



**BLUE RIDGE ATHLETIC
CONFERENCE SWIM & DIVE
CHAMPIONSHIP
February 8-9, 2024**



We have taken enhanced health and safety measures for all attending this event. However, we cannot guarantee that you will not become infected with COVID-19. You must follow all posted instructions while visiting Hargrave Military Academy and the Onishi-Davenport Aquatic Center.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure of COVID-19. You will be required to complete the COVID-19 Liability Release and Indemnification Form prior to entering and you will be subjected to a temperature check.

Sanction

- Held in accordance with the NFHS, and VISAA rules and regulations.
- USA Swimming observed meet - any USA registered swimmer may have their times submitted to Virginia Swimming as observed through this meet. All USA swimming athletes must have their birth date and full legal name submitted with entries for this observation to count.
- Hargrave Military Academy and Onishi-Davenport Aquatic Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
- An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- The Onishi-Davenport Aquatic Center and Hargrave Military Academy, cannot prevent you (or your children) from becoming exposed to, contracting or spreading COVID-19 while participating in VISAA, VIC or NFHS events. Therefore, if you choose to participate in this event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
- By attending or participating in this competition, you voluntarily assume all risks associated with exposure to COVID-19 and forever release and hold harmless Hargrave Military Academy and each of their Officers, Directors, Agents, Employees or other representatives from any and all liability or claims for personal injuries, death, disease or property losses, or any other loss including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen in connection therewith.

Location	<ul style="list-style-type: none"> ● Onishi-Davenport Aquatic Center (ODAC); 200 Military Drive; Chatham; VA 24531 ● (434) 432 2681
Meet Officials	<ul style="list-style-type: none"> ● Meet Referee: Sue Munson ● Meet Directors: Amanda Weishaar (amanda.weishaar@hargrave.edu) and Beth Bright (bbright@ves.org) ● Admin Officials: Kris Sennett ● Starter: Steve Woolfolk, Jim Tung
Facility	<ul style="list-style-type: none"> ● The 22 lane indoor Olympic sized swimming pool (50 meters by 25 yards) offers an 8 lane 25 yard competition pool with non-turbulent lane markers, with a depth of 16 feet for the competition area. ● In the warm up/cool down area the depth is 5 feet to 8 feet. ● There will be no diving off the starter blocks in water less than 9 feet deep. ● Spectrum Starter Blocks, Colorado Timing System 6 with automatic and semi-automatic timing, back-up stopwatches, and Championship Start System. The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4). A copy of the certification is on file with USA Swimming. ● In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video-streamed. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming. ● Visiting teams are to stay within the ODAC facility and to not wander around the HMA campus.
Directions	<ul style="list-style-type: none"> ● From the North: <ul style="list-style-type: none"> ○ Travel south on US-29; ○ Take the exit toward US-29 Business/Main Street (Sign posted for Hargrave Military Academy); ○ At the stop sign, go straight across (Gas Station on corner) onto Military Drive; ○ Stay left at the turn (soccer fields on the left); ○ Keep the main buildings on your right until you reach the parking lot at the bottom of the hill; ○ Parking is permissible on the hill and in the parking lot. ● From the South: <ul style="list-style-type: none"> ○ Travel north on US-29; ○ Take the US-29 Business exit towards Chatham; ○ Stay on S Main Street; ○ Turn left onto Hargrave Blvd; ○ Turn right onto Military Drive; ○ Follow the circle around keeping the main buildings on your right until you reach the parking lot at the bottom of the hill' ○ Parking is permissible on the hill and in the parking lot.

