

JAMES RIVER AQUATIC CLUB



1962 2024

Swimming & Diving Rules

MEMBER CLUBS

SWIM

ANT	Antioch
ARA	Avalon
ASC	Anirav
CCV	Country Club of Virginia
GA	Glen Allen
GP	Ginter Park
HERM	Hermitage
HMR	Honey Meadows Rutland
KRA	Kanawha
LPC	Lakeside Park Club

LSRC	Lakeside
RCC	Richmond CC
RT	Ridgetop
SND	Sandston
SRA	Southampton
SRVA	SwimRVA North
TC	Three Chopt
WEST	Westwood
WRA	Woodmont

DIVE

ARA	Avalon
BA	Bon Air
BSRC	Burkwood
HC	Hungary Creek
KRA	Kanawha
RT	Ridgetop
TC	Three Chopt
WRA	Woodmont

JRAC 2024 MEETING SCHEDULE

February 18, 2024	5:45 P.M.	ZOOM	Dive
February 18, 2024	6:30 P.M.	ZOOM	JRAC/Swim
March 17, 2024	5:45 P.M.	ZOOM	Dive
March 17, 2024	6:30 P.M.	ZOOM	JRAC/Swim
April 21, 2024	6:30 P.M.	ZOOM	JRAC/Swim
April 21, 2024	5:45 P.M.	ZOOM	Dive
May 19, 2024	5:45 P.M.	ZOOM	Dive
May 19, 2024	6:00 P.M.	TBD	JRAC Swim Coaches
May 19, 2024	7:00 P.M.	TBD	JRAC/Swim
April & May		SWIM TRAINING DATES - CHECK WEBSITE	
May 22, 2024	7:30 P.M.	TBD	NEW Swim Coaches
June 2, 2024	3:00-4:30 P.M.	BA	Dive Judging Training
July 7, 2024	5:30 P.M.	ZOOM	Dive
July 7, 2024	6:00 P.M.	TBD	JRAC Swim Coaches
July 7, 2024	7:00 P.M.	TBD	JRAC/Swim
July 12, 2024	6:00 P.M.	TBD	Seeding Meeting for Dive Champs
July 12, 2024	TBD	TBD	Seeding Committee for Swim Champs
September 1, 2024		<i>Dive Rule changes are due via Rep to VP Dive, Dinah Lee Mason</i>	
September 1, 2024		<i>Swim Rule changes are due via Rep to VP Swim</i>	
September 8, 2024	TBD	ZOOM	Dive Rules Mtg. (1 seasoned rep each club)
September 8, 2024	6:30 P.M.	TBD	Swim Rules Mtg. (1 seasoned rep each club)
September 15, 2024	TBD	ZOOM	Dive Rep from each club
September 15, 2024	6:30 P.M.	TBD	Voting rep from each club

JAMES RIVER AQUATIC CLUB



1962 – 2024

Swimming & Diving Rules

2024 Member Clubs

Place order following 2023 Season

SWIMMING:

SRA	Southampton Recreation Association
WEST	Westwood Racquet Club
CCV	Country Club of Virginia
KRA	Kanawha Recreation Association
ARA	Avalon Recreation Association
RT	Ridgetop Recreation Association
HERM	Hermitage Country Club
GA	Glen Allen Community Center
WRA	Woodmont Recreation Association
GP	Ginter Park Recreation
HMR	Honey Meadows Rutland
TC	Three Chopt Recreation Club
ANT	Antioch Recreation Association
LSRC	Lakeside Swim and Racquet Club
ASC	Anirav Swim Club
RCC	Richmond Country Club
SND	(SANDSTON) Recreation Association of Fairfield
SRVA	SwimRVA North
LPC	Lakeside Park Club

DIVING:

BSRC	Burkwood Swim and Recreation Club
ARA	Avalon
KRA	Kanawha
WRA	Woodmont
HC	Hungary Creek Recreation Association
RT	Ridgetop
BA	Bon Air
TC	Three Chopt

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	2
1.07 Conduct Unbecoming of a Swimmer	2
ARTICLE II - CLASSIFICATION	2
2.01 Age.	2
2.02 Competitive Classifications.	2
2.03 Official Classifying Times.	3
2.04 Aging Up.	3
ARTICLE III - SWIM MEETS	3
3.01 Scheduling.	3
3.02 Competing Clubs.	3
3.03 Events.	3
3.04 Entrants.	3
3.05 Relays.	3
3.06 Seeding.	3
3.07 Postponement of Meets.	4
3.08 Awards.	4
3.09 Scoring.	4
3.10 League Record	4
3.11 Failure of Swimmer to Swim to Best of Ability.	4
3.12 Meet Results.	4
3.13 Starting Blocks.	5
3.14 False Start Rule.	5
3.15 Updating Best Times.	5
3.16 Flyovers.	5
3.17 15 Meter Mark on Lane Lines.	5
ARTICLE IV - CHAMPIONSHIP MEET	5
4.01 Participants.	5
4.02 Events.	5
4.03 Entrants.	5
4.04 Relays.	5
4.05 Entry Information.	6
4.06 Submitted Times.	6
4.07 Seeding .	6
4.08 Substitutions and Scratches.	6

4.09	Awards.	6
4.10	Scoring.	6
4.11	Championship Meet Trophies.	6
4.12	Flyovers.	6
4.13	False Start Rule.	6
4.14	15 Meter Mark on Lane Lines	7
ARTICLE V - SWIM MEET OFFICIALS		7
5.01	Referee	7
5.02	Strokes and Turns Judges	7
5.03	Relay Take-Off Judges	7
5.04	Timers	7
5.04a	Head Timer	7
5.05	Clerk of Course	7
5.06	Head Table	7
5.07	Starter	7
5.08	Meet Director	8
5.09	Miscellaneous	8
5.10	Coaches Not to be Officials	8
5.11	Dual Capacity of Officials	8
5.12	Automatic Timing Officials	8
5.13	Failure of a Club to Provide Trained Officials	8
ARTICLE VI - REQUIRED EQUIPMENT & MATERIAL		8
6.01	Responsibility.	8
6.02	Previously Distributed Material.	8
6.03	JRAC Equipment.	8
6.04	Equipment and Material to be Furnished by Host Team.	8
6.05	Material to be Furnished by Visiting Team(s).	9
ARTICLE VII - CONDUCT OF MEETS; PENALTIES; PROTESTS		9
7.01	Grievances.	9
7.02	Course Area Limited to Participating Swimmers and Officials.	9
7.03	Penalties.	9
7.04	Protests.	9
7.05	Rule Changes.	9
ARTICLE VIII - SEASON'S RESULTS		9
8.01	Team Standings.	9
8.02	Swim Meet Season Trophy.	9
8.03	Sportsmanship Trophies	9
8.04	Roster Maintenance	10
APPENDICES		
S-1: JRAC SWIMMING & EQUIPMENT KITS SCHEDULE		11
S-2: JRAC STANDARDS		12
S-3: MASTER LIST OF JRAC EVENTS AND EVENT NUMBERS		16

S-4: EVENTS FOR SWIM MEETS	18
S-5: EVENTS FOR JRAC CHAMPIONSHIP MEET	24
S-6: DIRECTIONS FOR SWIMMER REGISTRATION	26
S-7: GUIDELINES FOR MEET WORKERS	28
S-8: BRIEF OVERVIEW OF THE COMPUTERIZED SWIM MEET	32
S-9: SWIM CLINIC INSTRUCTIONS	33
 DIVING RULES	 45
ARTICLE I - ELIGIBILITY	45
1.01 Team Option of Member Clubs.	45
1.02 JRAC Representatives.	45
1.03 Member Clubs.	45
1.04 Representation of Single Member Club.	45
1.05 Activation.	45
1.06 Participation of JRAC Member from Club Without a Diving Team.	46
ARTICLE II - CLASSIFICATION	46
2.01 Age.	46
2.02 Competitive Classifications.	46
ARTICLE III - MEET OFFICIALS	46
3.01 Meet Director.	46
3.02 Judges.	47
3.03 Workers.	47
3.04 Head Coach.	47
ARTICLE IV - INTRASQUAD MEETS	47
4.01 Schedules.	47
4.02 Day and Time.	47
4.03 Diving Pool	47
4.04 Postponement.	47
4.05 Forms	47
4.06 Attire.	47
4.07 Number of Divers: Penalty.	48
4.08 Warm-ups	48
4.09 Diving Order and Required Dives.	48
4.10 Judges Scoring.	48
4.11 Team Scoring.	49
4.12 Awards.	49
4.13 Meet Results.	49
4.14 Order of Diving	49
ARTICLE V - CHAMPIONSHIP MEET	49
5.01 Entries.	49
5.02 Eligibility.	49
5.03 Diving Forms.	50

5.04	Diving Order and Required Dives.	50
5.05	Awards.	50
5.06	Warm-ups.	50
5.07	JRAC Diving Representatives.	51
5.08	Workers.	51
5.09	Coaches.	51
5.10	Judging.	51
ARTICLE VI - U.S. DIVING COMPETITION.....		51
6.01	Position of JRAC Board.	51
ARTICLE VII - SEASON'S RESULTS		51
7.01	Awards.	51
7.02	Brandon Wilburn Sportsmanship Award.	51
ARTICLE VIII - MEET MATERIALS		51
8.01	Responsibility.	51
ARTICLE IX - TABLE		51
9.01	Table.	51
ARTICLE X - PENALTIES AND PROTESTS		51
10.01	Penalties.	52
10.02	Protests.	52
10.03	Rules Meeting.	52
10.04	Rule Changes	52
APPENDICES		53
D-1: GUIDELINES FOR DIVING MEETS AND JUDGING		53
D-2: FINA DIVING DEGREES OF DIFFICULTY		56
D-3: JRAC DIVING SCHEDULE		60
D-4: JRAC DIVING CATEGORY CUTOFF CHARTS		61
BY-LAWS OF JAMES RIVER AQUATIC CLUB		62
JRAC SWIMMING RECORDS		67
SWIMMING CHAMPIONS		69
REGULAR SEASON SWIMMING CHAMPIONS		70
SWIMMING CHAMPIONSHIP MEET WINNERS		71
SPORTSMANSHIP AWARDS		72
DIVING CHAMPIONS		73
REGULAR SEASON DIVING CHAMPIONS		74
DIVING CHAMPIONSHIP MEET WINNERS		74

BRANDON HALL WILBURN SPORTSMANSHIP AWARDS	75
ADDRESSES & PHONE NUMBERS OF MEET VENUES	76
MICHAEL J. STOTT SCHOLARSHIP WINNERS	77
MICHAEL J. STOTT SCHOLARSHIP APPLICATION	79

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

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 and/or JRAC Secretary. Each member club shall be responsible for the activation of its swimmers, ensuring parent, guardian or swimmer if 18 years or older sign a waiver of liability for participation 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 7 days prior to the first meet or if the second or final payments do not add up to at least the number of active swimmers by the sixth regular swim meet multiplied by \$25.

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 Tuesday following the third and last swim meets, after the meet swum as inactive, the treasurer must receive a final copy of the updated team roster showing the total active swimmers and should equal the total active swimmers multiplied by \$25 for each swimmer shall equal the total amount of payments made. See Appendix S-6: Directions for Swimmer Registration for further information and procedures.

The printed or electronic team rosters sent to the JRAC treasurer and/or secretary, both for the initial swimmer registrations 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 they have 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 a swimmer is deemed to be exhibiting conduct unbecoming of a JRAC athlete, which may include but is not limited to being under the influence of illicit drugs or alcohol, use of inappropriate language, bullying and/or taunting, inappropriate and/or unwelcome sexual advances or harassment at a JRAC sanctioned event, this behavior may result in disqualification from one or more events during the event in question, or removal from that meet, to a suspension for the remainder of the JRAC season, which could or could not include the Championship Meet. Any DQ, or removal from the meet, will be decided on by the following: Head Coach of both teams, one parent rep from each team and the Meet Referee immediately after any of these individuals are made aware of the conduct and any of these individuals feel it rises to the level that requires a conversation. Simple majority of these five individuals is required to levy the punishment. An incident report including the names of the five individuals involved in the decision making, the circumstances surrounding any such DQ or removal from the meet, must be delivered to the VP of Swim within 24 hours of the decision being made. The Executive Board will determine future eligibility of said individual regarding this infraction and any other infractions related to this individual. It is up to each club to communicate this rule to the swimmers and the parents, etc.

1.08 Conduct Unbecoming of a Volunteer, Spectator, Coach or Official. If a volunteer, spectator, coach or official in any role is deemed to be exhibiting conduct unbecoming of a JRAC participant, which may include but is not limited to being under the influence of illicit drugs or alcohol, use of inappropriate and/or threatening language or gestures, bullying and/or taunting, inappropriate and/or unwelcome sexual advances or harassment at a JRAC sanctioned event, this person will be relieved of their duties or asked to leave for the remainder of the event. No penalties will be assessed in this situation for that meet if the host club is unable to replace that person with an official that meets the JRAC training standards. The

decision to relieve the individual of their duties will be decided on by the following group of three individuals immediately after any of these individuals are made aware of the conduct and any of these individuals feel it rises to the level that requires a conversation: One parent rep from each team and the Meet Referee. Simple majority is required to make the decision. An incident report including the names of the three individuals involved in the decision making, must be delivered to the VP of Swim within 24 hours of the decision being made. The Executive Board will determine future eligibility of said individual regarding this infraction and any other infractions related to this individual. It is up to each club to communicate this rule to their volunteers, spectators, coaches, and officials, etc.

ARTICLE II - CLASSIFICATION

2.01 Age. The eligibility of a swimmer for a particular age group will be determined by their age as of June 1st.

- 8 and under
- 9 and 10
- 11 and 12
- 13 and 14
- 15 through 18

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 they are a Novice in that event. A swimmer is a Novice in an event in their respective age group unless they have made the novice cut-off time or faster for their age group shown in Appendix S-2

Regular Heat. Any swimmer may swim in a Regular Heat provided they have not made a 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 they have made a Heat X qualifying time in that event, unless they have made a 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 they have 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, their competitive classifications shall be determined by the novice cut-off times, Heat X and Heat XX qualifying times for their 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.
- 3.03 Events.** Each swim meet shall consist of the events in sequential order 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 8 and under, 9 and 10 and 11 and 12 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 8 and under 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 Seeding.** Seeding will be done by the software based on seed times, with "No Time" (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 or for entering accurate relay seed times. The visiting team should email their entry file to the head coach/computer contact of the home team any time prior to six hours before the start of the meet. The head coach/computer contact of the home team will generate a heat sheet with assigned heats and lanes. This heat sheet should be emailed to the head coach of the visiting team any time prior to four hours before the start of the meet. No event may be reseeded after this heat sheet is sent to the visiting coach. 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

- 3.07 Postponement of Swim Meets.** The swim meet shall be delayed by host club management (including lifeguards), referee, JRAC representative, or Head Coach of either team if any of the circumstances arise:

1. Thunder is heard or lightning is seen.
2. Lightning is detected on radar within 10 miles of the pool location.

After mandatory consultation with the host club management (including lifeguards) JRAC representatives and head coaches of the participating member clubs, the referee shall delay or postpone the swim meet to a future date if the competition cannot be conducted or completed in a

safe and satisfactory manner and in fairness to all swimmers in his or her best judgment.

