.

**3.09 Awards.** Ribbons will be awarded for the first six places in all swim meet events, including relays. Ribbons will be awarded as though Novice Heat, Regular Heat, Heat X and Heat XX of each event were separate events. Heat winner ribbons will be awarded to heat winners in all Mite events.

**3.10 Scoring.** Team points will be awarded to the first six places of swim meet events, as follows:

Novice	7 – 5 – 4 – 3 – 2 – 1
Regular	8 – 6 – 5 – 3 – 2 – 1
Heat X	9 – 7 – 6 – 5 – 4 – 3
Heat XX	10 – 8 – 7 – 6 – 5 – 4
Relays	16 – 12 – 10 – 8 – 6 – 4

The winner of the meet shall be determined on the basis of total team points.

**3.11 Failure of Swimmer to Swim to Best of Ability.** A DQ card shall be issued and no ribbon or team points awarded to a swimmer, or a relay team on which he swims, if, in the judgment of the referee, the swimmer does not swim to the best of his ability.

**3.12 Meet Results.** The Meet Director shall submit swim meet results by 12:00 NOON of the day following the meet by attaching a backup file of meet results from MM 3.0 (Meet Manager) to an email to the Computer Secretary at krwatson12@gmail.com. Meet results not received by 12:00 NOON will result in a ten point penalty to the host club.


The Meet Director shall also email swim meet results to sports@timesdispatch.com at the Richmond Times-Dispatch. It is posted online only. In the subject line, put "Swim and dive results". Names of quadruple and triple winners for swim teams should be included in the email. Please give the league name, team scores and the quadruple and triple winners.

**3.13 Starting Blocks.** When starting blocks are provided, their use shall be optional.

**3.14 False Start Rule.** JRAC does not adopt the 1984 United States Swimming no False Start Rule. The 1983 US Swimming rule applies, which allows each swimmer one false start per event.

**3.15 Updating Best Times.** Each club should maintain a set of separate back-up copies of its TM Current Version (Team Manager) database made prior to each meet and labeled by date. **IMPORTANT:** After each meet, it is each club's responsibility to update swimmers' best times by importing results for TM into their TM Current Version database. Results for TM for each team are obtained from the Meet Manager meet file or backup of the meet file from MM Current Version.


**3.16 Flyovers.** Flyover starts are expected unless mutually agreed upon in advance to not do them. Coaches can communicate it with their Top Times Reports. Flyovers will be utilized at Champs.

 **3.17 15 Meter Mark on Lane Lines.** JRAC will not follow the USA Swimming rule that states: "It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point the head must have broken the surface."

(USA Swimming rules 101.3, 101.4, 101.5). Instead, JRAC will require the head to break the surface by backstroke flags at the opposite end from the start and after each turn.

## ARTICLE IV - CHAMPIONSHIP MEET

**4.01 Participants.** All member clubs shall participate in the JRAC Championship Meet on the date and at the place listed on the schedule.

 **4.02 Events.** The Championship Meet shall consist of the events listed in Appendix S-5. All events will be timed finals.

**4.03 Entrants.** Each member club may enter no more than two swimmers in the Novice Heat, Regular Heat, Heat X and Heat XX of each event. Each member club may enter no more than one team in each Novice, Regular, X/XX Relay event. No person shall swim more than one heat (excluding relay events) of the same stroke, nor shall any person swim in more than one of the Freestyle Relays. A swimmer may swim a total of 5 events, but no person shall swim in more than four individual events.

***In order to enter/swim an individual event in the Championship Meet, a swimmer must have swum the same distance of that stroke in a JRAC swim meet that same summer and attained the proper qualifying times as specified in Appendix S-2.*** A swimmer must have attained a Regular time in order to enter/swim a Regular event. Qualifying time may be any time after June 1 of the past two seasons as long as the stroke and distance is swum in current season.

**4.04 Relays.** Relay teams must consist of four swimmers, no more than two of which can be boys (two boys and two girls; one boy and three girls; or four girls). Relays are open to all swimmers in a particular age group. Novice Heats of relay events are open only to Novice swimmers and Regular Heats of relay events are open to only Novice or Regular swimmers. In order to swim the Novice Free Relay, a swimmer must have swum the 25 or 50 Free in a swim meet during that season and not be noviced out in the 25 or 50 Free. In order to swim the Regular Free relay, a swimmer must have swum the 25 or 50 Free in a meet during that season and not achieved an X or XX time in the 25 or 50 Free. Senior and

Intermediate swimmers that have achieved an X or XX time in a 100 Free or 100 Breast may swim in a Regular relay, provided they are still regular in the 50 of that stroke. A swimmer may swim in the Novice Medley, Regular Medley, and X/XX Medley Relays, swimming the same or different strokes. In order to swim in a stroke in the Novice Medley Relay, a swimmer must have swum the 25 or 50 of that stroke in a meet during that season and not have noviced out in the 25 or 50 of that stroke. In order to swim in a stroke in the Regular Medley Relay, a swimmer must have swum the 25 or 50 of that stroke in a meet during that season and not achieved an X or XX time in the 25 or 50 of that stroke. In order for a team to enter an X/XX relay, there must be at least one X/XX swimmer on that relay. A swimmer is not required to have achieved a qualifying time to be eligible to swim in a Regular or Novice Heat of the relay events, but a championship qualifying time is required to participate in the X/XX relay.

**4.05 Entry Information.** For seeding purposes each member club is responsible for submitting a computer generated Individual Meet Entries Report (by event) and a Relay Entries Report of swimmers to be entered in the Championship Meet. This meet entry report will be checked for mistakes and ineligible swimmers at the Championship Seeding Meeting. With approval of a team's coaching staff, corrections can be made to the meet entry report at the seeding meeting. A finalized meet entry report will be printed for each team before their team representative leaves the seeding meeting. That report will be the definitive meet entry list from that point forward.

**4.06 Submitted Times.** Times to be submitted for swimmers in the Championship Meet shall be their best times actually achieved in a JRAC Dual or Championship Meet in the current or previous two seasons as reflected by the official result sheets. Times achieved more than two years prior to June 1 of the current summer season do not apply. Times submitted should be in meters or yards depending upon the pool length at the hosting facility.

**4.07 Seeding and Timer's Cards.** Seeding will be done on the basis of submitted times using the software. Timer's cards showing the swimmer's name and club, event number, best time in the event, and heat and lane assignments will be computer-generated. Swimmers with no times shall be seeded last. Each swimmer shall obtain his Timer's Card from the Clerk

of Course and present it to the Lane Timer for the indicated lane when his heat is called to the blocks.

**4.08 Substitutions and Scratches.** Substitutions will be allowed only for those swimmers who are ill or out of town. Any substitutions must be made at the Scratch and Substitution Meeting before the start of the Championship Meet. ***No substitutions will be allowed for any reason after the coaches' meeting unless, in the case of relays only, the referee shall determine that extenuating circumstances exist.*** If a swimmer scratches or misses an event which he is scheduled to swim, he may swim the other events in which he is entered but he may not swim more than four events including the one or more which he scratched or missed. If a swimmer is entered in five (5) events and it is not discovered until after the seed meeting, the swimmer will not be allowed to swim the fifth event. (The fifth event shall be the last individual event the swimmer swims through the course of championships as the meet is run from start to finish.) *All alternate swimmers must be listed at the bottom of the event entry list. No other alternates may be used.*

**4.09 Awards.** JRAC custom medals will be awarded for the first three places and ribbons for the next five places in all Championship Meet events, including relays. Heat winner ribbons will be awarded to heat winners in all events.

**4.10 Scoring.** Team points will be awarded to the first eight places of Championship Meet events, as follows:

Novice Heat	9 – 7 – 6 – 5 – 4 – 3 – 2 – 1
Regular Heat	10 – 8 – 7 – 6 – 5 – 4 – 3 – 2
Heat X	11 – 9 – 8 – 7 – 6 – 5 – 4 – 3
Heat XX	12 – 10 – 9 – 8 – 7 – 6 – 5 – 4
Novice Relay	18 – 14 – 12 – 10 – 8 – 6 – 4 – 2
Regular Relay	19 – 15 – 13 – 11 – 9 – 7 – 5 – 3
X/XX Relay	20 – 16 – 14 – 12 – 10 – 8 – 6 – 4

**4.11 Championship Meet Trophies.** A trophy will be awarded to teams placing first through sixth in the Championship Meet. If there is a tie both teams will be awarded the same place trophy.

**4.12 Flyovers.** Flyovers will be utilized at Champs.

**4.13 False Start Rule.** JRAC does not adopt the 1984 United States Swimming no False Start Rule. The

1983 US Swimming rule applies, which allows each swimmer one false start per event.

- 4.14 15 Meter Mark on Lane Lines.** JRAC will not follow the USA Swimming rule that states: "It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point the head must have broken the surface." (USA Swimming rules 101.3, 101.4, 101.5). Instead, JRAC will require the head to break the surface by backstroke flags at the opposite end from the start and after each turn.

## ARTICLE V - SWIM MEET OFFICIALS

- 5.01 Meet Director.** The Meet Director of a swim meet is to be a responsible person designated by the host club. The Meet Director of the Championship Meet is to be designated by the JRAC President. As requested by the Meet Director, JRAC representatives shall supply him, no less than 72 hours prior to the meet, with a list of workers from their respective member clubs by name and position they will hold. The Meet Director shall arrange adequate seating for spectators and designate areas for member club swimmers to sit together, so that neither is in conflict with the conduct of the meet. The Meet Director is responsible for seeing that all required equipment and materials are available before the meet.

- 5.02 Referee.** The Referee is appointed by the Meet Director. The Referee must be a USS (Va. LSC) certified referee or have attended at least one JRAC-sponsored referee's clinic and, either at least one JRAC strokes and turns clinic within the past 12 months or be a USS certified strokes and turns official. The Referee shall hold a meeting with the coaches 15 minutes before a swim meet at which time he shall review these Rules and answer any questions pertaining to the meet, i.e., pulling of starting blocks, Mite starting end, handicapped swimmers, etc. The Referee shall select two additional judges to serve as take-off judges for relays (four additional judges for mite relays).

It is the duty of the Referee to enforce these rules:

- There shall be no alcoholic beverages consumed by meet officials during the swim meet.
- There shall be no smoking on deck during the swim meet.

- 5.03 Automatic Timing Officials** There shall be no Automatic Timing Officials in swim meets.

- 5.04 Timers.** In each meet there shall at all times be a Head Timer, three timers per lane and an alternate timer. One timer for each lane shall be designated head lane timer. It is the head lane timer's responsibility to check that the correct swimmer is in the correct event **and** in the correct heat and lane. Three watch times should be obtained for each swim. The middle watch time is the swimmer's official time. If one watch fails the two times are averaged to obtain an official time. A Head Timer must attend the JRAC Head Timer clinic. A Head Timer who has worked in previous years need only attend the JRAC Head Timer clinic every other year.

- 5.05 Clerk of Course.** There shall be a Clerk of Course from the home team. There shall be one Clerk of Course worker from the away team. There will be mandatory training for the Clerk of Course position.

- 5.06 Table Workers.** There shall be a Head Table Worker, an Assistant Head Table Worker and at least four table workers.

- 5.07 Starter.** The starter must be a USS (Va. LSC) certified starter or have attended at least one JRAC starter clinic within the past 24 months.

- 5.08 Strokes and Turns Judges** Two Turns Judges and two Strokes Judges shall be assigned by the Meet Referee. Strokes and Turns Judges must be USS (Va. LSC) certified strokes and turns officials or have attended at least one JRAC stroke and turn clinic within the past 12 months. (Note: Strokes and Turns Judges **MUST** sign or initial each disqualification card, which must specify the infraction. Unsigned cards will be returned for signing.)

- 5.09 Relay Take-off Judges.** Two additional judges (four additional judges for mite relays) shall be selected by the Referee to serve as take-off judges for relays.

- 5.10 Miscellaneous.** There shall be an Announcer, two Runners (one for time cards, one for Strokes and Turns Judges), two persons to hold the recall rope, and a person to give out Mite heat winner ribbons.

- 5.11 Coaches Not to be Officials.** No coach or assistant coach shall serve as an official at a JRAC meet.

- 5.12 Dual Capacity of Officials.** No official may serve in a dual capacity. The only exception to this rule is that



the Meet Director may serve as Referee. This is not recommended.

- 5.13 Failure of a Club to Provide Trained Officials.** A penalty of 150 points will be assessed to clubs who do not have at least one trained official for each of the required trained positions prior to Friday before the first swim meet.

## ARTICLE VI - REQUIRED EQUIPMENT & MATERIAL

- 6.01 Responsibility.** The Meet Director is responsible for having all required equipment and material ready in advance of the meet.

- 6.02 Previously Distributed Material.** At the beginning of the summer season each member club will be given the following material for its home meets:

- ▶ Ribbons
- ▶ Timers' cards
- ▶ DQ cards
- ▶ Event sheets (for officials)
- ▶ JRAC Rule Book
- ▶ Championship Qualifying Times
- ▶ Computer labels
- ▶ Computer software

- 6.03 JRAC Equipment.** The following equipment can be obtained prior to each swim meet according to a schedule prepared by the JRAC Equipment Chairman:

- 1 beep start system
- 27 stop watches
- 1 United States Swimming Rule Book

- 6.04 Equipment and Material to be Furnished by Host Team.**

The following items must be furnished by the host club or otherwise obtained by the Meet Director:

- ▶ Backstroke flags – Triangular pennants of two or more alternating colors must be suspended over each lane from a line fifteen feet from each end of the course. The flag lines shall be seven feet above the water surface in the course. Pennants must be six to twelve inches in width at the base and twelve to eighteen inches in vertical length.
- ▶ Recall rope - The recall rope shall be suspended at least four feet above the water at its lowest point approximately 36 feet from the starting blocks.
- ▶ Lane markers
- ▶ Starting blocks

- ▶ Speaker system
- ▶ Bull horn
- ▶ Table and eight chairs (under cover for scoring computer)
- ▶ Forty black pencils and four red pencils
- ▶ Clip boards (minimum fifteen)
- ▶ Paper clips
- ▶ Rubber bands
- ▶ Scotch tape

- 6.05 Material to be Furnished by Visiting Team(s).**

Prior to the beginning of warm-ups, the visiting team(s) will deliver to the host club's table a flash drive containing the visiting teams meet entry file. The visiting team(s) must also deliver a hard (paper) copy of their active roster and top times report for all active swimmers.

## ARTICLE VII - CONDUCT OF MEETS; PENALTIES; PROTESTS

- 7.01 Grievances.** Parents and swimmers are not permitted to report grievances to the working table or other officials. Only coaches are authorized to report grievances. Such grievances should be reported to the REFEREE only.

- 7.02 Course Area Limited to Participating Swimmers and Officials.** Upon being apprised that spectators or team members are interfering with the officials or the conduct of the meet, it shall be the duty of the REFEREE to have the offenders removed immediately.

- 7.03 Penalties.** A 10-point penalty shall be assessed against the team of a coach, assistant coach or swimmer violating any provision of these Rules with respect to a meet. In addition, the swimmer shall be disqualified from any event with respect to which such violation occurs, whether such violation shall be the fault of the swimmer or his coach. The REFEREE shall approve all penalties during the conduct of the meet. An infraction of the rules (i.e., a swimmer not swimming in the proper classification) found after the conclusion of the meet shall be approved by the Swimming Vice-President.

- 7.04 Protests.** Protests should be made to the REFEREE through the coach during the conduct of a meet and may be made to the Swimming Vice-President through the swim rep, voting rep, or coach after completion of the meet. All protests must be filed within 48 hours of the conclusion of the meet being scored. An appeal of any decision by either may be

made to the JRAC Board. Officials' calls shall not be overturned on the basis of video replay.

- 7.05 Rule Changes.** Proposed swimming rule changes must be submitted electronically to the VP of Swimming by September 1<sup>st</sup> of the year preceding the initiation of the proposed change. Rule proposals should be submitted following the template sent out by the VP of Swimming at the conclusion of the current season. These proposals will be presented to the swim reps and voted upon at the rules committee meeting on the second Sunday of September. Those rules that are approved by the committee will be voted on by the JRAC swim reps at the September JRAC meeting. Head Swim Coaches who have proposed a rule change, may attend the rules meeting to explain the rationale of their requested rule change, but will not participate in voting.

## **ARTICLE VIII - SEASON'S RESULTS**

- 8.01 Team Standings.** At the conclusion of the Championship Meet, the standings of the JRAC member clubs will be determined by adding the total team points scored in all swim meets with the total team points scored in the Championship Meet.
- 8.02 Blue, Red and White Division.** From the combined regular season and Championship Meet point totals three divisions shall be formed for the following season. The six member clubs accumulating the most points during the summer season shall constitute the Blue Division. The next six member clubs shall constitute the Red Division, and the remaining member clubs shall constitute the White Division. In the event of a tie between two teams for any position, the standings of these teams shall be determined on the basis of the total points scored in the swim meet or meets between those teams and the Championship Meet.

Teams moving up into the Blue and Red Divisions shall be given the lowest possible seeding within the new division. Should more than one team move into the same Division, the higher seeding shall be given to the team with the greater number of points for the season just completed.

When a team drops down into the Red or White Division, it shall be given the highest seeding in the new division. Should two teams move down, the

team with the greater number of points for the prior season shall be seeded first.

Penalty points shall not be included in determining final team standings, if they should move a team from one division to another or for the purpose of determining placement within a division.

- 8.03 Swim Meet Season Trophies.** Trophies for the swim meet season will be awarded to a Blue Division member club, a Red Division member club and two White Division member clubs accumulating the most points in their respective divisions. Points for this purpose will be awarded as follows: one point for each swim meet won; zero points for a loss. In the event of a tie between two teams, the trophy will be given to the team accumulating the greater number of points in the swim meet(s) between the two clubs. In the event of a tie among three teams, the trophy will be awarded to the team with the best winning percentage against the other teams with which it is tied.

- 8.04 Sportsmanship Trophies.** Following the final dual meet of the season, teams will vote for a team in their division that most deserves a sportsmanship award. These completed ballots will be collected at the seeding meeting for Champs and will be tabulated before Champs. Sportsmanship trophies for the swim meet season will be awarded to a Blue Division member club, a Red Division member club, and a White Division member club that receive the most votes in the sportsmanship voting. These sportsmanship trophies will be presented to the coaches of the winning teams during the morning of Champs.

## **2018 JRAC SWIMMING and EQUIPMENT KITS SCHEDULE**

The HOST club is responsible for transferring the kit to the next host club according to the schedule below.

<b>Equipment Kit #</b>		<b>Equipment Kit #</b>	
<b><i>First Meet</i></b>		<b><i>Second Meet</i></b>	
<b><u>Sunday, June 10</u></b>		<b><u>Monday, June 18</u></b>	
ARA at SRA	1	WEST at SRA	1
CCV at WEST	2	CCV at KRA	2
RT at KRA	3	ARA at RT	3
HERM at GA	4	WP at GA	5
TC at WP	5	TC at RCC	6
LSRC at RCC	6	HERM at LSRC	4
CAA at HMR	7	GP at HMR	7
SND at HMR	7	WRA at JLCC	8
WRA at GP	8	SND at ASC	9
ASC at JLCC	9	CAA at ASC	9
<b><i>Third Meet</i></b>		<b><i>Fourth Meet</i></b>	
<b><u>Monday, June 25</u></b>		<b><u>Monday, July 2</u></b>	
SRA at CCV	2	SRA at RT	1
RT at WEST	1	WEST at KRA	3
KRA at ARA	3	ARA at CCV	2
GA at TC	6	GA at LSRC	5
LSRC at WP	5	WP at RCC	4
RCC at HERM	4	HERM at TC	6
HMR at WRA	7	HMR at ASC	9
ASC at GP	9	GP at JLCC	8
JLCC at SND	8	SND at WRA	7
JLCC vs CAA at SND	8	CAA at WRA	7
<b><i>Fifth Meet</i></b>		<b><i>Sixth Meet</i></b>	
<b><u>Monday, July 9</u></b>		<b><u>Monday, July 16</u></b>	
KRA at SRA	3	SRA at WEST	3
WEST at ARA	2	KRA at CCV	1
CCV at RT	1	RT at ARA	2
RCC at GA	4	GA at WP	4
WP at HERM	6	RCC at TC	5
TC at LSRC	5	LSRC at HERM	6
JLCC at HMR	8	HMR at GP	8
GP at SND	7	JLCC at WRA	9
GP vs CAA at SND	7	ASC vs SND at CAA	7
WRA at ASC	9	SND at CAA	7

### **2018 CHAMPIONSHIP MEET**

Swim RVA

Wednesday, July 25

## JRAC STANDARDS – Meters

MITE GIRLS (8 years of age & under)					
		XX	X	R (novice cutoff)	ChampQualifying
25	Free	18.54	19.88	23.59	28.14
25	Back	22.43	24.05	27.60	32.75
25	Breast	24.60	26.70	29.95	35.36
25	Fly	21.37	23.44	27.63	33.78
MIDGET GIRLS (9-10 years of age)					
		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:28.76	1:35.77	1:52.75	1:52.75
50	Free	35.24	37.26	42.67	47.93
50	Back	41.10	44.04	50.68	58.47
50	Breast	46.96	50.02	55.86	1:02.71
50	Fly	40.02	43.59	50.59	59.32
JUNIOR GIRLS (11-12 years of age)					
		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:18.15	1:23.50	1:36.58	1:36.58
50	Free	31.50	33.00	36.86	40.33
50	Back	36.26	38.66	44.09	49.60
50	Breast	41.55	44.30	48.99	53.49
50	Fly	34.96	37.29	42.94	49.54
INTERMEDIATE GIRLS (13-14 years of age)					
		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:14.08	1:18.35	1:31.03	1:31.03
50	Free	30.07	31.24	33.75	35.66
100	Free	1:05.61	1:08.46	1:19.35	1:19.35
50	Back	34.67	36.31	40.78	45.00
50	Breast	39.41	42.67	44.97	48.16
100	Breast	1:26.55	1:31.66	1:40.00	1:40.00
50	Fly	33.02	34.83	38.70	43.43
SENIOR GIRLS (15-18 years of age)					
		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:13.35	1:17.84	1:26.91	1:26.91
50	Free	29.54	30.66	32.42	34.22
100	Free	1:05.13	1:08.26	1:10.96	1:10.96
50	Back	34.24	35.91	39.12	43.11
50	Breast	39.30	41.74	43.81	45.94
100	Breast	1:25.41	1:30.66	1:34.41	1:34.41
50	Fly	32.29	34.18	37.03	41.35

\*Conversion - Multiply yard time by 1.105 and round to two decimal places

## JRAC STANDARDS – Meters

MITE BOYS (8 years of age & under)					
		<b>XX</b>	<b>X</b>	<b>R (novice cutoff)</b>	<b>ChampQualifying</b>
25	Free	18.51	19.59	23.07	28.29
25	Back	22.30	24.16	27.50	33.32
25	Breast	25.79	27.57	29.69	35.02
25	Fly	22.00	24.08	27.41	33.48
MIDGET BOYS (9-10 years of age)					
		<b>XX</b>	<b>X</b>	<b>R (novice cutoff)</b>	<b>ChampQualifying</b>
100	IM	1:30.83	1:38.07	1:52.14	1:52.14
50	Free	35.31	37.61	43.07	47.12
50	Back	41.33	45.02	52.37	59.14
50	Breast	48.27	51.33	56.20	1:02.68
50	Fly	41.75	46.24	51.89	1:00.22
JUNIOR BOYS (11-12 years of age)					
		<b>XX</b>	<b>X</b>	<b>R (novice cutoff)</b>	<b>ChampQualifying</b>
100	IM	1:18.93	1:26.17	1:37.84	1:37.84
50	Free	31.31	33.42	37.01	41.33
50	Back	36.49	39.82	45.43	52.53
50	Breast	41.99	45.14	49.84	56.11
50	Fly	35.03	38.71	44.44	52.28
INTERMEDIATE BOYS (13-14 years of age)					
		<b>XX</b>	<b>X</b>	<b>R (novice cutoff)</b>	<b>ChampQualifying</b>
100	IM	1:10.24	1:17.17	1:27.47	1:27.47
50	Free	27.98	29.72	31.78	34.73
100	Free	1:01.88	1:07.50	1:19.56	1:19.56
50	Back	32.80	35.63	39.87	44.99
50	Breast	37.86	40.52	43.60	47.28
100	Breast	1:22.78	1:29.73	1:47.49	1:47.49
50	Fly	30.99	34.20	37.60	42.76
SENIOR BOYS (15-18 years of age)					
		<b>XX</b>	<b>X</b>	<b>R (novice cutoff)</b>	<b>ChampQualifying</b>
100	IM	1:06.63	1:10.71	1:18.96	1:18.96
50	Free	26.52	27.57	29.04	31.15
100	Free	58.59	1:02.51	1:03.60	1:03.60
50	Back	30.78	32.95	36.40	41.50
50	Breast	35.06	37.14	39.45	43.18
100	Breast	1:17.67	1:23.65	1:33.30	1:33.30
50	Fly	29.08	30.58	33.31	37.71

\*Conversion - Multiply yard time by 1.105 and round to two decimal places.

## JRAC STANDARDS – Yards

MITE GIRLS (8 years of age & under)					
		XX	X	R (novice cutoff)	ChampQualifying
25	Free	16.78	17.99	21.35	25.47
25	Back	20.30	21.76	24.98	29.64
25	Breast	22.26	24.16	27.10	32.00
25	Fly	19.34	21.21	25.00	30.57
MIDGET GIRLS (9-10 years of age)					
		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:20.33	1:26.67	1:42.04	1:42.04
50	Free	31.89	33.72	38.62	43.38
50	Back	37.19	39.86	45.86	52.91
50	Breast	42.50	45.27	50.55	56.75
50	Fly	36.22	39.45	45.78	53.68
JUNIOR GIRLS (11-12 years of age)					
		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:10.72	1:15.57	1:27.40	1:27.40
50	Free	28.51	29.86	33.36	36.50
50	Back	32.81	34.99	39.90	44.89
50	Breast	37.60	40.09	44.33	48.41
50	Fly	31.64	33.75	38.86	44.83
INTERMEDIATE GIRLS (13-14 years of age)					
		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:07.04	1:10.90	1:22.38	1:22.38
50	Free	27.21	28.27	30.54	32.27
100	Free	59.38	1:01.95	1:11.81	1:11.81
50	Back	31.38	32.86	36.90	40.72
50	Breast	35.67	38.62	40.70	43.58
100	Breast	1:18.33	1:22.95	1:30.50	1:30.50
50	Fly	29.88	31.52	35.02	39.30
SENIOR GIRLS (15-18 years of age)					
		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:06.38	1:10.44	1:18.65	1:18.65
50	Free	26.73	27.75	29.34	30.97
100	Free	58.94	1:01.77	1:04.22	1:04.22
50	Back	30.99	32.50	35.40	39.01
50	Breast	35.57	37.77	39.65	41.57
100	Breast	1:17.29	1:22.05	1:25.44	1:25.44
50	Fly	29.22	30.93	33.51	37.42

\*Conversion - Multiply yard time by 1.105 and round to two decimal places.