<p>Parking</p>	<ul style="list-style-type: none"> ● Parking is available around the track on the south side of the campus; in the parking lot by the pool; or along Military Drive. No parking on the grass.
<p>Participating Schools</p>	<ul style="list-style-type: none"> ● Chatham Hall; The Covenant School; Fishburne Military School; Hargrave Military Academy; Miller School of Albemarle; New Covenant School; North Cross School; Roanoke Catholic School; Virginia Episcopal School
<p>Eligibility</p>	<ul style="list-style-type: none"> ● To all eligible swimmers 8-12th grade. ● Open to all eligible high school swimmers from the participating schools listed above. ● By entering any athlete in the meet, the coach confirms that the athlete is in good standing with their school.
<p>Disabled Athletes</p>	<ul style="list-style-type: none"> ● Athletes with a disability are welcome to participate and shall provide advance notice of desired accommodations. ● The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
<p>Format</p>	<ul style="list-style-type: none"> ● All events will be timed finals. ● Diving: <ul style="list-style-type: none"> ○ Will occur February 8th 2023 ○ Diving will not start before 4:30 pm ○ 11 dive meet. ○ Diving will not be scored due to not meeting the BRAC requirements of 4 schools participating. ● Swimming: <ul style="list-style-type: none"> ○ Will occur February 9th 2023 ○ Swimming will not start before 2:30 pm ● There will be two 10 minute breaks after the 50 Freestyle and the 500 Freestyle.
<p>Warm Ups</p>	<ul style="list-style-type: none"> ● Diving Warm-Ups will not start before 3:30 pm ● Swimming Warm-Ups will not start before 1:30 pm ● Entry and exit into the warm-up/cool down lanes will be from the west side of the pool deck only (the side the starter blocks are on). ● 6 additional lanes will be available for warm-up/cool down. Depth is between 5 - 8 feet. There will be no diving off the blocks into water less than 9 feet deep. ● Competition lanes will not be available for warm-up/cool down during scheduled breaks. ● Lanes will be assigned to each team. ● Diving time off the blocks will be included in the warm-up schedule. <ul style="list-style-type: none"> ○ Competition lanes 1, 3, 5, 7 will be off the blocks ○ Competition lanes 2, 4, 6, 8 will be returning lanes ● During the meet, there will be two lanes empty between the competition area and the warm up/cool down area.

Diving Schedule		
Officials Meeting	Warm-Ups	Competition Start
3:15 pm	3:30 – 3:55 pm	4:00 pm
Swimming Schedule		
Officials Meeting	Coaches Meeting	Timers Meeting
1:30 pm – Under High Dive	1:15 pm – Under High Dive	2:00 pm – Under High Dive
Warm-Ups	National Anthem	Competition Start
1:30 – 2:20 pm	2:25 pm	2:30 pm
200 Medley Relay Cards Due	200 Free Relay Cards Due	400 Free Relay Card Due
1:30 pm	Prior to the start of Event 8	Prior to the Start of Event 16

Entries	<p align="center">DEADLINE FOR THE RECEIPT OF ENTRIES IS: 11:59 pm Sunday, February 4, 2024</p> <ul style="list-style-type: none"> ● Use times since November 1, 2024 ● Email entries to: Greg Wriede, entries@wpa-sports.com. An entry report will be sent for review on Monday, February 5, 2024. <ul style="list-style-type: none"> ○ Teams may enter no more than four (4) entries per individual event. ○ Swimmers are limited to four (4) events; with a maximum of two (2) can be individual. ○ Two (2) relays may be entered but only one (1) will be allowed to score. Relays must be designated as “A” for scoring and “B” for exhibition (marked “exhibition”) on your Hy-tek entry file. ○ NT (no time) entries will be accepted for events in which a swimmer does not have a time of record. All entry times other than NT must have been achieved in a 2023-2024 high school competition. ● Corrections must be submitted by 11:59 pm Monday, February 5, 2024. ● A preliminary psych sheet will be sent Tuesday, February 6, 2024. ● Submit scratches by 11:59 pm, Wednesday, February 7, 2024. ● A final psych sheet will be sent Thursday, February 8, 2024. Any additional scratches will be accepted until 12PM the day of the meet. ● Entries must be submitted in short course yard times using Hy-Tek Team Manager. These should be a zip entries file from TM. ● Teams submit entries via email, accompanied by PDF of the meet entry report. ● Also include the name, phone, and email of the person to contact with questions about your entry file as well as the names of 2 timers that