In the case where a meet has not started, this decision may not be made more than three hours prior to the scheduled start of the meet, unless both JRAC representatives agree otherwise, then the decision can be made anytime the day of the meet. When a meet has started, the minimum delay in determining whether a meet shall continue shall be the earlier of one hour from the stoppage of competition or such a time that the venue's weather protocols make it mathematically certain that the delay will extend beyond one hour from 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.

3.08 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 8 and under events.

3.09 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.

 **3.10 League Record** In order for a regular season swim to be considered for a record individual or relay, the Lane Timer Sheet must have three hand times. If there are only two times on the Lane Timer Sheet, another verifiable time from a coach or league official is necessary to corroborate the Lane Timer Sheet times. Under no circumstance will a Lane Timer Sheet with one hand time be considered for a league record unless electronic timing is in use, in this case that would be at our Championship Meet. Times must come from a stopwatch, not from a cell phone.

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 [jraccmpsecretary@gmail.com](mailto:jracompsecretary@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.
- 3.18 Swimwear.** Per the disclaimer on page 1 of these rules, anything regarding swimwear not expressly provided here shall be governed by United States Swimming. For the purpose of clarity, however, the following are specific rules of JRAC:
- No Technical Suits, as defined by USA Swimming [102.8.1.F](#), shall be worn by any swimmer competing in the 12 year old and under age group, regardless of their actual age at the time.
 - Per [FINA FRSA 4.1.6](#) Construction (USA Swimming Rules defer to FINA as JRAC defers to USA Swimming) no zippers or other fastening system is allowed. This prohibits all tie-back swimsuits in competition.

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. 15 through 18 and 13 and 14 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 relay at Champs.

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. Seeding will be done on the basis of submitted times using the software.

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 they are scheduled to swim, they may swim the other events in which they are entered but they may not swim more than four events including the one or more which they 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. Three championship meet trophies will be awarded to the winner of the small, medium and large team categories respectively as determined by team splashes for Champs. One splash equals one Champs entry.

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 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, 8 and under starting end, handicapped swimmers, etc. The Referee shall select two additional judges to serve as take-off judges for relays (four additional judges for 8 and under 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.

5.02 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.

Any Strokes and Turn Judge who has worked in this position for the previous three consecutive years, will be eligible to take the online quiz and achieve a minimum passing score of 80%, unless otherwise directed by the JRAC Vice-President of Swimming, or the JRAC President

(Note: Strokes and Turns Judges MUST sign or initial each disqualification card, which must specify the infraction. Unsigned cards will be returned for signing.)

5.03 Relay Take-off Judges. Two additional judges (four additional judges for 8 and under relays) shall be selected by the Referee to serve as take-off judges for relays.

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. Times MUST come from stopwatches, not a cell phone timer.

5.04a A Head Timer must complete the available on-line Head Timer training, as designated or modified by either the JRAC Vice President of Swimming, or the JRAC President, and must pass the accompanying on-line quiz with a minimum score of 80%.

A Head Timer who has worked in the previous three consecutive years need not complete the Head Timer on-line training, unless otherwise directed by the JRAC Vice President of Swimming, or the JRAC President.

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. Any Clerk of Course worker that has worked the previous three consecutive years, need not attend the annual training. If new rules are presented that affect this area, attendance at an electronic meeting will be required prior to the newly affected season.

5.06 Head Table. There shall be a Head Table Worker, an Assistant Head Table Worker and at least four table workers. There must be one Head Table Worker that attends the pre-season clinic. Any Head Table Worker that has worked the previous three consecutive years, need not attend the annual training. If new rules are presented that affect this area, attendance at an electronic meeting will be required prior to the newly affected season.

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. If a JRAC-certified starter has served in that capacity for a minimum of the previous three consecutive years with a JRAC Member Club, he/she may complete the available JRAC on-line Starter training and must pass the accompanying on-line starter quiz with a minimum score of 80% in order to maintain his/her JRAC starter certification currency, unless otherwise directed by the JRAC Vice President of Swimming, or the JRAC President.

5.08 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.

- 5.09 **Miscellaneous.** There shall be an Announcer, two Runners (one for Lane Timer Sheets, one for Strokes and Turns Judges), two persons to hold the recall rope, and a person to give out 8 and under heat winner ribbons.
- 5.10 **Coaches Not to be Officials.** No coach or assistant coach shall serve as an official at a JRAC meet.
- 5.11 **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.
- 5.12 **Automatic Timing Officials** There shall be no Automatic Timing Officials in swim meets.
- 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
 - ▶ DQ cards
 - ▶ 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. Exception, if a swimmer swims out of category due to a clerical error by a coach (Custom Time for Regular), the League Computer Secretary has the authority to adjust accordingly so the swimmer does not get disqualified for that swim. However, a scaled penalty system (1st offense - 10 point penalty; 2nd offense - 30 point penalty; 3rd and subsequent offenses - 50 point penalty) will still be assessed for the error and the swimmer would be marked Exhibition.
- 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 1st 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 Swim Meet Season Trophy.** One trophy will be awarded to the team with the highest number of points earned in the regular swim season.
- 8.03 Sportsmanship Trophies.** Following the final dual meet of the season, teams will rank for three teams that they swam in the season deserving of 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 three member clubs that receive the most votes. These sportsmanship trophies will be presented to the coaches of the winning teams during the morning of Champs and will be named "Doug Stell Sportsmanship Award".
- 8.04 Roster Maintenance.** Before September 1st, following the conclusion of the current season, each team shall submit an "inactive" roster to the JRAC Computer Secretary containing the names of "inactive" swimmers on their team - 17 and under - to be removed from the league database. Removal of "inactive" swimmers from the league database is recommended for swimmers that have moved, no longer belong to their previous team, or have not swum a meet in the previous 3 seasons. All swimmers 18 and older will automatically be removed from the league database at the conclusion of the current season.

2024 JRAC SWIMMING and EQUIPMENT KITS SCHEDULE

Please follow the schedule below to see who is responsible for transferring the kit to the next host club:

First Meet

Monday, June 3

WEST at SRA	#1
KRA at CCV	#2
ARA at RT	#3
HERM at GA	#4
GP at WRA	#5
ANT at ASC	#6
RCC at HMR	#7
LSRC at SRVA	#8
LPC at SRVA	#8
TC at SND	#9

Second Meet

Monday, June 10

CCV at SRA	#1
WEST at KRA	#2
HERM at ARA	#3
RT at GA	#4
WRA at HMR	#7
GP at ANT	#5
ASC at LSRC	#6
SND at RCC	#9
SRVA at LPC	#8
TC at LPC	#8

Third Meet

Monday, June 17

KRA at SRA	#1
ARA at WEST	#2
CCV at RT	#4
HERM at GP	#3
GA at WRA	#7
ANT at RCC	#5
LSRC at SND	#9
HMR at TC	#8
SRVA vs LPC at ASC	#6
SRVA at ASC	#6

Fourth Meet

Monday, June 24

RT at KRA	#4
CCV at WEST	#2
SRA at ARA	#1
GA at ANT	#5
WRA at HERM	#7
SND at GP	#3
HMR at LSRC	#9
ASC at TC	#8
LPC at SRVA	#6
RCC at SRVA	#6

Fifth Meet

Monday, July 1

SRA at WEST	#2
ARA at KRA	#1
RT at HERM	#4
GA at CCV	#5
ASC at WRA	#7
HMR at GP	#3
LSRC at ANT	#9
TC at RCC	#8
LPC at SND	#6
SRVA vs LPC at SND	#6

Sixth Meet

Monday, July 8

WEST at HERM	#4
WRA at CCV	#5
SRA at RT	#2
KRA at GA	#5
GP at ARA	#1
SRVA vs LPC at HMR	#3
LPC at HMR	#3
RCC at LSRC	#9
ANT at TC	#8
SND at ASC	#7

2024 CHAMPIONSHIP MEET

CSAC
Wednesday, July 17th

JRAC STANDARDS GIRLS – Meters

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

9 and 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

11 and 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

13 and 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
50	Fly	33.02	34.83	38.70	43.43

15 through 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
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 BOYS – Meters

8 years of age & under					
		XX	X	R (novice cutoff)	ChampQualifying
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
9 and 10 years of age					
		XX	X	R (novice cutoff)	ChampQualifying
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
11 and 12 years of age					
		XX	X	R (novice cutoff)	ChampQualifying
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
13 and 14 years of age					
		XX	X	R (novice cutoff)	ChampQualifying
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
50	Fly	30.99	34.20	37.60	42.76
15 through 18 years of age					
		XX	X	R (novice cutoff)	ChampQualifying
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
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 GIRLS – Yards

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

9 and 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

11 and 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

13 and 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
50	Fly	29.88	31.52	35.02	39.30

15 through 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
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 BOYS – Yards

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

9 and 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

11 and 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

13 and 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
50	Fly	28.05	30.95	34.03	38.70

15 through 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
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

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.

9 and 10 Girls	100	Individual Medley	Novice, Regular, X, XX
9 and 10 Boys	100	Individual Medley	Novice, Regular, X, XX
11 and 12 Girls	100	Individual Medley	Novice, Regular, X, XX
11 and 12 Boys	100	Individual Medley	Novice, Regular, X, XX
13 and 14 Girls	100	Individual Medley	Novice, Regular, X, XX
13 and 14 Boys	100	Individual Medley	Novice, Regular, X, XX
15 through 18 Girls	100	Individual Medley	Novice, Regular, X, XX
15 through 18 Boys	100	Individual Medley	Novice, Regular, X, XX
8 and under Girls	25	Freestyle	Novice, Regular, X, XX
8 and under Boys	25	Freestyle	Novice, Regular, X, XX
9 and 10 Girls	50	Freestyle	Novice, Regular, X, XX
9 and 10 Boys	50	Freestyle	Novice, Regular, X, XX
11 and 12 Girls	50	Freestyle	Novice, Regular, X, XX
11 and 12 Boys	50	Freestyle	Novice, Regular, X, XX
13 and 14 Girls	50	Freestyle	Novice, Regular, X, XX
13 and 14 Boys	50	Freestyle	Novice, Regular, X, XX
13 and 14 Girls	100	Freestyle	Regular, X, XX
13 and 14 Boys	100	Freestyle	Regular, X, XX
15 through 18 Girls	50	Freestyle	Novice, Regular, X, XX
15 through 18 Boys	50	Freestyle	Novice, Regular, X, XX
15 through 18 Girls	100	Freestyle	Regular, X, XX
15 through 18 Boys	100	Freestyle	Regular, X, XX
8 and under Girls	25	Backstroke	Novice, Regular, X, XX
8 and under Boys	25	Backstroke	Novice, Regular, X, XX
9 and 10 Girls	50	Backstroke	Novice, Regular, X, XX
9 and 10 Boys	50	Backstroke	Novice, Regular, X, XX
11 and 12 Girls	50	Backstroke	Novice, Regular, X, XX
11 and 12 Boys	50	Backstroke	Novice, Regular, X, XX
13 and 14 Girls	50	Backstroke	Novice, Regular, X, XX
13 and 14 Boys	50	Backstroke	Novice, Regular, X, XX
15 through 18 Girls	50	Backstroke	Novice, Regular, X, XX
15 through 18 Boys	50	Backstroke	Novice, Regular, X, XX

8 and under Girls	25	Breaststroke	Novice, Regular, X, XX
8 and under Boys	25	Breaststroke	Novice, Regular, X, XX
9 and 10 Girls	50	Breaststroke	Novice, Regular, X, XX
9 and 10 Boys	50	Breaststroke	Novice, Regular, X, XX
11 and 12 Girls	50	Breaststroke	Novice, Regular, X, XX
11 and 12 Boys	50	Breaststroke	Novice, Regular, X, XX
13 and 14 Girls	50	Breaststroke	Novice, Regular, X, XX
13 and 14 Boys	50	Breaststroke	Novice, Regular, X, XX
15 through 18 Girls	50	Breaststroke	Novice, Regular, X, XX
15 through 18 Boys	50	Breaststroke	Novice, Regular, X, XX
8 and under Girls	25	Butterfly	Novice, Regular, X, XX
8 and under Boys	25	Butterfly	Novice, Regular, X, XX
9 and 10 Girls	50	Butterfly	Novice, Regular, X, XX
9 and 10 Boys	50	Butterfly	Novice, Regular, X, XX
11 and 12 Girls	50	Butterfly	Novice, Regular, X, XX
11 and 12 Boys	50	Butterfly	Novice, Regular, X, XX
13 and 14 Girls	50	Butterfly	Novice, Regular, X, XX
13 and 14 Boys	50	Butterfly	Novice, Regular, X, XX
15 through 18 Girls	50	Butterfly	Novice, Regular, X, XX
15 through 18 Boys	50	Butterfly	Novice, Regular, X, XX
8 and under Mixed Relay	100	Freestyle	Novice, Regular
9 and 10 Mixed Relay	200	Freestyle	Novice, Regular
11 and 12 Mixed Relay	200	Freestyle	Novice, Regular
13 and 14 Mixed Relay	200	Freestyle	Novice, Regular
15 through 18 Mixed Relay	200	Freestyle	Novice, Regular
8 and under Mixed Relay	100	Medley	Novice, Regular
9 and 10 Mixed Relay	200	Medley	Novice, Regular
11 and 12 Mixed Relay	200	Medley	Novice, Regular
13 and 14 Mixed Relay	200	Medley	Novice, Regular
15 through 18 Mixed Relay	200	Medley	Novice, Regular