## JRAC STANDARDS – Yards

MITE BOYS (8 years of age & under)					
		XX	X	R (novice cutoff)	ChampQualifying
25	Free	16.75	17.73	20.88	25.60
25	Back	20.18	21.86	24.89	30.15
25	Breast	23.34	24.95	26.87	31.69
25	Fly	19.91	21.79	24.81	30.30
MIDGET BOYS (9-10 years of age)					
		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:22.20	1:28.75	1:41.48	1:41.48
50	Free	31.95	34.04	38.98	42.64
50	Back	37.40	40.74	47.39	53.52
50	Breast	43.68	46.45	50.86	56.72
50	Fly	37.78	41.85	46.96	54.50
JUNIOR BOYS (11-12 years of age)					
		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:11.43	1:17.98	1:28.54	1:28.54
50	Free	28.33	30.24	33.49	37.40
50	Back	33.02	36.04	41.11	47.54
50	Breast	38.00	40.85	45.10	50.78
50	Fly	31.70	35.03	40.22	47.31
INTERMEDIATE BOYS (13-14 years of age)					
		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:03.57	1:09.84	1:19.16	1:19.16
50	Free	25.32	26.90	28.76	31.43
100	Free	56.00	1:01.09	1:12.00	1:12.00
50	Back	29.68	32.24	36.08	40.71
50	Breast	34.26	36.67	39.46	42.79
100	Breast	1:14.91	1:21.20	1:37.28	1:37.28
50	Fly	28.05	30.95	34.03	38.70
SENIOR BOYS (15-18 years of age)					
		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:00.30	1:03.99	1:11.46	1:11.46
50	Free	24.00	24.95	26.28	28.19
100	Free	53.02	56.57	57.56	57.56
50	Back	27.86	29.82	32.94	37.56
50	Breast	31.73	33.61	35.70	39.08
100	Breast	1:10.29	1:15.70	1:24.43	1:24.43
50	Fly	26.32	27.67	30.14	34.13

\*Conversion - Multiply yard time by 1.105 and round to two decimal places.

**MASTER LIST OF JRAC EVENTS AND EVENT NUMBERS**

Numbered Events for dual meets are selected from this master list. Not all events are swum at every meet. Novice heats are only swum in those strokes that are declared novice for a particular dual meet. For example, Freestyle and Backstroke have Novice heats in Meets #1 and #4. Novice Freestyle Relays are swum only in Championships.

The event numbering scheme assigns even event numbers to Girls and odd event numbers to Boys. Event numbers are grouped by stroke:

2 - 9	Individual Medley	60 - 69	Butterfly
10 - 23	Freestyle	70 - 74	Freestyle Relay
30 - 39	Backstroke	80 - 84	Medley Relay
40 - 53	Breaststroke		

2.	Midget Girls	100	Individual Medley	Novice, Regular, X, XX
3.	Midget Boys	100	Individual Medley	Novice, Regular, X, XX
4.	Junior Girls	100	Individual Medley	Novice, Regular, X, XX
5.	Junior Boys	100	Individual Medley	Novice, Regular, X, XX
6.	Intermediate Girls	100	Individual Medley	Novice, Regular, X, XX
7.	Intermediate Boys	100	Individual Medley	Novice, Regular, X, XX
8.	Senior Girls	100	Individual Medley	Novice, Regular, X, XX
9.	Senior Boys	100	Individual Medley	Novice, Regular, X, XX
10.	Mite Girls	25	Freestyle	Novice, Regular, X, XX
11.	Mite Boys	25	Freestyle	Novice, Regular, X, XX
12.	Midget Girls	50	Freestyle	Novice, Regular, X, XX
13.	Midget Boys	50	Freestyle	Novice, Regular, X, XX
14.	Junior Girls	50	Freestyle	Novice, Regular, X, XX
15.	Junior Boys	50	Freestyle	Novice, Regular, X, XX
16.	Intermediate Girls	50	Freestyle	Novice, Regular, X, XX
17.	Intermediate Boys	50	Freestyle	Novice, Regular, X, XX
18.	Intermediate Girls	100	Freestyle	Regular, X, XX
19.	Intermediate Boys	100	Freestyle	Regular, X, XX
20.	Senior Girls	50	Freestyle	Novice, Regular, X, XX
21.	Senior Boys	50	Freestyle	Novice, Regular, X, XX
22.	Senior Girls	100	Freestyle	Regular, X, XX
23.	Senior Boys	100	Freestyle	Regular, X, XX
30.	Mite Girls	25	Backstroke	Novice, Regular, X, XX
31.	Mite Boys	25	Backstroke	Novice, Regular, X, XX
32.	Midget Girls	50	Backstroke	Novice, Regular, X, XX
33.	Midget Boys	50	Backstroke	Novice, Regular, X, XX
34.	Junior Girls	50	Backstroke	Novice, Regular, X, XX
35.	Junior Boys	50	Backstroke	Novice, Regular, X, XX
36.	Intermediate Girls	50	Backstroke	Novice, Regular, X, XX
37.	Intermediate Boys	50	Backstroke	Novice, Regular, X, XX
38.	Senior Girls	50	Backstroke	Novice, Regular, X, XX
39.	Senior Boys	50	Backstroke	Novice, Regular, X, XX



40. Mite Girls	25 Breaststroke	Novice, Regular, X, XX
41. Mite Boys	25 Breaststroke	Novice, Regular, X, XX
42. Midget Girls	50 Breaststroke	Novice, Regular, X, XX
43. Midget Boys	50 Breaststroke	Novice, Regular, X, XX
44. Junior Girls	50 Breaststroke	Novice, Regular, X, XX
45. Junior Boys	50 Breaststroke	Novice, Regular, X, XX
46. Intermediate Girls	50 Breaststroke	Novice, Regular, X, XX
47. Intermediate Boys	50 Breaststroke	Novice, Regular, X, XX
50. Senior Girls	50 Breaststroke	Novice, Regular, X, XX
51. Senior Boys	50 Breaststroke	Novice, Regular, X, XX
60. Mite Girls	25 Butterfly	Novice, Regular, X, XX
61. Mite Boys	25 Butterfly	Novice, Regular, X, XX
62. Midget Girls	50 Butterfly	Novice, Regular, X, XX
63. Midget Boys	50 Butterfly	Novice, Regular, X, XX
64. Junior Girls	50 Butterfly	Novice, Regular, X, XX
65. Junior Boys	50 Butterfly	Novice, Regular, X, XX
66. Intermediate Girls	50 Butterfly	Novice, Regular, X, XX
67. Intermediate Boys	50 Butterfly	Novice, Regular, X, XX
68. Senior Girls	50 Butterfly	Novice, Regular, X, XX
69. Senior Boys	50 Butterfly	Novice, Regular, X, XX
70. Mite Mixed Relay	100 Freestyle	Novice, Regular
71. Midget Mixed Relay	200 Freestyle	Novice, Regular
72. Junior Mixed Relay	200 Freestyle	Novice, Regular
73. Intermediate Mixed Relay	200 Freestyle	Novice, Regular
74. Senior Mixed Relay	200 Freestyle	Novice, Regular
80. Mite Mixed Relay	100 Medley	Novice, Regular
81. Midget Mixed Relay	200 Medley	Novice, Regular
82. Junior Mixed Relay	200 Medley	Novice, Regular
83. Intermediate Mixed Relay	200 Medley	Novice, Regular
84. Senior Mixed Relay	200 Medley	Novice, Regular

**EVENTS FOR SWIM MEET #1**  
(Novice Events - Freestyle & Backstroke)

70. Mite Mixed Relay	100 Freestyle	Regular
2. Midget Girls	100 Individual Medley	Novice, Regular, X, XX
3. Midget Boys	100 Individual Medley	Novice, Regular, X, XX
4. Junior Girls	100 Individual Medley	Novice, Regular, X, XX
5. Junior Boys	100 Individual Medley	Novice, Regular, X, XX
6. Intermediate Girls	100 Individual Medley	Novice, Regular, X, XX
7. Intermediate Boys	100 Individual Medley	Novice, Regular, X, XX
8. Senior Girls	100 Individual Medley	Novice, Regular, X, XX
9. Senior Boys	100 Individual Medley	Novice, Regular, X, XX
10. Mite Girls	25 Freestyle	Novice, Regular, X, XX
11. Mite Boys	25 Freestyle	Novice, Regular, X, XX
12. Midget Girls	50 Freestyle	Novice, Regular, X, XX
13. Midget Boys	50 Freestyle	Novice, Regular, X, XX
14. Junior Girls	50 Freestyle	Novice, Regular, X, XX
15. Junior Boys	50 Freestyle	Novice, Regular, X, XX
16. Intermediate Girls	50 Freestyle	Novice, Regular, X, XX
17. Intermediate Boys	50 Freestyle	Novice, Regular, X, XX
18. Intermediate Girls	100 Freestyle	Regular, X, XX
19. Intermediate Boys	100 Freestyle	Regular, X, XX
20. Senior Girls	50 Freestyle	Novice, Regular, X, XX
21. Senior Boys	50 Freestyle	Novice, Regular, X, XX
22. Senior Girls	100 Freestyle	Regular, X, XX
23. Senior Boys	100 Freestyle	Regular, X, XX
30. Mite Girls	25 Backstroke	Novice, Regular, X, XX
31. Mite Boys	25 Backstroke	Novice, Regular, X, XX
32. Midget Girls	50 Backstroke	Novice, Regular, X, XX
33. Midget Boys	50 Backstroke	Novice, Regular, X, XX
34. Junior Girls	50 Backstroke	Novice, Regular, X, XX
35. Junior Boys	50 Backstroke	Novice, Regular, X, XX
36. Intermediate Girls	50 Backstroke	Novice, Regular, X, XX
37. Intermediate Boys	50 Backstroke	Novice, Regular, X, XX
38. Senior Girls	50 Backstroke	Novice, Regular, X, XX
39. Senior Boys	50 Backstroke	Novice, Regular, X, XX
40. Mite Girls	25 Breaststroke	Regular, X, XX
41. Mite Boys	25 Breaststroke	Regular, X, XX
42. Midget Girls	50 Breaststroke	Regular, X, XX
43. Midget Boys	50 Breaststroke	Regular, X, XX
44. Junior Girls	50 Breaststroke	Regular, X, XX
45. Junior Boys	50 Breaststroke	Regular, X, XX
46. Intermediate Girls	50 Breaststroke	Regular, X, XX
47. Intermediate Boys	50 Breaststroke	Regular, X, XX
50. Senior Girls	50 Breaststroke	Regular, X, XX
51. Senior Boys	50 Breaststroke	Regular, X, XX
60. Mite Girls	25 Butterfly	Regular, X, XX
61. Mite Boys	25 Butterfly	Regular, X, XX
62. Midget Girls	50 Butterfly	Regular, X, XX
63. Midget Boys	50 Butterfly	Regular, X, XX
64. Junior Girls	50 Butterfly	Regular, X, XX
65. Junior Boys	50 Butterfly	Regular, X, XX
66. Intermediate Girls	50 Butterfly	Regular, X, XX
67. Intermediate Boys	50 Butterfly	Regular, X, XX
68. Senior Girls	50 Butterfly	Regular, X, XX
69. Senior Boys	50 Butterfly	Regular, X, XX
71. Midget Mixed Relay	200 Freestyle	Regular
72. Junior Mixed Relay	200 Freestyle	Regular
73. Intermediate Mixed Relay	200 Freestyle	Regular
74. Senior Mixed Relay	200 Freestyle	Regular

**EVENTS FOR SWIM MEET #2**  
(Novice Events - Freestyle & Breaststroke)

80. Mite Mixed Relay	100 Medley	Regular
2. Midget Girls	100 Individual Medley	Novice, Regular, X, XX
3. Midget Boys	100 Individual Medley	Novice, Regular, X, XX
4. Junior Girls	100 Individual Medley	Novice, Regular, X, XX
5. Junior Boys	100 Individual Medley	Novice, Regular, X, XX
6. Intermediate Girls	100 Individual Medley	Novice, Regular, X, XX
7. Intermediate Boys	100 Individual Medley	Novice, Regular, X, XX
8. Senior Girls	100 Individual Medley	Novice, Regular, X, XX
9. Senior Boys	100 Individual Medley	Novice, Regular, X, XX
10. Mite Girls	25 Freestyle	Novice, Regular, X, XX
11. Mite Boys	25 Freestyle	Novice, Regular, X, XX
12. Midget Girls	50 Freestyle	Novice, Regular, X, XX
13. Midget Boys	50 Freestyle	Novice, Regular, X, XX
14. Junior Girls	50 Freestyle	Novice, Regular, X, XX
15. Junior Boys	50 Freestyle	Novice, Regular, X, XX
16. Intermediate Girls	50 Freestyle	Novice, Regular, X, XX
17. Intermediate Boys	50 Freestyle	Novice, Regular, X, XX
18. Intermediate Girls	100 Freestyle	Regular, X, XX
19. Intermediate Boys	100 Freestyle	Regular, X, XX
20. Senior Girls	50 Freestyle	Novice, Regular, X, XX
21. Senior Boys	50 Freestyle	Novice, Regular, X, XX
22. Senior Girls	100 Freestyle	Regular, X, XX
23. Senior Boys	100 Freestyle	Regular, X, XX
40. Mite Girls	25 Breaststroke	Novice, Regular, X, XX
41. Mite Boys	25 Breaststroke	Novice, Regular, X, XX
42. Midget Girls	50 Breaststroke	Novice, Regular, X, XX
43. Midget Boys	50 Breaststroke	Novice, Regular, X, XX
44. Junior Girls	50 Breaststroke	Novice, Regular, X, XX
45. Junior Boys	50 Breaststroke	Novice, Regular, X, XX
46. Intermediate Girls	50 Breaststroke	Novice, Regular, X, XX
47. Intermediate Boys	50 Breaststroke	Novice, Regular, X, XX
50. Senior Girls	50 Breaststroke	Novice, Regular, X, XX
51. Senior Boys	50 Breaststroke	Novice, Regular, X, XX
30. Mite Girls	25 Backstroke	Novice, Regular, X, XX
31. Mite Boys	25 Backstroke	Novice, Regular, X, XX
32. Midget Girls	50 Backstroke	Regular, X, XX
33. Midget Boys	50 Backstroke	Regular, X, XX
34. Junior Girls	50 Backstroke	Regular, X, XX
35. Junior Boys	50 Backstroke	Regular, X, XX
36. Intermediate Girls	50 Backstroke	Regular, X, XX
37. Intermediate Boys	50 Backstroke	Regular, X, XX
38. Senior Girls	50 Backstroke	Regular, X, XX
39. Senior Boys	50 Backstroke	Regular, X, XX
60. Mite Girls	25 Butterfly	Regular, X, XX
61. Mite Boys	25 Butterfly	Regular, X, XX
62. Midget Girls	50 Butterfly	Regular, X, XX
63. Midget Boys	50 Butterfly	Regular, X, XX
64. Junior Girls	50 Butterfly	Regular, X, XX
65. Junior Boys	50 Butterfly	Regular, X, XX
66. Intermediate Girls	50 Butterfly	Regular, X, XX
67. Intermediate Boys	50 Butterfly	Regular, X, XX
68. Senior Girls	50 Butterfly	Regular, X, XX
69. Senior Boys	50 Butterfly	Regular, X, XX
81. Midget Mixed Relay	200 Medley	Regular
82. Junior Mixed Relay	200 Medley	Regular
83. Intermediate Mixed Relay	200 Medley	Regular
84. Senior Mixed Relay	200 Medley	Regular

### **EVENTS FOR SWIM MEET #3**

#### **(Novice Events - Freestyle & Butterfly)**

70. Mite Mixed Relay	100 Freestyle	Regular
2. Midget Girls	100 Individual Medley	Novice, Regular, X, XX
3. Midget Boys	100 Individual Medley	Novice, Regular, X, XX
4. Junior Girls	100 Individual Medley	Novice, Regular, X, XX
5. Junior Boys	100 Individual Medley	Novice, Regular, X, XX
6. Intermediate Girls	100 Individual Medley	Novice, Regular, X, XX
7. Intermediate Boys	100 Individual Medley	Novice, Regular, X, XX
8. Senior Girls	100 Individual Medley	Novice, Regular, X, XX
9. Senior Boys	100 Individual Medley	Novice, Regular, X, XX
10. Mite Girls	25 Freestyle	Novice, Regular, X, XX
11. Mite Boys	25 Freestyle	Novice, Regular, X, XX
12. Midget Girls	50 Freestyle	Novice, Regular, X, XX
13. Midget Boys	50 Freestyle	Novice, Regular, X, XX
14. Junior Girls	50 Freestyle	Novice, Regular, X, XX
15. Junior Boys	50 Freestyle	Novice, Regular, X, XX
16. Intermediate Girls	50 Freestyle	Novice, Regular, X, XX
17. Intermediate Boys	50 Freestyle	Novice, Regular, X, XX
18. Intermediate Girls	100 Freestyle	Regular, X, XX
19. Intermediate Boys	100 Freestyle	Regular, X, XX
20. Senior Girls	50 Freestyle	Novice, Regular, X, XX
21. Senior Boys	50 Freestyle	Novice, Regular, X, XX
22. Senior Girls	100 Freestyle	Regular, X, XX
23. Senior Boys	100 Freestyle	Regular, X, XX
60. Mite Girls	25 Butterfly	Novice, Regular, X, XX
61. Mite Boys	25 Butterfly	Novice, Regular, X, XX
62. Midget Girls	50 Butterfly	Novice, Regular, X, XX
63. Midget Boys	50 Butterfly	Novice, Regular, X, XX
64. Junior Girls	50 Butterfly	Novice, Regular, X, XX
65. Junior Boys	50 Butterfly	Novice, Regular, X, XX
66. Intermediate Girls	50 Butterfly	Novice, Regular, X, XX
67. Intermediate Boys	50 Butterfly	Novice, Regular, X, XX
68. Senior Girls	50 Butterfly	Novice, Regular, X, XX
69. Senior Boys	50 Butterfly	Novice, Regular, X, XX
30. Mite Girls	25 Backstroke	Novice, Regular, X, XX
31. Mite Boys	25 Backstroke	Novice, Regular, X, XX
32. Midget Girls	50 Backstroke	Regular, X, XX
33. Midget Boys	50 Backstroke	Regular, X, XX
34. Junior Girls	50 Backstroke	Regular, X, XX
35. Junior Boys	50 Backstroke	Regular, X, XX
36. Intermediate Girls	50 Backstroke	Regular, X, XX
37. Intermediate Boys	50 Backstroke	Regular, X, XX
38. Senior Girls	50 Backstroke	Regular, X, XX
39. Senior Boys	50 Backstroke	Regular, X, XX
40. Mite Girls	25 Breaststroke	Regular, X, XX
41. Mite Boys	25 Breaststroke	Regular, X, XX
42. Midget Girls	50 Breaststroke	Regular, X, XX
43. Midget Boys	50 Breaststroke	Regular, X, XX
44. Junior Girls	50 Breaststroke	Regular, X, XX
45. Junior Boys	50 Breaststroke	Regular, X, XX
46. Intermediate Girls	50 Breaststroke	Regular, X, XX
47. Intermediate Boys	50 Breaststroke	Regular, X, XX
50. Senior Girls	50 Breaststroke	Regular, X, XX
51. Senior Boys	50 Breaststroke	Regular, X, XX
71. Midget Mixed Relay	200 Freestyle	Regular
72. Junior Mixed Relay	200 Freestyle	Regular
73. Intermediate Mixed Relay	200 Freestyle	Regular
74. Senior Mixed Relay	200 Freestyle	Regular

**EVENTS FOR SWIM MEET #4****(Novice Events - Freestyle & Backstroke)**

80. Mite Mixed Relay	100 Medley	Regular
2. Midget Girls	100 Individual Medley	Novice, Regular, X, XX
3. Midget Boys	100 Individual Medley	Novice, Regular, X, XX
4. Junior Girls	100 Individual Medley	Novice, Regular, X, XX
5. Junior Boys	100 Individual Medley	Novice, Regular, X, XX
6. Intermediate Girls	100 Individual Medley	Novice, Regular, X, XX
7. Intermediate Boys	100 Individual Medley	Novice, Regular, X, XX
8. Senior Girls	100 Individual Medley	Novice, Regular, X, XX
9. Senior Boys	100 Individual Medley	Novice, Regular, X, XX
10. Mite Girls	25 Freestyle	Novice, Regular, X, XX
11. Mite Boys	25 Freestyle	Novice, Regular, X, XX
12. Midget Girls	50 Freestyle	Novice, Regular, X, XX
13. Midget Boys	50 Freestyle	Novice, Regular, X, XX
14. Junior Girls	50 Freestyle	Novice, Regular, X, XX
15. Junior Boys	50 Freestyle	Novice, Regular, X, XX
16. Intermediate Girls	50 Freestyle	Novice, Regular, X, XX
17. Intermediate Boys	50 Freestyle	Novice, Regular, X, XX
18. Intermediate Girls	100 Freestyle	Regular, X, XX
19. Intermediate Boys	100 Freestyle	Regular, X, XX
20. Senior Girls	50 Freestyle	Novice, Regular, X, XX
21. Senior Boys	50 Freestyle	Novice, Regular, X, XX
22. Senior Girls	100 Freestyle	Regular, X, XX
23. Senior Boys	100 Freestyle	Regular, X, XX
30. Mite Girls	25 Backstroke	Novice, Regular, X, XX
31. Mite Boys	25 Backstroke	Novice, Regular, X, XX
32. Midget Girls	50 Backstroke	Novice, Regular, X, XX
33. Midget Boys	50 Backstroke	Novice, Regular, X, XX
34. Junior Girls	50 Backstroke	Novice, Regular, X, XX
35. Junior Boys	50 Backstroke	Novice, Regular, X, XX
36. Intermediate Girls	50 Backstroke	Novice, Regular, X, XX
37. Intermediate Boys	50 Backstroke	Novice, Regular, X, XX
38. Senior Girls	50 Backstroke	Novice, Regular, X, XX
39. Senior Boys	50 Backstroke	Novice, Regular, X, XX
40. Mite Girls	25 Breaststroke	Regular, X, XX
41. Mite Boys	25 Breaststroke	Regular, X, XX
42. Midget Girls	50 Breaststroke	Regular, X, XX
43. Midget Boys	50 Breaststroke	Regular, X, XX
44. Junior Girls	50 Breaststroke	Regular, X, XX
45. Junior Boys	50 Breaststroke	Regular, X, XX
46. Intermediate Girls	50 Breaststroke	Regular, X, XX
47. Intermediate Boys	50 Breaststroke	Regular, X, XX
50. Senior Girls	50 Breaststroke	Regular, X, XX
51. Senior Boys	50 Breaststroke	Regular, X, XX
60. Mite Girls	25 Butterfly	Regular, X, XX
61. Mite Boys	25 Butterfly	Regular, X, XX
62. Midget Girls	50 Butterfly	Regular, X, XX
63. Midget Boys	50 Butterfly	Regular, X, XX
64. Junior Girls	50 Butterfly	Regular, X, XX
65. Junior Boys	50 Butterfly	Regular, X, XX
66. Intermediate Girls	50 Butterfly	Regular, X, XX
67. Intermediate Boys	50 Butterfly	Regular, X, XX
68. Senior Girls	50 Butterfly	Regular, X, XX
69. Senior Boys	50 Butterfly	Regular, X, XX
81. Midget Mixed Relay	200 Medley	Regular
82. Junior Mixed Relay	200 Medley	Regular
83. Intermediate Mixed Relay	200 Medley	Regular
84. Senior Mixed Relay	200 Medley	Regular

## **EVENTS FOR SWIM MEET #5**

(Novice Events - Freestyle & Breaststroke)