	<p>your team will provide.</p> <ul style="list-style-type: none"> ● Coaches should bring a copy of entries to the meet. <ul style="list-style-type: none"> ○ This meet will also be USA Swimming observed. Any USA Swimming registered athlete may have their times observed and submitted to Virginia Swimming through this meet. All athlete entries are encouraged to be entered with their full legal name and birth date.
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Fees	<ul style="list-style-type: none"> ● No team fees will be collected this year.
Seeding	<ul style="list-style-type: none"> ● This event is pre-seeded. ● No deck entries will be accepted.

Scratches	<ul style="list-style-type: none"> ● A scratch is a complete pull from the meet. The swimmer may declare a false start from an event without penalty for the remainder of the meet. The swimmer cannot switch to another event. ● All swimmers listed in the heat sheet are considered entered. ● All swimmers are responsible for getting to the correct blocks in time for their events. ● If the swimmer fails to swim their event, they will be disqualified from all further events from which they are entered, including relays.
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Scoring	<ul style="list-style-type: none"> ● Individual events 9-7-6-5-4-3-2-1 ● Relays 18-14-12-10-8-6-4-2
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Awards	<ul style="list-style-type: none"> ● Medals will be awarded from 1st through 3rd place. Medals will be sent home with the coaches. ● A team trophy will be awarded to the winning teams of the BRAC ● Coaches will vote on Coach of the Year during the meet. ● The BRAC will also vote on additional categories and the trophies will be mailed out upon completion of the Conference Championships.
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Volunteers	<ul style="list-style-type: none"> ● Each team is required to bring two (2) Timers. <ul style="list-style-type: none"> ○ Positions may be filled by parents or responsible adults. ○ Please include the names of your timers in the email with your entries. ● Hargrave will provide: 1 Head Timer; 1 Clerk of Course; 1 Admissions Fee Collector; and 1 Live Stream Person. ● VES will provide: 1 Referee; 1 Starter; 4 or more Stroke and Turn Judges. ● <i>Volunteers who have signed up to help with the meet will NOT need to pay the entry/spectator fee.</i>
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Spectators	<ul style="list-style-type: none"> ● Spectators will be permitted for this event. ● Admission Fees: <ul style="list-style-type: none"> ○ Adults: \$10 ○ Ages 12 and under FREE ○ Family of 4 or more: \$30
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	<ul style="list-style-type: none"> ● Due to the limited seating, spectators may sit on the bleachers with their school, upstairs on the balcony, or on the deck if they provide their own chair. ● Currently HMA is not implementing a mask policy but that may change at short notice. ● The swim meet will be live streamed through the Hargrave Social Media accounts. (YouTube Channel “HMA Video”) ● Spectators must use the “Non-Athlete” Restroom located downstairs in the Rubber Floor Gym.
<p>Senior Recognition</p>	<ul style="list-style-type: none"> ● There will be a senior parade at the conclusion of Event 22, before the start of the 400 Freestyle Relays ● Seniors will gather in the Bullpen. Teams will line up in alphabetical order and students will also be announced in alphabetical order. ● Coaches should provide a list of seniors in alphabetical order at the coaches’ meeting.
<p>Covid-19 Safety Rules</p>	<ul style="list-style-type: none"> ● Locker rooms will not be available for showering. ● All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening. ● Coaches, swimmers and officials, may be required to wear masks. ● COVID-19 SYMPTOMS OR EXPOSURE: <ul style="list-style-type: none"> ○ All participants in this event certify that they have no known exposure to COVID-19 within 14 days or are exhibiting symptoms of COVID-19, including but not limited to a fever, cough, shortness of breath, chills or loss of taste/smell. This is pursuant with current HMA practice policies. ● MASK POLICY: <ul style="list-style-type: none"> ○ All volunteers, coaches, and officials may be required to wear a facemask while inside the facility to comply with COVID-19 guidelines. ○ Swimmers may be required to wear a mask inside the facility including when using restrooms. The only time swimmers will not wear a mask is when warming up or racing.