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

2. 8 and under Mixed Relay	100 Freestyle	Novice, Regular, X, XX
3. 9 and 10 Girls	100 Individual Medley	Novice, Regular, X, XX
4. 9 and 10 Boys	100 Individual Medley	Novice, Regular, X, XX
5. 11 and 12 Girls	100 Individual Medley	Novice, Regular, X, XX
6. 11 and 12 Boys	100 Individual Medley	Novice, Regular, X, XX
7. 13 and 14 Girls	100 Individual Medley	Novice, Regular, X, XX
8. 13 and 14 Boys	100 Individual Medley	Novice, Regular, X, XX
9. 15 through 18 Girls	100 Individual Medley	Novice, Regular, X, XX
10. 15 through 18 Boys	100 Individual Medley	Novice, Regular, X, XX
11. 8 and under Girls	25 Freestyle	Novice, Regular, X, XX
12. 8 and under Boys	25 Freestyle	Novice, Regular, X, XX
13. 9 and 10 Girls	50 Freestyle	Novice, Regular, X, XX
14. 9 and 10 Boys	50 Freestyle	Novice, Regular, X, XX
15. 11 and 12 Girls	50 Freestyle	Novice, Regular, X, XX
16. 11 and 12 Boys	50 Freestyle	Novice, Regular, X, XX
17. 13 and 14 Girls	50 Freestyle	Novice, Regular, X, XX
18. 13 and 14 Boys	50 Freestyle	Regular, X, XX
19. 13 and 14 Girls	100 Freestyle	Regular, X, XX
20. 13 and 14 Boys	100 Freestyle	Novice, Regular, X, XX
21. 15 through 18 Girls	50 Freestyle	Novice, Regular, X, XX
22. 15 through 18 Boys	50 Freestyle	Regular, X, XX
23. 15 through 18 Girls	100 Freestyle	Regular, X, XX
24. 15 through 18 Boys	100 Freestyle	Novice, Regular, X, XX
25. 8 and under Girls	25 Backstroke	Novice, Regular, X, XX
26. 8 and under Boys	25 Backstroke	Novice, Regular, X, XX
27. 9 and 10 Girls	50 Backstroke	Novice, Regular, X, XX
28. 9 and 10 Boys	50 Backstroke	Novice, Regular, X, XX
29. 11 and 12 Girls	50 Backstroke	Novice, Regular, X, XX
30. 11 and 12 Boys	50 Backstroke	Novice, Regular, X, XX
31. 13 and 14 Girls	50 Backstroke	Novice, Regular, X, XX
32. 13 and 14 Boys	50 Backstroke	Novice, Regular, X, XX
33. 15 through 18 Girls	50 Backstroke	Novice, Regular, X, XX
34. 15 through 18 Boys	50 Backstroke	Regular, X, XX
35. 8 and under Girls	25 Breaststroke	Regular, X, XX
36. 8 and under Boys	25 Breaststroke	Regular, X, XX
37. 9 and 10 Girls	50 Breaststroke	Regular, X, XX
38. 9 and 10 Boys	50 Breaststroke	Regular, X, XX
39. 11 and 12 Girls	50 Breaststroke	Regular, X, XX
40. 11 and 12 Boys	50 Breaststroke	Regular, X, XX
41. 13 and 14 Girls	50 Breaststroke	Regular, X, XX
42. 13 and 14 Boys	50 Breaststroke	Regular, X, XX
43. 15 through 18 Girls	50 Breaststroke	Regular, X, XX
44. 15 through 18 Boys	50 Breaststroke	Regular, X, XX
45. 8 and under Girls	25 Butterfly	Regular, X, XX
46. 8 and under Boys	25 Butterfly	Regular, X, XX
47. 9 and 10 Girls	50 Butterfly	Regular, X, XX
48. 9 and 10 Boys	50 Butterfly	Regular, X, XX
49. 11 and 12 Girls	50 Butterfly	Regular, X, XX
50. 11 and 12 Boys	50 Butterfly	Regular, X, XX
51. 13 and 14 Girls	50 Butterfly	Regular, X, XX
52. 13 and 14 Boys	50 Butterfly	Regular, X, XX
53. 15 through 18 Girls	50 Butterfly	Regular, X, XX
54. 15 through 18 Boys	50 Butterfly	Regular, X, XX
55. 9 and 10 Mixed Relay	200 Freestyle	
56. 11 and 12 Mixed Relay	200 Freestyle	
57. 13 and 14 Mixed Relay	200 Freestyle	
58. 15 through 18 Mixed Relay	200 Freestyle	

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

2.	8 and under Mixed Relay	100 Medley	Novice, Regular, X, XX
3.	9 and 10 Girls	100 Individual Medley	Novice, Regular, X, XX
4.	9 and 10 Boys	100 Individual Medley	Novice, Regular, X, XX
5.	11 and 12 Girls	100 Individual Medley	Novice, Regular, X, XX
6.	11 and 12 Boys	100 Individual Medley	Novice, Regular, X, XX
7.	13 and 14 Girls	100 Individual Medley	Novice, Regular, X, XX
8.	13 and 14 Boys	100 Individual Medley	Novice, Regular, X, XX
9.	15 through 18 Girls	100 Individual Medley	Novice, Regular, X, XX
10.	15 through 18 Boys	100 Individual Medley	Novice, Regular, X, XX
11.	8 and under Girls	25 Freestyle	Novice, Regular, X, XX
12.	8 and under Boys	25 Freestyle	Novice, Regular, X, XX
13.	9 and 10 Girls	50 Freestyle	Novice, Regular, X, XX
14.	9 and 10 Boys	50 Freestyle	Novice, Regular, X, XX
15.	11 and 12 Girls	50 Freestyle	Novice, Regular, X, XX
16.	11 and 12 Boys	50 Freestyle	Novice, Regular, X, XX
17.	13 and 14 Girls	50 Freestyle	Novice, Regular, X, XX
18.	13 and 14 Boys	50 Freestyle	Novice, Regular, X, XX
19.	13 and 14 Girls	100 Freestyle	Regular, X, XX
20.	13 and 14 Boys	100 Freestyle	Regular, X, XX
21.	15 through 18 Girls	50 Freestyle	Novice, Regular, X, XX
22.	15 through 18 Boys	50 Freestyle	Novice, Regular, X, XX
23.	15 through 18 Girls	100 Freestyle	Regular, X, XX
24.	15 through 18 Boys	100 Freestyle	Regular, X, XX
25.	8 and under Girls	25 Breaststroke	Novice, Regular, X, XX
26.	8 and under Boys	25 Breaststroke	Novice, Regular, X, XX
27.	9 and 10 Girls	50 Breaststroke	Novice, Regular, X, XX
28.	9 and 10 Boys	50 Breaststroke	Novice, Regular, X, XX
29.	11 and 12 Girls	50 Breaststroke	Novice, Regular, X, XX
30.	11 and 12 Boys	50 Breaststroke	Novice, Regular, X, XX
31.	13 and 14 Girls	50 Breaststroke	Novice, Regular, X, XX
32.	13 and 14 Boys	50 Breaststroke	Novice, Regular, X, XX
33.	15 through 18 Girls	50 Breaststroke	Novice, Regular, X, XX
34.	15 through 18 Boys	50 Breaststroke	Novice, Regular, X, XX
35.	8 and under Girls	25 Backstroke	Novice, Regular, X, XX
36.	8 and under Boys	25 Backstroke	Novice, Regular, X, XX
37.	9 and 10 Girls	50 Backstroke	Regular, X, XX
38.	9 and 10 Boys	50 Backstroke	Regular, X, XX
39.	11 and 12 Girls	50 Backstroke	Regular, X, XX
40.	11 and 12 Boys	50 Backstroke	Regular, X, XX
41.	13 and 14 Girls	50 Backstroke	Regular, X, XX
42.	13 and 14 Boys	50 Backstroke	Regular, X, XX
43.	15 through 18 Girls	50 Backstroke	Regular, X, XX
44.	15 through 18 Boys	50 Backstroke	Regular, X, XX
45.	8 and under Girls	25 Butterfly	Regular, X, XX
46.	8 and under Boys	25 Butterfly	Regular, X, XX
47.	9 and 10 Girls	50 Butterfly	Regular, X, XX
48.	9 and 10 Boys	50 Butterfly	Regular, X, XX
49.	11 and 12 Girls	50 Butterfly	Regular, X, XX
50.	11 and 12 Boys	50 Butterfly	Regular, X, XX
51.	13 and 14 Girls	50 Butterfly	Regular, X, XX
52.	13 and 14 Boys	50 Butterfly	Regular, X, XX
53.	15 through 18 Girls	50 Butterfly	Regular, X, XX
54.	15 through 18 Boys	50 Butterfly	Regular, X, XX
55.	9 and 10 Mixed Relay	200 Medley	
56.	11 and 12 Mixed Relay	200 Medley	
57.	13 and 14 Mixed Relay	200 Medley	
58.	15 through 18 Mixed Relay	200 Medley	

EVENTS FOR SWIM MEET #3**(Novice Events - Freestyle & Butterfly)**

2.	8 and under Mixed Relay	100 Freestyle	Novice, Regular, X, XX
3.	9 and 10 Girls	100 Individual Medley	Novice, Regular, X, XX
4.	9 and 10 Boys	100 Individual Medley	Novice, Regular, X, XX
5.	11 and 12 Girls	100 Individual Medley	Novice, Regular, X, XX
6.	11 and 12 Boys	100 Individual Medley	Novice, Regular, X, XX
7.	13 and 14 Girls	100 Individual Medley	Novice, Regular, X, XX
8.	13 and 14 Boys	100 Individual Medley	Novice, Regular, X, XX
9.	15 through 18 Girls	100 Individual Medley	Novice, Regular, X, XX
10.	15 through 18 Boys	100 Individual Medley	Novice, Regular, X, XX
11.	8 and under Girls	25 Freestyle	Novice, Regular, X, XX
12.	8 and under Boys	25 Freestyle	Novice, Regular, X, XX
13.	9 and 10 Girls	50 Freestyle	Novice, Regular, X, XX
14.	9 and 10 Boys	50 Freestyle	Novice, Regular, X, XX
15.	11 and 12 Girls	50 Freestyle	Novice, Regular, X, XX
16.	11 and 12 Boys	50 Freestyle	Novice, Regular, X, XX
17.	13 and 14 Girls	50 Freestyle	Novice, Regular, X, XX
18.	13 and 14 Boys	50 Freestyle	Regular, X, XX
19.	13 and 14 Girls	100 Freestyle	Regular, X, XX
20.	13 and 14 Boys	100 Freestyle	Novice, Regular, X, XX
21.	15 through 18 Girls	50 Freestyle	Novice, Regular, X, XX
22.	15 through 18 Boys	50 Freestyle	Regular, X, XX
23.	15 through 18 Girls	100 Freestyle	Regular, X, XX
24.	15 through 18 Boys	100 Freestyle	Novice, Regular, X, XX
25.	8 and under Girls	25 Butterfly	Novice, Regular, X, XX
26.	8 and under Boys	25 Butterfly	Novice, Regular, X, XX
27.	9 and 10 Girls	50 Butterfly	Novice, Regular, X, XX
28.	9 and 10 Boys	50 Butterfly	Novice, Regular, X, XX
29.	11 and 12 Girls	50 Butterfly	Novice, Regular, X, XX
30.	11 and 12 Boys	50 Butterfly	Novice, Regular, X, XX
31.	13 and 14 Girls	50 Butterfly	Novice, Regular, X, XX
32.	13 and 14 Boys	50 Butterfly	Novice, Regular, X, XX
33.	15 through 18 Girls	50 Butterfly	Novice, Regular, X, XX
34.	15 through 18 Boys	50 Butterfly	Novice, Regular, X, XX
35.	8 and under Girls	25 Backstroke	Novice, Regular, X, XX
36.	8 and under Boys	25 Backstroke	Regular, X, XX
37.	9 and 10 Girls	50 Backstroke	Regular, X, XX
38.	9 and 10 Boys	50 Backstroke	Regular, X, XX
39.	11 and 12 Girls	50 Backstroke	Regular, X, XX
40.	11 and 12 Boys	50 Backstroke	Regular, X, XX
41.	13 and 14 Girls	50 Backstroke	Regular, X, XX
42.	13 and 14 Boys	50 Backstroke	Regular, X, XX
43.	15 through 18 Girls	50 Backstroke	Regular, X, XX
44.	15 through 18 Boys	50 Backstroke	Regular, X, XX
45.	8 and under Girls	25 Breaststroke	Regular, X, XX
46.	8 and under Boys	25 Breaststroke	Regular, X, XX
47.	9 and 10 Girls	50 Breaststroke	Regular, X, XX
48.	9 and 10 Boys	50 Breaststroke	Regular, X, XX
49.	11 and 12 Girls	50 Breaststroke	Regular, X, XX
50.	11 and 12 Boys	50 Breaststroke	Regular, X, XX
51.	13 and 14 Girls	50 Breaststroke	Regular, X, XX
52.	13 and 14 Boys	50 Breaststroke	Regular, X, XX
53.	15 through 18 Girls	50 Breaststroke	Regular, X, XX
55.	15 through 18 Boys	50 Breaststroke	Regular, X, XX
55.	9 and 10 Mixed Relay	200 Freestyle	
56.	11 and 12 Mixed Relay	200 Freestyle	
57.	13 and 14 Mixed Relay	200 Freestyle	
58.	15 through 18 Mixed Relay	200 Freestyle	

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

2.	8 and under Mixed Relay	100 Medley	Novice, Regular, X, XX
3.	9 and 10 Girls	100 Individual Medley	Novice, Regular, X, XX
4.	9 and 10 Boys	100 Individual Medley	Novice, Regular, X, XX
5.	11 and 12 Girls	100 Individual Medley	Novice, Regular, X, XX
6.	11 and 12 Boys	100 Individual Medley	Novice, Regular, X, XX
7.	13 and 14 Girls	100 Individual Medley	Novice, Regular, X, XX
8.	13 and 14 Boys	100 Individual Medley	Novice, Regular, X, XX
9.	15 through 18 Girls	100 Individual Medley	Novice, Regular, X, XX
10.	15 through 18 Boys	100 Individual Medley	Novice, Regular, X, XX
11.	8 and under Girls	25 Freestyle	Novice, Regular, X, XX
12.	8 and under Boys	25 Freestyle	Novice, Regular, X, XX
13.	9 and 10 Girls	50 Freestyle	Novice, Regular, X, XX
14.	9 and 10 Boys	50 Freestyle	Novice, Regular, X, XX
15.	11 and 12 Girls	50 Freestyle	Novice, Regular, X, XX
16.	11 and 12 Boys	50 Freestyle	Novice, Regular, X, XX
17.	13 and 14 Girls	50 Freestyle	Novice, Regular, X, XX
18.	13 and 14 Boys	50 Freestyle	Regular, X, XX
19.	13 and 14 Girls	100 Freestyle	Regular, X, XX
20.	13 and 14 Boys	100 Freestyle	Novice, Regular, X, XX
21.	15 through 18 Girls	50 Freestyle	Novice, Regular, X, XX
22.	15 through 18 Boys	50 Freestyle	Regular, X, XX
23.	15 through 18 Girls	100 Freestyle	Regular, X, XX
24.	15 through 18 Boys	100 Freestyle	Novice, Regular, X, XX
25.	8 and under Girls	25 Backstroke	Novice, Regular, X, XX
26.	8 and under Boys	25 Backstroke	Novice, Regular, X, XX
27.	9 and 10 Girls	50 Backstroke	Novice, Regular, X, XX
28.	9 and 10 Boys	50 Backstroke	Novice, Regular, X, XX
29.	11 and 12 Girls	50 Backstroke	Novice, Regular, X, XX
30.	11 and 12 Boys	50 Backstroke	Novice, Regular, X, XX
31.	13 and 14 Girls	50 Backstroke	Novice, Regular, X, XX
32.	13 and 14 Boys	50 Backstroke	Novice, Regular, X, XX
33.	15 through 18 Girls	50 Backstroke	Novice, Regular, X, XX
34.	15 through 18 Boys	50 Backstroke	Regular, X, XX
35.	8 and under Girls	25 Breaststroke	Regular, X, XX
36.	8 and under Boys	25 Breaststroke	Regular, X, XX
37.	9 and 10 Girls	50 Breaststroke	Regular, X, XX
38.	9 and 10 Boys	50 Breaststroke	Regular, X, XX
39.	11 and 12 Girls	50 Breaststroke	Regular, X, XX
40.	11 and 12 Boys	50 Breaststroke	Regular, X, XX
41.	13 and 14 Girls	50 Breaststroke	Regular, X, XX
42.	13 and 14 Boys	50 Breaststroke	Regular, X, XX
43.	15 through 18 Girls	50 Breaststroke	Regular, X, XX
44.	15 through 18 Boys	50 Breaststroke	Regular, X, XX
45.	8 and under Girls	25 Butterfly	Regular, X, XX
46.	8 and under Boys	25 Butterfly	Regular, X, XX
47.	9 and 10 Girls	50 Butterfly	Regular, X, XX
48.	9 and 10 Boys	50 Butterfly	Regular, X, XX
49.	11 and 12 Girls	50 Butterfly	Regular, X, XX
50.	11 and 12 Boys	50 Butterfly	Regular, X, XX
51.	13 and 14 Girls	50 Butterfly	Regular, X, XX
52.	13 and 14 Boys	50 Butterfly	Regular, X, XX
53.	15 through 18 Girls	50 Butterfly	Regular, X, XX
54.	15 through 18 Boys	50 Butterfly	Regular, X, XX
55.	9 and 10 Mixed Relay	200 Medley	
56.	11 and 12 Mixed Relay	200 Medley	
57.	13 and 14 Mixed Relay	200 Medley	
58.	15 through 18 Mixed Relay	200 Medley	