80. Mite Mixed Relay	100 Medley	Regular
2. Midget Girls	100 Individual Medley	Novice, Regular, X, XX
3. Midget Boys	100 Individual Medley	Novice, Regular, X, XX
4. Junior Girls	100 Individual Medley	Novice, Regular, X, XX
5. Junior Boys	100 Individual Medley	Novice, Regular, X, XX
6. Intermediate Girls	100 Individual Medley	Novice, Regular, X, XX
7. Intermediate Boys	100 Individual Medley	Novice, Regular, X, XX
8. Senior Girls	100 Individual Medley	Novice, Regular, X, XX
9. Senior Boys	100 Individual Medley	Novice, Regular, X, XX
10. Mite Girls	25 Freestyle	Novice, Regular, X, XX
11. Mite Boys	25 Freestyle	Novice, Regular, X, XX
12. Midget Girls	50 Freestyle	Novice, Regular, X, XX
13. Midget Boys	50 Freestyle	Novice, Regular, X, XX
14. Junior Girls	50 Freestyle	Novice, Regular, X, XX
15. Junior Boys	50 Freestyle	Novice, Regular, X, XX
16. Intermediate Girls	50 Freestyle	Novice, Regular, X, XX
17. Intermediate Boys	50 Freestyle	Novice, Regular, X, XX
18. Intermediate Girls	100 Freestyle	Regular, X, XX
19. Intermediate Boys	100 Freestyle	Regular, X, XX
20. Senior Girls	50 Freestyle	Novice, Regular, X, XX
21. Senior Boys	50 Freestyle	Novice, Regular, X, XX
22. Senior Girls	100 Freestyle	Regular, X, XX
23. Senior Boys	100 Freestyle	Regular, X, XX
40. Mite Girls	25 Breaststroke	Novice, Regular, X, XX
41. Mite Boys	25 Breaststroke	Novice, Regular, X, XX
42. Midget Girls	50 Breaststroke	Novice, Regular, X, XX
43. Midget Boys	50 Breaststroke	Novice, Regular, X, XX
44. Junior Girls	50 Breaststroke	Novice, Regular, X, XX
45. Junior Boys	50 Breaststroke	Novice, Regular, X, XX
46. Intermediate Girls	50 Breaststroke	Novice, Regular, X, XX
47. Intermediate Boys	50 Breaststroke	Novice, Regular, X, XX
50. Senior Girls	50 Breaststroke	Novice, Regular, X, XX
51. Senior Boys	50 Breaststroke	Novice, Regular, X, XX
30. Mite Girls	25 Backstroke	Novice, Regular, X, XX
31. Mite Boys	25 Backstroke	Novice, Regular, X, XX
32. Midget Girls	50 Backstroke	Regular, X, XX
33. Midget Boys	50 Backstroke	Regular, X, XX
34. Junior Girls	50 Backstroke	Regular, X, XX
35. Junior Boys	50 Backstroke	Regular, X, XX
36. Intermediate Girls	50 Backstroke	Regular, X, XX
37. Intermediate Boys	50 Backstroke	Regular, X, XX
38. Senior Girls	50 Backstroke	Regular, X, XX
39. Senior Boys	50 Backstroke	Regular, X, XX
60. Mite Girls	25 Butterfly	Regular, X, XX
61. Mite Boys	25 Butterfly	Regular, X, XX
62. Midget Girls	50 Butterfly	Regular, X, XX
63. Midget Boys	50 Butterfly	Regular, X, XX
64. Junior Girls	50 Butterfly	Regular, X, XX
65. Junior Boys	50 Butterfly	Regular, X, XX
66. Intermediate Girls	50 Butterfly	Regular, X, XX
67. Intermediate Boys	50 Butterfly	Regular, X, XX
68. Senior Girls	50 Butterfly	Regular, X, XX
69. Senior Boys	50 Butterfly	Regular, X, XX
81. Midget Mixed Relay	200 Medley	Regular
82. Junior Mixed Relay	200 Medley	Regular
83. Intermediate Mixed Relay	200 Medley	Regular
84. Senior Mixed Relay	200 Medley	Regular

**EVENTS FOR SWIM MEET #6****(Novice Events - Freestyle & Butterfly)**

70. Mite Mixed Relay	100 Freestyle	Regular
2. Midget Girls	100 Individual Medley	Novice, Regular, X, XX
3. Midget Boys	100 Individual Medley	Novice, Regular, X, XX
4. Junior Girls	100 Individual Medley	Novice, Regular, X, XX
5. Junior Boys	100 Individual Medley	Novice, Regular, X, XX
6. Intermediate Girls	100 Individual Medley	Novice, Regular, X, XX
7. Intermediate Boys	100 Individual Medley	Novice, Regular, X, XX
8. Senior Girls	100 Individual Medley	Novice, Regular, X, XX
9. Senior Boys	100 Individual Medley	Novice, Regular, X, XX
10. Mite Girls	25 Freestyle	Novice, Regular, X, XX
11. Mite Boys	25 Freestyle	Novice, Regular, X, XX
12. Midget Girls	50 Freestyle	Novice, Regular, X, XX
13. Midget Boys	50 Freestyle	Novice, Regular, X, XX
14. Junior Girls	50 Freestyle	Novice, Regular, X, XX
15. Junior Boys	50 Freestyle	Novice, Regular, X, XX
16. Intermediate Girls	50 Freestyle	Novice, Regular, X, XX
17. Intermediate Boys	50 Freestyle	Novice, Regular, X, XX
18. Intermediate Girls	100 Freestyle	Regular, X, XX
19. Intermediate Boys	100 Freestyle	Regular, X, XX
20. Senior Girls	50 Freestyle	Novice, Regular, X, XX
21. Senior Boys	50 Freestyle	Novice, Regular, X, XX
22. Senior Girls	100 Freestyle	Regular, X, XX
23. Senior Boys	100 Freestyle	Regular, X, XX
60. Mite Girls	25 Butterfly	Novice, Regular, X, XX
61. Mite Boys	25 Butterfly	Novice, Regular, X, XX
62. Midget Girls	50 Butterfly	Novice, Regular, X, XX
63. Midget Boys	50 Butterfly	Novice, Regular, X, XX
64. Junior Girls	50 Butterfly	Novice, Regular, X, XX
65. Junior Boys	50 Butterfly	Novice, Regular, X, XX
66. Intermediate Girls	50 Butterfly	Novice, Regular, X, XX
67. Intermediate Boys	50 Butterfly	Novice, Regular, X, XX
68. Senior Girls	50 Butterfly	Novice, Regular, X, XX
69. Senior Boys	50 Butterfly	Novice, Regular, X, XX
30. Mite Girls	25 Backstroke	Novice, Regular, X, XX
31. Mite Boys	25 Backstroke	Novice, Regular, X, XX
32. Midget Girls	50 Backstroke	Regular, X, XX
33. Midget Boys	50 Backstroke	Regular, X, XX
34. Junior Girls	50 Backstroke	Regular, X, XX
35. Junior Boys	50 Backstroke	Regular, X, XX
36. Intermediate Girls	50 Backstroke	Regular, X, XX
37. Intermediate Boys	50 Backstroke	Regular, X, XX
38. Senior Girls	50 Backstroke	Regular, X, XX
39. Senior Boys	50 Backstroke	Regular, X, XX
40. Mite Girls	25 Breaststroke	Regular, X, XX
41. Mite Boys	25 Breaststroke	Regular, X, XX
42. Midget Girls	50 Breaststroke	Regular, X, XX
43. Midget Boys	50 Breaststroke	Regular, X, XX
44. Junior Girls	50 Breaststroke	Regular, X, XX
45. Junior Boys	50 Breaststroke	Regular, X, XX
46. Intermediate Girls	50 Breaststroke	Regular, X, XX
47. Intermediate Boys	50 Breaststroke	Regular, X, XX
50. Senior Girls	50 Breaststroke	Regular, X, XX
51. Senior Boys	50 Breaststroke	Regular, X, XX
71. Midget Mixed Relay	200 Freestyle	Regular
72. Junior Mixed Relay	200 Freestyle	Regular
73. Intermediate Mixed Relay	200 Freestyle	Regular
74. Senior Mixed Relay	200 Freestyle	Regular

## EVENTS FOR 2018 JRAC CHAMPIONSHIP MEET

### **Wednesday, July 25, 2018**

Midget Girls	100 M. Individual Medley	Regular, X, XX
Midget Boys	100 M. Individual Medley	Regular, X, XX
Junior Girls	100 M. Individual Medley	Regular, X, XX
Junior Boys	100 M. Individual Medley	Regular, X, XX
Intermediate Girls	100 M. Individual Medley	Regular, X, XX
Intermediate Boys	100 M. Individual Medley	Regular, X, XX
Senior Girls	100 M. Individual Medley	Regular, X, XX
Senior Boys	100 M. Individual Medley	Regular, X, XX
Mite Girls	25 M. Backstroke	Novice, Regular, X, XX
Mite Boys	25 M. Backstroke	Novice, Regular, X, XX
Midget Girls	50 M. Backstroke	Novice, Regular, X, XX
Midget Boys	50 M. Backstroke	Novice, Regular, X, XX
Junior Girls	50 M. Backstroke	Novice, Regular, X, XX
Junior Boys	50 M. Backstroke	Novice, Regular, X, XX
Intermediate Girls	50 M. Backstroke	Novice, Regular, X, XX
Intermediate Boys	50 M. Backstroke	Novice, Regular, X, XX
Senior Girls	50 M. Backstroke	Novice, Regular, X, XX
Senior Boys	50 M. Backstroke	Novice, Regular, X, XX
Mite Girls	25 M. Breaststroke	Novice, Regular, X, XX
Mite Boys	25 M. Breaststroke	Novice, Regular, X, XX
Midget Girls	50 M. Breaststroke	Novice, Regular, X, XX
Midget Boys	50 M. Breaststroke	Novice, Regular, X, XX
Junior Girls	50 M. Breaststroke	Novice, Regular, X, XX
Junior Boys	50 M. Breaststroke	Novice, Regular, X, XX
Intermediate Girls	50 M. Breaststroke	Novice, Regular, X, XX
Intermediate Boys	50 M. Breaststroke	Novice, Regular, X, XX
Senior Girls	50 M. Breaststroke	Novice, Regular, X, XX
Senior Boys	50 M. Breaststroke	Novice, Regular, X, XX
Mite Mixed Relay	100 M. Medley	Novice, Regular, X/XX
Midget Mixed Relay	200 M. Medley	Novice, Regular, X/XX
Junior Mixed Relay	200 M. Medley	Novice, Regular, X/XX
Intermediate Mixed Relay	200 M. Medley	Novice, Regular, X/XX
Senior Mixed Relay	200 M. Medley	Novice, Regular, X/XX



**EVENTS FOR 2018 JRAC CHAMPIONSHIP MEET****Wednesday, July 25, 2018**

Mite Girls	25 M. Freestyle	Novice, Regular, X, XX
Mite Boys	25 M. Freestyle	Novice, Regular, X, XX
Midget Girls	50 M. Freestyle	Novice, Regular, X, XX
Midget Boys	50 M. Freestyle	Novice, Regular, X, XX
Junior Girls	50 M. Freestyle	Novice, Regular, X, XX
Junior Boys	50 M. Freestyle	Novice, Regular, X, XX
Intermediate Girls	50 M. Freestyle	Novice, Regular, X, XX
Intermediate Boys	50 M. Freestyle	Novice, Regular, X, XX
Intermediate Girls	100 M. Freestyle	Regular, X, XX
Intermediate Boys	100 M. Freestyle	Regular, X, XX
Senior Girls	50 M. Freestyle	Novice, Regular, X, XX
Senior Boys	50 M. Freestyle	Novice, Regular, X, XX
Senior Girls	100 M. Freestyle	Regular, X, XX
Senior Boys	100 M. Freestyle	Regular, X, XX
Mite Girls	25 M. Butterfly	Novice, Regular, X, XX
Mite Boys	25 M. Butterfly	Novice, Regular, X, XX
Midget Girls	50 M. Butterfly	Novice, Regular, X, XX
Midget Boys	50 M. Butterfly	Novice, Regular, X, XX
Junior Girls	50 M. Butterfly	Novice, Regular, X, XX
Junior Boys	50 M. Butterfly	Novice, Regular, X, XX
Intermediate Girls	50 M. Butterfly	Novice, Regular, X, XX
Intermediate Boys	50 M. Butterfly	Novice, Regular, X, XX
Senior Girls	50 M. Butterfly	Novice, Regular, X, XX
Senior Boys	50 M. Butterfly	Novice, Regular, X, XX
Mite Mixed Relay	100 M. Freestyle	Novice, Regular, X/XX
Midget Mixed Relay	200 M. Freestyle	Novice, Regular, X/XX
Junior Mixed Relay	200 M. Freestyle	Novice, Regular, X/XX
Intermediate Mixed Relay	200 M. Freestyle	Novice, Regular, X/XX
Senior Mixed Relay	200 M. Freestyle	Novice, Regular, X/XX



## **DIRECTIONS FOR 2018 SWIMMER REGISTRATION**

All swimmers must be registered by name, date of birth, and gender with the JRAC treasurer. Each member club shall be responsible for the registration of its swimmers and for the payment of annual dues of \$25 per active swimmer.

As your club's swimmers register with you, update your roster file in the computer by either:

- a. changing a swimmer's status to inactive if the swimmer swam last summer and has not yet registered, or
- b. entering the swimmer as a new swimmer by adding the swimmer to the roster file.

### **Paying league dues for the first time:**

Print three copies (the third copy is for your records) of the computer roster file from TM 6.0 by choosing *Reports/Administrative/Athletes* from the Main Menu. Then select *team, gender both, roster* and *sort by name*. **Do not select *Include inactive***. Then choose *create report* and print. Send via USPS, electronically or deliver two copies of the paper roster file, and make payment via check or electronically (eg. Credit card, Pay Pal, Venmo, Spark, etc.) \$25 for each active swimmer to the JRAC treasurer (preferred) or secretary (addresses below). The number of participants for whom you are paying should match the number of active swimmers totaled at the end of the report. Keep the third copy for your own files, noting check number, amount, and date of payment.

#### **JRAC Treasurer**

Pat Tune  
9250 Grantham Drive  
Mechanicsville, VA 23116

#### **JRAC Secretary**

Heather Heishman  
2407 Cranbrook Road  
Henrico, VA 23229

### **Paying league dues after the first time:**

When you are ready to send in additional swimmers' dues to JRAC, print three copies of the updated computer roster. Highlight names of new swimmers added since your last payment. Send via USPS, electronically or deliver two copies of the paper roster file, and make payment via check or electronically (eg. Credit card, Pay Pal, Venmo, Spark, etc.) \$25 for each **new** swimmer activated to the JRAC treasurer (preferred) or secretary (addresses below). To verify your count, the number of new swimmers plus the number of active swimmers when you last paid dues should equal the number of active swimmers on your roster. Again, keep the third copy for your files, noting check number, amount, and date of payment.

The printed or electronic team-rosters sent to the JRAC treasurer, both for initial swimmer registration and for subsequent additions or activations of swimmers, may be generated without using the league computer software, as long as the roster listing is typed (or computer printed), includes each swimmer's first and last name, birthdate and gender, and is alphabetized by swimmer's last name.

## CLERK OF COURSE

The Clerk of Course (COC) shall be provided with an area clearly marked “Clerk of Course” where all swimmers must report as soon as their event is called.

If adequate space is available this area should be directly behind the timer, and must be restricted from normal traffic flow.

Five or more rows of chairs or benches may be set up directly behind and in line with the swimming lanes, which will allow the Clerk to seat swimmers. The swimmers shall move up toward the starting blocks at the direction of the Clerk.

The COC may be provided with one or two assistants and shall assign them duties as will assist in the prompt dispatch of events. Away teams shall make available one COC worker if requested by the home team.

All swimmers will be seeded by time, slowest to fastest by the computer and put into heats/lanes per the computer generated heat sheet.

The COC will mark the heat/lane assignment from the heat sheet onto each swimmers card. The COC will then seat the swimmers on the benches.

The COC, Meet Referee, Starter and Announcer will all have a copy of the computer generated heat sheet. The COC will keep the Starter, Meet Referee and Head table aware of any changes to the heat sheet via the form found in this appendix. The COC may change the heat sheet to 1. Accommodate special requests by coaches for swimmers with disabilities, 2. To combine events which do not have full heats and 3. To add swimmers who were not previously in an event or needed to change an event.

Speed category MUST be marked on the Swimmer's card. Cards may be highlighted in the following manner if desired : Novice Plain, Regular - Yellow, X - Blue, XX - Pink.

### **JRAC - Clerk of Course Procedures**

Supplies - Designated area outside the flow of traffic, benches, pencils, erasers, blank cards for changes, baskets for seeded heats, basket for no show cards clothes pins, paper weights and the computer generated heat sheet and the change of heat sheet forms.

#### Pre-Meet Procedures -

1. Host and Away teams turn in flash drive and No show List to the Head Table computer operator 30 minutes before the meet starts.
2. Host and Away teams turn in No Show List and Cards to the COC 30 minutes before the meet starts.
3. Once both teams have completed warm ups start gathering the mites for relays.
4. Once the Head Table has given the COC the heat sheet, start putting heats/lanes on the swimmer's cards and seating mite relays on the benches. Have mite relays behind the blocks before the National Anthem is played.

#### Changes to the Computer Generated Heat Sheet -

1. Changes may be made to accommodate swimmers with special needs, to combine heats to send full heats to the blocks and to add swimmers to events.
2. The COC makes the handwritten changes on the COC heat sheet.
3. The COC fills out the Change of Heat Sheet form and has a runner take it to the meet referee, starter and head table.
4. The COC marks the swimmer cards with the changed heat/lane assignments.

#### During the meet -

1. Continue to write heats/lanes on swimmer's cards as dictated by the heat sheet.
2. Watch and keep in contact with the announcer so that the COC is always full, benches are full and assistants are sending swimmers behind the blocks to as not delay the meet.
3. Keep all no show cards and all change of heat sheet forms and send to the head table in a timely manner.

## TABLE INSTRUCTIONS

The table should consist of at least 6 workers:

- 1 head table worker from the home team
- 1 assistant head table worker from the home team
- 1-2 computer operators
- 1 verifier from each team
- 1 head table runner (optional)

### Head Table Worker Responsibilities

1. Assigns workers to their tasks and ensures that they understand their responsibilities.
2. Ensures smooth running of table. Takes questions or problems to REFEREE.
3. Checks handwritten cards for swimmer ID and entry time. If ID is missing goes to roster report and writes the swimmer ID on the handwritten card. If entry time is missing goes to top times report and writes entry time on handwritten card.
4. Sorts cards **by heat and lane**, and circle middle watch time in red. If only two times are recorded then writes average as official time in red. Delivers cards for each completed event to the computer operator. Notifies the computer operator of any handwritten cards as these swimmers will need to be added to the event. **Notifies the computer operator if the event has been reseeded.**
5. When a disqualification card comes to the table, pull the timers' card for that swimmer and write the name of the swimmer on the DQ card. The DQ card must be signed. If not, return to referee for signature. Tear the top (pink) part off. Staple the pink copy of the DQ card to the FRONT of the timers' card and mark "DQ" in red on the timers' card. Notify people working computer. Give the bottom part of the DQ card (white copy) to the appropriate coach as soon as possible.
6. Deliver all results, cards and **a backup of the final MM file to the meet director on a thumbdrive.**
7. Check for new league records. If a new league record is achieved at a dual meet, the Head Table Worker **should take a photo of the swimmer card and email it to the Computer Secretary the night of the meet for verification.**

### Assistant Head Table Worker Responsibilities

1. Generally assists head table worker.
2. Gives white copy of DQ cards to each coach as soon as possible.
3. Reminds computer operator to compute score and periodically sends score to announcer. (After all IM, all FREE, etc.)
4. Verify new league records.

### Computer Operator Responsibilities

1. Input swimmers' times from card (in red and circled) into computer. Add any swimmer not previously entered in the event from their handwritten card and input time.
2. Print results sheets.
3. Print ribbon labels.
4. Make corrections in computer should errors be found by the verifier.
5. Route all results and cards to verifier.

### Verifier Responsibilities

1. **Divide cards into speed categories** and sort all cards in TIME order by the red time on the card.
2. Count all time cards and DQ cards to verify the number of entries and DQ's.
3. Compare the order and times of the printed results with the order and times of the time cards. If a disparity exists, the verifier should compare the times on the printed results with time written in red on each card and notify the computer operator IMMEDIATELY. In no case should award labels be printed before an event has been verified.
4. If no error exists, or after the correction has been made and verified, rubber band the cards with the original copy of the results and place in the results box. Forward the second copy to the announcer via a runner, **and** forward the third copy to **a runner** for posting.
5. Check first place finishes for league record.

### Head Table Runner Responsibilities

1. Post the results of the event after verification and take a copy of the results to the announcer.
2. Take DQ cards to the appropriate coaches.
3. Provide assistance as needed to the Head Table workers.

## TABLE PROCEDURES

### Preparation Before Meet

#### Necessary Supplies:

- Black lead pencils
- Red pencils with erasers and/or red pens
- Paper clips, rubber bands
- Scotch tape
- Stapler and extra staples
- Post-It Notes
- 3 small boxes to hold result sheets  
[1 for originals, 1 for announcer, 1 for posting]
- 2 shoe boxes to hold ribbons, labeled with each club's name (optional)
- Computer with one or two printers
- Extra printer ribbons or cartridges
- 8½ x 11 computer paper
- Computer labels for ribbons
- JRAC rule book

### Prior to Meet Day

1. Gather supplies.
2. Verify working order of table computer hardware – one (1) computer and one (1) or two (2) printers.
3. Make arrangements for adequate lighting, electrical power and shelter for the computer.

### Pre-Meet

1. Check points distribution in the software to be certain all points are correct.
2. Run program and specify information for the current meet including yard or meter pool and freestyle or medley relay.
3. Receive **meet entry files** for home and visiting teams.
4. Load **entry files** as prompted by the program.
5. **Meet with a coach from home and visiting team and enter known changes and scratches to the meet file.**
6. Load printer paper in report printer.
7. Load labels in label printer. (optional)
8. Run at least **6 copies of the Meet Program (heat sheet)** from the Reports menu. **Give a copy to the Clerk of Course, Starter, Referee, Head Timer, Announcer and keep a copy at the Head Table.**

### During The Meet

1. The head table worker and the assistant need to monitor all activities at the table. Any communication with the referee must be the sole responsibility of the head table worker. The decisions of the referee are final insofar as the table is concerned. The head table worker and verifiers should check fastest times swum against the JRAC record sheet to determine if a league record has been broken. Should a record occur, **take a photo of the swimmer card and email to the Computer Secretary for verification.**
2. When an entire event has concluded the runner will deliver the cards to the table. The head or assistant head table worker will circle the middle time on each

swimmer's card in red ink or pencil. After recording times in red on the cards and **by heat and lane**, these materials should be delivered to the data entry person.

3. The computer operator must choose the proper event number and the names of each swimmer entered in that event will appear on the screen. The swimmers will appear in order **by heat and lane**. The time marked in red on each swimmer's card is entered by their name.
4. Should a DQ occur, click on the DQ box. A time does not need to be entered.
5. After all times have been input score the event. Print three copies of the results sheet – one copy to be verified, one copy for the announcer, and one copy to be posted.
6. After scoring, all cards and results should go to the verifier for checking. Verifier places all cards in TIME ORDER by the handwritten time in red on the card, then verifies that card order and times are the same as the computer results order and times. Discrepancies and errors should be sent to the computer operator.
7. Once verified, original results should be initialed and placed in the box labeled originals. One copy goes to the announcer and one copy should be posted. All cards for an event should be wrapped with **the verified results sheets** and a rubber band and placed in event order in a suitable size box. **Send the box home with the host club's card contact** should post-meet checking be necessary. This box must be kept in a safe place by the swim rep until after the September JRAC meeting.

### After The Meet

1. The computer operator must create a backup of the meet file on the visiting **team's thumbdrive**.
2. The computer operator should print **a** report to determine triple and quad winners for the newspaper. This report should be given to the meet director or person responsible for emailing triple and quad winners to the newspaper. To do this, print award labels on paper (not labels) for 1<sup>st</sup> place finishers in all individual and relay events sorted by athlete.
3. The computer operator should print ribbon labels, for all of the **scored** meet events, sorted by team. These should be given to the appropriate representatives from each Club.

### **BRIEF OVERVIEW OF THE COMPUTERIZED SWIM MEET**

1. Computer contact/coach inputs all swimmers who have paid JRAC dues and ACTIVATES the swimmers.
2. Coach decides which events each child will swim.
3. Computer contact/coach REGISTERS the child to swim no more than three individual events and one relay.
4. Computer contact/coach prints a card for each child for each event.
5. Coach gives all cards to the Clerk of Course before the start of the meet.
6. Clerk of Course assigns heat and lane number to each swimmer card.
7. Cards are distributed to swimmers and swimmer gives card to timer when heat is called.
8. At conclusion of swim, three (3) WATCH TIMES are written on card.
9. Runner collects cards and DQ slips after each heat and delivers to table.
10. Head table worker and assistant sort cards by heat and lane, labeling those that have been DQ'd. They write the middle watch time on the card in red.
11. After all cards for the entire event have been received, reviewed, and sorted, they are passed on to the computer operator for entry.
12. Computer operator chooses the event number, inputs swimmers' times and prints results.
13. All copies of results and all cards go to VERIFIER for checking.
14. Upon conclusion of the meet, the computer operator should print ribbon labels, for all of the meet events, sorted by team.

## JRAC Announcer Clinic

### ***Swim Meet Announcer's Golden Rule: Remember that you are an information source—not a DJ!***

Well-run swim meet triad—Announcer/Clerk of Course/Starter

#### I. Supplies to bring to the meet:

- A. Note pad—for writing down ad hoc announcements.
- B. 3-5 sharpened pencils
- C. Ruler—if announcing results; can draw a line under last item to be read per event.
- D. 2-3 clipboards.
- E. Various hi-lighters.
- F. Pool-supplied supplies.
  - 1. Meet heat sheet.
  - 2. Clipboard.

#### II. Pre-meet procedures.

- A. If you need to run warm-up's, plan to arrive at the pool at least one hour before the meet start time; if not, arrive 30 minutes before meet start.
- B. Check your equipment—probably only a mike.
  - 1. Verify that you're on the air.
  - 2. Verify how to turn mike on/off.
  - 3. Verify mike position for speech—close in/out.
  - 4. If you have the sound system amp present and on/off switch makes an audible pop, consider using the amp volume control.
  - 5. Verify with Clerk of Course the event call procedures—your observation or COC regulation.

#### III. Warm-ups (15 minutes/team).

- A. Home team warm-ups start 45 minutes before meet start time (if meet start is 6:30 pm, warm-ups will be 5:45 to 6:00)
  - 1. Announce for swimmers to start assembling at 5:40.
  - 2. Announce warm-up period start with feet-first entry until Coach directs otherwise.
  - 3. Announce warm-up times—5/2 minutes remaining.
  - 4. At 2 minute warning, announce visiting team to assemble in starting block area so as not to interfere with home team warm-up finish.
  - 5. At 6:00, announce home team to clear the pool; visiting team to begin warm-ups when the lanes are clear.
  - 6. Announce visiting team warm-ups per 2-3.
  - 7. At 6:15 clear the pool.

#### IV. Pre-meet announcements.

- A. Coaches' meeting with Referee.
- B. Strokes & Turns meeting with Referee.
- C. Timers' check in with Head Timer and on-going updates as to meet timer assignment needs.
- D. Clerk of Course/Runners/Mite Ribbon Awarders check in.
- E. At 6:20 make first call to Clerk of Course for first event.
- F. JRAC inclement weather policy (JRAC S&D Rules—section 3.08).
  - 1. If bad weather is present, imminent or forecast—good idea to announce policy so everybody knows what that policy is.
  - 2. If meet hasn't started, minimum delay in determining whether to conduct meet is one hour from time of scheduled start (eg: given a meet start time of 6:30, decision to suspend meet not made before 7:30).