<p>Bullpen</p>	<ul style="list-style-type: none"> ● BULLPEN AND STAGING AREA: <ul style="list-style-type: none"> ○ <u>There is NO WAITING behind the blocks</u> ○ There will be 2 staging areas. ○ Swimmers will stage for their next-next Event/Heat on the marked numbers in the shallow end. ○ The staging area for the next Event/Heat will be along the west wall (behind the non-competition starter blocks) on the marked numbers. ● The announcer will call the next Event/Heat AFTER ALL the swimmers have exited and vacated the swimming area behind the competition starter blocks. ● Following their race, swimmers will exit the pool, and return clockwise around the deck to their assigned seat in their assigned team area. ● LOCKER ROOMS AND RESTROOMS: <ul style="list-style-type: none"> ○ Locker room access will be restricted to restroom use only. ○ Coach, official and volunteer restrooms will be separate from swimmer restrooms and are located on the north wall in the Rubber Floor Gym. Entrance located in the southwest corner of the pool deck. ○ <i>No athletes are allowed to enter the Rubber Floor Gym</i>
<p>Rules</p>	<ul style="list-style-type: none"> ● Onishi-Davenport Aquatic Center (ODAC) and Hargrave Military Academy (HMA) are a tobacco, e-cigarette, vaping and alcohol free campus. ● Visiting teams are to stay within the ODAC facility and to not wander around the HMA campus. ● Use of audio or visual recording devices, including cell phones and smartphones, is not permitted in changing areas, rest rooms or locker rooms. Violators of this policy are subject to disqualification from the meet, disbarment from ODAC and HMA facilities, and arrest. In addition, photography behind the flags and starter blocks is not permitted. ● Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without prior written permission from the Aquatics Director of HMA. ● Changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is prohibited. ● An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition until they provide a release authorization signed by a licensed healthcare provider. ● Access to the starting blocks will only be allowed from the southwest corner (shallow end).

Facility Rules	<ul style="list-style-type: none">● All the ODAC pool rules are posted on the “Aquatics Information” notice board located in the lobby.● Access into the ODAC is via the front main access doors only.● Exiting from the ODAC (except in an emergency) is via the double orange emergency exit doors located in the southeast corner.● No glass or open beverage containers are allowed in the locker rooms or on the pool deck. Only plastic containers with a cap/lid are allowed.● Access to the balcony is only available for the coaches, officials, ODAC and HMA personnel.● All emergency exits must be kept clear.
General Information	<ul style="list-style-type: none">● Concessions:<ul style="list-style-type: none">○ Beverages and snacks are available for purchase in the main lobby area.● Team Areas:<ul style="list-style-type: none">○ Teams should sit in the designated bleacher areas on the east side of the pool unless swimming or warming up/cooling down.○ Team areas have been provided with trash cans. Please ensure all trash and debris is collected and disposed of in a respectful manner.● Pool Access:<ul style="list-style-type: none">○ Pool access is only allowed through the doors leading from the lobby area.○ Swimmers may access the locker rooms from the pool area via the single black-painted doors nearest their locker room.○ Swimmers warming up or cooling down must enter and exit the designated assigned lanes on the west side of the pool deck (where the starter blocks are located). Feet first entry only.

ORDER OF EVENTS:

THURSDAY FEBRUARY 8, 2023

GIRLS	EVENT	BOYS
9	1 meter diving	10

FRIDAY FEBRUARY 9, 2023

GIRLS	EVENT	BOYS
1	200 Medley Relay	2
3	200 yd Freestyle	4
5	200 yd IM	6
7	50 yd Freestyle	8
	Break	
11	100 yd Butterfly	12
13	100 yd Freestyle	14
15	500 yd Freestyle	16
	Break	
17	200 Free Relay	18
19	100 yd Backstroke	20
21	100 yd Breaststroke	22
	Senior Recognition	
23	400 yd Freestyle Relay	24