EVENTS FOR SWIM MEET #5
(Novice Events - Freestyle & Breaststroke)

2.	8 and under Mixed Relay	100 Freestyle	Novice, Regular, X, XX
3.	9 and 10 Girls	100 Individual Medley	Novice, Regular, X, XX
4.	9 and 10 Boys	100 Individual Medley	Novice, Regular, X, XX
5.	11 and 12 Girls	100 Individual Medley	Novice, Regular, X, XX
6.	11 and 12 Boys	100 Individual Medley	Novice, Regular, X, XX
7.	13 and 14 Girls	100 Individual Medley	Novice, Regular, X, XX
8.	13 and 14 Boys	100 Individual Medley	Novice, Regular, X, XX
9.	15 through 18 Girls	100 Individual Medley	Novice, Regular, X, XX
10.	15 through 18 Boys	100 Individual Medley	Novice, Regular, X, XX
11.	8 and under Girls	25 Freestyle	Novice, Regular, X, XX
12.	8 and under Boys	25 Freestyle	Novice, Regular, X, XX
13.	9 and 10 Girls	50 Freestyle	Novice, Regular, X, XX
14.	9 and 10 Boys	50 Freestyle	Novice, Regular, X, XX
15.	11 and 12 Girls	50 Freestyle	Novice, Regular, X, XX
16.	11 and 12 Boys	50 Freestyle	Novice, Regular, X, XX
17.	13 and 14 Girls	50 Freestyle	Novice, Regular, X, XX
18.	13 and 14 Boys	50 Freestyle	Regular, X, XX
19.	13 and 14 Girls	100 Freestyle	Regular, X, XX
20.	13 and 14 Boys	100 Freestyle	Novice, Regular, X, XX
21.	15 through 18 Girls	50 Freestyle	Novice, Regular, X, XX
22.	15 through 18 Boys	50 Freestyle	Regular, X, XX
23.	15 through 18 Girls	100 Freestyle	Regular, X, XX
24.	15 through 18 Boys	100 Freestyle	Novice, Regular, X, XX
25.	8 and under Girls	25 Breaststroke	Novice, Regular, X, XX
26.	8 and under Boys	25 Breaststroke	Novice, Regular, X, XX
27.	9 and 10 Girls	50 Breaststroke	Novice, Regular, X, XX
28.	9 and 10 Boys	50 Breaststroke	Novice, Regular, X, XX
29.	11 and 12 Girls	50 Breaststroke	Novice, Regular, X, XX
30.	11 and 12 Boys	50 Breaststroke	Novice, Regular, X, XX
31.	13 and 14 Girls	50 Breaststroke	Novice, Regular, X, XX
32.	13 and 14 Boys	50 Breaststroke	Novice, Regular, X, XX
33.	15 through 18 Girls	50 Breaststroke	Novice, Regular, X, XX
34.	15 through 18 Boys	50 Breaststroke	Novice, Regular, X, XX
35.	8 and under Girls	25 Backstroke	Novice, Regular, X, XX
36.	8 and under Boys	25 Backstroke	Regular, X, XX
37.	9 and 10 Girls	50 Backstroke	Regular, X, XX
38.	9 and 10 Boys	50 Backstroke	Regular, X, XX
39.	11 and 12 Girls	50 Backstroke	Regular, X, XX
40.	11 and 12 Boys	50 Backstroke	Regular, X, XX
41.	13 and 14 Girls	50 Backstroke	Regular, X, XX
42.	13 and 14 Boys	50 Backstroke	Regular, X, XX
43.	15 through 18 Girls	50 Backstroke	Regular, X, XX
44.	15 through 18 Boys	50 Backstroke	Regular, X, XX
45.	8 and under Girls	25 Butterfly	Regular, X, XX
46.	8 and under Boys	25 Butterfly	Regular, X, XX
47.	9 and 10 Girls	50 Butterfly	Regular, X, XX
48.	9 and 10 Boys	50 Butterfly	Regular, X, XX
49.	11 and 12 Girls	50 Butterfly	Regular, X, XX
50.	11 and 12 Boys	50 Butterfly	Regular, X, XX
51.	13 and 14 Girls	50 Butterfly	Regular, X, XX
52.	13 and 14 Boys	50 Butterfly	Regular, X, XX
53.	15 through 18 Girls	50 Butterfly	Regular, X, XX
54.	15 through 18 Boys	50 Butterfly	Regular, X, XX
55.	9 and 10 Mixed Relay	200 Freestyle	
56.	11 and 12 Mixed Relay	200 Freestyle	
57.	13 and 14 Mixed Relay	200 Freestyle	
58.	15 through 18 Mixed Relay	200 Freestyle	

EVENTS FOR SWIM MEET #6

(Novice Events - Freestyle & Butterfly)

2. 8 and under Mixed Relay	100 Medley	Novice, Regular, X, XX
3. 9 and 10 Girls	100 Individual Medley	Novice, Regular, X, XX
4. 9 and 10 Boys	100 Individual Medley	Novice, Regular, X, XX
5. 11 and 12 Girls	100 Individual Medley	Novice, Regular, X, XX
6. 11 and 12 Boys	100 Individual Medley	Novice, Regular, X, XX
7. 13 and 14 Girls	100 Individual Medley	Novice, Regular, X, XX
8. 13 and 14 Boys	100 Individual Medley	Novice, Regular, X, XX
9. 15 through 18 Girls	100 Individual Medley	Novice, Regular, X, XX
10. 15 through 18 Boys	100 Individual Medley	Novice, Regular, X, XX
11. 8 and under Girls	25 Freestyle	Novice, Regular, X, XX
12. 8 and under Boys	25 Freestyle	Novice, Regular, X, XX
13. 9 and 10 Girls	50 Freestyle	Novice, Regular, X, XX
14. 9 and 10 Boys	50 Freestyle	Novice, Regular, X, XX
15. 11 and 12 Girls	50 Freestyle	Novice, Regular, X, XX
16. 11 and 12 Boys	50 Freestyle	Novice, Regular, X, XX
17. 13 and 14 Girls	50 Freestyle	Novice, Regular, X, XX
18. 13 and 14 Boys	50 Freestyle	Regular, X, XX
19. 13 and 14 Girls	100 Freestyle	Regular, X, XX
20. 13 and 14 Boys	100 Freestyle	Novice, Regular, X, XX
21. 15 through 18 Girls	50 Freestyle	Novice, Regular, X, XX
22. 15 through 18 Boys	50 Freestyle	Regular, X, XX
23. 15 through 18 Girls	100 Freestyle	Regular, X, XX
24. 15 through 18 Boys	100 Freestyle	Novice, Regular, X, XX
25. 8 and under Girls	25 Butterfly	Novice, Regular, X, XX
26. 8 and under Boys	25 Butterfly	Novice, Regular, X, XX
27. 9 and 10 Girls	50 Butterfly	Novice, Regular, X, XX
28. 9 and 10 Boys	50 Butterfly	Novice, Regular, X, XX
29. 11 and 12 Girls	50 Butterfly	Novice, Regular, X, XX
30. 11 and 12 Boys	50 Butterfly	Novice, Regular, X, XX
31. 13 and 14 Girls	50 Butterfly	Novice, Regular, X, XX
32. 13 and 14 Boys	50 Butterfly	Novice, Regular, X, XX
33. 15 through 18 Girls	50 Butterfly	Novice, Regular, X, XX
34. 15 through 18 Boys	50 Butterfly	Novice, Regular, X, XX
35. 8 and under Girls	25 Backstroke	Novice, Regular, X, XX
36. 8 and under Boys	25 Backstroke	Regular, X, XX
37. 9 and 10 Girls	50 Backstroke	Regular, X, XX
38. 9 and 10 Boys	50 Backstroke	Regular, X, XX
39. 11 and 12 Girls	50 Backstroke	Regular, X, XX
40. 11 and 12 Boys	50 Backstroke	Regular, X, XX
41. 13 and 14 Girls	50 Backstroke	Regular, X, XX
42. 13 and 14 Boys	50 Backstroke	Regular, X, XX
43. 15 through 18 Girls	50 Backstroke	Regular, X, XX
44. 15 through 18 Boys	50 Backstroke	Regular, X, XX
45. 8 and under Girls	25 Breaststroke	Regular, X, XX
46. 8 and under Boys	25 Breaststroke	Regular, X, XX
47. 9 and 10 Girls	50 Breaststroke	Regular, X, XX
48. 9 and 10 Boys	50 Breaststroke	Regular, X, XX
49. 11 and 12 Girls	50 Breaststroke	Regular, X, XX
50. 11 and 12 Boys	50 Breaststroke	Regular, X, XX
51. 13 and 14 Girls	50 Breaststroke	Regular, X, XX
52. 13 and 14 Boys	50 Breaststroke	Regular, X, XX
53. 15 through 18 Girls	50 Breaststroke	Regular, X, XX
54. 15 through 18 Boys	50 Breaststroke	Regular, X, XX
55. 9 and 10 Mixed Relay	200 Medley	
56. 11 and 12 Mixed Relay	200 Medley	
57. 13 and 14 Mixed Relay	200 Medley	
58. 15 through 18 Mixed Relay	200 Medley	

EVENTS FOR JRAC CHAMPIONSHIP MEET

9 and 10 Girls	100 M. Individual Medley	Regular, X, XX
9 and 10 Boys	100 M. Individual Medley	Regular, X, XX
11 and 12 Girls	100 M. Individual Medley	Regular, X, XX
11 and 12 Boys	100 M. Individual Medley	Regular, X, XX
13 and 14 Girls	100 M. Individual Medley	Regular, X, XX
13 and 14 Boys	100 M. Individual Medley	Regular, X, XX
15 through 18 Girls	100 M. Individual Medley	Regular, X, XX
15 through 18 Boys	100 M. Individual Medley	Regular, X, XX
8 and under Girls	25 M. Backstroke	Novice, Regular, X, XX
8 and under Boys	25 M. Backstroke	Novice, Regular, X, XX
9 and 10 Girls	50 M. Backstroke	Novice, Regular, X, XX
9 and 10 Boys	50 M. Backstroke	Novice, Regular, X, XX
11 and 12 Girls	50 M. Backstroke	Novice, Regular, X, XX
11 and 12 Boys	50 M. Backstroke	Novice, Regular, X, XX
13 and 14 Girls	50 M. Backstroke	Novice, Regular, X, XX
13 and 14 Boys	50 M. Backstroke	Novice, Regular, X, XX
15 through 18 Girls	50 M. Backstroke	Novice, Regular, X, XX
15 through 18 Boys	50 M. Backstroke	Novice, Regular, X, XX
8 and under Girls	25 M. Breaststroke	Novice, Regular, X, XX
8 and under Boys	25 M. Breaststroke	Novice, Regular, X, XX
9 and 10 Girls	50 M. Breaststroke	Novice, Regular, X, XX
9 and 10 Boys	50 M. Breaststroke	Novice, Regular, X, XX
11 and 12 Girls	50 M. Breaststroke	Novice, Regular, X, XX
11 and 12 Boys	50 M. Breaststroke	Novice, Regular, X, XX
13 and 14 Girls	50 M. Breaststroke	Novice, Regular, X, XX
13 and 14 Boys	50 M. Breaststroke	Novice, Regular, X, XX
15 through 18 Girls	50 M. Breaststroke	Novice, Regular, X, XX
15 through 18 Boys	50 M. Breaststroke	Novice, Regular, X, XX
8 and under Mixed Relay	100 M. Medley	Novice, Regular, X/XX
9 and 10 Mixed Relay	200 M. Medley	Novice, Regular, X/XX
11 and 12 Mixed Relay	200 M. Medley	Novice, Regular, X/XX
13 and 14 Mixed Relay	200 M. Medley	Novice, Regular, X/XX
15 through 18 Mixed Relay	200 M. Medley	Novice, Regular, X/XX

EVENTS FOR JRAC CHAMPIONSHIP MEET

8 and under Girls	25 M. Freestyle	Novice, Regular, X, XX
8 and under Boys	25 M. Freestyle	Novice, Regular, X, XX
9 and 10 Girls	50 M. Freestyle	Novice, Regular, X, XX
9 and 10 Boys	50 M. Freestyle	Novice, Regular, X, XX
11 and 12 Girls	50 M. Freestyle	Novice, Regular, X, XX
11 and 12 Boys	50 M. Freestyle	Novice, Regular, X, XX
13 and 14 Girls	50 M. Freestyle	Novice, Regular, X, XX
13 and 14 Boys	50 M. Freestyle	Novice, Regular, X, XX
13 and 14 Girls	100 M. Freestyle	Regular, X, XX
13 and 14 Boys	100 M. Freestyle	Regular, X, XX
15 through 18 Girls	50 M. Freestyle	Novice, Regular, X, XX
15 through 18 Boys	50 M. Freestyle	Novice, Regular, X, XX
15 through 18 Girls	100 M. Freestyle	Regular, X, XX
15 through 18 Boys	100 M. Freestyle	Regular, X, XX
8 and under Girls	25 M. Butterfly	Novice, Regular, X, XX
8 and under Boys	25 M. Butterfly	Novice, Regular, X, XX
9 and 10 Girls	50 M. Butterfly	Novice, Regular, X, XX
9 and 10 Boys	50 M. Butterfly	Novice, Regular, X, XX
11 and 12 Girls	50 M. Butterfly	Novice, Regular, X, XX
11 and 12 Boys	50 M. Butterfly	Novice, Regular, X, XX
13 and 14 Girls	50 M. Butterfly	Novice, Regular, X, XX
13 and 14 Boys	50 M. Butterfly	Novice, Regular, X, XX
15 through 18 Girls	50 M. Butterfly	Novice, Regular, X, XX
15 through 18 Boys	50 M. Butterfly	Novice, Regular, X, XX
8 and under Mixed Relay	100 M. Freestyle	Novice, Regular, X/XX
9 and 10 Mixed Relay	200 M. Freestyle	Novice, Regular, X/XX
11 and 12 Mixed Relay	200 M. Freestyle	Novice, Regular, X/XX
13 and 14 Mixed Relay	200 M. Freestyle	Novice, Regular, X/XX
15 through 18 Mixed Relay	200 M. Freestyle	Novice, Regular, X/XX

DIRECTIONS FOR 2024 SWIMMER REGISTRATION

All swimmers must be registered by name, date of birth, and gender with JRAC. Registration includes 1) activation and entering in the computer (Team Manager) and 2) payment of annual dues of \$25 per active swimmer and 3) completed waiver by parent, guardian or participant if 18 years or older.