3. If the meet has started, minimum delay in determining whether the meet shall continue is no earlier than one hour from stoppage of competition.

4. Host club pool rules govern as to delay after previous lightning/thunder happens.

5. Referee makes the decision whether to suspend meet, based on consultation with host club management and JRAC representatives of the meet clubs.

6. If severe thunderstorm/lightning event—where do attendee's go (hard shelter/vehicles, etc.)? Wait for word as whether the meet will continue per above policies.

G. Opening ceremonies?

1. Welcome.

2. ID key officials (Coaches—If announced and you don't announce any others, here's your focus) plus Meet Director/Referee/S&T Officials/Starter/Head Timer—your call.

3. National Anthem.

V. Meet announcements.

A. Don't announce when Starter is talking.

1. Be aware of current heat position while announcing—wrap it up when that heat crosses the finish backstroke flags.

2. If you announce during Mite events, keep it short—recommend against reading results.

B. Calls to the COC—1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>-and-final-call (subject to II.B.5).

C. Results (optional):

1. Announce where event results will be posted.

2. As results sheets are provided, use ruler to underline 6<sup>th</sup> place finisher and announce upwards.

3. Try to get a pronunciation for unknown names.

4. Format

a. "Results for event #, event name:"

b. For 6<sup>th</sup> through 2<sup>nd</sup>, announce placement, name and team.

c. At the point where swimmers change speed category (eg: Novice to Regular) announce that ("...the top \_\_\_\_ swimmers achieved Regular time in a Novice event...")

d. For 1<sup>st</sup>—"...and in 1<sup>st</sup> place with a winning time of \_\_\_\_, from (club), (name).

D. Event announcements as 1<sup>st</sup> heat of each event steps up/in ("Now stepping up/in"—"Now leaving the blocks"). Starter may, in a limited way, duplicate these calls.

E. Miscellaneous calls:

1. Snack Bar.

2. Vehicle.

3. Missing child/parent.

4. Meet weather delay —will probably get advised by Referee as to what to say (per IV.F).

F. Recommend not to do birthday/related announcements due to possible consequences.

VI. Post meet announcements.

A. Advisories to timers, S&T officials, runners and Mite ribbon awarders as to where to turn in equipment.

B. Request to clean up trash and bring chairs to designated location.

C. Thanks for being here—safe drive home.

***Swim Meet Announcer's Golden Rule: Remember that you are an information source—not a DJ!***

## James River Aquatic Club 2018 Head Table Instructions

**Questions??? Call Kathy Watson (307-4063) or Cindy Gay (241-6388)**

The Head Table is responsible for scoring and verifying all meet results. Workers at the table should include:

**Head** – in charge. Makes certain all other workers understand their job and know how to perform it properly. If not, train them before the meet begins. **Do not assume** that all workers sent to the head table know how to do their job. This person can also perform one of the other positions if necessary, but in the best case scenario are there to answer questions, put out fires, and make certain everyone is handling their job properly.

**Card intake** – minimum of one for small teams; larger teams will need two; an extra person or two is also helpful to help process DQ's for mites and midgets during the novice strokes.

**Scorer** – computer operator

**Reader** – optional. Some scorers like to have someone call out times to them for entry.

**Verifiers** – two; **one from each team is mandatory**. See verifier handout.

**Runner** – minimum of 1; post results, take results to announcer, run DQ cards to coaches

Page 27 of the rulebook lists all the supplies that are necessary at the head table. Please read in advance and make certain you have all the supplies ready to go before the night of the meet!

**Before the meet begins you should have a current roster report (as of the day of the meet) and a top times report by name for the home and visiting teams. The visiting team will also bring a meet entry file on a thumb drive. Your computer operator will merge these entries with the entries from the host club. All of this should arrive at the table at least 45 minutes before the meet begins! Meets will be pre-seeded by the computer this season. In order to avoid as many empty lanes as possible, the head coach from each team will need to go over any known scratches or changes with the scorer (computer operator) before their warmups begin. Once any changes have been made to the meet files, the scorer will pre-seed the meet and print heat sheets as needed for meet officials.**

### OVERVIEW OF MEET PROCESS:

1. After each heat, a runner will bring the event cards to the Head Table. The person doing intake of the cards looks the cards over and checks for any handwritten cards.

**Handwritten cards:** Check the hard copy of the top times report and/or roster to see if the swimmer is eligible to swim in the meet. If the swimmer does not appear on either of these reports he/she is not eligible to swim for points. He or she may swim as an exhibition swimmer but will not be recorded in the results and the time will not count for top times. It is essentially a no swim for league purposes. If no entry time is written on the card, check the top times report and use the swimmer's best time in the event as his or her entry time. Write that time on the card as the swimmer's entry time for the scorer. Verify that the swimmer's time from the top times report matches the speed category written on the card. If not, tell the head. If the swimmer is listed on the roster, but not top times report, he should be entered as a no time or with the regular cutoff time if the card is marked with an R for regular. Time standards with regular cutoff times can be found in the rulebook.

2. The card intake worker should mark the official time (neatly and large enough to read) on each card with a **red** pen that does not run when wet. The official time is the **time between the fastest and the slowest** times written on the card. Any DQ cards that come to the table should be matched with the card for the proper heat and lane. Check the DQ card to make certain it is signed and filled out properly. The DQ card should have an infraction marked under the correct stroke and should be signed or initialed by a strokes and turns judge and the referee. If not, a runner should return it to the referee. If the DQ card is correct,

write the swimmer name and team on the DQ slip and staple it to the **front** of the swimmer's card. Write DQ in red on the card. Have a runner return the carbon portion of the DQ card to the coach ASAP. Once each card from an event has the official time written in red, the cards should be put in order by **heat and lane** and passed to the scorer. This is the order the swimmers will appear in the meet scoring software.

If an event is re-seeded by the clerk **after** the heat sheets are printed, the table must be notified that the event has been reseeded. Many clubs use the triplicate forms which tell how many heats there are in an event and which lanes in each heat have swimmers. If these are used, they will clearly be marked **Reseeded**, so the scorer will know that swimmers will likely not appear in their original heat/lane.

**Times:** Hopefully there will be **three** watch times on each card that comes to the table. If all three times are consistent, write the middle watch time in red on the swimmer's card. If there are only two watch times, **average** the two times and write the average in red on the swimmer's card. If there is only one watch time, that time becomes the official time.

**Analyzing times:** If one time is >2.5 seconds from the other two times, average the two consistent times. If all 3 times vary by >2.5 seconds, investigate by speaking with the referee, starter, or strokes and turn judges. In this case, the referee will make the determination of the official time.

3. Once the data entry for an event has been completed, the cards and results for the event are passed on to the verifiers. There should be one verifier from each team.

**Verifier:**

When the event is scored and the results printouts are available, divide the cards by speed category and count the cards for each speed category of the event and then count swimmers in each category on the results sheet. Do the numbers match? If not, there is an error that needs to be addressed. Next, place cards in red time order from **fastest to slowest** for each speed category. The order of the swimmers should match the order on the results sheets. The results time should be the exact time written in red on the swimmer's card. Look for unusual times. Match DQ slips with DQ entry on results printout—make sure heat and lane on card match heat and lane on DQ slip. If teams are large and age group of the event is young, be suspicious if printout shows less than 6 in any regular event. For instance, a swimmer with an R (regular) written on the card may be “swimming up” from novice. Make certain the swimmer is scored as a regular, not as a novice. Sometimes coaches forget to enter a “swim up” regular with the custom regular cutoff time and the swimmer is mistakenly scored as a novice. Be certain to check relay names. Coaches often make handwritten changes on relay cards. Any mistakes found by the verifiers go back to the scorer for correction and then need to be verified after the corrections are made. Once an event has been verified as correct, one verifier initials the results sheet, the event cards are wrapped with that copy of the results showing on the outside, folded and held together with a rubber band. The results are put in a box in order by event. **This box should be taken home by someone from the host team in case questions arise the next day. This person should be someone who can be easily reached by the computer secretary the day following the meet.** One remaining copy of the event results goes to the announcer and the other is posted. **NOTE: Coaches may not be the ones designated to take the cards home, nor may they serve as card contacts.**

4. After all events in a stroke have been scored, the head should remind the scorer to print a score report. Label the report “Score after event number \_\_\_\_\_” and have a runner take it to the announcer.
5. At the conclusion of the meet, after all events have been verified and found to be correct, ribbon labels are printed **sorted by team and name** and given to the appropriate representative from each team.
6. The scorer should print a meet score and triple/quad winner report and give it to the person from the

host team responsible for calling the score in to the newspaper the night of the meet. The Times Dispatch number can be found in the rulebook. Meet scores should be called in by midnight the night of the meet. Triple and quad winners should be emailed to the paper the morning following the meet. This is very important as swimmers (especially the young ones) love to see their names in print or online. The easiest way to find triple/quad winners is to run a label report sorted **by team/then name for 1<sup>st</sup> place winners only**. Be sure to **print this on paper** (not labels) and highlight any name listed three or four times in succession.

7. Head should remind scorer to perform a **Backup of the meet manager file** and save to a thumb drive so it can be emailed to the computer secretaries by the host team. If wifi is available at the host facility, the email with a MM backup can be sent from the pool at the conclusion of the meet. Computer secretary emails can be found in the rulebook. Do not send a Results for Team Manager file! This is not what the secretaries need for checking.

#### **THINGS TO BE LOOKED FOR AND ADDRESSED AT THE MEET IF POSSIBLE:**

Each of these infractions results in a **10 point** penalty. If a swimmer is disqualified for any of the following scenarios, please have the head notify the host team rep who will call or email the computer secretary the next day to assess the necessary penalties.

**More than three swimmers per team for R, X, and XX heats:** In regular, X, and XX heats, there should be a maximum of three swimmers per team. **What to do if there are four:** place cards from that heat and team face down on the table, mix them up and draw one **at random** to be DQ'd. (You cannot decide to choose the slowest or fastest swimmer of the four!) Attach a DQ slip to that swimmer's card. That swimmer cannot then enter a replacement event later in the meet. Write a note to tell the Swim Rep to call Kathy the next day to report the error so that a 10 point penalty can be assessed by the Computer Secretary. In novice heats, each team can enter an unlimited number of swimmers (with the exception of novice IM).

*NOTE: 2014 Rule Change: Each team may swim a maximum of 3 Exhibition swimmers in each **regular** freestyle heat for the mite, midget and junior age groups. These cards **MUST** be marked Exh. The card signals the intent of the coach, so any card which is not marked Exh will be considered a regular swimmer. Should there be more than 3 regular cards per team in the regular freestyle heats for mites, midgets and juniors, the DQ policy in the previous paragraph shall apply.*

***NOTE:** 2016 Rule Change: Each team may enter a maximum of 3 Exhibition swimmers in each **regular** IM heat for the midget and junior age groups. These cards must be marked Exh. Any card not marked will be considered a regular swimmer and should there be more than 3 regular cards per team in regular IM for midgets and juniors, the DQ policy above shall apply.*

#### **Mite swimming in novice backstroke and novice breaststroke or butterfly - 2018 Rule Change**

Mites may now swim novice backstroke in each dual meet along with novice freestyle. A mite may not swim novice backstroke **AND** novice breaststroke or novice butterfly in the same meet. Should this happen, the swimmer will be disqualified in breaststroke or butterfly and a 10 point penalty will be assessed. If you DQ a swimmer for this infraction, let Kathy know the next day so she can assess the penalty.

**Swimmer out of category:** You will likely be aware of this only in the case of a handwritten card. If the top time for the swimmer does not match the speed category written on the card, the swimmer must be DQ'd for swimming out of category. The card is what the league uses to signify intent. If a swimmer is DQ'd for swimming out of category the night of the meet, notify Kathy that night or the following morning so she can assess the penalty.

**Novice in a non-novice event:** Make sure there are no novice heats in strokes which are not novice for that meet. Free is always novice as well as one of the other three strokes. If a card comes to the table marked N for novice and the stroke is not novice for the meet, the swimmer must be DQ'd because the card signifies the coach's intent.

**Swimmer in five events or four individual events:** If you notice this (difficult to catch), the swimmer must be DQed from his fourth individual event. Write a note to the swim rep with the details so the Computer Secretary can assess the penalty the next day.

*NOTE: 2014 Rule Change: Exhibition swims in Regular freestyle heats for mites, midgets and juniors will be considered as an individual event.*

*NOTE: 2016 Rule Change: Exhibition swims in Regular IM heats will be considered an individual event.*

**More than 2 boys in a relay.** A relay that swims with more than 2 boys must be disqualified unless it is marked EXH (exhibition). If you DQ for this the night of the meet let the Computer Secretary know the following day so the penalty can be assessed.

**Distance events for intermediates and seniors.** 2014 Rule changes add R, X, and XX heats to both 50 Free and 50 Breast. A swimmer is allowed to participate in only one distance (50 or 100) of freestyle at any given meet. Should a swimmer participate in both distances of freestyle, the swimmer will be disqualified from the second event and subject to penalty.

#### **ADDITIONAL NOTE:**

**Potential league record:** If you think a league record has been broken in a regular season meet, check and double check. If the meet is in a yard pool, make certain you are comparing the swimmer's time with the current league record converted to a yard time. Write "POSSIBLE JRAC RECORD" in red on the card. Take a photo of the card with a cell phone and send it to Kathy or write a note with the details so that the swim rep can relay the information to Kathy the next day. Give the swim rep the card and the results printout for the event in which the record was potentially broken. These are forwarded to the Computer Secretary for verification before the record is official. The Computer Secretary will notify the newspaper once the record has been verified.

**In order for a regular season swim to be considered for a record, the card must have 3 hand times. If there are only 2 times on the card, another verifiable time from a coach or league official is necessary to corroborate the card times. Under no circumstance will a card with one hand time be considered for a league record unless electronic timing is in use.**

### Head Table Verification

- The Head table workers will receive the event cards from the timers and determine each swimmer's time. This will be marked in red on the card and is then given to the computer operator for input.
- The computer operator gives 3 copies of the event results, along with the cards to the verifiers.
- There are 2 verifiers, **one from each club**. This is not optional.
  - Sort the cards **first by speed category**, then in **red time order, from fastest to slowest**. All cards will have a speed category at the top that is handwritten by the team's coach.
  - When you are finished sorting, you should first have all XX swimmers' cards in finish time order, followed by all X swimmers in finish time order, then all R swimmers, then all N swimmers.
  - One verifier should **read out loud the speed category from the card, the swimmer's name and their finish time**. The other should check the results printout to be sure **all** input was done correctly. Times on the results sheet must match official time on the cards **exactly**. The order of the swimmers should match the order on the results sheets. Look for unusual times. Match pink DQ slips with DQ entry on results printout. Make sure heat and lane on card matches heat & lane on DQ slips.
  - After checking the entire printout, if anything looks wrong, give all 3 printouts and cards back to the computer operator for correction. **For example, if you have 6 regular cards and only 5 swimmers scored as regular, there is a problem and it must be corrected!**
  - Things to watch for: (if any of these occur, consult with the head table worker to determine proper course of action)
    - Is there a novice swimmer in an event that is only regular that night (ie: the Novice stroke that week is backstroke, but there is a novice swimmer scored in a Butterfly event). 100 freestyle is **never novice**.
    - No more than 6 Regular, X or XX swimmers can be in each event. There is no limit on the number of Novice swimmers as long as the stroke is a Novice stroke that week.
    - Swimmer swimming out of category- if the swimmer has an X or XX written on his card, but the results appear in a different category, the coach may have swum them in the wrong speed category.
    - Missing card/ Missing time: If you have a time for a swimmer on the printout, but no card or, if you have a card but no time on the printout.
    - Relays should have no more than 2 boys per team. All relay names on printout should match relay names on the card. Coaches often make handwritten changes.

If everything looks OK, take one of the results printouts, have one verifier initial it, and wrap around the cards with the printing on the outside. Put in box in event order, so that it can be quickly accessed if there is a question.

The other 2 copies should be distributed as follows: 1 to the announcer; 1 to be posted. Do **not** distribute these copies until the results are verified.

Ribbon labels should be printed at the end of the meet.

## JRAC STARTER CLINIC

### I. Equipment identification

#### A. Infinity starter unit

1. Power switch
  - a. Must be in OFF position while charging or plugging in/out the microphone.
2. Battery life indicator LED
  - a. Green—fully charged
  - b. Flashing green—charging
  - c. Yellow—needs charging (5-6 hrs use remaining)
  - d. Red—Almost out of power (1-2 hrs use remaining)
3. Charger receptacle
4. Speaker control volume
5. Microphone 1 input jack—plug microphone in here (make sure the unit is OFF).
6. Microphone 2/external strobe jack—not used at this time.
7. External speaker/Start output jack—not used at this time.

#### B. Tripod—Use care while unfolding the legs so as not to snap the braces.

#### C. Microphone/cord

1. Button to talk. Beware of feedback by standing too close to the unit.
2. Start signal—while holding down the talk button, press red button.
3. False start/recall signal—while holding down the talk button, press and hold down red button.

#### D. Charging cord assembly

1. Used only for charging the battery pack—make sure the connections are properly aligned before pushing the plug into the charger receptacle.
2. It's OK to leave the charger plugged in after the unit is fully charged, until the meet starting time.
3. Unit will not function at the meet if charging cord is plugged in.

### II. Starter's role—Have unit positioned in clearly visible location for timers and clearly audible location for swimmers.

- A. Position for each heat—clear view of all starting blocks.
- B. Issue specific instructions to the swimmers as they begin their events.
- C. Verify lane arrangement of upcoming swimmers, based on input from the Clerk of Course.
- D. Using a structured series of commands, initiate a fair start for all heats during the meet.
- E. Judge false starts, in concert with the meet Referee.

### III. Starter's relationship to other meet officials.

#### A. Clerk of Course

1. Provides heat-by-heat input within events as to what event lanes have assigned swimmers.
  - a. Delivered to starter via runner.
  - b. Upon call to the blocks—
    - (1) If the swimmer arrangement matches the COC p/w, trust that the lane clipboard timers have verified the swimmers' assignments and start your procedure.
    - (2) If COC p/w shows a swimmer assigned to a lane but no swimmer is on the blocks—Announce, "Is there a swimmer for lane (number)?" A few seconds later: "Swimmer for event \_\_, heat \_\_ lane \_\_?" Then start heat. Make the correction on the COC p/w if it goes to the Head Table.
    - (3) If COC p/w shows a swimmer on the blocks for an unassigned lane—Announce, "May I verify the card for lane \_\_? This is event \_\_, heat \_\_, lane \_\_." If corrected and the swimmer steps down, start the heat. If card is correct and swimmer swims, start the heat and make the correction on the COC p/w if it goes to the Head Table.

B. Announcer

1. Local rules as to whether the announcer announces event as it starts.
2. Arrange to have announcer quit talking as the last swimmer from each heat approaches the finish.

C. Referee

1. Know where his/her usual position is.
2. Mutual decision as to false starts.

D. Timers

1. Rotate the timers for mite events if one end of pool is non-compliant for the 4-foot rule.
  - a. For mite heats, arrange with Head Timer for a signal that timers are ready.
  - b. If there's high noise, arrange arm signal to timers for the "Take your mark" command (usually for mites).

2. Reminder to timers when starting a 100 meter event.

IV. Fly-over Starts:

A. Utilized only for Midget, JR, INT and SR individual events (IM, FS, BS & BF)—not used for Mite events, Backstroke and relays.

B. The purpose of fly-over starts is to conserve time and to establish and maintain meet momentum.

C. Under ideal conditions and with appropriate cooperation from the swimmers, intervals between heats can be held to less than 20 seconds.

D. Because this procedure is time-sensitive with few or no delays, the upcoming swimmers must anticipate their next race, have caps and goggles in place, be properly situated behind their blocks and be immediately ready to mount the blocks upon the command of the Starter.

E. The conditions required (as coached):

1. As the swimmers finish their race, they must stay in the water, in a corner of the lane (not directly under the block), and close to the wall as the next heat is started over their heads. They should align their bodies straight up and down along the wall.
2. As soon as the outgoing heat enters the water—but not before—the previous swimmers must promptly exit the pool. If there's a false start, all swimmers exit and the outgoing swimmers step up again.

F. Starter's procedure:

1. When the final swimmer of the current heat touches the wall (make sure it's the last swimmer!) the Starter issues the "Step up" command to the next heat.

2. Starter views the heat lane arrangement and within 4-5 seconds issues "Take your mark", followed by the start signal.

3. The same process is then repeated for each additional heat. Intervals between events are similarly managed so as not to create delays.

G. Timers' procedure (if using two watches per timer, as managed by the Head Timer):

1. 1<sup>st</sup> watch is started for outgoing heat.
2. 1<sup>st</sup> watch is stopped when that heat finishes; that watch is ignored—2<sup>nd</sup> watch (reset) is obtained and started for next heat upon the Starter's command.
3. 1<sup>st</sup> watch time is reported to lane clipboard timer and that watch is reset.
4. The running watch is stopped for the incoming heat and the procedure repeats as necessary.

V. Rules associated with the start (except backstroke)

A. Upon the command, "Step up", swimmers may assume any position on/beside the blocks.

B. Upon the command, "Take your mark", the swimmers must assume a starting position with one or both feet in a forward position on the starting block and all motion must stop.

1. Swimmers are not required to use the blocks. May start from pool edge or in water (body part must touch wall—coaches should advise of such swimmers).

2. Younger swimmers—variety of starting positions, as long as one or both feet are in a forward position on the starting block.



C. Allow swimmers to “set” and motion to stop before initiating the start. Beware of backward setting motion after swimmers’ hands come down to start position.

D. Backstroke events

1. Upon the command, “Step in”, swimmers enter water feet first and return to block.

2. Upon the command, “Place your feet”, swimmers may assume any foot placement position on the wall; toes shall not be curled over a gutter or the edge of the pool (you correct that, if seen before the start—if this happens after the start and there’s no false start, it’s a Strokes & Turns infraction).

3. Upon the command, “Take your mark”, swimmers may assume any backstroke starting position, followed by the start signal.

E. Command “Stand up/Stand Down” if too much time taken to assume starting position.

VI. Step Up/Step In command sequence

A. For the first heat of each event—“Event \_\_, Name of event, Heat \_\_, Step Up” (“Step in” for back stroke)—“There will be # heats for this event.” (Your on-deck officials like knowing the number of heats; at that moment, you’re the only one who knows that information).

B. For subsequent heats within that same event—“Heat \_\_, Step Up/Step In.” Issue the command when the last swimmer touches the wall. Make sure it’s the last swimmer.

VII. False starts—should have both Starter and Referee agree (subject to Referee being present).

A. Breaking the vertical plane in front of the starting swimmer—stationary vs. motionless starting position (muscle twitch/nervous foot/wiggling butt not a false start, as long as the vertical plane isn’t broken).

B. Early takeoff.

C. Swimmer “rolls in” before “Stand up” command is given.

D. If command “Stand up” is given before a swimmer rolls in, it’s not a false start.

E. If 2<sup>nd</sup> false start is charged to the same swimmer, it’s the referee’s call to DQ the swimmer.

F. If a swimmer (Mite especially) doesn’t recall, the Referee (or you, in Referee’s absence) would decide on swimming that heat over at later time.

VIII. Miscellaneous

A. No overt voice inflection/sing-song/question mark ending/yelling; achieve consistency in routine.

B. Issue “Step up/step in” command as final swimmer from previous heat touches wall.

1. Double check that it really is the final swimmer in the heat.

C. IM/Relay starts

1. IM—Start from blocks; “Event/Heat \_\_, Step up.”

2. FS relay—Start from blocks; “Event/Heat \_\_, Leadoff swimmer, Step up.”

3. Medley relay—Start from the water; “Event/heat \_\_, Leadoff swimmer, Step In.”

4. Mite relays—swimmers starting from a less than 4 feet-depth pool end: “Number 2 relay swimmers, using a feet-first entry, please enter the water and take up a starting position on the wall.” The #4 swimmers enter on their coaches’ commands after the #2 swimmers leave the wall.

5. For all relays (Optional)—“Swimmers, please remember to exit the water promptly upon the completion of your relay swim.”

D. Be ready to help judge early takeoffs for relay swims—If the procedure is not known, the Referee will explain it to you.

## JAMES RIVER AQUATIC CLUB

### DIVING RULES

Except as otherwise expressly provided in these DIVING RULES, all competitive diving in JRAC meets shall be governed by United States Diving rules and regulations. Any infraction of these rules shall be reported to the Diving Vice-President.

#### ARTICLE I - ELIGIBILITY

##### 1.01 Team Option of Member Clubs.

a. Each member club is encouraged but not required to have a diving team. By the February meeting, the JRAC Board shall be informed, for scheduling purposes, of a club's intention to field a diving team for the next season.

b. Each participating member club must submit an annual Certificate of Insurance (COI) to the Swim Secretary no later than May 31.

##### 1.02 JRAC Representatives. Each club submitting a diving team must have a designated representative or an appointed substitute to conduct the business of all meets. No dive coach may serve as a dive representative or substitute representative.

##### 1.03 Member Clubs. Any person who is not an individual or family member of a JRAC member club shall not dive in any JRAC meet. Any person who meets the membership qualification as previously stated may dive in a JRAC meet including a head or assistant diving coach.

##### 1.04 Representation of Single Member Club. No person shall dive on behalf of more than one member club during any summer season. With the prior approval of both member clubs and the payment of registration fees to each, a person who is otherwise eligible may dive on behalf of one member club and swim on behalf of another. A participating JRAC diver may also dive at the state level.

##### 1.05 Activation.

a. All participants shall be activated by name, gender and date of birth with the JRAC Treasurer. Each member club shall be responsible for the activation of its divers by the payment of annual dues of \$25.00 per child. Inactive divers may participate in a meet only if an inactive swimmer/diver form is completed and turned in to the table on the day of the meet. Formal activation with the Treasurer must follow within 10 days.

b. Activation as a diver with JRAC also constitutes activation as a swimmer. Any child activated as a swimmer may also dive for the same club without further league activation. Teams who do not participate in JRAC swimming may register with the Diving VP and/or Diving Secretary.

c. All dive teams must submit an alphabetical dive team registration list including full name, date of birth and gender of each registered diver to the Diving VP, Diving Secretary, Swim Secretary and JRAC Treasurer no later than the day before the first regularly scheduled meet of the season. Subsequent registrations must accompany weekly results.

d. Every diver must have a completed liability waiver on file with JRAC prior to his/her participation in a meet.