Each member club shall be responsible for the registration of its swimmers and for the timely payment of the annual dues of \$25 per active swimmer for the first time and after the first time based on the procedures below.

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:

By or before 7 days prior to the first meet, member clubs must submit their initial payment of annual registration dues of \$25 per active swimmer registered and activated in the computer along with the roster of activated swimmers:

Printing the roster: Once you have registered swimmers in the computer per the above instructions, or save electronically (preferred) the computer roster from TM 8.0 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.

Submitting the initial roster: Send via USPS, hand delivery or electronically (preferably) via email to the JRAC Treasurer and or JRAC Secretary, by 7 days prior to the first meet.

Submitting initial payment: Make payment via check or electronically (eg. Credit card, Pay Pal, Venmo, Spark, Zelle, etc.) \$25 for each active swimmer to the

JRAC treasurer 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 copies for your own files: noting check number, amount, and date of payment.

JRAC Treasurer

Sarah Birdsong
2606 Rudolph Road
Richmond, VA 23294

JRAC Secretary

Casey Torrence
7000 W Franklin St
Richmond, VA 23226

Submitting Rosters and Paying League dues after the first time:

As new swimmers register for participation in swim, each Member Club shall continue to activate swimmers and/or enter new swimmers into the computer throughout the season but before the last regular swim meet. Each Member Club shall submit an updated roster by the first meet (roster submitted as described above), highlighting new swimmers added since the initial submission and by the Sunday prior to each of the following meets to the JRAC Secretary. After the initial payment, a second and third payment will be required as follows:

Submitting Second Payment: The second payment of annual dues of new active swimmers of \$25 per active swimmer is due by the Tuesday after the third meet. The payment shall be the difference in active swimmers as of the third meet and the initial roster multiplied by the \$25 annual registration fee. (For example, the initial payment included \$25 for 100 swimmers and by the third meet the roster included 125 swimmers, the club would owe \$25 x 25 new swimmers for \$625). The payment can be made as described above under Submitting Initial Payment.

The second payment plus the initial payment shall equal \$25 multiplied by the number of swimmers on the updated roster after the third meet.

Submitting Final Payment: The final payment of annual dues of new active swimmers of \$25 per active swimmer is due before Champs (swim). The payment shall be the difference in active swimmers as of the sixth swim meet and the total active swimmers submitted after the third swim meet multiplied by the \$25 annual registration fee. (For example, the roster after the third swim meet 125 swimmers and the last meet the roster included 127 swimmers, the club would owe \$25 x 2 new swimmers for \$50). The payment can be made as described above under Submitting Initial Payment.

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, Paypal, Venmo, Spark, Zelle, 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 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

General Procedures

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.

Adequate 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 shall assign workers to assist. 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 (meet program).

Lane/Timer Sheets will be printed and given to the COC by the Computer Operator, before the start of meet.

COC will use the heat sheet (meet program) to seat the swimmers on benches.

The COC, Meet Referee, Starter, Coaches and Announcer will all have a copy of the computer-generated heat sheet. The COC (or designated clerk runner) 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,
3. To add swimmers who were not previously in an event or needed to change an event and
4. Accommodate swimmers who miss a previous event.

Relays: Heat and lane assignments for relays are computer generated. Relay cards will be given to coaches prior to the start of the meet to write names and swimmer order for relays. COC will seat the relays based on the cards. Cards should follow the relay team to the blocks and return to the head table with the lane timer sheet following the event.

Supplies

- Benches (more than three benches)
- Pencils
- Erasers
- Paper clips
- Clothes pins
- Paper weights
- Computer generated heat sheet
- Add/scratch form
- Change log

Pre-Meet Procedures

- Host and Away teams turn in flash drive and no-show List to the Head Table computer operator 45 minutes before the meet starts.
- Computer operator will deliver heat sheet (meet program) once the meet has been seeded.
- Once both teams have completed warm-ups, gather 8 and unders for relays and begin seating.
- Call for first events prior to the National Anthem.

Changes to the Computer Generated Heat Sheet -

The COC may change the heat sheet to:

- Accommodate special requests by coaches for swimmers with disabilities,
- To combine events which do not have full heats,
- To add swimmers who were not previously in an event or needed to change an event, and
- To accommodate swimmers who miss a previous event.

Coach makes changes using the add/scratch form. All changes are recorded on the Change Log.
The COC makes handwritten changes on the COC heat sheet and lane/timer sheets

COC runner will communicate any changes to the starter and meet referee. The change log will go to the head table at the end of each stroke.

During the meet -

- 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 not delay the meet.
- Send lane/timer sheets to the blocks at the start of each event.
- Keep change of heat sheet forms and logs and send them to the head table after completion of each stroke.

TABLE INSTRUCTIONS

The table should consist of at least 5 workers:

- 1 head table worker from the home team
- 1 assistant head table worker from the home team
- Computer Operator
- 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. When a DQ card comes to the table...the DQ card must be signed. If not, return to the referee for signature. Tear the top (white) part off. Staple the white copy of the DQ card to the FRONT of the Lane Timer Sheet and mark "DQ" in red on the Lane Timer Sheet. Give the bottom part of the DQ card (yellow copy) to the appropriate coach as soon as possible.
4. Deliver all results, Lane Timer Sheets and a backup of the final MM file to the card contact on a thumbdrive.
5. 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 Lane Timer Sheet and email it to the Computer Secretary the night of the meet for verification.
6. Reminds computer operator to compute score and periodically sends score to announcer. (After all IM, all FREE, etc.)

Computer Operator Responsibilities

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

Verifier Responsibilities

1. Count all DQ cards to verify the number of DQ's.
2. Compare the times of the printed results with the times of the Lane Timer Sheets. If a disparity exists, the verifier should compare the times on the printed results with time written in red on each Lane Timer Sheet. Continue verifying the event for accuracy BEFORE you notify the computer operator of any time discrepancies. In no case should award labels be printed before an event has been verified.
3. If no error exists, or after the correction has been made and verified, rubber band the Lane Timer Sheets with the original/corrected copy of the results and place in the results box. Forward the second copy to be posted via a runner.
4. Check first place finishes for league record.

Head Table Runner Responsibilities

1. Post the results of the event after verification.
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:

- Red pens
- Paper clips, rubber bands
- Tape
- Stapler and extra staples
- Post-It Notes
- 3 small boxes to hold result sheets
[1 for originals, 1 for announcer, 1 for posting]
- Computer with one printer
- Extra printer 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) printer.
3. Make arrangements for adequate lighting, electrical power and shelter for the computer.

Pre-Meet – Computer Operator

1. Receive meet entry files for home and visiting teams.
2. Load entry files as prompted by the program.
3. Meet with a coach from home and visiting team and enter known changes and scratches to the meet file.
4. Load printer paper in report printer.
5. Run at least 15 copies of the Meet Program (heat sheet) from the Reports menu. Give a copy to the Clerk of Course (2-3 copies), Starter, Referee, Head Timer, Announcer and keep a copy at the Head Table and coaches.

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 Lane Timer Sheet and email to the Computer Secretary for verification.
2. When an entire event has concluded, the runner will deliver the Lane Timer Sheets to the table. The head or assistant head table worker will circle the middle time on each swimmer's Lane Timer Sheets in red ink or pencil. After recording times in red on the Lane Timer Sheets and by heat and lane, these materials should be delivered to the computer operator.
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 Lane Timer Sheet 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 entered, score the event. Print two copies of the results sheet – one copy to be verified and one copy to be posted. Push results to Meet Mobile.
6. After scoring, all Lane Timer Sheets and results should go to the verifier for checking. 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 should be posted. All Lane Timer Sheets 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 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 Richmond Times Dispatch Sports Desk. This report should be given to the meet director or person responsible for emailing triple and quad winners to the RTD. To do this, print award labels on paper (not labels) for 1st 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. Clerk of Course seats swimmers according to the computer generated Heat Sheet.
5. At conclusion of swim, three (3) WATCH TIMES are written on the Lane Timer Sheets.
6. Runner collects Lane Timer Sheets and DQ slips after each heat and delivers to Head Table.
7. Head table worker and assistant attach DQ card to Lane Timer Sheet it applies to. They write the middle watch time on the Lane Timer Sheet in red.
8. After all Lane Timer Sheets for the entire event have been received, reviewed, and sorted, they are passed on to the computer operator for entry.
9. Computer operator chooses the event number, inputs swimmers' times and prints results.
10. All copies of results and all Lane Timer Sheets go to VERIFIER for checking.
11. Upon conclusion of the meet, the computer operator should print ribbon labels, for all of the meet events, sorted by team.
12. Send MM backup file to Computer Secretary

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/8 and under 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 8 and under events, keep it short—recommend against reading results.

B. Calls to the COC—1st, 2nd and 3rd-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 6th place finisher and announce upwards.

3. Try to get a pronunciation for unknown names.

4. Format

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

b. For 6th through 2nd, 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 1st—"...and in 1st place with a winning time of ____, from (club), (name).

D. Event announcements as 1st 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 8 and under 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 2024 Head Table Instructions

Questions??? Call Heather Heishman (804) 380-0353

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.
- **Lane Timer Sheet 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 8 and unders and 9 and 10s during the novice strokes.
- **Computer Operator**
- **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

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!

PRIOR TO THE MEET

- Print a current roster report (as of the day of the meet)
- Print 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 as a backup.
- Merge entries for both teams 45 minutes prior to the meet. Meets will be pre-seeded by the computer this season.
- Coaches should turn in known scratches to the computer operator.
- Seed the meet - 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:

After each event, a runner will bring the lane timer sheet to the Head Table. Check for handwritten changes.

1. Handwritten entries on Lane Timer Sheet:

- 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 sheet, 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.
- 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 lane timer sheet is marked with an R for regular. Time standards with regular cutoff times can be found in the rulebook.

2. Determining time

- The lane timer sheet intake worker should mark the official time (neatly and large enough to read) on each sheet 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.
 - If all three times are consistent, write the middle watch time in red on the lane timer sheet .
 - If there are only two watch times, **average** the two times and write the average in red on the sheet
 - If there is only one watch time, that time becomes the official time.
- NOTE: 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. DQ Slips

- Any DQ cards that come to the table should be matched with the lane timer sheet 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 lane timer sheet.
 - A runner returns the YELLOW portion of the DQ card to the coach ASAP.
 - Once each lane timer sheet from an event has the official time written in red, the lane timer sheets be passed to the scorer.
- 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.

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:

- Verify circled time on Lane Timer Sheet with time entered by computer operator, shown on Results sheet. The results time should be the exact time written in red on the swimmer's Lane Timer Sheet.
- Match DQ slips with DQ entry on results printout—make sure heat and lane on Lane Timer Sheet match heat and lane on DQ slip.
- 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 Lane Timer Sheets are wrapped with that copy of the results showing on the outside, folded and held together with a rubber band.
- The results and Add/Scratch Forms from Clerk, 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 computer operator should print a score report. A runner can 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 emailing the score in to the newspaper the night of the meet. The Times Dispatch email (sportsdesk@richmond.com) can be found in the rulebook. Meet scores and Triple/Quad winners should be emailed in by midnight the night of the meet. This is very important as swimmers (especially the young ones) love to see their names online.
 - The easiest way to find triple/quad winners is to run a label report sorted **by team/then name for 1st place winners only**. Be sure to **print this on paper** (not labels) and highlight any name listed three or four times in succession.
7. Computer operator performs 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.
 - Email a **MM Backup** must be sent from the conclusion of the meet or as soon as possible after the meet. Email it to [jraccpsecretary@gmail.com](mailto:jraccompsecretary@gmail.com). Do not send a Results for Team Manager file!

THINGS TO LOOK FOR AND ADDRESS 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:

- Use the Lane Timer Sheets to determine who the athletes are and write their names on individual pieces of paper.
- Place 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 Lane Timer Sheet. That swimmer cannot then enter a replacement event later in the meet. Write a note to tell the Swim Rep to call Heather the next day to report the error so that a 10 point penalty can be assessed.. In novice heats, each team can enter an unli8 and underd 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 8 and under, 9 and 10 and 11 and 12 age groups. The swimmers should be marked EXH in the meet entry file. The meet entry file signals the intent of the coach, so any entry which is not marked EXH will be considered a regular swimmer. Should there be more than 3 regular swimmers per team in the regular freestyle heats for 8 and unders, 9 and 10s and 11 and 12s, 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 9 and 10 and 11 and 12 age groups. The swimmers should be marked exhibition in the meet entry file. The

meet entry file signals the intent of the coach, so any entry which is not marked EXH will be considered one of the three EXH regular IM swimmers for 9 and 10s and 11 and 12s. Additional swimmers entered shall fall under the DQ policy written above..

8 and under swimming in novice backstroke and novice breaststroke or butterfly - 2018 Rule Change

8 and unders may now swim novice backstroke in each dual meet along with novice freestyle. A 8 and under 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 Heather know the next day so she can assess the penalty. *NO 8 and under SWIMMER SHOULD SWIM MORE THAN TWO NOVICE EVENTS IN A MEET.*

Swimmer out of category: You will likely be aware of this only in the case of handwriting on the Lane Timer Sheet. If it is not an accurate swim-up time to reflect the Regular speed category, the swimmer must be DQ'd for swimming out of category. If the top time for the swimmer does not match the speed category written on the Lane Timer Sheet, the swimmer must be DQ'd for swimming out of category. The meet entry 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 Heather 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 Lane Timer Sheet comes to the table with a Novice time for a swimmer and the stroke is not novice for the meet, the swimmer must be DQ'd.

Swimmer in five events or four individual events: If you notice this (difficult to catch), the swimmer must be DQ'd 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 8 and unders, 9 and 10s and 11 and 12s 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 13 and 14 and 15 through 18s. 2014 Rule changes add R ,X, and XX heats to 50 Free.. 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 Lane Timer Sheet. Take a photo of the Lane Timer Sheet with a cell phone and send it to Heather or write a note with the details so that the swim rep can relay the information to Heather the next day. Give the swim rep the Lane Timer Sheet and the

results printout for the event in which the record was potentially broken. These are forwarded to Heather for verification before the record is official. Heather will notify the newspaper once the record has been verified.

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

Verifier Notes

- The Head table workers will receive the lane timer sheets from the timers and determine each swimmer's time. This will be marked in red and is then given to the computer operator for input.
- The computer operator gives 3 copies of the event results, along with the sheets to the verifiers.
 - - One copy for posting
 - - One copy goes with lane timer sheets
- There are 2 verifiers, **one from each club**. This is not optional.
 - One verifier should **read aloud the time on the sheet while the other checks the time entered in the results**. Times on the results sheet must match the official time **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 Lane Timer Sheet matches heat & lane on DQ slips.
 - After checking the entire printout, if anything looks wrong, give both printouts and lane timer sheets back to the computer operator for correction.
 - 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 time, but the results appear in a different category, the coach may have swum them in the wrong speed category.
 - Missing lane timer sheet/ Missing time: If you have a time for a swimmer on the printout, but no lane timer sheet or, if you have a lane timer sheet 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.

Do **not** distribute these copies until the results are verified.

JAMES RIVER AQUATIC CLUB
HEAD TIMER CLINIC

I. PRE-MEET EQUIPMENT PROCEDURE

- A. Arrive 30-35 minutes before meet start time.
- B. Obtain/inventory equipment.
 - 1. Watches—in plastic box with starter equipment.
 - 2. Clipboards (1 per lane).
 - 3. Pencils ((1 per lane).
 - 4. Meet Events List (copied from JRAC Rules book—1 on each clipboard).
- C. Construct timer assignment sheet.
 - 1. Lane number.
 - 2. Three blanks for timers' names. Alternate each 1st blank with (H) & (V).
 - 3. Lane 1/3/5/7—2 home timers, 1 visiting club timer. Lane 2/4/6/8—2 visiting club timers, 1 home club timer.

II. PRE-MEET TIMER REGISTRATION/ASSIGNMENT

- A. Usually begins approximately 20-25 minutes before meet start time.
- B. Fill in blanks on timer assignment sheet as timers report or have timers print their own names in lane assignment blocks as they report.
- C. Give one lane timer in each lane the clipboard/pencil + 1 watch; give each of the other lane timers 1 watch. If needed, instruct start/stop/reset.
- D. After lane assignment, tell timers to stay close by for pre-meet meeting.
- E. Advise meet announcer of assignment shortages; announcer to solicit extras. All required timers must be assigned before the meet can start.

III. PRE-MEET MEETING

- A. Introduce yourself—make sure all timers know your name/appearance.
- B. Prior to each event, each lane clipboard timer will receive a Lane Timer Sheet specific to the swimmer's name, upcoming event, heat number and lane number; there will also be 3 lines to record the swimmer's time. It is **IMPERATIVE** that the lane clipboard timer verify each swimmer's name before he/she steps up. For 8 and under heats, verify swimmer's name as he/she exits the pool.
- C. All watch timers to position themselves so they can see the starter unit and get a good watch start for each heat.
- D. Any suspected watch failure (early/late/none), call immediately (8 and under heats especially).
 - 1. Your watch for theirs.
 - 2. Both keep new watch.
- E. All timers to positions themselves to get a good timing finish on all heats with watches.
 - 1. Need to be able to see swimmer touch, not guess at it.
 - 2. Positioning—within lane and with adjoining lanes.
- F. After heat finish:
 - 1. Two watch timers report times to clipboard timer, who records it, along with own watch time. All timers then clear their watches.
 - 2. If watch failure with no replacement, record "NT" in appropriate time block.

G. If needed, instruct basic procedure of fly-over starts.

1. Utilized only for 9 and 10, JR, INT and SR individual events (IM, FS, BS & BF)—not used for 8 and under events, Backstroke and relays.

2. As each heat finishes, the swimmers remain in the water. The next heat is called to the blocks and started. The previous heat's swimmers then exit the pool. If there's a false start, all swimmers exit and next heat re-starts.

H. No smoking/alcoholic beverages (JRAC rule). If break needed, notify you to find a temporary replacement.

I. Cell phones—Remember primary job of maintaining a good watch; avoid being distracted.

J. Thanks for working.

IV. DURING MEET

A. Maintain two watches; get good start off starter light on both watches for every heat.

B. Best position is probably somewhere immediately behind the lane 4 starting block with clear view of starter.

C. On each start, scan up and down timer line for troubled watches. Maintain scan for the whole heat.

D. For a watch failure, swap one of yours for theirs; both keep watches afterwards. If two failures, swap 2nd watch.

E. If one or no failures, keep watch (es) running for the entire heat and reset after all swimmers finish.

F. If false start—remind all timers to please reset their watches.

G. If failed watch, itself, is malfunctioning, swap it out from the spares and mark the malfunctioning watch with symptoms.

V. POST-MEET

A. Collect all timer equipment.

1. Watches back into box.

2. Clipboards/pencils to club-specific place.

3. Heat sheets to trash.

B. Thank timers for their participation.

C. Return watch box to place obtained.

JAMES RIVER AQUATIC CLUB
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—after a start and while continuing to hold down the talk button, press and hold down the 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. Using a structured series of commands, initiate a fair start for all heats during the meet.
- D. Judge false starts, in concert with the meet Referee.

III. Starter's relationship to other meet officials.

A. Clerk of Course

1. Provides corrections/changes to the Heat Sheet, delivered to the Starter by a Runner.

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 8 and under events if one end of pool is non-compliant for the 4-foot rule.
 - a. For 8 and under heats, arrange with Head Timer for a signal that timers are ready (if needed).

- b. If there's high noise, arrange arm signal to timers for the "Take your marks" command.
2. Reminder to timers when starting a 100 meter event.

IV. Starter command sequence

A. All commands:

1. Remember microphone position—immediately next to your mouth.
2. Relaxed & conversational delivery.
3. No jerks or lilt in tone of voice.
4. Save the songs.
5. Don't ask—tell (no question mark on the end of your command).
6. Don't yell (you have a microphone!).

B. Announcing the event

1. For the first heat of each event—"Event #, Name of event, Heat #, Step Up" ("Step in" for Backstroke). "There will be # heats for this event." (Your officials will love it if you add the last part in—at this time, you're the only one on deck who knows)
2. For subsequent heats within that same event—"Heat #, Step Up/Step In. This is the # of # heats. Issue this command when the last swimmer touches the wall. Make sure it's the last swimmer.

C. Commands and Rules

1. Upon the command, "Step up", swimmers may assume any position on/beside the blocks (or in the water, if starting there for a forward-starting stroke—must have at least one hand touching the wall or starting block).

a. At this point, some swimmers may go immediately into a Take Your Mark position—that's OK, but they don't have to, just yet.

D. 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. Be patient—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.
2. Younger swimmers—variety of starting positions, as long as one or both feet are in a forward position on the starting block and (most) motion stops.

E. "Stand Up"—Issued to the field if too much time is taken for TYM to be achieved (3-4 sec.).

1. Relieves the swimmer of maintaining "Take Your Marks."
2. Once "Stand Up" is issued, any resulting movement/water entry is not a false start.
3. Wait 2-3 seconds before the next "Take Your Marks" command.
4. If the same offender prompts another "Stand Up", say "Lane ____, on the command 'Take Your Mark', please come down together with the rest of the field."
5. Wait 2-3 seconds before the next "Take Your Marks."

V. Fly-over Starts:

A. Utilized only for 9 and 10, JR, INT and SR individual events (IM, FS, BS & BF)—not used for 8 and under events, Backstroke and relays.

B. Flyover start procedure:

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. When the final swimmer of the incoming heat touches the wall, the Starter issues the "Step up" command to the next heat.
3. Starter issues "Take your marks," followed by the starting signal.
4. As soon as the outgoing heat enters the water—but not before—the previous heat's swimmers must promptly exit the pool.
5. If there's a false start, all swimmers exit (previous and outgoing), and the outgoing swimmers step up

again.

6. The same process is then repeated for each successive heat.

VI. Backstroke events

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

B. 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).

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

D. Command “Stand Down” if too much time taken to assume starting position.

1. Relieves the swimmer of maintaining “Take Your Marks.”

2. Once “Stand Down” is issued, any resulting movement is not a false start.

3. Wait 2-3 seconds before the next “Place Your Feet.”

VII. False starts—

A. Imagine a swimmer in the TYM position. Extend an imaginary vertical line from above the swimmer, passing down the front just past the most forward part of the top of the head, and extending to the water line—establishing a vertical plane in front of the block.

B. Breaking that plane, forward or backward, up or down, before the starting signal is given, results in a false start. Watch for movement relative to that plane.

C. The Take Your Mark starting position rule requires a stationary position—not a motionless position.

D. Twitching muscles, nervous back feet, etc. are “non-disqualifiable motions” and don’t count as false starts, as long as the starting position vertical plane is not broken before the starting signal.

E. Should have dual confirmation between Starter and Referee, subject to the Referee being present.

F. Types of false starts

1. Early takeoff.

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

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

4. If 2nd false start is charged to the same swimmer, it’s the Referee’s call to DQ the swimmer and the manner done.

5. If a swimmer (8 and under especially) doesn’t recall, the Referee (or you, in Referee’s absence) would decide on swimming that heat over at a later time.

VII. 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. 8 and under 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 League Secretary no later than May 31. Diving wells will be considered acceptable for JRAC summer league diving purposes if they are insured.

c. Participating teams are committing to host home meets and travel to away meets as assigned. Assignments will be spread as evenly as possible across the teams based on the regular season dive scheduling template, as may be amended by majority vote. Meets may not be forfeited and must be rescheduled unless approved by the VP Diving.

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 must be activated by name, birth date, and gender with the JRAC Treasurer and/or JRAC Secretary. Each member club shall be responsible for the activation of its divers, ensuring parent, guardian or swimmer if 18 years or older sign a waiver of liability for participation and for the payment of annual dues of \$25 per active diver. This fee is not transferable nor is it refundable.

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 or Diving Secretary or directly with the JRAC Treasurer or JRAC Secretary.

c. A penalty will be assessed to clubs whose initial diver registration is not complete at least 7 days prior to the first meet. A penalty may also be assessed to clubs whose final payments do not add up to at least the number of active divers for the team by the final regular meet multiplied by \$25.

d. Divers not yet registered with JRAC may participate in dive meets if their insurance waiver is completed. Formal registration with JRAC must follow no later than midnight of the Tuesday following the third meet or prior to Champs, whichever more closely follows the date of the diver's first meet participation. The Diving VP and JRAC Treasurer or Secretary must receive a copy of the updated team roster showing the total active dive list and the total payments made should equal the total active diver list multiplied by \$25 for each diver.

e. The printed or electronic team rosters must be sent to the Diving VP and either the JRAC Treasurer or JRAC Secretary for the initial registrations and for any subsequent additions or activations. These rosters may be generated without using the league computer software, as long as the roster listing is typed (or computer printed) and includes each diver's first and last name, birthdate and gender, and is alphabetized by diver's last name.

f. See Appendix S-6: Directions for Swimmer Registration for specific information on the process for submitting of payments (replacing dive for swim, divers for swimmers, diving for swimming, as appropriate).

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. Diving shall be conducted under the following age group classifications:

Mini-mites	7 and under
Mites	8 and 9
Midis	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 scored more than the number of points at a regular season meet using the highest scoring number of dives shown in the chart for his age group. If the diver's combined score for that number of dives at any regular season meet exceeds the total in the chart, then that diver may no longer dive as a Novice (Age Group Category Charts may be found in Appendix D-4).

*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 surpass the novicing out point requirement. (See Age Group Category Charts in Appendix D-4).

X. A diver must dive in the X category when he has met the age group point requirements in the Age Group Category Charts in Appendix D-4.

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. If the head coach is unavailable or unable to judge the event due to other rule conflicts, a suitable, experienced judge can replace the head coach as the head judge. Alternatively, the head coach may judge if both teams agree that the rule conflict should be overridden. The head judge should alternate for each age group. The announcer should announce who the head judge will be before beginning the event.

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. The fifth meet shall be held on the Tuesday following the fourth meet. 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 as soon as reasonably possible 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(s). Teams may have the option to add divers to events that have not been completed or started. Each team is still limited to a maximum of 35 divers participating in the meet. No changes may be made to dive sheets that were originally submitted..

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 any dive in the FINA table. In addition, the FINA table will be

put into the rule book as Appendix D-2. Indicated degree of difficulty reflected in eDive 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 Dive List:

- 100 Forward Jump
- 101 Forward Dive
- 102 Forward Somersault
- 103 Forward 1 ½ Somersault
- 200 Back Jump
- 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, as one of their dives, 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.

NUMBER OF DIVES

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

4.10 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 (used for backup scoring) must be submitted to the JRAC Diving VP and Secretary 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, Mini-mites, Mites, Midis, 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.

a. Each club shall be limited to thirty (30) competitors.

b. 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.

a. 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.

b. 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.

a. In the event that a coach needs to change a diver's dives or order of dives, such changes must be submitted by the coach to the Diving VP by 8:00 p.m. on the evening prior to the first day of the championship meet. The coach must submit the name of the diver, the age group, the dive(s) to be replaced and the replacement dive(s), or the new order of dives in writing or by email. No reason need be submitted with these change notifications. The revised dive list must satisfy all age group criteria.

b. 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 prior to 8:30 a.m. on the day the diver is to compete. The replacement dive(s) must have the same or lower DD as the dive being 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. All JRAC dive reps will convene at 8:30 a.m. on each day of the championship meet to review any dive form(s) that were altered under this process. Following the 8:30 a.m. meeting no additional changes may be made for any other diver(s) that day, nor will the change(s) be reversed.

5.04 Diving Order and Required Dives.

a. Voluntary dives for Championships will be the same as voluntary dives for the regular season.

b. Dives may be completed in any order.