##### 1.06 Participation of JRAC Member from Club Without a Diving Team. Individual divers from clubs without a diving team or those diving as independents may participate in all meets.

a. These divers shall not receive points; however, they shall be given awards.

b. Awards and points shall be awarded team participants exclusive of non-team participation (Non-team participant shall share place with team participant - two awards shall be given for one place.)

c. Individuals wishing to participate in a diving meet must inform the host club's diving representative or diving coach one day prior to the date of the meet.

#### ARTICLE II - CLASSIFICATION

##### 2.01 Age. The eligibility of a diver for a particular age group will be determined by his age as of June 1 of the year of competition. Seniors who attain the age of 19 on or after June 1 may complete the regular season and championships for that year only. Diving shall be conducted under the following age group classifications:

Mites	9 and under
Midgets	10 and 11
Juniors	12 and 13

Intermediates	14 and 15
Seniors	16 through 18

**2.02 Competitive Category.** Diving shall be conducted under the following competitive categories. By 1 June of the season, the Diving VP or Diving Secretary will provide a list of all divers who participated in the previous season and their beginning competitive category for the upcoming regular season. It is the Coach's responsibility to properly enter a diver, according to his age, in the correct category using the following classifications:

**Novice.\*** A diver is eligible to dive in the novice division if he has not placed first and has not scored more than:

Mites	60
Midgets	85
Juniors	115
Intermediates	150
Seniors	175

\*A diver will regain novice status when he changes age groups.

**Regular.** Any diver is eligible to participate as a Regular unless he has met the requirements for an X diver. A Novice diver who chooses to compete in the regular category, is still eligible to dive novice at a later date, providing he did not place first and surpass the novicing out point requirement.

**X.** A diver must\* dive in the X category when:

1. He has placed 1<sup>st</sup> as a regular, including championships and
2. He has met the age group point requirements below:

AGE GROUP	REQUIREMENTS
Mite Girls	3.1 DD and 90
Mite Boys	3.0 DD and 85
Midget Girls	3.1 DD and 125
Midget Boys	3.1 DD and 120
Junior Girls	3.2 DD and 170
Junior Boys	3.2 DD and 155
Intermediate Girls	3.4 DD and 200
Intermediate Boys	3.4 DD and 195
Seniors	3.6 DD and 235

\* A diver must earn the X classification per the requirements above in order to dive X.

3. The required DD is defined to be the sum of the DD's of the two highest dives in a diver's list.

## ARTICLE III - MEET OFFICIALS

**3.01 Meet Director.** The JRAC representative of the host team or a person appointed by him shall be the Meet Director and shall gather forms and cover the Pre-Meet Judges Rules.

### 3.02 Judges.

a. A minimum of three (3) judges is required. A panel of five (5) judges is preferred.

b. Each participating club must furnish one (1) qualified judge for the entire meet.

c. Coaches, selected intermediate and senior divers and other qualified adults can serve as judges. Judging by siblings and parents should be avoided. Judging up is not permitted. No judge may judge an age group older than his own.

d. At each meet, coaches are responsible for judging the entire meet or for providing a qualified substitute as mutually agreed upon by the involved coaches.

### Head Judge.

The head judge will be the head coach of one of the participating teams with the fewest judges for the event. The head judge should alternate for each age group.

### 3.03 Workers.

a. Four (4) table workers are required for a meet, the computer operator, the backup scorer, the announcer and the head table worker. The away team will provide the backup scorer or table worker.

Workers must report to the table 15 minutes prior to the scheduled start of the meet. Workers must remain until the meet is over or provide a substitute.

b. The announcer of any JRAC dive meet must always announce the scores for each event in the same order.

**3.04 Head Coach.** The head coach of a club must be present for the entire meet barring an emergency situation.

## ARTICLE IV - INTRASQUAD MEETS

**4.01 Schedules.** By the March JRAC Board meeting, the Diving VP or Secretary shall submit meet schedules

to the JRAC Board. No more than five regular season meets will be scheduled and none should commence before the close of local public schools unless mutually agreed upon by the two teams.

**a. Division Placement.** There will be two divisions (A and B). Division placement for the current season will be determined by adding total team points and total number of participating divers from each prior season meet, including the championship meet.

**b. Uneven Number of Teams.** In the event of an uneven number of teams in a year, triple meets will be conducted in the B division only, unless otherwise directed by a majority vote of the dive representatives.

**4.02 Day and Time.** Diving meets shall be held on Thursday at 1:00 p.m. except by mutual consent of competing clubs and notification of the diving vice-president. Changes are to be decided between the Reps; coaches are not to be involved.

**4.03 Diving Pool.** The diving pool may remain open, but no swimming is permitted during diving events.

**4.04 Postponement.** After consultation with the JRAC representatives of the participating member clubs, the Meet Director shall delay or postpone any meet, even though said meet has commenced, if in his judgment the Meet cannot be conducted or completed in a safe and satisfactory manner. Representatives and coaches with the consent of management will wait 30 minutes to determine when the meet will proceed.

Make-up meets shall be held the following day at a time agreed upon by the participating clubs' coaches and representatives. The JRAC representatives of the clubs involved, with the Diving Vice-President shall do further rescheduling.

If a diving meet is postponed after it has commenced, all events that have been completed shall be counted as such. Only those events that have not been completed (according to the seeding forms) shall be conducted on the rescheduled date.

**4.05 Forms.** It is the responsibility of the visiting team(s) to submit an electronic copy of all eDive files to the host computer operator by midnight the evening before the meet for merging purposes and a printed copy of the dive sheets at least thirty (30) minutes prior to the prescribed starting time of the meet. **All dive sheets must be complete and signed by the diver and coach regardless of age group or**

**classification.** The Meet Director is directed to record on the dive sheet the time a late sheet is submitted and to report late sheets to the Diving VP at the time the final meet eDive files are sent.

**4.06 Attire.** A diver must be properly attired in a diving meet and may not wear goggles, nose plugs, or excessive jewelry.

**4.07 Number of Divers: Penalty.**

**a. Intrasquad Meets:** Each club is limited to a total of thirty-five (35) competitors.

**b. Number of Divers Ascertained - Penalty.**

1. The Meet Director shall ascertain the number of diving entries before the meet begins.
2. A 5-point penalty per extra diver shall be assessed a team with too many entries.
3. The coach of the penalized team shall select the deletion(s).

**4.08 Warm-ups.**

**a.** Warm-up time will be provided before the meet begins. Visitor warm-ups shall commence 1 hour before the scheduled meet time.

**b.** Each diver will be permitted at least one dive immediately prior to his event.

**c.** A diver's team coach must be present and on deck in order for a diver to warm-up.

**d.** Each away team participating in a triple meet will receive no less than 20 minutes of team warm-up prior to the meet. *Alphabetical* order will be used to determine away team dive order unless other advance arrangements have been made. (i.e. Away warm-ups will commence at noon for a 1 p.m. meet)

**4.09 Diving Order and Required Dives.**

**a.** Dives may be done in any order. Voluntary and optional dives must be done from different groups. The lowest scoring dive from a repeated group will be treated as a failed dive. All age groups may select from Appendix D-2 in this book. Indicated degree of difficulty is to be used on all dives.

**b.** Dives on the "Voluntary List" that are not used as "Voluntary Dives" may be used as Optional dives.

Voluntary Dives are as follows:

- |     |                       |
|-----|-----------------------|
| 101 | Forward Dive          |
| 103 | Forward 1½ Somersault |

- 201 Back Dive
- 301 Reverse Dive
- 401 Inward Dive
- 5111 Forward Dive ½ Twist
- 5122D Forward Somersault, 1 Twist
- 5211 Back Dive ½ Twist
- 5221D Back Somersault, ½ Twist

- c. Novice divers may select either the 100 front jump, DD 1.0, **OR** the 200 back jump, DD 1.0, for learning purposes. If the 100 or 200 dive is used, a score of no more than 2 may be given **AND** said meet will **NOT** be a championship qualifying meet. If more than one jump is performed, only the highest scoring jump will be scored, the others will be treated as failed.

#### NUMBER OF DIVES

	Voluntary	Optional	Total
<u>Novice</u>			
Mites	2	1	3
Midgets	2	2	4
Juniors	3	2	5
Intermediates	3	3	6
Seniors	4	3	7
<u>Regular and X</u>			
Mites	2	2	4
Midgets	3	2	5
Juniors	3	3	6
Intermediates	4	3	7
Seniors	4	4	8



#### **Judges Scoring.**

- a. Points shall be awarded from ½ to 10 according to the opinion of the judges and the following table:

Very good	8½ - 10	points
Good	6½ - 8	points
Satisfactory	5 - 6	points
Deficient	2½ - 4½	points
Unsatisfactory	½ - 2	points
Completely Failed	No	Score

A diver who misses (no show) his first two dives will be cut from the meet. If a diver fails a dive at a regular season meet, that meet will not be a championship qualifying meet for that diver.

A diver who fails two or more dives shall not receive team points but he may complete his list of dives. The diver will be treated as an exhibition diver.

- b. If the dive is performed clearly in a position other than as written, the head judge shall instruct the

judges that it shall be awarded not more than two (2) points. In any other circumstances in which the dive shall be considered deficient, the judges shall award not more than four and one-half (4½) points.

- c. A meeting of all eligible judges and diving representatives will be held at least 10 minutes before the meet. The meeting will be conducted by the home team diving representative. Topics included in Appendix D-1 of this book should be discussed fully to ensure that all judges and officials have a clear understanding of home team and league policies.

- d. It is the duty of the head judge, not the announcer, to make incorrect dive or incorrect position calls. It is the duty of the Meet Director to ensure that the announcer refrains from using the PA system to make such calls and inform the VP of Diving should such violations occur.

- e. If a judge, coach or diver determines that the announcer has made an error in announcing a dive, he shall inform the Meet Director immediately. If the diver executes the 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. If a dive is executed other than that which is announced, and is properly listed on the score sheet, it will be judged as a correct dive and considered an announcer error.

- 4.11 Team Scoring.** Team points shall be awarded to the first six places in intrasquad novice categories as follows:

$$7 - 5 - 4 - 3 - 2 - 1$$

Team points shall be awarded to the first six places in intrasquad regular categories as follows:

$$9 - 7 - 5 - 4 - 3 - 2$$

Team points shall be awarded to the first six places in intrasquad X categories as follows:

$$10 - 8 - 6 - 5 - 4 - 3$$

If a place is tied, the points for that place plus the next place are added together and divided equally between each diver. The next place following the tie is not awarded.

- 4.12 Awards.** Ribbons shall be awarded at the end of each event for the first six places in all meets.

- 4.13 Meet Results.** The eDive electronic meet result files should be emailed to the Diving VP and Diving Secretary as soon as possible following the completion of the meet, but in no case later than midnight of the meet date. The original printed and signed dive sheets (sed for backup scoring) must be submitted to the JRAC Diving VP no later than noon the following day. A penalty will be assessed for late forms.

The Diving VP may waive the requirement to submit the original printed and signed dive sheets for any meet and/or week.

- 4.14 Order of Diving.** The order of diving shall be seniors, mites, midgets, juniors, and intermediates. **NO** diver may dive with any age group other than his own.

Age groups and/or genders may be combined with the mutual consent of all participating team reps. Divers should still dive in the order they would have had the events not been combined.

## ARTICLE V - CHAMPIONSHIP MEET

### 5.01 Entries.

- Each club shall be limited to twenty-five (25) competitors.
- Each team must submit the completed Championship Meet eDive electronic files to the Diving VP and Diving Secretary no later than noon on the day of the championship seeding meeting. The team rep must bring the final completed and signed dive sheets to the championship seeding meeting.

### 5.02 Eligibility.

- Any JRAC diver shall participate in a JRAC diving championship meet if he has participated in and successfully completed his list of dives in at least 2 meets. The two meets must not have included a 100 or 200 or any failed dives.

A diver who has qualified for champs will dive in champs under the highest competitive category (novice, regular or X) that he attained or maintained at the end of the last regular season dive meet. Novice divers who have competed as Regulars at regular season meets must dive Novice in champs if

they have not earned the Regular category designation.

- All championship qualification appeals must be submitted no later than NOON of the day of the championship seeding meeting by e-mail to the Diving Secretary and the Diving VP. All appeals votes will be cast by the reps anonymously. Votes will be counted by the Diving VP.

### 5.03

**Diving Forms.** Diving forms and electronic copies of the diving forms shall be turned in to the Diving Vice President at the seeding meeting. Additions will not be permitted after the meet is seeded.

In the event that a coach determines that a diver cannot safely complete a dive entered on the championship dive form the coach may replace any dive on up to three diver's list of dives at any time prior to 8:30 a.m. on the day of the championship meet. The replacement dive(s) must have the same or lower DD as the dive to be replaced and satisfy all other age group criteria. The coach must submit the name of the diver, the age group, the dive to be replaced and the replacement dive in writing or by email to the Diving VP no later than 10 p.m. the day preceding the diver's events. All JRAC dive reps will convene at 8:30 a.m. on each day of the championship meet to review any dive form that has been altered. Additionally, the order of dives may be changed at this meeting. Any change in orders will count as one of the three changes allowed for that team. Following the 8:30 a.m. meeting no additional changes may be made for any other divers that day, nor will the change(s) be reversed.

### 5.04

#### Diving Order and Required Dives.

- Voluntary dives for Championships will be the same as voluntary dives for the regular season.
- Dives may be completed in any order.

	NUMBER OF DIVES		
	Voluntary	Optional	Total
<b>NOVICE</b>			
Mites	2	1	3
Midgets	2	2	4
Juniors	3	2	5
Intermediates	3	3	6
Seniors	4	3	7
<b>REGULAR AND X</b>			
Mites	2	2	4
Midgets	3	2	5

Juniors	3	3	6
Intermediates	4	3	7
Seniors	4	4	8

c. The order of diving for the championship meet on day 1 shall be senior girls, mite girls, midget girls, junior girls, and intermediate girls. On day 2 the order shall be senior boys, mite boys, midget boys, junior boys and intermediate boys.

#### 5.05 **Awards.**

a. **Individual Awards.** Medals shall be awarded for first, second and third places in Novice, Regular and X categories. Ribbons shall be awarded for fourth through eighth places in Novice, Regular, and X categories.

b. **Team Awards.** A separate trophy shall be awarded to the team earning the greatest number of points in each competitive category (Novice, Regular, and X). Trophies will also be awarded to the teams earning the greatest number of points in each division (A and B).

c. **Team Points.** Team points shall be awarded to the first eight places at Championship. The points will be as follows:

Novice	9 – 7 – 6 – 5 – 4 – 3 – 2 – 1
Regular	11 – 9 – 8 – 7 – 6 – 5 – 4 – 3
"X"	12 – 10 – 9 – 8 – 7 – 6 – 5 – 4

If a place is tied, the points for that place plus the next place are added together and divided equally between the two divers. The next place following the tie is not awarded.

#### 5.06 **Warm-ups.**

a. Warm-ups shall be given before the meet begins and between events.


b. Each diver shall be allowed at least one dive immediately prior to his event.

c. A diver's team coach must be present and on deck in order for a diver to warm-up.

5.07 **JRAC Diving Representatives.** The JRAC representative or the designated acting diving representative from each club must be present during the entire Championship Meet.

5.08 **Workers.** The Diving Vice-President is responsible for scheduling workers for the Championship Meet.


5.09 **Coaches.** Head coaches must be present during the entire championship meet.

 5.10 **Judging.** The Diving VP shall submit a list of judges for each event no later than the Championship Seeding Meeting. No team shall be represented by more than two judges in the meet and no team shall be represented by more than one judge in any one event. The head judge (preferably a non-scoring independent individual) for the championship meet shall be appointed by JRAC Diving VP.


### ARTICLE VI - U.S. DIVING and AAU COMPETITIONS

6.01 **Position of JRAC Board.** The JRAC Board encourages all divers to participate in U.S. Diving and AAU diving competitions.

### ARTICLE VII - SEASON'S RESULTS

 7.01 **Regular Season Awards.** Trophies will be awarded to the 1st and 2nd place teams with the best record in both Divisions.

The team with the most regular season wins will be the regular season winner. In the event of a tie, the winner of the meet between the two tied teams shall be the regular season winner. In the event of a three-way tie, the team earning the greatest number of points in all regular season meets will be the winner, with the second highest number of points in the regular season determining the second place, etc.

 7.02 **The Brandon Wilburn Sportsmanship Award** will be given to that team in each division that receives the greatest number of votes from the teams it competed against in the regular season. The teams should be judged on all aspects of sportsmanship including, but not limited to, overall team friendliness to opponents, conduct of meets, appropriateness of behavior of parents, coaches, employees and guests, willingness to cooperate with all tasks including leaving the area clean after the meet, adherence to the home team's rules and willingness to go the extra mile to do the right thing.

## ARTICLE VIII - MEET MATERIALS

**8.01 Responsibility.** The Diving VP is responsible for distributing the following materials at the meeting of coaches and club representatives prior to the beginning of the season.

- JRAC Rule Books (one for coach and one for representative)
- Ribbons for home meets

The Meet Director is responsible for having all required equipment and materials ready thirty minutes in advance of the starting time of the meet.

The head coach is responsible for reviewing forms before each meet, making certain that all forms are signed, and for submitting forms to the Meet Director on time.

## ARTICLE IX - TABLE

**9.01 Table.** The host club shall have the following necessary table and equipment set up thirty (30) minutes prior to the starting time of the meet.

- a. All JRAC meet materials:
  - Awards
  - JRAC Rule Book
- b. Table supplies provided by host club:
  - eDive equipped computer with a printer
  - Award Labels
  - Sound System
  - Paper weights (three or four)
  - Drinks for workers and judges
  - Announcer and workers (see rule 3.03)

## ARTICLE X - PENALTIES AND PROTESTS

**10.01 Penalties.** Any infraction of the rules shall result in the following penalties, to be assessed by the Diving Vice-President:

- **3 points for:**
  - unsigned forms
  - Incomplete items (including coaches' name)
  - incomplete item (maximum 9 points per form)

- **5 points for:**
  - late forms
  - dives out of classification (age group and/or category)
  - too many divers (also results in loss of the extra diver's team points and place)
  - absence of coach or dive representative at championships (per dive form)
- absence of diving representative at seeding meeting (per dive form) In addition to a 5-point infraction penalty, if a diver dives out of age group or category, the diver will be disqualified and all other divers will move up in the standings. The offending diver's team shall also be assessed loss of placement points. The diver's incorrect dive will be ruled a failed dive and the diver's sheet will be rescored, resulting in a change in placement. The maximum number of 5-point penalty points for a single dive form is 10 points.

**10.02 Protests.** If there is a dispute, at the end of the meet a protest may be made in writing to the Diving Vice-President, with a copy to all involved parties. The Diving VP will resolve the event involved and the results forwarded to the coaches and representatives. An appeal of any decision may be made to the Diving Representatives of the JRAC Board.

**10.03 Rules Meeting.** Proposed dive rule changes must be submitted in writing by a JRAC Dive Rep to the JRAC Dive VP and Dive Secretary no later than September 1 of the year preceding the initiation of the proposed change. These proposals will be presented to the JRAC dive reps, discussed and voted upon at the rules meeting on the second Sunday of September. Those rules that are approved at the rules meeting will be voted upon by the JRAC Dive Reps at the regularly scheduled September JRAC meeting. Dive coaches may attend the rules meeting to explain the rationale of requested rule changes.

**10.04 Rule Changes.** Only representatives of JRAC clubs that field a dive team may vote on dive rule changes. The dive rules report will be voted on at the regularly scheduled September JRAC meeting.



### **PRE-MEET JUDGES / REPS MEETING**

- Introduce all coaches, judges and reps. Five judges should be used whenever possible.
- Alternate seating during events. Show score as soon as the announcer says "SCORES." This should produce simultaneous scoring.
- Head judge should come from the team with the fewest judges for the event and this should alternate. Head judge is responsible for calling balks, double bounces, etc.
- Judge all dives as you see them unless a call has been made by the head judge and bearing in mind league standards.
 

Very good	8½ - 10	points
Good	6½ - 8	points
Satisfactory	5 - 6	points
Deficient	2½ - 4½	points
Unsatisfactory	½ - 2	points
Completely Failed	No	Score
- REMINDER: If the dive is performed clearly in a position other than is written, the head judge shall instruct the judges that it shall be awarded not more than two points. In any other circumstances in which the dive shall be considered deficient, the judges shall award no more than 4½ points.
- Avoid comments to opposing team divers.
- If you feel the need to communicate with the other judges and/or a diver or the head table, stop the meet, ask the next diver to step down and wait a moment, call for a meeting at the head table of all judges and reps, clarify the question or problem, then proceed.
- Discuss any local club special rules that may impact either team.
- Ask for questions and/or necessary clarifications including which judges will be judging which events and how many judges are available for each event.
- Read **Judges and Referees Calls** further down in this Appendix.

### **JUDGING JRAC DIVING**

JRAC Diving is a developmental league. The rules for judging developmental diving are slightly adapted to make it easier for beginners to learn the sport, but they are based on the same criteria and standards for athleticism, aesthetics and safety used to judge competitive diving at more advanced levels. As a judge, you must apply these standards conscientiously and fairly. When in doubt, give the benefit to the diver.

#### **Judging Criteria and Standards**

- Judge the entire dive (approach, take-off, flight and grace in the air, and entry).
- Use the full range of scorecard, except 0 and 10.
- Deduct for errors, but reward superior performance.
- Do NOT take degree of difficulty into account.

#### **Start of Dive**

- First step on forward approach or press on back approach.

#### **Position of Dives**

<i>POSITION</i>	<i>WHAT TO LOOK FOR</i>
<b>Straight or Layout</b>	<ul style="list-style-type: none"> <li>• Body not bent at knees or hips</li> <li>• Arms straight, feet together and toes pointed</li> </ul>
<b>Pike</b>	<ul style="list-style-type: none"> <li>• Body bent at the hips</li> <li>• Legs straight at the knees</li> <li>• Toes pointed</li> <li>• Pike tight and compact</li> </ul>
<b>Tuck</b>	<ul style="list-style-type: none"> <li>• Entire body bunched up with knees together</li> <li>• Tuck tight and compact</li> </ul>
<b>Free</b>	<ul style="list-style-type: none"> <li>• Incorporates any and all of the positions in a single dive</li> <li>• *Mandatory for all twisting dives of 1 somersault or less except as specified in handbook.</li> </ul>

**Range of Scores**

<i>QUALITY</i>	<i>SCORE</i>	<i>CATEGORY</i>	<i>WHAT TO LOOK FOR</i>
<b>Unsatisfactory</b>	½ - 2 points		<ul style="list-style-type: none"> <li>• No take-off (diver falls into the water)</li> <li>• Diver hits the board but still enters the water vertically</li> <li>• Dive out of position</li> <li>• Badly angled or balled up entry</li> <li>• *Front or back entry performed for front or back dive</li> </ul>
<b>Deficient</b>	2 – 4 points		A deficient dive displays one or more of the following errors:
		<b>Approach and take off</b>	<ul style="list-style-type: none"> <li>• Incomplete hurdle, arm swing, press, or one-foot take off</li> </ul>
		<b>Flight</b>	<ul style="list-style-type: none"> <li>• One or more breaks in position</li> <li>• Body position not tight or compact</li> <li>• Twists in dives other than twisters</li> <li>• Twisting dives overtwisted or undertwisted, but less than 90 degrees</li> <li>• *Open tuck (including split tuck)</li> <li>• Dive not completed in the air</li> <li>• Bent leg(s) or arm(s) out of body alignment, legs or feet apart, flat feet</li> <li>• Outward rather than upward trajectory</li> </ul>
		<b>Entry</b>	<ul style="list-style-type: none"> <li>• Arms not over the head or at the sides as specified for dives.</li> <li>• Legs or feet apart or out of alignment</li> <li>• Dive goes long or short</li> </ul>
<b>Satisfactory</b>	5 – 6 points	<b>Approach</b>	<ul style="list-style-type: none"> <li>• Clear press and arm swing</li> <li>• Running approach must have hurdle</li> <li>• Hurdle is from one foot</li> <li>• After hurdle, both feet must contact board</li> </ul>
		<b>Take-off</b>	<ul style="list-style-type: none"> <li>• Vertical lift from board from both feet</li> </ul>
		<b>Flight</b>	<ul style="list-style-type: none"> <li>• Up, but not out</li> <li>• Balanced and controlled</li> <li>• Arms, legs and torso aligned</li> <li>• Dive completed in the air</li> <li>• Body fully extended before entry</li> </ul>
		<b>Entry</b>	<ul style="list-style-type: none"> <li>• Approximately vertical, feet together and toes pointed</li> <li>• In front of board, not off the side</li> <li>• Not too far out, not too close (1-4 feet)</li> <li>• Full extension of arms and headfirst entry</li> <li>• Arm straight at sides for feet first entry</li> </ul>
<b>Good to Very Good</b>	6 – 10 points		<p>All of elements for <b>Satisfactory</b> dive above PLUS one or more of these:</p> <ul style="list-style-type: none"> <li>• Vertical lift above the board at or above the diver's height</li> <li>• Dive completed before passing the board on descent</li> <li>• Perfect body alignment from take off through entry</li> <li>• Vertical drop from top of dive to entry; rip entry</li> </ul>

**Judges and Referee Calls**

<i>ERROR</i>	<i>CALLED BY</i>	<i>POINTS</i>
Split tuck	Judges deduction	1 to 2 points
Excessive rocking of the board	Judges deduction	Up to 2 points
Crow hop	Judges deduction	Up to 2 points
Arms not in correct position	Judges deduction	1 to 3 points
Too close to, too far from or off to one side of board	Judges deduction	
Hitting board	Judges deduction	
Break in position	Judges deduction	
Hurdle off two feet and balk NOTE: less than 3 steps allowed without penalty of balk	Referee call	2 points from each score
Dive clearly out of position	Judges deduction or Referee call	No more than 2 points from each score
Front or back entry for front or back dive	Judges deduction or Referee call	No more than 2 points from each score
Failed dive Dive announced not executed, including 90 degrees or more over/under twist, head first dives any part of the body below the waist entering the water before the hands, and hands touching first on feet first entry dive Diver assistance or two balks	Judges deduction or Referee call	No score

FINA DIVING DEGREES OF DIFFICULTY								
	1 METER				3 METERS			
	strt	pike	tuck	free	strt	pike	tuck	free
FORWARD GROUP	A	B	C	D	A	B	C	D
101 Forward Dive	1.4	1.3	1.2		1.6	1.5	1.4	
102 Forward Somersault	1.6	1.5	1.4		1.7	1.6	1.5	
103 Forward 1½ Somersault		1.7	1.6			1.9	1.6	1.5
104 Forward Double Somersault		2.3	2.2			2.1	2.0	
105 Forward 2½ Somersault		2.6	2.4			2.4	2.2	
106 Forward Triple Somersault			2.9				2.5	
107 Forward 3½ Somersault			3.0			3.1	2.8	
109 Forward 4½ Somersault							3.5	
112 Forward Flying Somersault		1.7	1.6			1.8	1.7	
113 Forward Flying 1½ Somersault		1.9	1.8			1.8	1.7	
114 Forward Flying Double Somersault								
115 Forward Flying 2½ Somersault							2.5	
1051 Forward Somersault with Flying 1½ Somersault							2.5	
BACK GROUP								
201 Back Dive	1.5	1.5	1.5		1.9	1.8	1.7	
202 Back Somersault	1.7	1.6	1.5		1.8	1.7	1.6	
203 Back 1½ Somersault	2.5	2.4	2.0		2.4	2.2	1.9	
204 Back Double Somersault		2.5	2.2		2.5	2.3	2.0	
205 Back 2½ Somersault			3.0			3.0	2.8	
207 Back 3½ Somersault							3.4	
212 Back Flying Somersault		1.7	1.6			1.8	1.7	
213 Back Flying 1½ Somersault							2.1	
REVERSE GROUP								
301 Reverse Dive	1.8	1.7	1.6		2.0	1.9	1.8	
302 Reverse Somersault	1.8	1.7	1.6		1.9	1.8	1.7	
303 Reverse 1½ Somersault	2.7	2.4	2.1		2.6	2.3	2.0	
304 Reverse Double Somersault		2.6	2.3			2.4	2.1	
305 Reverse 2½ Somersault			3.0			3.0	2.8	
307 Reverse 3½ Somersault							3.5	
312 Reverse Flying Somersault		1.8	1.7				1.8	
313 Reverse Flying 1½ Somersault							2.1	
INWARD GROUP								
401 Inward Dive	1.8	1.5	1.4		1.7	1.4	1.3	
402 Inward Somersault		1.7	1.6			1.5	1.4	
403 Inward 1½ Somersault		2.4	2.2			2.1	1.9	
404 Inward Double Somersault			2.6			2.6	2.4	
405 Inward 2½ Somersault			3.0			3.0	2.7	
407 Inward 3½ Somersault							3.4	
412 Inward Flying Somersault		2.1	2.0			1.9	1.8	2.7
413 Inward Flying 1½ Somersault								

FINA DIVING DEGREES OF DIFFICULTY	SPRINGBOARD							
	1 METER				3 METER			
	strt	pike	tuck	free	strt	pike	tuck	free
TWIST GROUP	A	B	C	D	A	B	C	D
5111 Forward Dive, ½ Twist	1.8	1.7			2.0	1.9		
5112 Forward Dive, 1 Twist	2.0	1.9			2.2	2.1		
5121 Forward Somersault, ½ Twist	1.9	1.8		1.7	2.0	1.9		
5122 Forward Somersault, 1 Twist				1.9				2.0
5124 Forward Somersault, 2 Twists				2.3				
5126 Forward Somersault, 3 Twists				2.7				
5131 Forward 1½ Somersault, ½ Twist		2.1	2.0			2.0	1.9	
5132 Forward 1½ Somersault, 1 Twist				2.2				2.1
5134 Forward 1½ Somersault, 2 Twists				2.6				2.5
5136 Forward 1½ Somersault, 3 Twists				3.0				2.9
5138 Forward 1½ Somersault, 4 Twists								3.3
5152 Forward 2½ Somersault, 1 Twist				3.0				2.8
5154 Forward 2½ Somersault, 2 Twists								3.2
5211 Back Dive ½ Twist	1.8				2.0			
5212 Back Dive 1 Twist	2.0				2.2			
5221 Back Somersault ½ Twist				1.7				
5222 Back Somersault 1 Twist				1.9				
5223 Back Somersault 1½ Twists				2.3				
5225 Back Somersault 2½ Twists				2.7				
5231 Back 1½ Somersault, ½ Twist				2.1				2.0
5233 Back 1½ Somersault, 1½ Twist				2.5				2.4
5235 Back 1½ Somersault, 2½ Twists				2.9				2.8
5237 Back 1½ Somersault, 3½ Twists								3.2
5251 Back 2½ Somersault, ½ Twist								2.5
5311 Reverse Dive, ½ Twist	1.9				2.0			
5312 Reverse Dive 1 Twist	2.1				2.2			
5321 Reverse Somersault, ½ Twist				1.8				
5322 Reverse Somersault, 1 Twist				2.0				
5323 Reverse Somersault, 1½ Twist				2.4				
5325 Reverse Somersault, 2½ Twists				2.8				
5331 Reverse 1½ Somersault, ½ Twist				2.2				2.1
5333 Reverse 1½ Somersault, 1½ Twist				2.6				2.5
5335 Reverse 1½ Somersault, 2½ Twists				3.0				2.9
5337 Reverse 1½ Somersault, 3½ Twists								3.3
5351 Reverse 2½ Somersault, ½ Twist								2.5
5411 Inward Dive, ½ Twist	2.0	1.7			1.9	1.6		
5412 Inward Dive, 1 Twist	2.2	1.9			2.1	1.8		
5421 Inward Somersault, ½ Twist		1.8	1.7			1.6	1.5	
5422 Inward Somersault, 1 Twist				2.1				
5432 Inward 1½ Somersault, 1 Twist								2.4
5434 Inward 1½ Somersault, 2 Twists								2.8

## **2018 JRAC DIVE MEET SCHEDULE**

### **MEETS START AT 1:00 P.M.**

#### **2018 Final Dive Schedule**

9 TEAMS	Sched 9	A5 & B4
Wk 1 - 6/21/18	3@1	HC @ KRA
	4@5	RT @ ARA
	7@6	WRA @ CCV
	8&9@2	BA & TC @ BSRC
Wk 2 - 6/28/18	1@2	KRA @ BSRC
	4@3	RT @ HC
	6@5	CCV @ ARA
	8&9@7	TC & BA @ WRA
Wk 3 - 7/5/18	2@4	BSRC @ RT
	3@8	HC @ BA
	1@9	KRA @ TC
	5&7@6	ARA & WRA @ CCV
Wk 4 - 7/12/18	4@1	RT @ KRA
	2@7	BSRC @ WRA
	6@9	CCV @ TC
	5&8@3	ARA & BA @ HC
Wk 5 - 7/17/18	3@2	HC @ BSRC
	5@1	ARA @ KRA
	6@8	CCV @ BA
	7&9@4	WRA & TC @ RT

2018		
1438.0	KRA	1A
1334.0	BSRC	2A
1126.5	HC	3A
936.0	RT	4A
861.0	ARA	5A
610.0	CCV	6B
593.0	WRA	7B
411.0	BA	8B
472.0	TC	9B

**2018 SYNCHRO MEET at Kanawha – Friday, July 6, 2018 - 10:00 a.m.**  
**Warm-ups begin at 9:00 A.M.**

**2018 DIVING CHAMPIONSHIP MEET at Avalon Recreation Association**  
 Champs Practice, July 22, 2018 – By appointment  
 (Girls) Monday, July 23, 2018 9:00 A.M.  
 (Boys) Tuesday, July 24, 2018 9:00 A.M.  
**Warm-ups for the Championship Meet begin at 7:00 A.M.**

BY – LAWS  
OF  
JAMES RIVER AQUATIC CLUB

ARTICLE 1  
Membership

Section 1. The Members of the Corporation shall be:

Anirav Swim Club  
Avalon Recreation Association  
Chickahominy Aquatics Association  
Country Club of Virginia  
Glen Allen Community Center  
Hermitage Country Club  
Jefferson Lakeside Country Club  
Kanawha Recreation Association  
Lakeside Swim and Racquet Club  
Lewis Ginter Recreation Association  
Midlothian YMCA  
Recreation Association of Fairfield (Sandston)  
Richmond Country Club  
Ridgetop Recreation Association  
Southampton Recreation Association  
Three Chopt Recreation Club  
Walton Park Community Pool  
Westwood Club  
Woodmont Recreation Association

Diving only:

Bon Air  
Burkwood Swim & Racquet Club  
Hungary Creek Recreation Association  
Stonehenge  
Woodlake

Section 2. Additional Members. The Members may from time to time, by majority vote of the Members entitled, vote to admit additional organizations to membership in the Corporation. In like manner, the Members may admit organizations to provisional membership in the Corporation, but such provisional members shall not be entitled to vote and shall not be deemed Members of the Corporation. There shall be a one-time initiation fee, amount determined by the board.

Section 3. Withdrawal or Expulsion of a Member. Any Member may withdraw from membership in the Corporation upon *sixty days' prior written notice*. Such notice shall be given to the board 60 (sixty) days prior to the first meeting of the calendar year. The Members, by two-thirds vote of the Members entitled to vote, may expel a Member.

## ARTICLE II

### Membership Meetings

Section 1. Participation – Each Member shall be entitled to appoint one Voting Representative, at least one Swimming Representative and at least one Diving Representative. The persons so appointed shall be deemed to have the proxy of the Member to vote on behalf of the Member for all matters. The vote of the Member shall be cast by its Voting Representative, or in his absence by its Swimming Representative, or in the absence of both of them by its Diving Representative. Voting by absentee ballot shall not be allowed.

Section 2. Regular Meetings – Regular meetings of the membership shall be held on such days and at such places as the membership may determine. The regular meeting for the month of September shall be the Annual Meeting of the membership, at which time rule change proposals shall be voted upon.

Section 3. Special Meetings – Special meetings of the membership may be held at such times and places as may be designated by the President and must be called upon the written request of five (5) Members provided in each case at least three (3) days prior written notice has been given to each Member.

Section 4. Quorum – A quorum for any meeting of the membership shall consist of representatives of half plus one for swim and for dive and a majority vote of those present and entitled to vote shall be sufficient for all purposes, except that a two-thirds (2/3) vote of the Members shall be required for the amendment of the Corporation's Articles of Incorporation or these By-Laws.

Section 5. Notices – Any notice required to be given a Member by these By-Laws may be given by notice to the Member's representatives, as their names and addresses may appear on the Corporation's records.

## ARTICLE III

### Board of Directors

The number of Directors of the Corporation shall be five (5): president, vice president of swimming, vice president of diving, vice president of awards and including as an ex officio Director the immediate past president of the Corporation, or in his/her place a suitable representative appointed by the President. The secretary shall be present at any meeting to record the minutes. The Board of Directors shall meet at the call of the President, with a quorum for any such meeting being three (3) Directors. Except as otherwise provided herein or by express vote of the Members, the Board shall have all the power and authority of the Members as provided in these By-Laws and otherwise, and may act for the Members in the interim between meetings. The Board shall have no authority to amend the Corporation's Articles of Incorporation or these By-Laws or to admit or expel a Member of the Corporation.



## ARTICLE IV

### Officers

Section 1. Elected and Appointed – The Board of Directors shall elect from its membership a President and three Vice Presidents. In addition, the Board of Directors shall appoint a Secretary and a Treasurer, and may appoint one or more Assistant Secretaries and Assistant Treasurers and such other officers as it may deem proper.

Section 2. Terms of Office – The President and the Vice Presidents shall serve for terms of one (1) year or until their successors are elected and qualified. Other officers appointed by the Board of Directors shall serve at the discretion of the Board.

Section 3. Vacancies – Any vacancy in any office may be filled by the Board of Directors for the unexpired term.

Section 4. President – The President shall:

- a. Preside at all membership meetings and meetings of the Board of Directors;
- b. Appoint at least 3 members and naming one as Chairman of the Nominating Committee and all other ad hoc committees; and
- c. Perform such other duties as are normal to his/her office and as the Members may determine.

Section 5. Vice Presidents – The Vice Presidents shall perform such duties as the Members may determine. The three Vice Presidents shall be designated Vice President – Swimming, Vice President – Diving and Vice President – Awards. Subject only to the policies established by the Members, the Board or the President, the duties of the Vice President shall be:

- a. The Vice President – Swimming shall preside in the absence of the President at all membership meetings and meetings of the Board of Directors, and have general supervisory authority over the Corporation's competitive swimming program;
- b. The Vice President – Diving shall preside in the absence of the President and the Vice President – Swimming at all membership meetings and meetings of the Board of Directors, and have general supervisory authority over the Corporation's competitive diving program; and
- c. The Vice President – Awards shall preside in the absence of the President, the Vice President – Swimming and the Vice President – Diving at all membership meetings and meeting of the Board of Directors, and be responsible for securing and distributing ribbons, medals and other awards.

Section 6. Secretary – The Secretary shall keep the minutes and other records of the Corporation and the Board of Directors and shall have such other powers and duties as are normal to this office and as the Members may determine. The Secretary shall be a registered agent of the Corporation and the resident address of the Secretary shall be the registered office of the Corporation.

Section 7. Treasurer – The Treasurer shall have charge of the funds and securities of the Corporations. He/She shall:

- a. Promptly deposit all moneys received by him/her in an approved account to the Credit of the Corporation;
- b. Make all disbursements by check signed by the Treasurer or other officer so authorized by the Members;
- c. File all required tax returns and reports; and
- d. Make such reports as may be required by the Members.

Section 8. Other Officers – Other officers appointed by the Board of Directors shall have such power and duties as may be conferred upon them by the Members.

## ARTICLE V

### General Provisions

Section 1. Corporate Seal – The seal of the Corporation shall contain the name of the Corporation, the year of its incorporation, and the word “SEAL”.

Section 2. Amendments to By-Laws – The By-Laws may be enlarged, amended, or repealed by a two-thirds (2/3) vote of the Members, provided twenty (20) days written or electronic notice is given to every Member of any proposed changes in the By-Laws.

Revised November 8, 2015

Voted upon April 17, 2017

# JAMES RIVER AQUATIC CLUB

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

## OFFICERS – 2018

**President**

Mary Jo Hilton  
3028 Quail Walk Drive  
Glen Allen, 23059

**262-2432 (h)**

mjshilton23@gmail.com  
497-0626 (c)

**Parliamentarian**
**Vice-President, Swimming**

Emily Fagan  
12005 Bennett Court  
Glen Allen, VA 23059

**217-9224 (h)**

emilyfagan@comcast.net  
514-8083 (c)

**Ex-Officio**

Anne Nelson Morck  
9301 Creeks Crossing Blvd  
Richmond, 23235

**241-9143 (c)**

annnelsonmorck@gmail.com

**Vice-President & Secretary, Diving**

Dinah Lee Mason  
18 Lower Tuckahoe Road East  
Richmond, 23238

**356-0996 (c)**

masonhome@aol.com

**Champs Chair**

Keller Nystrom  
108 Roslyn Hills Dr.  
Richmond, 23229

**338-7765 (c)**

kellernystrom@gmail.com

**Vice-President, Awards**

Martha Gundel  
12905 Oak Creek Ter.  
Midlothian, 23114

**378-6190 (h)**

martha.gundel@gmail.com  
651-0114 (c)

**Equipment Kit Chair**

Tom Young  
1706 Ranch Drive  
Richmond, 23229

**740-5424 (h)**

youn65@aol.com  
247-9806 (w)  
615-9804 (c)

**Secretary**

Heather Heishman  
2407 Cranbrook Road  
Henrico, 23229

**380-0353 (c)**

jracsecretary@gmail.com  
527-0408 (h)

**Media Chair**

Prudence Milligan  
4809 W. Franklin Street  
Richmond, 23226

**262-7445 (h)**

per@infionline.net  
519-9375 (c)

**Treasurer**

Pat Tune  
9250 Grantham Drive  
Mechanicsville, 23116

**746-4281 (h)**

agentdew@verizon.net

**Friend of the League**

Becky Goshorn  
2600 Southbay Drive  
Henrico, 23233-3307

**360-4281 (h)**

bygosh@comcast.net  
337-9557 (c)

**Computer Secretary**

Kathy Watson  
5507 Matoaka Road  
Richmond, 23226

**282-9355 (h)**

krwatson12@gmail.com  
307-4063 (c)

**Friend of the League**

Doug Stell  
7901 Varann Road  
Richmond, 23231-7349

**795-7767 (h)**

pscm87@msn.com  
690-3527 (c)

**Computer Secretary**
**Friend of the League**

Mike Stott  
403 Lakewood Drive  
Richmond, 23229

**288-8808 (h)**

michaeljstott@comcast.net  
921-8808 (c)  
288-8809 (fax)

**\* First person to contact**

**MEMBER CLUBS**

**ANIRAV Swim Club (ASC)**

"RIPTIDES" (Blue and Green)

**(6-lane meter pool)**

**Pool 236-1037**

aniravriptides@gmail.com

**\*Voting/Swimming Rep,** Janine Sodano **687-6682 (c)**  
sodanojp@gmail.com

**Swimming Rep,** Kelly Kane **305-9326 (c)**  
kkane@stthomasrichmond.org

**Computer Contact,** Frank Sodano **658-7682 (c)**  
rvagiantfan@gmail.com

**Card Contact,** Janine Sodano  
CONTACT INFO ABOVE

**President & Pool Director,** Dan Kane **382-5058 (c)**  
Dan.kane67@gmail.com

**Swim Coach,** Chris Cobbs **434-996-6153 (c)**  
cobbsci@vcu.edu

**Asst. Swim Coach,** Mikaela Holberton **757-777-6492 (c)**  
holbertonmik@gmail.com

**AVALON RECREATION ASSOCIATION (ARA)**

"GATORS" (Navy and Green)

**(6-lane meter pool)**

**Pool 740-8593**

**\*Voting Rep,** Mary Nelson **516-2287 (c)**  
marycatnelson@gmail.com

**Swimming Rep,** Jeff Ukrop **239-3077 (c)**  
jbu74@icloud.com

**Diving Rep,** Len Archer **335-9791 (c)**  
poohsnacks@aol.com **673-3765 (w)**

**Computer Contact,** Aaron Puritz **885-5779 (h)**  
aaron@wholemilk.com **814-0262 (c)**

**Card Contact,** Jeff Ukrop  
CONTACT INFO ABOVE

**President,** John Pollard **356-6882 (c)**  
jpollard@pollardenvironmental.com

**Pool Director,** Jack R. Cox, Sr. **740-8593 (w)**  
cox414@msn.com **363-4097 (c)**

**Swim Coach,** Katie Baxa **218-7447 (c)**  
kdbaxa@gmail.com

**Asst. Swim Coach,** Cristina Muncy **396-5784 (c)**  
Cmuncy37@gmail.com

**Asst. Swim Coach,** Willow Clark **296-7518 (c)**  
Wbeeclark13@gmail.com

**Asst. Swim Coach,** Sean Moore **833-8815 (c)**  
41seanmoore@gmail.com

**Dive Coach,** Kenley Smalkowski **385-3668 (c)**  
kasmalkowski@gmail.com

**Asst. Dive Coach,** Joe O'Connor **929-8573 (c)**  
Joconnor234@gmail.com

# **BON AIR (BA)**

"BLUE STREAKS" (Blue)

**(Dive only)**

www.bonairca.com

**Pool 272-8745**

**\*Voting/Diving Rep,** Michelle Jepson  
mjepson@adventureholics.com

**304-4195 (c)**

**Club Manager,**

**272-8745 (w)**

**Dive Coach,** Allie Bekenstein  
abekenstein@outlook.com

# **BURKWOOD SWIM AND RACQUET CLUB (BSRC) (Dive only)**

"BUCCANEERS" (Red, White and Blue)

**Pool 730-2472**

office@burkwoodclub.com

**Diving Rep,** Kim Zicafoose  
s2klzica@vcu.edu

**310-9496 (c)**

**Dive Coach,** Abigail Zicafoose  
zicafooseah@vcu.edu

**310-4191 (h)**

**Diving Rep,** Sandy Keeler  
keelerss@aol.com

**350-3108 (c)**

**Asst. Dive Coach,** Naomi Chetelat  
Naomi.chetelat@pop.belmont.edu

**363-1317 (c)**

**President,** Jim Jernigan  
office@burkwoodclub.com

**730-2472 (club)**

**Asst. Dive Coach,** Taylor Keeler  
keelerta@aol.com

**316-7649 (c)**

# **CHICKAHOMINY AQUATICS ASSOCIATION (CAA) (6-lane meter pool)**

"DOLPHINS" (Blue and Gold)

www.chickahominyaquatics.com

**Pool 264-8119**

**\*Voting / Swimming Rep,** Devon Slough  
dslough@richmond.edu

**339-6748 (c)**  
287- 6007 (w)

**Pool Director,** Travis Woody  
Travis.woody@swimmetro.com

**Computer/Card Contact,** Crista Cole  
jandccole@comcast.net

**615-3770 (c)**

**Swim Coach,** Kathleen Lytle  
kmlytle@henrico.k12.va.us

**571-292-7076(c)**

**President,** Victoria Adams  
veadams@hotmail.com

**304-5072 (c)**

**Asst. Swim Coach,** Kendall Madison

# **COUNTRY CLUB OF VIRGINIA (CCV)**

"DEVILFISH" (Blue and Red)

(8-lane meter pool)

**Pool 287-1323**

pool.office@theccv.org

**\*Voting Rep**, Scott DeRosier  
derosierscott@gmail.com **514-1751 (c)**

**Swimming Rep**, Samantha Wishnack  
samanthablake@yahoo.com **938-5756 (c)**

**Swimming Rep**, Laura Powell  
Lspowell00@gmail.com **240-1481 (c)**

**Diving Rep**, Mary Walker  
Maryjwalker1@verizon.net **282-5846 (c)**

**Computer/Card Contact**, Mary Walker  
CONTACT INFO ABOVE

**General Manager**, Phil Keister  
phil.keister@theccv.org **287-1200 (w)**

**Pool Director**, Patrick Tubman  
Patrick.tubman@theccv.org **287-1425 (w)**  
**804-931-0776 (c)**

**Swim Coach**, Chris Carrier  
carrierc@stcva.org **216-308-1293 (c)**  
devilfish@theccv.org

**Asst. Swim Coach**, Connor Davis

**Asst. Swim Coach**, Mary Pace Lewis

**Asst. Swim Coach**, Emily Pilc

**Head Dive Coach**, Diane Maiese **856-816-0153 (c)**

**Asst. Dive Coach**, Steanie Lapp

# **GINTER PARK RECREATION ASSOCIATION (GP)**

"DOLPHINS" (Blue and Black)

(5-lane yard pool)

**Pool 321-2350**

lginterrecassoc@verizon.net

**\*Voting/Swimming Rep**, Mark Sulanke  
marksulanke@virginiaair.com **350-5801 (c)**

**Swimming Rep**, Vanessa Diamond  
Vanessa.diamond@gmail.com **241-8776 (c)**

**Computer Contact**, Sally Fisher  
sfisher4113@msn.com **262-0469 (h)**

**Card Contact**, Vanessa Diamond  
CONTACT INFO ABOVE **353-5462 (h)**

**President**, Barb Upchurch  
barb@blueberrymarketing.com **704-953-8226 (c)**

**Pool Director**, Cathy Yohai  
lginterrecassoc@verizon.net **321-1659 (w)**

**Swim Coach**, Mary Elizabeth Warhol  
warholm@mymail.vcu.edu **757-869-5696**

**Asst. Swim Coach**, Michelle Morrissey  
Mmorrissey98@gmail.com **882-3901**

**Asst. Swim Coach**, Dorothy Haas  
thedenut@gmail.com **475-2733**

# **GLEN ALLEN COMMUNITY CENTER (GA)**

"GLIDERS" (Black and Gold)

**(8-lane yard pool)**

www.glenallenpool.org

**Pool 755-4323**

**\*Voting/Swimming Rep,** Jenny Haar  
jenny.haar@stewardschool.org

**501-2428 (h)**  
539-6021 (c)

**Swimming Rep,** Mark Schuetze  
runmarkrun@gmail.com

**755-6015 (h)**  
513-9277 (c)

**Computer / Card Contact,** Jenny Haar  
CONTACT INFO ABOVE

**President,** Gail Woods  
gcwood@henrico.k12.va.us

**756-1510 (h)**  
921-0018 (c)

**Swim Coach,** Lindsey Anderson  
klindseys@aol.com      glenallengliders@gmail.com

**475-4698 (c)**

**Asst. Swim Coach,** Ben Widener

**Asst. Swim Coach,** Kaylee Johnson

**Asst. Swim Coach,** Collin Clements

# **HERMITAGE COUNTRY CLUB (HERM)**

"HURRICANES" (Red, Black and White)

**(6-lane meter pool)**

**Main 784-5234; Pool 708-8943**

**\*Voting Rep,** Kate Faraci  
Kate.faraci@gmail.com

**514-7847 (c)**

**Pool Director,** RJ Childress  
rjchildress@hermitagecountryclub.com

**708-4968 (w)**

**Swimming Rep,** Victoria Chen  
vdavchen@yahoo.com

**647-9120 (c)**

**Swim Coach,** Philip Tickle

**Computer/Card Contact,** Teresa Eastep  
tgewvu89@gmail.com

**314-7770 (h)**

**Asst. Swim Coach,** Lillian DuVal

**Asst. Swim Coach,** Ashley Eastep

**President,** Kate Faraci  
CONTACT INFO ABOVE

# **HONEY MEADOWS RUTLAND (HMR)**

"HAMMERHEADS" (Navy and Gold)