	NUMBER OF DIVES		
	Voluntary	Optional	Total
<u>NOVICE</u>			
Mini-mites	2	1	3
Mites	2	1	3
Midis	2	2	4
Juniors	3	2	5
Intermediates	3	3	6
Seniors	4	3	7
<u>REGULAR AND X</u>			
Mini-mites	2	2	4
Mites	2	2	4
Midis	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 Seniors girls, Mini-mites girls, Mites girls, Midis girls, Juniors girls, and Intermediates girls. On day 2 the order shall be Seniors boys, Mini-mites boys, Mites boys, Midis boys, Juniors boys and Intermediates 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 one judge in any one event. The head judge (preferably a non-scoring independent individual) for the championship meet shall be appointed by 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 each division. In the event of ties, the winner of the dual meet between the two tied teams shall be the regular season winner. In the event that the two tied teams did not compete directly, the teams with the greatest number of points in all regular season meets will be the winner. In the event that they split wins against each other in dual meets, then the team earning the greatest number of points in all regular season meets will be the 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)
 - (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)

- **10 points for:**
 - absence of diving representative at seeding meeting (single deduction)
- 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. If the diver's performance would have otherwise been a championship qualifying meet for that diver, then it shall still count as a qualifying meet, even though the diver was DQ'd for being out of age group and/or category.
- 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.
- 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>
Straight or Layout	<ul style="list-style-type: none"> ● Body not bent at knees or hips ● Arms straight, feet together and toes pointed
Pike	<ul style="list-style-type: none"> ● Body bent at the hips ● Legs straight at the knees ● Toes pointed ● Pike tight and compact
Tuck	<ul style="list-style-type: none"> ● Entire body bunched up with knees together ● Tuck tight and compact
Free	<ul style="list-style-type: none"> ● Incorporates any and all of the positions in a single dive

- *Mandatory for all twisting dives of 1 somersault or less except as specified in handbook.

Range of Scores

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

- Dive completed before passing the board on descent
- Perfect body alignment from take off through entry
- Vertical drop from top of dive to entry; rip entry

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: Since this is a developmental league, hurdles with less than 3 steps shall not be considered a balk	Referee call	2 points from each score
Dive clearly out of position	Referee call	No more than 2 points from each score
Falling front or back dive, no jump	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	Referee call	No score

APPENDIX D- 2

A dive with (-) is not possible and dives with empty spaces have not been calculated

SPRINGBOARD		1 METER			
		STR	PIKE	TUCK	FREE
Forward Group		A	B	C	D
101	Forward Dive	1.4	1.3	1.2	-
102	Forward Somersault	1.6	1.5	1.4	-
103	Forward 1½ Somersaults	2.0	1.7	1.6	-
104	Forward 2 Somersaults	2.6	2.3	2.2	-
105	Forward 2½ Somersaults		2.6	2.4	-
106	Forward 3 Somersaults		3.2	2.9	-
107	Forward 3½ Somersaults		3.3	3.0	-
108	Forward 4 Somersaults			4.0	-
109	Forward 4½ Somersaults			4.3	-
112	Forward Flying Somersault	-	1.7	1.6	-
113	Forward Flying 1½ Somersaults	-	1.9	1.8	-
Back Group		A	B	C	D
201	Back Dive	1.7	1.6	1.5	-
202	Back Somersault	1.7	1.6	1.5	-
203	Back 1½ Somersaults	2.5	2.3	2.0	-
204	Back 2 Somersaults		2.5	2.2	-
205	Back 2½ Somersaults		3.2	3.0	-
206	Back 3 Somersaults		3.2	2.9	-
212	Back Flying Somersault	-	1.7	1.6	-
Reverse Group		A	B	C	D
301	Reverse Dive	1.8	1.7	1.6	-

Appendix D-2: FINA Diving Degrees of Difficulty - Page 65

302	Reverse Somersault	1.8	1.7	1.6	-
303	Reverse 1½ Somersaults	2.7	2.4	2.1	-
304	Reverse 2 Somersaults	2.9	2.6	2.3	-
305	Reverse 2½ Somersaults		3.2	3.0	-
306	Reverse 3 Somersaults		3.3	3.0	-
312	Reverse Flying Somersault	-	1.8	1.7	-
313	Reverse Flying 1½ Somersaults	-	2.6	2.3	-
Inward Group		A	B	C	D
401	Inward Dive	1.8	1.5	1.4	-
402	Inward Somersault	2.0	1.7	1.6	-
403	Inward 1½ Somersaults		2.4	2.2	-
404	Inward 2 Somersaults		3.0	2.8	-
405	Inward 2½ Somersaults		3.4	3.1	-
412	Inward Flying Somersault	-	2.1	2.0	-
413	Inward Flying 1½ Somersaults	-	2.9	2.7	-

APPENDIX D-2

		1 METER			
		STR	PIKE	TUCK	FREE
Twisting Groups		A	B	C	D
5111	Forward Dive ½ Twist	1.8	1.7	1.6	-
5112	Forward Dive 1 Twist	2.0	1.9		-
5121	Forward Somersault ½ Twist	-	-	-	1.7
5122	Forward Somersault 1 Twist	-	-	-	1.9
5124	Forward Somersault 2 Twists	-	-	-	2.3
5126	Forward Somersault 3 Twists	-	-	-	2.8
5131	Forward 1½ Somersaults ½ Twist	-	-	-	2.0
5132	Forward 1½ Somersaults 1 Twist	-	-	-	2.2
5134	Forward 1½ Somersaults 2 Twists	-	-	-	2.6
5136	Forward 1½ Somersaults 3 Twists	-	-	-	3.1
5138	Forward 1½ Somersaults 4 Twists	-	-	-	3.5
5151	Forward 2½ Somersaults ½ Twist	-	3.0	2.8	-
5152	Forward 2½ Somersaults 1 Twist	-	3.2	3.0	-
5154	Forward 2½ Somersaults 2 Twists	-	3.6	3.4	-
5211	Back Dive ½ Twist	1.8	1.7	1.6	-
5212	Back Dive 1 Twist	2.0			-
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
5227	Back Somersault 3½ Twists	-	-	-	3.2

Appendix D-2: FINA Diving Degrees of Difficulty - Page 67

5231	Back 1½ Somersaults ½ Twist	-	-	-	2.1
5233	Back 1½ Somersaults 1½ Twists	-	-	-	2.5
5235	Back 1½ Somersaults 2½ Twists	-	-	-	2.9
5251	Back 2½ Somersaults ½ Twist	-	2.9	2.7	-
5311	Reverse Dive ½ Twist	1.9	1.8	1.7	-
5312	Reverse Dive 1 Twist	2.1			-
5321	Reverse Somersault ½ Twist	-	-	-	1.8
5322	Reverse Somersault 1 Twist	-	-	-	2.0
5323	Reverse Somersault 1½ Twists	-	-	-	2.4
5325	Reverse Somersault 2½ Twists	-	-	-	2.8
5331	Reverse 1½ Somersaults ½ Twist	-	-	-	2.2
5333	Reverse 1½ Somersaults 1½ Twists	-	-	-	2.6
5335	Reverse 1½ Somersaults 2½ Twists	-	-	-	3.0
5337	Reverse 1½ Somersaults 3½ Twists	-	-	-	3.6
5351	Reverse 2½ Somersaults ½ Twist	-	2.9	2.7	-
5353	Reverse 2½ Somersaults 1½ Twists	-	3.5	3.3	-
5355	Reverse 2½ Somersaults 2½ Twists	-	3.9	3.7	-
5411	Inward Dive ½ Twist	2.0	1.7	1.6	-
5412	Inward Dive 1 Twist	2.2	1.9	1.8	-
5421	Inward Somersault ½ Twist	-	-	-	1.9
5422	Inward Somersault 1 Twist	-	-	-	2.1
5432	Inward 1½ Somersaults 1 Twist	-	-	-	2.7
5434	Inward 1½ Somersaults 2 Twists	-	-	-	3.1

2024 JRAC DIVE MEET SCHEDULE
MEETS START AT 1:00 P.M.

Wk1	Sched 8	A4 & B4
6/6/2024	KRA @ BSRC	
	HC @ WRA	
	BA @ RT	
	TC @ ARA	
Wk2		
6/13/2024	BSRC @ ARA	
	WRA @ KRA	
	RT @ HC	
	BA @ TC	
Wk3		
6/20/2024	ARA @ WRA	
	TC @ KRA	
	BSRC @ RT	
	HC @ BA	
Wk4		
6/27/2024	WRA @ BSRC	
	ARA @ BA	
	RT @ KRA	
	TC @ HC	
Wk5		
7/9/2024	KRA @ ARA	
	HC @ BSRC	
	RT @ TC	
	BA @ WRA	

Based on P/Y Results

	2024	2023 points
BSRC	1A	1650.5
ARA	2A	1388.5
KRA	3A	1220.5
WRA	4A	972.0
HC	5B	834.0
RT	6B	825.5
BA	7B	502.0
TC	8B	344.0

2024 SYNCHRO MEET – Tuesday, July 2, 2024 - 10:00 a.m. @ KRA
 Warm-ups begin at 9:00 A.M.

2024 DIVING CHAMPIONSHIP MEET at Avalon Recreation Association
 Champs Practice, Sunday, July 14, 2024 – Scheduled by Team
 (Girls) Monday, July 15, 2024 9:00 A.M.
 (Boys) Tuesday, July 16, 2024 9:00 A.M.
 Warm-ups for the Championship Meet begin at 7:00 A.M.

Appendix D-4: JRAC - DIVE - Age Group Category Charts

Table for transition from N to R category:

A diver in the following age group may not score more than the following number of points in the listed number of dives and remain N (Novice) in that age group.

Age Group	Gender	Dives	Score
Mini-mites (7&U)	All	3	55
Mites (8-9)	All	3	55
Midis (10-11)	All	4	90
Juniors (12-13)	All	5	120
Intermediate (14-15)	All	6	150
Seniors (16-18)	All	7	185

Table for transition from N or R to X category:

A diver who meets or exceeds the following number of points in a combined score, and exceeds the following DD in their two highest DD dives, at any meet will become X for all future meets in that age group.

Age Group	Gender	DD	Score
Mini-mites (7&U)	All	3.1	85
Mites (8-9)	All	3.1	85
Midis (10-11)	All	3.1	120
Juniors (12-13)	All	3.2	170
Intermediate (14-15)	All	3.4	200
Seniors (16-18)	All	3.6	235

BY – LAWS
OF
JAMES RIVER AQUATIC CLUB

ARTICLE 1

Membership

Section 1. The Members of the Corporation shall be Member approved dues paying clubs that are sponsoring swim and/or dive teams as indicated in the current standing rules.

Section 2. Additional Members – The Members may, by majority vote, admit additional organizations to membership in the Corporation. There shall be a one-time initiation fee to be determined by the Executive Board. 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.

Section 3. Withdrawal or Expulsion of a Member – Any Member may withdraw from membership in the Corporation upon *written notice*. Such notice shall be given to the Executive Board 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 appoint one Voting Representative. Each Member shall also appoint at least one non-voting Swimming Representative and/or at least one non-voting Diving Representative. The vote of the Member shall be cast by its Voting Representative, or in his/her absence by its Swimming Representative, or in the absence of both of them by its Diving Representative, or in their absence the Member's voting designee. A Member representative must be present to vote.

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.

Section 3. Special Meetings – Special meetings of the membership may be held at such times and places as may be designated by the President or are 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 member clubs 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, expulsion of a Member, or these By-Laws.

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

ARTICLE III

Executive Board

The number of Executive Board Members of the Corporation shall be seven President, Vice President - Swimming, Vice President - Diving, three Parent Directors - Swimming; and one Parent Director – Diving. The immediate past president of the Corporation, or if unavailable a suitable representative appointed by the President, shall serve as an Adviser to the Executive Board.

The Executive Board shall meet at the call of the President, with a quorum for any such meeting being five Executive Board Members.

Except as otherwise provided herein or by express vote of the Members, the Executive 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 Executive 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.

- a. Elected: The Membership shall elect a President, and two Vice Presidents, and four Parent Directors. These Officers shall be known as the Executive Board.
- b. Appointed: The President shall present a slate of appointed officers and committee chairs to the Executive Board. The slate shall include a Secretary, a Treasurer, and may include one or more Assistant Secretaries and Assistant Treasurers and such other officers or committee chairs as the President may deem proper. The candidates shall be appointed by the Executive Board.
- c. Compensation: The Executive Board shall approve any compensation paid to appointed officers and/or committee chairs of the corporation.

Section 2: Elections – The Nominating Committee shall present a slate of candidates for Executive Board positions to the Secretary no later than September 1. The slate shall be sent to all members in conjunction with the proposed rule changes in early September. Elections shall take place at the Annual Meeting. Nominations will be accepted by the Secretary no later than the Monday following the Rules discussion meetings. The updated slate of candidates will be sent out with the final rules to be voted upon. Additional nominations will also be taken from the floor at the Annual Meeting in September.

Section 3. Terms of Office – The President and the Vice Presidents shall serve for a one year term. The four Parent Directors shall serve for two year terms. All Executive Board members shall serve for not more than four consecutive years in the same position. Other officers and committee chairs appointed by the Executive Board shall serve at the pleasure of the Executive Board.

Section 4. Vacancies – Any vacancy in any office may be filled by the Executive Board for the unexpired term.

Section 5. President – The President shall:

- a. Preside at all membership meetings and meetings of the Executive Board;
- b. Perform such other duties as are normal to his/her office.

Section 6. Vice Presidents – The two Vice Presidents shall be designated Vice President – Swimming and Vice President – Diving. 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 Executive Board, 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 Executive Board, and have general supervisory authority over the Corporation's competitive diving program.

Section 7. Parent Directors – The four Parent Directors shall sit on at least one committee to assist in the administration of the league. The Parent Directors shall serve as liaisons for the membership.

Section 8. Secretary – The Secretary shall keep the minutes and other records of the Corporation and the Executive Board and shall have such other powers and duties as are normal to this office. 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 9. Treasurer – The Treasurer shall have charge of the funds and securities of the Corporations. The Treasurer shall:

- a. Deposit promptly all moneys received in an approved account to the Credit of the Corporation.
- b. Make disbursements.
- c. Prepare and submit to the Finance Committee a proposed budget by November 1.
- d. File all required tax returns and reports.
- e. Attend Finance Committee meetings to provide information.
- f. Make such reports as may be required by the Executive Board.

Section 10. Committees – Other committees appointed by the Executive Board shall have such power and duties as may be conferred upon them by the Executive Board

- a. Nominating Committee: The Nominating Committee shall solicit candidates for Executive Board positions for the next year at the July regular meeting, vet all potential candidates and submit a slate of candidates to the Secretary no later than September 1.
The Nominating Committee shall be comprised of no less than three member representatives and no more than seven member representatives appointed annually by the Executive Board.
- b. Finance Committee: The Finance Committee shall review the budget prepared by the Treasurer and submit the budget to the Executive Board no less than thirty days prior to the February regular meeting. The Finance Committee shall perform or arrange for an internal review of the financial records annually. The Executive Board shall appoint the members of the Finance Committee at the

September annual meeting. There shall be no less than three member representatives on the Finance Committee. The Finance Committee will create, review and maintain a financial policy. This policy shall be approved by, and may be amended by, a vote of the Members, provided three days prior written or electronic notice is given to every Member.

- c. The Executive Board may establish other committees as they deem appropriate.

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 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.

Section 3. Fiscal Year – The fiscal year shall begin January 1 and shall end on December 31 of the same year.