**(8-lane meter pool)**

**Main 559-8074**

**\*Voting/Swimming Rep,** Joseph Ferguson  
joe@rvahousehunt.com

**368-0091 (h)**  
512-0095 (c)

**Pool Director,** Joseph Ferguson  
CONTACT INFO ABOVE

**Computer/Card Contact,** Amanda Ellerman  
info@hammerheadswim.org

**503-2045 (c)**

**Swim Coach,** Kayla Johnson  
Kaylaj97@vt.edu

**539-9439 (c)**

**Computer/Card Contact,** Veronica Ayala-Sims  
vayalasims@comcast.net

**647-8557 (h)**

**Asst. Swim Coach,** Madison Grub  
Mgrubb1@liberty.edu

**517-1931 (c)**

**President,** Amy Hollinger

**Asst. Swim Coach,** McKenna Hollinger  
Kennaswim03@gmail.com

**347-3519 (c)**

## HUNGARY CREEK RECREATION ASSOCIATION (HC) (Dive only)

"MARLINS" (Black)

www.gomarlins.org

**Pool 270-4892**

**\*Voting/Diving Rep**, Stacey Hartman  
sundevilrn2016@gmail.com **337-8772 (c)**

**President**, Dave Fellowes **382-0696 (c)**  
president@hungarycreek.org

**Pool Manager**, Sarah Traylor **270-4892 (w)**  
manager@hungarycreek.org

**Dive Coach**, Lucas Craven **380-2133 (c)**  
Ldc.craven@gmail.com

**Sr. Asst. Dive Coach**, Kyah Draper  
kyahdraper@hotmail.com

**Jr. Asst. Dive Coach**, Mason Fristoe  
mefristoe@gmail.com

## JEFFERSON LAKESIDE COUNTRY CLUB (JLCC) (6-lane meter pool)

"GATORS" (Blue and Green)

**Pool 266-2456**

**\*Voting/Swimming Rep**, Robert Luck **358-0928 (h)**  
rmluck@gmail.com 703-980-0183 (c)

**Swimming Rep**, Sean Carley **306-2413 (c)**  
Scarley12@gmail.com

**Computer Contact**, Stephany Shropshire **860-575-4460 (c)**

**Card Contact**, Alison Carlton **205-6874 (c)**  
Alison.carlton@marriott.com

**President**, Carl Derubeis **266-2456 (w)**  
White193@msn.com

**Swim Coach**, Jaime Gordon **405-7121 (c)**  
jmswingley@gmail.com 266-2456 (w)

**Asst. Swim Coach**, Jack Iglehart

**Asst. Swim Coach**, Becca Allen

## KANAWHA RECREATION ASSOCIATION (KRA) (8-lane meter pool)

"FIREFISH" (Green and Blue)

**Pool 288-9745**

**\*Voting Rep**, Tracy Collier **320-7838 (h)**  
tracy.collier76@gmail.com 564-6870 (c)

**Swimming Rep**, Laura Walton **305-0521 (h)**  
Laura.w.walton@gmail.com

**Diving Rep**, Amy Ford **814-8998 (c)**  
amybethford@me.com

**Computer Contact**, Brian Branch **560-1949 (h)**  
BrianBranch2112@yahoo.com 514-4478 (c)

**Card Contact**, Tracy Collier  
CONTACT INFO ABOVE

**President**, Travis Gardner  
askkanawha@gmail.com

**Pool Director**, Martha Hodges **288-9745 (w)**  
Martha.b.hodges@gmail.com

**Head Swim Coach**, Elizabeth Pollard **282-7655 (h)**  
Ewp5sc@virginia.edu

**Asst. Head Swim Coach**, Ruby Kratzert

**Asst. Swim Coach**, Emilio Layton

**Asst. Swim Coach**, Kai Kratzer

**Asst. Swim Coach**, Kelly Bitsko

**Dive Coach**, Dougie Phillips **314-3336 (c)**  
flamingomom40@aol.com

**Asst. Dive Coach**, Melissa Wakefield **909-5140 (c)**

\* First Person to Contact



# **LAKESIDE SWIM AND RACQUET CLUB (LSRC)**

"HURRICANES" (Black and Red)

**(6-lane meter pool)**

www.golsrc.com

**Pool 264-1605**

**\*Voting Rep**, Jessica Kennedy  
jessikennedy78@gmail.com

**874-5436 (c)**  
261-5050 (w)

**Swim Coach**, Kelsey Hilton  
coachk04@gmail.com

**262-2432 (h)**  
868-5374 (c)

**Swimming Rep**, Katie McKenzie  
katiemck3@gmail.com

**908-6189 (c)**

**Asst. Swim Coach**, Jessi Friesen  
Friesenja@mymail.vcu.edu

**370-9157 (c)**

**Computer / Card Contact**, Mary Jo Hilton  
mjshilton23@gmail.com

**262-2432 (h)**  
497-0626 (c)

**Asst. Swim Coach**,

**President**, Temple Womack  
temple.womack@verizon.net

**405-4249 (c)**

# **RICHMOND COUNTRY CLUB (RCC)**

"RIPTIDES" (Green and Black)

**(8 lane meter pool)**

www.richmondcountryclubva.com

**Pool 784-5673**

geneda@richmondcountryclubva.com

**\*Voting Rep**, Julie Farney  
julie.farney@verizon.net

**934-0393 (h)**  
338-8204 (c)

**Swim Coach**,

**Swimming Rep**, Janet Dibbs-Laming  
laming@comcast.net

**754-2146 (h)**  
539-2116 (c)

**Asst. Swim Coach**, Sarah Farney  
sarahefarney@gmail.com

**784-5272 (w)**  
467-3428 (c)

**Computer / Card Contact**, Julie Farney  
CONTACT INFO ABOVE

**Asst. Swim Coach**, Campbell Nystrom  
campbellnystrom@gmail.com

**784-5272 (w)**  
305-6893 (c)

**President**, Hugh H. Kerr  
hhkerr@yahoo.com

**784-5272 (w)**

**Asst. Swim Coach**, Brian Rothemich  
brothemich@gmail.com

**784-5272 (w)**  
543-0031 (c)

**Pool Director**, Mark Raymond  
mark@richmondcountryclubva.com

**784-5272 (w)**

# **RIDGETOP RECREATION ASSOCIATION (RT)**

"RIPTIDES" (Navy Blue and Yellow)

(6-lane meter pool)

www.ridgetop.org

**Pool 285-3513**

**\*Voting Rep,** Laura Biltz  
lrbiltz@verizon.net **370-6772 (c)**

**Swimming Rep,** Lisa Hart  
lisahhart@msn.com **282-1017 (h)**  
305-5042 (c)

**Diving Rep,** Emily Phaup  
emilyphaup@gmail.com **288-4247 (h)**  
304-8479 (c)

**Card Contact,** Laura Biltz  
CONTACT INFO ABOVE

**Computer Contact,** Heather Stevenson  
hstevenson@mcguirewoods.com **282-0124 (h)**

**President,** Annie Ashley  
Aaandrews911@verion.net **282-4528 (h)**  
338-5200 (c)

**Pool Management,** Swim Metro **675-3299 (w)**

**Swim Coach,** Mali Herashchanka **260-418-1880 (c)**  
malikobelja@gmail.com

**Asst. Swim Coach,** Charlie Prideaux **873-8599 (c)**  
charlie9@vt.edu

**Asst. Swim Coach,** Schuyler Biltz **229-0613 (c)**  
schuylerbiltz@gmail.com

**Asst. Swim Coach,** Ian Stevenson **349-2666 (c)**  
ian.stevenson@richmond.edu

**Dive Coach,** Gracie Cuevas **337-0819 (c)**  
Gracie.cuevas@gmail.com

**Asst. Dive Coach,** Wizzie Christopher **873-4363 (c)**  
Wizzie.christopher8@gmail.com

# **RECREATION ASSOCIATION OF FAIRFIELD (SND) (6-lane meter pool)**

**[SANDSTON]** "STINGRAYS" (Black and Gold)

**Pool 737-8942**

**\*Voting/Swimming Rep,** Gena Barker **737-6015 (h)**  
towone@verizon.net 314-0455 (c)

**Swimming Rep,** Cindy Bruce **305-0500 (c)**  
cndybruce@yahoo.com

**Computer/Card Contact,** Amy H. Morris **795-7457 (c)**  
msamyhmaris@gmail.com

**President,** Paul Burke  
burkes45@aol.com

**ool Director,** Mary Ellen Mathews **323-351-3886 (h)**  
fortunateone33@gmail.com

**Swim Coach,** Brooke Thompson **690-5292 (c)**  
Brookethompson.jmu@gmail.com

**Asst. Swim Coach,** Bella Pollard **971-3476 (c)**  
pollardbella@gmail.com

**Asst. Swim Coach,** Bailee Jenkins **258-3535 (c)**  
Bhjenkins0018@gmail.com

# **SOUTHAMPTON RECREATION ASSOCIATION (SRA) (6-lane meter pool)**

**Pool 272-0688**

"SWORDFISH" (Blue and Gold)

**\*Voting Rep,** Jamie Maccaroni  
srajamie@gmail.com **202-465-5639(c)**

**Swimming Rep,** Kristen Mullins.  
kristenmullins14@gmail.com **562-7143 (h)**  
615-0806 (c)

**Swimming Rep,** Leigh Anne Ratliff  
ratz@earthlink.net **233-6035 (h)**  
651-8313(c)

**Computer / Card Contact,** Ken Ratliff  
ratz@earthlink.net **233-6035 (h)**

**President,** Graham Parlow  
graham.parlow@capitalone.com **516-3606 (c)**

**Pool Director,** Dave Lundgren  
lundgren.dave@gmail.com **543-6917 (c)**  
dave@vendnaturalofvirginia.com

**Swim Coach,** Mike Peters  
mikep1534@hotmail.com **363-3733 (c)**

**Asst. Swim Coach,** Ben Cherry  
RossBenCherry@gmail.com **873-4425 (c)**

**Asst. Swim Coach,** Emily Garrett  
garrete@dukes.jmu.edu **305-0769 (c)**

**Asst. Swim Coach,** Sam Kettlewell-Sites  
samuelksites@gmail.com **922-7270 (c)**

**Asst. Swim Coach,** Sydney Lenz  
Sydney.lenz17@gmail.com **350-9672 (c)**

**Asst. Swim Coach,** Olivia Ratliff  
olivialeighratliff@gmail.com **754-6672 (c)**

# **THREE CHOPT RECREATION CLUB (TC)**

"TSUNAMI" (Blue and Green)

**(8-lane meter pool)**

www.tcrclub.com

**Pool 270-9885**

tcrclub@tcrclub.com

**\*Voting Rep,** Kim Hynes  
khynes@cwwma.com **282-6296 (h)**  
338-6872 (c)

**Swimming Rep,** Anne Van Lenten  
westgrace98@gmail.com **564-6070 (c)**

**Diving Rep,** Felicia Schooley  
fleaschooley@hotmail.com **347-3059 (c)**

**Computer/Card Contact,** Heather Heishman  
theheishmanfamily@gmail.com **380-0353 (c)**

**President,** Rob Griffin  
president@tcrclub.com **270-9885 (p)**  
622-1234 (w)

**Pool Director,** Heather Heishman  
management@tcrclub.com **270-9885 (w)**

**Co-Head Swim Coach,** Amanda Sheldon **377-9066 (h)**  
asheldon@henrico.k12.va.us tcrclubcoaches@gmail.com

**Co-Head Swim Coach,** Michael Cousins **350-7364 (c)**  
michael.cousins@gmail.com tcrclubcoaches@gmail.com

**Asst. Swim Coach,** Emma Buckley **314-9428 (c)**  
Ebuckley99@gmail.com

**Asst. Swim Coach,** Emma Ford **869-5601 (c)**  
efordos@comcast.net

**Asst. Swim Coach,** Ryan Densley **317-9561 (c)**  
Ryandensley17@gmail.com

**Dive Coach,** Mason Laine **212-6199 (c)**  
Mason.laine@yahoo.com

**Asst. Dive Coach,** Ainsley Laine

\* First Person to Contact

**WALTON PARK COMMUNITY POOL (WP)**

“WAVES” (Blue and Black)

**(6-lane meter pool)**
**Pool 794-9881**

WPswimteam@gmail.com

**\*Voting Rep,** Meredith Karluk  
mwkarluk@gmail.com      **794-3421 (h)**  
852-9496 (c)

**Swimming Rep,** Harold (Barney) Ring      **539-5747(c).**  
haroldring@gmail.com

**Computer,** Barney Ring  
CONTACT INFO ABOVE

**Card Contact,** Meredith Karluk  
CONTACT INFO ABOVE

**President,** Virginia Goin      **379-8665 (h)**  
vagoin@hotmail.com

**Pool Director,** Jennifer Creamer      **379-0540 (h)**

creamer6@verizon.net      239-2256 (c)

**Swim Coach,** Anita Dillman      **484-4678 (c)**  
Anita.dillman@verizon.net

**Asst. Swim Coach,** Morgan Orr      **938-5420 (c)**  
Morgan.orr11@gmail.com

**Asst. Swim Coach,** Quinn Schreck      **366-1155 (c)**  
Rdsv3@gatech.edu

**Asst. Swim Coach,** Nathan Wakefield      **909-4039 (c)**  
Nathanwakefield94@gmail.com

**WESTWOOD CLUB (WEST)**

“WAVES” (Blue and White)

**(6-lane meter pool)**
**Pool 288-6028**

**\*Voting Rep,** Dana Kuhlen      **512-8649 (c)**  
dskuhlen@gmail.com

**Swimming Rep,** Kevin White      **839-9829 (c)**  
kevin\_white@yahoo.com

**Computer / Card Contact,** Dana Kuhlen  
CONTACT INFO ABOVE

**Pool Director,** Kim Ennis      **288-6028 (w)**  
kennis@westwoodclub.net

**Head Swim Coach,** Bucka Watson      **512-3298 (c)**  
bucka@westwoodwaves.com

**Asst. Swim Coach,** Ashton Pollard      **929-2044 (c)**  
Apollard1027@gmail.com

**Asst. Swim Coach,** Luke Martin      **301-7019 (c)**  
luke.martin@uconn.edu

**Asst. Swim Coach,** Townes West      **218-5825 (c)**  
Wtw3cj@virginia.edu

**Asst. Swim Coach,** Isabelle Warren      **301-9766 (c)**  
Iwarren18@st.catherines.org

**Asst. Swim Coach,** Christian Carlow      **380-7216 (c)**  
Carlowc18@stcva.org

**Asst. Swim Coach,** Gabby Gee      **933-8600 (c)**  
Gabbygee33@gmail.com

\* First Person to Contact

# WOODMONT RECREATION ASSOCIATION (WRA) ( 6-lane meter pool)

"WAHOOS" (Blue, Black and White)

**\*Voting/Swimming Rep,** Cara Cario **230-6357 (h)**  
 chcario@vcu.edu swimteam@woodmont4fun.com  
 245-7025 (c)

**Swimming Rep,** Lesley Bulluck 865-406-8932 (c)  
 lbulluck@gmail.com swimteam@woodmont4fun.com

**Diving Rep,** Renee Boswell **272-8676 (h)**  
 diveteam@woodmont4fun.com

**Computer Contact,** Lesley Bulluck  
 CONTACT INFO ABOVE

**Card Contact,** Cara Cario  
 CONTACT INFO ABOVE

**President,** Steve Kaskey  
 president@woodmont4fun.com

**Pool Director,** Mason Mills  
 poolmanager@woodmont4fun.com

**Swim Coach,** Abbey Crank **432-2739 (c)**  
 coachabbey@woodmont4fun.com

**Asst. Swim Coach,** Kallia Smith **937-6403 (c)**  
 coachkallia@woodmont4fun.com

**Asst. Swim Coach,** Sean Pinney **305-8148 (c)**  
 Spinney31@gmail.com

**Dive Coach,** Blake Davis **919-665-7467 (c)**  
 blakeedav@gmail.com

**Asst. Dive Coach,** Christopher Bodsford  
 skategodizreal@gmail.com

## JAMES RIVER AQUATIC CLUB SWIMMING RECORDS

July 26, 2017

### MITE GIRLS

25 M. Freestyle	Amelia Chen	HERM	15.51	6/29/15
25 M. Breaststroke	Valentina Linkonis	ARA	20.16	7/18/17
25 M. Butterfly	Amelia Chen	HERM	16.62	7/24/15
25 M. Backstroke	Valentina Linkonis	ARA	17.91	7/26/17

### MITE BOYS

25 M. Freestyle	Richard Berry	BRA	15.53	6/19/84
25 M. Breaststroke	JD Chen	HERM	20.70	7/28/16
25 M. Butterfly	Joseph Conner	WEST	17.05	6/22/15
25 M. Backstroke	Thomas Farney	RCC	18.10	7/07/14

### MIDGET GIRLS

100 M. Individual Medley	Amelia Chen	HERM	1:13.56	7/26/17
50 M. Freestyle	Amelia Chen	HERM	29.61	7/26/17
50 M. Breaststroke	Ellis Wood	WEST	38.86	7/27/06
50 M. Butterfly	Amelia Chen	HERM	32.16	7/26/17
50 M. Backstroke	Amelia Chen	HERM	33.46	7/26/17

### MIDGET BOYS

100 M. Individual Medley	Casey Hughes	SRA	1:14.50	6/06/88
50 M. Freestyle	Matthew Whelan	ARA	30.71	7/18/11
	Brian Levitin	TC	30.39 *	6/12/88
50 M. Breaststroke	Casey Hughes	SRA	39.78	6/15/87
50 M. Butterfly	Joseph Conner	WEST	33.08	7/26/17
50 M. Backstroke	Thomas Farney	RCC	35.23	7/05/16

### JUNIOR GIRLS

100 M. Individual Medley	Shannon Schreck	WRA	1:09.65	7/25/85
50 M. Freestyle	Lesley Moseley	CCV	28.28	7/28/83
50 M. Breaststroke	Shannon Schreck	WRA	36.17	7/25/85
	Jenny Simmons	BRA	36.15 *	6/16/86
50 M. Butterfly	Lacy Jennings	CCV	30.61	7/28/06
50 M. Backstroke	Mackenzie Ferguson	WEST	31.73	7/28/16

\* Indicates time converted from a yard course

**JAMES RIVER AQUATIC CLUB SWIMMING RECORDS**

July 26, 2017

**JUNIOR BOYS**

100 M. Individual Medley	Matthew Whelan	ARA	1:07.22	7/25/13
	Stuart Ferguson	SRA	1:06.03 *	7/24/03
50 M. Freestyle	Matthew Whelan	ARA	27.67	6/24/13
50 M. Breaststroke	Stuart Ferguson	SRA	33.94	6/30/03
50 M. Butterfly	Matthew Whelan	ARA	28.82	7/15/13
50 M. Backstroke	Jonathan Shaw	SRA	30.30	7/26/12

**INTERMEDIATE GIRLS**

100 M. Individual Medley	Olivia Erickson	WEST	1:06.76	7/26/17
50 M. Freestyle**	Sarah Bender	RCC	27.80	7/29/16
100 M. Freestyle	Olivia Erickson	WEST	58.36	7/26/17
50 M. Breaststroke**	Amelia Macholz	ARA	36.02	7/26/17
100 M. Breaststroke	Sommer Harris	ARA	1:14.43	7/29/10
50 M. Butterfly	Sophie Svoboda	SRA	29.65	7/24/14
50 M. Backstroke	Sally Ennis	WEST	30.76	7/28/16
	Madison Pierce	GA	30.59*	7/10/17

**INTERMEDIATE BOYS**

100 M. Individual Medley	Mac Anthony	KRA	1:00.29	7/27/06
50 M. Freestyle**	Trevor Andrewski	LSRC	25.59	7/26/17
100 M. Freestyle	Mac Anthony	KRA	52.63	7/28/06
50 M. Breaststroke**	Danny Lynch	SRA	34.06	7/24/14
100 M. Breaststroke	Stuart Ferguson	SRA	1:09.48	7/28/05
50 M. Butterfly	Noah Ratliff	SRA	26.73	7/29/16
50 M. Backstroke	Nathan Wakefield	MDY	27.52	7/23/15

**SENIOR GIRLS**

100 M. Individual Medley	Caroline Baber	WEST	1:03.83	7/26/17
50 M. Freestyle**	Maddy Banic	MDY	27.21	6/16/14
100 M. Freestyle	Rachel Naurath	CCV	56.77	7/30/10
50 M. Breaststroke**	Caroline Baber	WEST	34.09	7/26/17
100 M. Breaststroke	Sarah Bender	RCC	1:13.13	7/26/17
50 M. Butterfly	Maddy Banic	MDY	28.63	7/26/13
50 M. Backstroke	Maddy Banic	MDY	30.30	7/25/13

**SENIOR BOYS**

100 M. Individual Medley	Andrew Strait	RT	57.46	7/28/11
50 M. Freestyle**	SamMatthew Whelan	ARA	23.69	7/26/17
100 M. Freestyle	Thomas Stephens	CCV	50.34	7/29/11
50 M. Breaststroke**	Drake Weilar	WEST	29.52	7/26/17
100 M. Breaststroke	Stuart Ferguson	SRA	1:01.65	7/23/09
50 M. Butterfly	Matthew Whelan	ARA	25.16	7/26/17
50 M. Backstroke	Sean Hogan	SRA	25.81	7/26/17

\* Indicates time converted from a yard course

\*\* Event added in 2014. Prior to the 2014 Season, event was *Novice only* so no league records were awarded

## **JAMES RIVER AQUATIC CLUB SWIMMING RECORDS**

July 26, 2017

### **RELAYS**

#### **MITES**

100 M. Medley	Sally Ennis, Ella Mullian Olivia Erickson, Caroline Reynolds	WEST	1:20.44	7/29/10
100 M. Freestyle	Gabby Chen, Ellie McComb Henry Forestell, Taylor Domson	HERM	1:10.38	7/26/13

#### **MIDGETS**

200 M. Medley	Joseph Conner, Nicholas Kuriger Emory DeGuenther, Kate Kuhlen	WEST	2:28.63	7/26/17
200 M. Freestyle	Campbell Brewer, Jack Bassett, Ellie Braun, Steffen Erickson	WEST	2:14.30	7/27/07

#### **JUNIORS**

200 M. Medley	Willoughby Clark, Colin Whiting, Matthew Whelan, Sydney Whiting	ARA	2:10.59	7/08/13
200 M. Freestyle	Steffen Erickson, Campbell Brewer, Allie Douma, Trey Berry	WEST	1:57.47	7/24/09

#### **INTERMEDIATES**

200 M. Medley	Mackenzie Ferguson, Liam Ryan Calli McEvoy, Olivia Erickson	WEST	1:59.66	7/26/17
200 M. Freestyle	Henry Paulson, Sally Ennis Olivia Erickson, Miles West	WEST	1:47.94	7/29/16

#### **SENIORS**

200 M. Medley	Sally Ennis, Drake Wielar Townes West, Grace Wielar	WEST	1:51.63	7/26/17
200 M. Freestyle	Michael Bogese, Carter Stephens, Rachel Naurath, Thomas Stephens	CCV	1:41.69	7/30/10

\* Indicates time converted from a yard course



## REGULAR SEASON SWIMMING CHAMPIONS

	<u>Triple Meet</u>		<u>Novice Meet</u>	
	<b>Gold</b>	<b>Red</b>	<b>Gold</b>	<b>Red</b>
1968	Southampton	Kanawha	Avalon	Woodmont
1969	Southampton	Woodmont	Woodmont	Kanawha
1970	Southampton	Sandston	Southampton	Salisbury
1971	Southampton	Woodmont		Woodmont
1972	Woodmont	Country Club of Virginia		Woodmont
1973	Country Club of Virginia	Salisbury		Country Club of Virginia
1974	Country Club of Virginia	Bon Air		Country Club of Virginia
1975	Salisbury	Westwood Club		Country Club of Virginia
	<b>Gold</b>	<b>Red</b>	<b>Green</b>	<b>White</b>
1976	Salisbury	Kanawha	Country Club of Virginia	Kanawha
1977	Salisbury	Southampton	Country Club of Virginia	Three Chopt
1978	Salisbury	Lakeside	Salisbury	Avalon

*Adopted Dual Meet System in 1979. Consolidated Championship Meet to include Novice Events*

	<b>Green</b>	<b>White</b>
1979	Salisbury	Woodmont
1980	Salisbury	Kanawha

*Expanded James River Aquatic Club to 18 teams and three divisions in 1981*

	<b>Blue</b>	<b>Red</b>	<b>White</b>
1981	Salisbury	Lakeside & Woodmont	Chamberlayne
1982	Salisbury	Avalon	Three Chopt
1983	Salisbury	Avalon	Sandston
1984	Salisbury	Burkwood	Westwood Club
1985	Southampton	Avalon	Glen Allen
1986	Salisbury	Kanawha	Chamberlayne
1987	Southampton	Avalon	Ginter Park
1988	Burkwood	Country Club of Virginia	Glen Allen
1989	Burkwood	Lakeside	Westwood Club
1990	Burkwood	Walton Park	Glen Allen
1991	Burkwood	Kanawha	Chamberlayne
1992	Burkwood	Walton Park	Ginter Park
1993	Burkwood	Kanawha	Westwood
1994	Avalon	Country Club of Virginia	Sandston
1995	Avalon	Walton Park	Sandston
1996	Kanawha	Country Club of Virginia	Woodmont
1997	Avalon	Three Chopt	Midlothian Y
1998	Burkwood	Country Club of Virginia	Richmond Country Club
1999	Burkwood	Three Chopt	Lakeside
2000	Burkwood	Walton Park	Richmond Country Club
2001	Burkwood	Three Chopt	Ginter Park
2002	Burkwood	Avalon	Ginter Park
2003	Southampton	Glen Allen	Woodmont
2004	Southampton	Three Chopt	Richmond Country Club
2005	Southampton	Glen Allen	Woodmont
2006	Southampton	Three Chopt	Woodmont
2007	Southampton	Glen Allen	Woodmont
2008	Southampton	Kanawha	Hermitage Country Club
2009	Southampton	Ridgetop	Woodmont
2010	Southampton	Three Chopt	Lakeside
2011	Southampton	Country Club of Virginia	Midlothian YMCA
2012	Southampton	Three Chopt	Walton Park
2013	Southampton	Ridgetop	RCC – A Division    CAA – B Division
2014	Southampton	Glen Allen	GP – A Division    SND – B Division
2015	Southampton	Ridgetop	Ginter Park
2016	Southampton	Walton Park	Ginter Park
2017	Southampton	Avalon	Walton Park