Approved July 15, 2018

JAMES RIVER AQUATIC CLUB SWIMMING RECORDS

July 26, 2023

8 and under 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

8 and under 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

9 and 10 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

9 and 10 BOYS

100 M. Individual Medley	Jack Danahy	RT	1:12.73*	7/27/22
50 M. Freestyle	Jack Danahy	RT	29.30	7/11/22
50 M. Breaststroke	Porter Linkonis	ARA	38.12*	7/27/22
50 M. Butterfly	Jack Danahy	RT	32.08	7/18/22
50 M. Backstroke	Raleigh Harrington	HERM	33.56	7/26/23

11 and 12 GIRLS

100 M. Individual Medley	Valentina Linkonis	ARA	1:08.47	7/30/21
50 M. Freestyle	Amelia Chen	HERM	27.70	7/24/19
50 M. Breaststroke	Valentina Linkonis	ARA	35.46	7/30/21
50 M. Butterfly	Amelia Chen	HERM	29.98	7/24/19
50 M. Backstroke	Bella Little	CCV	31.09	7/24/19

* Indicates time converted from a yard course
For yard time, divide by 1.105

JAMES RIVER AQUATIC CLUB SWIMMING RECORDS

July 26, 2023

11 and 12 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

13 and 14 GIRLS

100 M. Individual Medley	Allison Bischoff	KRA	1:06.54	7/30/21
50 M. Freestyle**	Bella Little	CCV	27.13	7/30/21
100 M. Freestyle	Emory DeGuenther	WEST	57.55*	7/27/22
50 M. Breaststroke**	Savannah Harris	CCV	33.84*	7/26/23
100 M. Breaststroke	Sommer Harris	ARA	1:14.43	7/29/10
50 M. Butterfly	Emory DeGuenther	WEST	28.62*	7/27/22
50 M. Backstroke	Bella Little	CCV	30.01	7/30/21

13 and 14 BOYS

100 M. Individual Medley	Mac Anthony	KRA	1:00.29	7/27/06
50 M. Freestyle**	Rawlings Leachman	WEST	24.49*	7/27/22
100 M. Freestyle	Mac Anthony	KRA	52.63	7/28/06
50 M. Breaststroke**	JD Chen	HERM	30.79*	7/27/22
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

15 through 18 GIRLS

100 M. Individual Medley	Caroline Baber	WEST	1:03.33	7/25/18
50 M. Freestyle**	Sarah Bender	RCC	26.86	7/25/18
100 M. Freestyle	Sydney Whiting	RCC	56.38	7/25/18
50 M. Breaststroke**	Piper Price	SRA	33.17	7/26/23
100 M. Breaststroke	Sarah Bender	RCC	1:13.13	7/26/17
50 M. Butterfly	Madison Pierce	GA	28.28	7/24/19
50 M. Backstroke	Madison Pierce	GA	29.04	7/24/19

15 through 18 BOYS

100 M. Individual Medley	Joshua Fisher	SRA	56.32	7/26/23
50 M. Freestyle**	Henry Gwyer	SRA	23.01*	7/27/22
100 M. Freestyle	Thomas Stephens	CCV	50.34	7/29/11
50 M. Breaststroke**	JD Chen	HERM	29.21	7/26/23
100 M. Breaststroke	Stuart Ferguson	SRA	1:01.65	7/23/09
50 M. Butterfly	Joshua Fisher	SRA	24.72*	7/27/22
50 M. Backstroke	Zachary Cram	ARA	25.09	7/24/19

* 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

JRAC Swimming Records
For yard time, divide by 1.105

JAMES RIVER AQUATIC CLUB SWIMMING RECORDS

July 26, 2023

RELAYS

8 and under

100 M. Medley	Kate Shively, Elizabeth Goins Sam Bischoff, Will Wallin	KRA	1:19.90	7/27/22
100 M. Freestyle	Gabby Chen, Ellie McComb Henry Forestell, Taylor Domson	HERM	1:10.38	7/26/13

9 and 10

200 M. Medley	Jack Shively, Victoria Sessa Sam Gupton, Rebecca Goins	KRA	2:28.38	7/27/22
200 M. Freestyle	E. DeGunether, E. Johnson, A. Dillard, R. Leachman	WEST	2:10.16	7/25/18

11 and 12

200 M. Medley	Willoughby Clark, Colin Whiting, Matthew Whelan, Sydney Whiting	ARA	2:10.59	7/08/13
200 M. Freestyle	Thor Akesson, Chloe Krost Harvey Trivette, Brantley Patterson	SRA	1:56.27	7/26/23

13 and 14

200 M. Medley	Kate Kuhlen, Joseph Conner Emory DeGuenther, Nicholas Kuirger	WEST	1:57.94	7/30/21
200 M. Freestyle	Crawford Craig, Francie McKay Emory DeGuenther, Rawlings Leachman	WEST	1:46.84	7/27/22

15 through 18

200 M. Medley	Joshua Fisher, Piper Price William Loftin, Charlotte Ratliff	SRA	1:51.28	7/26/23
200 M. Freestyle	Colin Whiting, Sarah Bender Sydney Whiting, Stephen Laming	RCC	1:39.96	7/25/18

* Indicates time converted from a yard course
For yard time, divide by 1.105

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

	Blue	Red	White
1981		Lakeside & Woodmont	Chamberlayne
1982	Salisbury	Avalon	Three Chopt
1983	Salisbury	Avalon	Sandston
1984	Salisbury	Burkwood	Westwood Club
1985	Salisbury	Avalon	Glen Allen
1986	Southampton	Kanawha	Chamberlayne
1987	Salisbury	Avalon	Ginter Park
1988	Southampton	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	Burkwood	Country Club of Virginia	Sandston
1995	Avalon	Walton Park	Sandston
1996	Avalon	Country Club of Virginia	Woodmont
1997	Kanawha	Three Chopt	Midlothian Y
1998	Avalon	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	Burkwood	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
2018	Southampton	Glen Allen	Jefferson Lakeside
2019	Southampton	GlenAllen	Sandston
2021	Southampton		
2022	Southampton		
2023	Southampton		

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

Adopted Dual Meet System. Consolidated Championship Meet to include Novice Events.

1979	Salisbury	2000	Southampton
1981	Salisbury	2001	Southampton
1982	Southampton	2002	Southampton
1983	Salisbury	2003	Southampton
1984	Southampton	2004	Southampton
1985	Southampton	2005	Southampton
1986	Burkwood	2006	Southampton
1987	Burkwood	2007	Southampton
1988	Burkwood	2008	Southampton
1989	Burkwood	2009	Southampton
1990	Burkwood	2010	Southampton
1991	Burkwood	2011	Southampton
1992	Southampton	2012	Westwood
1993	Burkwood	2013	Southampton
1994	Southampton	2014	Westwood
1995	Southampton	2015	Westwood
1996	Southampton	2016	Westwood
1997	Southampton	2017	Westwood
1998	Southampton	2018	Westwood
1999	Burkwood	2019	Westwood

Retained Dual Meet System and Novice Events. Named Winner of Three Flights at Championship Meet

	<i>A Flight</i>	<i>B Flight</i>	<i>C Flight</i>
2021	Southampton	Glen Allen	Anirav
2022	Southampton	Ridgetop	Lakeside
2023	Southampton	Hermitage	Three Chopt

SPORTSMANSHIP AWARDS

	<i>Blue</i>	<i>Red</i>	<i>White</i>
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
2018	Ridgetop	Lakeside	Jefferson Lakeside
2019	CCV	Glen Allen	Woodmont & Lakeside
2020	-----	-----	-----

Collapsed all teams into one Division, Awarded Sportsmanship Awards via Club Size

	<i>Large</i>	<i>Medium</i>	<i>Small</i>
2021	Country Club of Virginia	Hermitage	Lakeside
2022	Country Club of Virginia	Avalon	Woodmont
2023	Country Club of Virginia	Ridgetop	Richmond CC

REGULAR SEASON DIVING CHAMPIONS

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

	First A	Second A	First B	Second 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
2018	Burkwood	Kanawha	CCV	Three Chopt
2019	Kanawha	Burkwood	CCV	Three Chopt
2020	—	—	—	—
2021	Burkwood	Avalon	Woodmont	Bon Air
2022	Burkwood	Avalon	Hungary Creek	CCV
2023	Burkwood	Kanawha	Ridgetop	Hungary Creek

DIVING CHAMPIONSHIP MEET WINNERS

	Gold		Red
1968	Three Chopt		Lakeside
1969			
1970		Three Chopt	
1971		Woodmont	
1972		Bon Air	
1973		Woodmont	
1974		Woodmont	
	Intrasquad		Novice
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
	Novice	Regular	X
1993	Kanawha	Kanawha	Salisbury
1994	Kanawha	Kanawha	Salisbury
			Overall
			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); Hungary 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)
2018	Hungary Creek	Kanawha	Burkwood	Kanawha (A), CCV (B)
2019	Kanawha	Kanawha	Burkwood	Kanawha (A); TC (B)
2020	—	—	—	—
2021	Hungary Creek	Avalon	Burkwood	Burkwood (A); Bon Air (B)
2022	Kanawha	Kanawha & Burkwood (Tie)	Burkwood	Burkwood (A); Hungary Creek (B)
2023	Kanawha	Kanawha	Burkwood	Burkwood (A); Hungary Creek (B)

BRANDON HALL WILBURN SPORTSMANSHIP AWARDS

	A Division	B Division	Overall
2000	Burkwood	Ridgetop	
2001	Midlothian YMCA	Three Chopt	
2002	Avalon	Hungary Creek	
2003	Avalon	Woodmont	
2004	Ridgetop	Princess Anne	
2005	Country Club of Virginia	Woodmont	
2006	Avalon	Church Run	
2007	Avalon	Hungary Creek	
2008	Avalon	Midlothian YMCA	
2009			Church Run
2010			Avalon
2011			Burkwood
2012			Hungary Creek
2013	Avalon	Stonehenge	
2014	Avalon	Stonehenge	
2015	Avalon	Country Club of Virginia	
2016	Hungary Creek	Bon Air	
2017	Burkwood	Avalon	
2018	Kanawha	Bon Air	
2019	Avalon	Three Chopt	
2020	—	—	
2021	Kanawha	Three Chopt	
2022	Avalon & Kanawha (Tie)	CCV	
2023	Woodmont	Hungary Creek	

Addresses and Phone Numbers of Meet Venues

Anirav Swim Club , 1500 Midview Road, Henrico, VA 23231	(804) 236-1037
Antioch Recreation Association , 4310 Redbank Road, Sandston, VA 23150	(804) 737-9778
Avalon Recreation Association , 516 Heathfield Road, Richmond, VA 23229	(804) 740-8593
Bon Air , 8725 Quaker Lane, Richmond, VA 23235	(804) 727-8745
Burkwood Swim & Racquet Club , 9120 Burkwood Club Drive, Mechanicsville, VA 23116	(804) 730-2472
Country Club of Virginia , 6031 St. Andrews Lane, Richmond, VA 23226	(804) 287-1323
Ginter Park Recreation Association , 3421 Hawthorne Avenue, Richmond, VA 23222	(804) 321-1659
Glen Allen Community Center , 10800 Brookley Road, Glen Allen, VA 23060	(804) 672-9759
Hermitage Country Club , 1248 Hermitage Road, Manakin-Sabot, VA 23103	(804) 784-5234
Honey Meadows Rutland , 10004 Meadow Pond Dr., Mechanicsville, VA 23116	(804) 559-8074
Hungary Creek Recreation Association , 9194 Hungary Road, Richmond, VA 23294	(804) 270-4892
Kanawha Recreation Association , 8100 Holmes Avenue, Richmond, VA 23229	(804) 288-4421
Lakeside Swim and Racquet Club , 2434 Swartwout Avenue, Richmond, VA 23228	(804) 264-1605
Richmond Country Club , 12950 Patterson Avenue, Richmond, VA 23238	(804)784-5272
Ridgetop Recreation Association , 901 Ridgetop Road, Richmond, VA 23229	(804) 285-3513
Recreation Association of Fairfield (Sandston) , 501 Beulah Road, Sandston, VA 23150	(804) 737-8942
Southampton Recreation Association , 3201 Chellowe Road, Richmond, VA 23225	(804) 272-0688
SwimRVA North , 319 N. Wilkinson Rd, Richmond, VA 23227	(804) 264-8119
Three Chopt Recreation Club , 2100 Skipwith Road, Richmond, VA 23294	(804) 270-9885
Westwood Club , 6200 West Club Lane, Richmond, VA 23226	(804) 288-6028
Woodmont Recreation Association , 2334 Traymore Rd, Bon Air, VA 23235	(804) 330-8434

Michael J. Stott Scholarship

The Michael J. Stott Scholarship is a JRAC-initiated program begun in 1996 to recognize graduating 15 through 18s 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 – 2023

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)

2018

Schuyler Biltz (RT)
Emma Ford (TC)
Gabriella Gee (WEST)
Caroline Hall (KRA)
Kaylee Johnson (GA)

2019

Mason Fristoe (HC)
Stephen Laming (RCC)
Elisabeth Patterson (SRA)
Catherine Grace Wilks (TC)
Marshall Trout (SRA)
Ashley Zicafoose (BSRC)

2020

Madelyn Britton (LSRC)
Gray Broaddus (RT)
Anna Jepson (BA)
Ben Nilson (WEST)
Henry Paulson (WEST)
Noah Ratliff (SRA)
Madeline Schuetze (GA)
Hannah Sjovold (KRA)

2021

Zebbie Alexander (WP)
Elyse Cram (ARA)
Emily Gundel (WP)
Adam Huffman (GA)
Lily Hunnicutt (SRA)
Whitney Robeson (WEST)
Liam Ryan (KRA)
Weston Williams (RT)

2022

Leighton Broaddus (RT)
Ian Donnellan (SRA)
Aaron Moore (SRA)
Bryce Mortimer (GP)
Skylar Mullins (SRA)
Russell Nystrom (WEST)
Riley Spoenlein (SRA)

2023

Isabelle Broughton (ARA/HERM)
Gabby Chen (HERM)
Ainsley Laine (WRA)
Carter Meagher (SRA)
Molly Nelson (WRA)
Audrey Paulson (WEST)
Ann Haden Payne (RT)
Charlotte Ratliff (SRA)
Catherine White (WEST)

James River Aquatic Club 2024 Michael J. Stott Scholarship Application

The Stott Scholarship will be awarded at the 2024 JRAC Dive and/or Swim Championships to one or more 2024 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

Applications are due by July 1.

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/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
 1. participated in a least 75% of the meets in which you were eligible;
 2. were eligible to participate in JRAC Championships; and
 3. actually participated in JRAC Championships
- College you will attend fall 2024
- 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 .pdf copy of your high school transcript including your final semester. Ask **two** individuals, other than parents or guardians, who know you in a **JRAC aquatics context** to submit recommendations for you. Individuals completing recommendations should the form located here:

[Online Recommendation Form](#)

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.

- V. Email a .pdf copy of your cover page, activities table, essay and transcript, parts I – IV to:

Subject line: **Candidate's Full Name**: 2024 Stott Scholarship

jrac scholarship@gmail.com

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

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

**James River Aquatic Club
2024 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 [here](#).

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 at 6 p.m.

All information is strictly confidential.

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

Applications received after the deadline will not be considered



5.7.2024