## SWIMMING CHAMPIONSHIP MEET WINNERS

	<u>Triple Meet</u>	<u>Novice Meet</u>
1962	Southampton	James River Swim Club
1963	Southampton	James River Swim Club
1964	Southampton	James River Swim Club
1965	Southampton	
1966	Southampton	
1967	Southampton	
1968	Southampton	Woodmont
1969	Southampton	
1970	Southampton	
1971	Southampton	
1972	Woodmont	
1973	Country Club of Virginia	Avalon
1974	Country Club of Virginia	Country Club of Virginia
1975	Salisbury	Country Club of Virginia
1976	Salisbury	Salisbury
1977	Salisbury	Country Club of Virginia
1978	Salisbury	Salisbury
<b><i>Adopted Dual Meet System. Consolidated Championship Meet to include Novice Events.</i></b>		
1979	Salisbury	1999 Burkwood
1981	Salisbury	2000 Southampton
1982	Southampton	2001 Southampton
1983	Salisbury	2002 Southampton
1984	Southampton	2003 Southampton
1985	Southampton	2004 Southampton
1986	Burkwood	2005 Southampton
1987	Burkwood	2006 Southampton
1988	Burkwood	2007 Southampton
1989	Burkwood	2008 Southampton
1990	Burkwood	2009 Southampton
1991	Burkwood	2010 Southampton
1992	Southampton	2011 Southampton
1993	Burkwood	2012 Westwood
1994	Southampton	2013 Southampton
1995	Southampton	2014 Westwood
1996	Southampton	2015 Westwood
1997	Southampton	2016 Westwood
1998	Southampton	2017 Westwood

## SPORTSMANSHIP AWARDS

	<u>BLUE</u>	<u>RED</u>	<u>WHITE</u>
2000	Three Chopt	Woodmont	Sandston
2001	Walton Park	Richmond Country Club	Anirav
2002	Kanawha	Richmond Country Club	Shady Acres
2003	Kanawha	Lakeside	Shady Acres
2004	Southampton	Woodmont	Anirav
2005	Southampton	Westwood	Shady Acres
2006	Southampton	Lakeside	Shady Acres
2007	Kanawha	Ridgetop	Shady Acres
2008	Westwood	Walton Park & Woodmont	Anirav
2009	Avalon	Lakeside	Richmond Country Club
2010	Ridgetop	Woodmont	Shady Acres
2011	Westwood	Lakeside & Walton Park	Shady Acres
2012	Ridgetop	Midlothian YMCA	Shady Acres
2013	Kanawha	Lakeside	A – RCC B – Shady Acres
2014	Kanawha	Midlothian YMCA & Richmond CC	A – WRA B – Anirav
2015	Avalon	Richmond Country Club	Jefferson Lakeside CC
2016	Avalon	Richmond Country Club	Jefferson Lakeside CC
2017	Glen Allen	Ginter Park	Chickahominy & Jefferson Lakeside CC

## REGULAR SEASON DIVING CHAMPIONS

	<b>Gold</b>		<b>Red</b>
1968	Three Chopt		Lakeside
1969	Avalon		Woodmont
1970	Avalon		Woodmont
1971		Avalon	
1972		Avalon	
1973		Woodmont	
1974		Woodmont	
1975		Woodmont	
	<b>Intrasquad</b>		<b>Novice</b>
1976	Woodmont		Lakeside
1977	Woodmont		
1978			
	<b>Intrasquad (Green)</b>		<b>Intrasquad (White)</b>
1979	Woodmont		Three Chopt
1980		Woodmont	
	<b>Division I</b>		<b>Division II</b>
1981	Woodmont		Three Chopt
1982	Woodmont		Avalon
1983	Woodmont		Three Chopt
1984	Southampton		Country Club of Virginia
	<b>Division I</b>	<b>Division II</b>	<b>US Diving</b>
1985	Salisbury	Kanawha	Southampton
1986	Salisbury	Kanawha	Southampton
1987	Salisbury	Woodmont	Country Club of Virginia
	<b>First</b>	<b>Second</b>	<b>US Diving</b>
1988	Salisbury	Kanawha	Salisbury
1989	Salisbury	Three Chopt	Salisbury
	<b>Intrasquad</b>	<b>Novice</b>	<b>US Diving</b>
1990	Salisbury	Salisbury	Salisbury
1991	Avalon	Kanawha	Salisbury
1992	Southampton	Kanawha	Salisbury
	<b>First</b>		<b>Second</b>
1993	Avalon		Kanawha
1994	Avalon		Kanawha
1995	Kanawha		Avalon
1996	Kanawha		Avalon, CCV (tie)
1997	Kanawha		Burkwood
1998	Country Club of Virginia		Kanawha

	<b><i>First A</i></b>	<b><i>Second A</i></b>	<b><i>First B</i></b>	<b><i>Second B</i></b>
1999	Kanawha	Country Club of Virginia	Woodmont	Princess Anne
2000	Burkwood	Kanawha	Salisbury	Woodmont
2001	Kanawha	Avalon	Three Chopt	Hungary Creek
2002	Kanawha	Burkwood	Midlothian YMCA	Ridgetop
2003	Kanawha	Avalon	Hungary Creek	Ridgetop
2004	Kanawha	Avalon	Hungary Creek	Princess Anne
2005	Kanawha	Avalon	Three Chopt	Midlothian YMCA
2006	Kanawha	Avalon	Church Run	Midlothian YMCA
2007	Kanawha	Avalon	Hungary Creek	Ridgetop
2008	Kanawha	Burkwood	Ridgetop	Three Chopt
2009	Burkwood	Kanawha	Church Run	Country Club of Virginia
2010	Burkwood	Kanawha	Country Club of Virginia	Church Run
2011	Burkwood	Kanawha	Hungary Creek	Three Chopt
2012	Kanawha	Burkwood	Hungary Creek	Country Club of Virginia
2013	Kanawha	Burkwood	Ridgetop	Country Club of Virginia
2014	Kanawha	Burkwood	Woodlake	Woodmont
2015	Burkwood	Kanawha	Country Club of Virginia	Woodmont
2016	Kanawha	Burkwood	Avalon	Woodmont
2017	Kanawha	Burkwood	Avalon	Woodmont

## DIVING CHAMPIONSHIP MEET WINNERS

	<b>Gold</b>		<b>Red</b>	
1968	Three Chopt		Lakeside	
1969				
1970		Three Chopt		
1971		Woodmont		
1972		Bon Air		
1973		Woodmont		
1974		Woodmont		
	<b>Intrasquad</b>		<b>Novice</b>	
1975	Woodmont		Woodmont	
1976	Bon Air		Woodmont	
1977	Woodmont		Lakeside	
1978	Three Chopt		Southampton	
1979	Woodmont		Woodmont	
1980	Woodmont		Southampton	
1981	Woodmont		Country Club of Virginia	
1982	Woodmont		Woodmont	
1983	Salisbury		Southampton	
1984	Southampton		Southampton	
1985	Salisbury		Salisbury	
1986	Salisbury		Salisbury	
1987	Salisbury		Salisbury	
1988	Salisbury		Salisbury	
1989	Salisbury		Salisbury	
1990	Salisbury		Burkwood	
1991	Salisbury		Kanawha	
1992	Southampton		Salisbury	
	<b>Novice</b>	<b>Regular</b>	<b>X</b>	<b>Overall</b>
1993	Kanawha	Kanawha	Salisbury	Salisbury
1994	Kanawha	Kanawha	Salisbury	Avalon
1995	Avalon	Three Chopt	Kanawha	Three Chopt
1996	Kanawha	Kanawha	Burkwood	Kanawha
1997	Kanawha	Avalon	Salisbury	Kanawha
1998	Kanawha	Avalon	Burkwood	Three Chopt
1999	Avalon	Kanawha	Burkwood	Kanawha
2000	Avalon	Avalon	Kanawha	Kanawha
2001	Kanawha	Kanawha	Kanawha	Kanawha
2002	Burkwood	Kanawha	Kanawha	Burkwood
2003	Kanawha	Kanawha	Avalon	Kanawha
2004	Ridgetop	Kanawha	Kanawha	Kanawha
2005	Kanawha	Avalon	Kanawha	Kanawha
2006	Three Chopt	Avalon	Kanawha	Kanawha
2007	County Club of Virginia	Avalon	Kanawha	Avalon (A); Three Chopt (B)
2008	Burkwood	Kanawha	Burkwood	Kanawha (A); Ridgetop (B)
2009	Ridgetop	Hungry Creek	Burkwood	Avalon (A); Church Run (B)
2010	Kanawha	Kanawha	Avalon	Burkwood (A); Church Run (B)
2011	Kanawha	Country Club of Virginia	Avalon	Burkwood (A); Hungry Creek (B)
2012	Ridgetop	Kanawha	Kanawha	Kanawha (A); Three Chopt (B)
2013	Ridgetop	Woodmont	Burkwood	Kanawha (A); Ridgetop (B)
2014	Burkwood	Burkwood	Three Chopt	Burkwood (A); Woodlake (B)
2015	Ridgetop	Kanawha	Kanawha	Kanawha (A); Country Club of VA (B)
2016	Hungary Creek	Kanawha	Burkwood	Kanawha (A); Woodmont (B)
2017	Hungary Creek	Kanawha	Kanawha	Kanawha (A); Avalon (B)

## BRANDON HALL WILBURN SPORTSMANSHIP AWARDS

	<b>A Division</b>	<b>B Division</b>		<b>Overall</b>
2000	Burkwood	Ridgetop	2009	Church Run
2001	Midlothian YMCA	Three Chopt	2010	Avalon
2002	Avalon	Hungary Creek	2011	Burkwood
2003	Avalon	Woodmont	2012	Hungary Creek
2004	Ridgetop	Princess Anne	2013	Avalon (A); Stonehenge (B)
2005	Country Club of Virginia	Woodmont	2014	Avalon (A); Stonehenge (B)
2006	Avalon	Church Run	2015	Avalon (A); CCV (B)
2007	Avalon	Hungary Creek	2016	HC (A); Bon Air (B)
2008	Avalon	Midlothian YMCA	2017	Burkwood (A); Avalon (B)

## Addresses and Phone Numbers of Meet Venues

<b>Anirav Swim Club</b> , 1500 Midview Road, Henrico, VA 23231	(804) 236-1037
<b>Avalon Recreation Association</b> , 516 Heathfield Road, Richmond, VA 23229	(804) 740-8593
<b>*Bon Air</b> , 8725 Quaker Lane, Richmond, VA 23235	(804) 727-8745
<b>*Burkwood Swim &amp; Racquet Club</b> , 9120 Burkwood Club Drive, Mechanicsville, VA 23116	(804) 730-2472
<b>Chickahominy Aquatics Association</b> , 319 N. Wilkinson Rd, Richmond, VA 23227	(804) 264-8119
<b>County Club of Virginia</b> , 6031 St. Andrews Lane, Richmond, VA 23226	(804) 287-1323
<b>Ginter Park Recreation Association</b> , 3421 Hawthorne Avenue, Richmond, VA 23222	(804) 321-1659
<b>Glen Allen Community Center</b> , 10800 Brookley Road, Glen Allen, VA 23060	(804) 672-9759
<b>Hermitage Country Club</b> , 1248 Hermitage Road, Manakin-Sabot, VA 23103	(804) 784-5234
<b>Honey Meadows Rutland</b> , 10004 Meadow Pond Dr., Mechanicsville, VA 23116	(804) 559-8074
<b>*Hungary Creek Recreation Association</b> , 9194 Hungary Road, Richmond, VA 23294	(804) 270-4892
<b>Jefferson Lakeside Country Club</b> 1700 Lakeside Avenue, Richmond, VA 23228	(804) 266-2456
<b>Kanawha Recreation Association</b> , 8100 Holmes Avenue, Richmond, VA 23229	(804) 288-4421
<b>Lakeside Swim and Racquet Club</b> , 2434 Swartwout Avenue, Richmond, VA 23228	(804) 264-1605
<b>Richmond Country Club</b> , 12950 Patterson Avenue, Richmond, VA 23233	(804) 784-5272
<b>Ridgetop Recreation Association</b> , 901 Ridgetop Road, Richmond, VA 23229	(804) 285-3513
<b>Recreation Association of Fairfield (Sandston)</b> , 501 Beulah Road, Sandston, VA 23150	(804) 737-8942
<b>Southampton Recreation Association</b> , 3201 Chellowe Road, Richmond, VA 23225	(804) 272-0688
<b>SwimRVA</b> , 5050 Ridgedale Parkway, Richmond, VA 23234	(804) 212-1480
<b>Three Chopt Recreation Club</b> , 2100 Skipwith Road, Richmond, VA 23294	(804) 270-9885
<b>Walton Park Community Pool</b> , 530 Walton Park Road, Midlothian, VA 23114	(804) 794-9881
<b>Westwood Club</b> , 6200 West Club Lane, Richmond, VA 23226	(804) 288-6028
<b>Woodmont Recreation Association</b> , 2334 Traymore Rd, Bon Air, VA 23235	(804) 330-8434

\*Dive only

## Michael J. Stott Scholarship

The Michael J. Stott Scholarship is a JRAC-initiated program begun in 1996 to recognize graduating seniors for their excellent scholastic performance, citizenship, community contributions and service to JRAC and its member organizations. To be eligible, swimmers and divers must have competed in 75 percent of JRAC meets over the last five years and demonstrated exemplary performance in the aforementioned categories.

### Scholarship Winners 1996 – 2017

#### 1996

Kenneth Crowther (SRA)  
Gigi Kruse (WRA)  
Jenny Nuckols (KRA)  
Kelley Schubert (ARA)

#### 1997

Emily Farmer (SRA)  
Jamie Greenwood (RCC)  
Windsor Jones (CCV)  
Stacey Jones (TC)  
Andy Lawhorn (WP)  
Patrick Masterson (GA)

#### 1998

Laura Diegelmann (WRA)  
Tiffany Kirkham (BRA)  
Kathryn Kreisa (ARA)  
George Kruse (WRA)  
Emily Wood (GA)

#### 1999

Allison Bukoski (BRA)  
Walter Coleman (CCV)  
Carrilynn Greenwood (RCC)  
Seth Shreve (WRA)  
Kevin Smith (LSRC)  
Liza Stutts (WEST)  
Lassiter Wall (CCV)

#### 2000

Blair Costin (ASC)  
Betsy Downey (TC)  
Ryan Nuttle (BRA)  
Lauren Pool (WEST)

#### 2001

Berkeley Blanchard (CCV)  
Kristen Ekey (WEST)  
Scott Howard (ARA)  
Shannon Jones (TC)  
Emily Krebbs (LSRC)  
Sarah Morck (SRA)

Lauren Schmidt (WP)  
Carrie Shreve (WRA)

#### 2002

Kristina Crowther (SA)  
Christie Gaskins (ARA)  
James Watson (WEST)  
Anna Zimmerman (KRA)

#### 2003

Daniel Cancro (BRA)  
Maggie Frost (GP)  
Tyler Hogg (WEST)  
Caitlin Kelley (WP)  
Becky Smock (ARA)  
Sarah Walk (KRA)

#### 2004

Laura Clark (WEST)  
Kate Hall (CCV)  
Christin Lipscomb (CCV)  
Paul Smith (LSRC)  
Bekah Wahlquist (ARA)  
Mary Virginia Yancey (SRA)

#### 2005

Ellie Ericson (SRA)  
Elizabeth Garson (CCV)  
Danielle Kastner (LSRC)  
Lillian Scott (ARA)

#### 2006

Austin Bridgforth (SRA)  
Emory Dabney (CCV)  
Sara Stone (GA)  
John Walk (KRA)

#### 2007

Alex Hall (CCV)  
Kelsey Hilton (LSRC)  
Terren Neithamer (KRA)  
Katherine Rose (ARA)  
Elizabeth Saffelle (WEST)

Henry Winslow (KRA)

#### 2008

Emily Anthony (KRA)  
Sydney Kastner (LSRC)  
Doc McConnell (TC)  
Kerri Moriarty (TC)  
Paul Ream (SRA)  
Mimi Richardson (KRA)  
Bucka Watson (WEST)

#### 2009

Kelly Caine (GA)  
Sidney Glass (BRA)  
Stephen Hudson (SAND)  
Kevin Loeffler (WP)  
Abigail Patterson (CRA)  
Wilson Weber (GA)

#### 2010

Meredith Bearden (KRA)  
Rhiannon Byron (KRA)  
Virginia Young (SRA)  
Amy Witt (WP)

#### 2011

Darren Barlow (WP)  
Audrey Fain (CCV)  
Paige Gay (WEST)  
Virginia Parks (WEST)

#### 2012

George Bridgforth IV (SRA)  
Margaret Cuthbert (ARA)  
Claire Hatch (SRA)  
Mariauna Moss (CAA)  
Samantha Winkelman (ARA)

#### 2013

Katie Chirco (GA)  
Ryan Densley (TC)  
Jenna Dickerson (WP)  
Kara Dickerson (WP)  
Peter Ferguson (SRA)  
Emma Landon (RT)  
Cameron Moore (SRA)  
Elizabeth "Ellee" Winston (WEST)

#### 2014

Hannah Buckley (TC)  
Lucy Conte (GP)  
Anna Evans (CR & KRA)  
Thomas Fauls (WEST)  
Chad Gunter (TC)  
Houlder Hudgins (SRA)  
John Reedy (RCC)  
Kathleen Stevens (WRA)

#### 2015

Jessica Densley (TC)  
Caroline Fagan (RCC)  
Matthew Perry, Jr. (SRA)  
Elizabeth Ratliff (SRA)

#### 2016

Alexis Biltz (RT)  
Alexander Hale (SRA)  
Samuel Hart Kettlewell-Sites (SRA)  
Tatum Timmerman (WEST)  
Elijah Trexler (WP)  
Genevieve Young (TC)

#### 2017

Gillian Laming (RCC)  
Cristina Muncy (ARA)  
Emily Phelps (TC)  
Olivia Ratliff (SRA)  
Kallia Smith (WRA)

## **James River Aquatic Club 2018 Michael J. Stott Scholarship Application**

The Stott Scholarship will be awarded at the 2018 JRAC Dive and/or Swim Championships to one or more 2018 graduating high school seniors who have participated in JRAC member club aquatics programs for no less than five years. Interested seniors are encouraged to apply. Those seniors who will be unavailable for the championship presentation ceremony are asked by the committee NOT to apply.

**Character Qualities:** The Stott Scholarship is awarded to the swimmer or diver who demonstrates dedication to the sport of swimming and/or diving and loyalty to the athlete's JRAC team. The scholarship winner continuously strives to make the most of his/her abilities, vigorously pursues his/her goals and dreams, and competes in a way that sets high personal and teammate standards. The scholarship winner leads by example and demonstrates that hard work and dedication may lead to new levels of personal accomplishment. The winner represents the best of what swimming and diving are all about in the James River Aquatic Club.

Winners of the Stott Scholarship will have demonstrated the following qualities, primarily through their involvement in JRAC aquatics, but also in school and community.

- Dedication
- Determination
- Integrity
- Leadership
- Scholarship
- Service
- Sportsmanship



**Selection Process:** The Selection Committee bases its decision on careful consideration of the application materials submitted by the applicant. The Selection Committee determines the number and amount of scholarships annually, dependent on availability of funds and the quality of the candidate pool. In past years, the number of scholarships has varied from four to eight and the amount of the scholarship has varied from \$500 to \$1,500.

- I. Word process a cover page that includes all of the following information.
  - Full name
  - Complete mailing address
  - Contact telephone number
  - Current summer email address
  - Parent or guardian's name
  - Name of your JRAC Member Club
  - Your JRAC years of affiliation as a swimmer, diver or both
  - A list of the years that you
    - i. participated in a least 75 percent of the meets in which you were eligible;
    - ii. were eligible to participate in JRAC Championships; and
    - iii. actually participated in JRAC Championships
  - College you will attend fall 2018
  - A description of your high school academic involvement

- II. List, ***in order of importance to you***, your primary activities outside the classroom. Include organized and individual pursuits, community service and any jobs you have held during the school year or summer. Word process your list using the format below.

Activity (* if paid)	Positions held, if applicable	Grades (9, 10, 11, 12)	Approximate number of hours per week during the activity season	Approximate total number of hours per year

- III. Write an essay that explains what your JRAC aquatics experience means to you. The essay should be a compelling story about you, your **JRAC experiences and what those experiences mean to you, not a delineation of how you exemplify each quality**. An imaginative written presentation of your qualities will be well received. Please limit your remarks to no more than two standard double-spaced pages using a font no smaller than 10-point type. The essay will weigh heavily in the final selection.
- IV. Provide a copy of your high school transcript including your final semester.
- V. Ask **two** individuals, other than your parents or guardians, who know you in a **JRAC aquatics context** to submit recommendations for you. Individuals completing recommendations should use the form located at [https://docs.google.com/forms/d/1WKDhDBLha1QTSWvGd\\_nVPYjb\\_JaQdDcg1D2afuSqqo/edit](https://docs.google.com/forms/d/1WKDhDBLha1QTSWvGd_nVPYjb_JaQdDcg1D2afuSqqo/edit)
- You may want to request recommendations from club representatives who know you well, such as a past or present coach, a dive/swim representative, a voting representative or other involved club representative.
- VI. Email a .pdf copy of your cover page, activities table, essay and transcript, parts I – IV to:

Subject line: **Candidate's Full Name**: 2018 Stott Scholarship

[becky.goshorn2010@gmail.com](mailto:becky.goshorn2010@gmail.com)

Rebecca Goshorn  
Stott Scholarship Chair

Completed applications must be received no later than **6 p.m. July 1, 2018**.

Once the application is submitted, you will receive an email confirmation of receipt.

**James River Aquatic Club  
2018 Michael J. Stott Scholarship Recommendation**

**Name** of Scholarship Candidate: \_\_\_\_\_

Winners of the Stott Scholarship will have demonstrated the following qualities, primarily through their involvement in aquatics, but also in school and the community:

- Dedication
- Determination
- Integrity
- Leadership
- Scholarship
- Service
- Sportsmanship

Complete the recommendation form located at:

[https://docs.google.com/forms/d/1WKDhDBLha1QTSWvGd\\_nVPYjb\\_JaQdDcg1D2afuSqgo/edit](https://docs.google.com/forms/d/1WKDhDBLha1QTSWvGd_nVPYjb_JaQdDcg1D2afuSqgo/edit)

to address how the Scholarship Candidate has personally made a difference in her/his team, her/his school and her/his community, particularly in the context of JRAC aquatics. **Comments that are most helpful describe the uniqueness of this swimmer/diver compared with other team members and provide anecdotal evidence rather than a listing of the qualities.** Your comments will be carefully considered by the Selection Committee and will weigh heavily in the final selection process. Please consider the candidate carefully and honestly.

You will be asked to include the information below in your electronic submission.

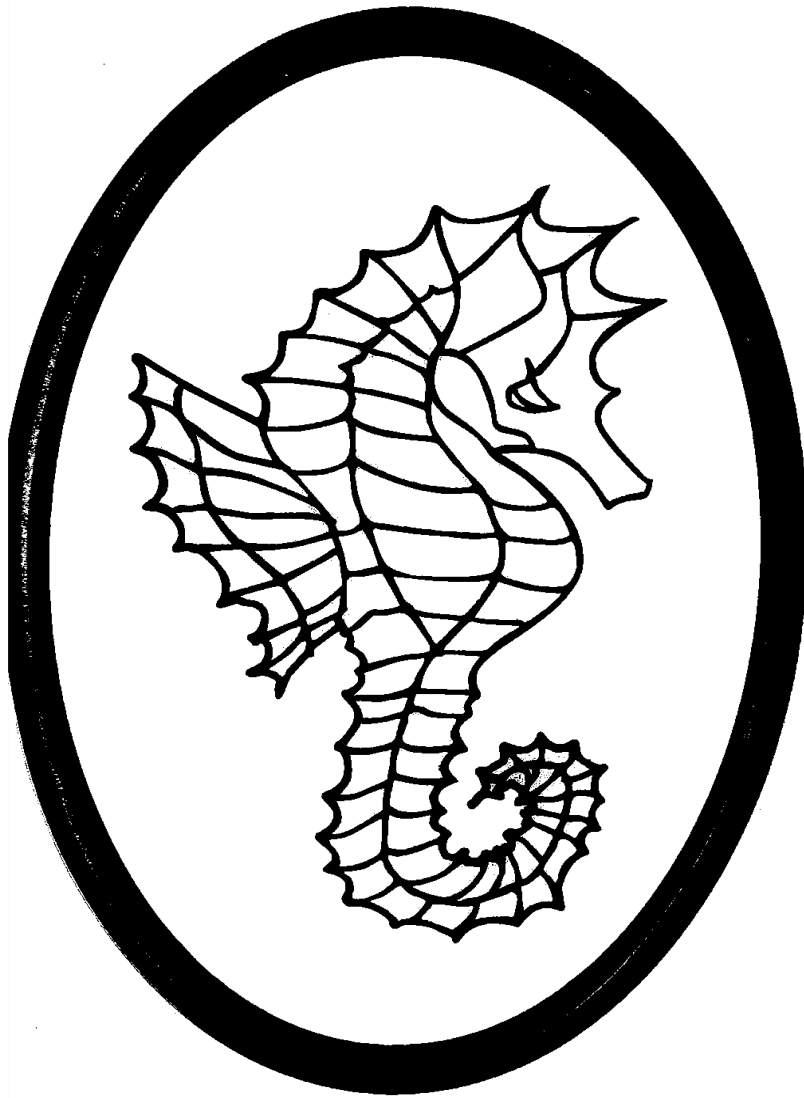
Your email  
The candidate's name  
Your name  
The date  
How you know the candidate  
Your recommendation

Submit the electronic document no later than July 1, 2018 at 6 p.m.

All information is strictly confidential.

An email confirmation will be sent once your recommendation is received.

# Seahorses for the Scholarship Fund



**Swim and Dive Representatives are encouraged to sell JRAC Seahorse Stickers to their members to support the Scholarship Fund.**