

<p>Sanctioned by: Virginia Independent Schools Athletic Association</p> 	<p style="text-align: center;">VISAA Swimming & Diving Championship February 12-14, 2026 SwimRVA & St Catherine's</p> <p style="text-align: center;">THURSDAY, FEB 13 Swim Warm-ups <u>Boys</u> Dive Prelims/Semi</p> <p style="text-align: center;">FRIDAY, FEB 14 Swim Events 1-12 Prelims AM, Finals PM <u>Girls</u> Dive Prelims/Semi</p> <p style="text-align: center;">SATURDAY, FEB 15 Swim Events 13-24 Prelims AM, Finals PM Boys & Girls Dive Finals</p>	<p>Hosted by:</p>  <p style="text-align: center;">Bishop Ireton HS & Collegiate School</p>
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Dear All,

Bishop Ireton High School and Collegiate School are proud to host the 2026 VISAA Swimming & Diving State Championship at SwimRVA. We look forward to bringing together Virginia's independent school swimmers and divers for a championship experience rooted in sportsmanship, team character, positive spirit, and high-level competition.

Coaches are responsible for reviewing this announcement in its entirety and ensuring familiarity with all deadlines, eligibility requirements, and meet procedures. All official meet information; including psych sheets, heat sheets, live results, photography, and updates, will be posted on SwimCloud unless otherwise noted.

Spectator ticket information will be available via GoFan in January.

Kaitlyn Gerke, Bishop Ireton Head Coach - VISAA Swim & Dive Co-Chair

Mike Peters, Collegiate Head Coach - VISAA Swim & Dive Co-Chair

[Meet Dates & Schedule Overview](#)

Thursday, February 12

- Boys Diving – Prelims/Semis (4:15 PM)
- Team Warm-ups & Coaches Meetings

Friday, February 13

- Swim Prelims – 9:15 AM
- Swim Finals – 5:50 PM
- Girls Diving – Prelims/Semis (4:15 PM)

Saturday, February 14

- Swim Prelims – 9:15 AM
- Boys & Girls Diving – Finals – Afternoon
- Swim Finals – 5:15 PM

Detailed daily schedules, warm-up assignments, and lane usage are provided later in this document.

Important Deadlines

	Deadline/Date
Warm-up Requests submitted in Google Form here	Monday, January 26 by 11:59 pm
Athlete Waiver Requests sent to Kaitlyn Gerke & Mike Peters	Monday, January 26 by 11:59 pm
Meet Entries due in SwimCloud	Sunday, February 8 by 12 noon
Dive Sheets due on Dive Live	Sunday, February 8 by 11:59 am
Final Psych Sheet published on SwimCloud	Wednesday, February 11

Meet Location	<p>SwimRVA - Swimming 5050 Ridgedale Pkwy, Richmond, VA 23234</p> <p>St Catherine's - Diving 6001 Grove Avenue Richmond, VA 23226</p>
Meet Administration	<p>Swim Co-Chairs: Kaitlyn Gerke, Bishop Ireton & Mike Peters, Collegiate School Dive Co-Chairs: Joe Smolinske, Bishop Ireton and PVI & Eric Wagner, Bishop O'Connell</p>
Rules & Governance	<p>This meet will be conducted in accordance with the 2025-2026 National Federation of State High School Associations (NFHS) Swimming & Diving Rules for championship competition.</p>
Athlete Eligibility	<ul style="list-style-type: none"> ● Open to students in grades 8–12 ● Athletes must represent the school at which they are currently enrolled and be in good standing ● Athletes may not be older than 19 years of age as of August 1, 2025 ● Swimmers must achieve the VISAA qualifying standard in each entered event during the current season ● Qualifying times must be achieved at a VISAA meet defined as: <ul style="list-style-type: none"> ○ A multi-team meet officiated by certified starter, referee and stroke and turn officials ○ Times must be recorded via automatic timing or two manual watches ○ Single-team time trials do not qualify ● Student-athletes must compete in at least 50% of their team's in-season meets
Eligibility Waivers	<p>Waiver requests must be submitted by Monday, January 26 to the Meet Co-Directors. Requests will be reviewed by a committee consisting of the Meet Director(s), VISAA Swim Chair, and Head Referee.</p> <p>Waivers may be considered only in limited circumstances, including:</p> <ul style="list-style-type: none"> ● School-sponsored exchange programs ● Prolonged illness or approved medical reasons
Entry Rules - Swimming	<p>Individual Events</p>

<p>Individual Events</p>	<ul style="list-style-type: none"> ● Swimmers may enter any event for which they have achieved the qualifying time ● Teams may enter an unlimited number of swimmers per event ● Only the top four (4) qualifiers per team may advance to finals ● If more than four swimmers from one team place in the top 16 in prelims, coaches must designate the four advancing swimmers prior to the conclusion of prelims ● Swimmers may compete in a maximum of two (2) individual events and four (4) total events, including relays <p>Bonus 50 Freestyle</p> <ul style="list-style-type: none"> ● Any swimmer qualified in at least one event (individual or relay) who also meets the Bonus 50 Free qualifying time may enter this event ● The Bonus 50 Free counts toward a swimmer's event total ● This event is non-scoring ● Relay-only swimmers must compete in at least one relay to be eligible for the Bonus 50 Free
<p>Entry Rules - Relays</p>	<p>Relay Events</p> <ul style="list-style-type: none"> ● Each team may enter one (1) qualifying "A" relay per relay event ● Relay qualifying times must be achieved during the current season ● Swimmers who participated in a qualifying relay are eligible to swim on that relay at States ● Any swimmer qualified in an individual event (including diving) may swim on a relay <p>Exhibition "B" Relays</p> <ul style="list-style-type: none"> ● One (1) exhibition "B" relay may be entered per relay event if the qualifying standard is met ● All swimmers on a "B" relay must be individually qualified or been part of the same relay team that achieved the qualifying standard during the season ● "B" relays may not score points ● Swimmers who compete on a "B" relay in prelims may swim on the "A" relay in finals (counts as one event) <p>Relay Cards</p> <ul style="list-style-type: none"> ● Relay cards for the 200 Medley Relay, 200 Freestyle Relay, and 400 Freestyle Relay must be submitted 30 minutes prior to the start of the session ● Relay cards must list swimmers in the order they will compete ● Swimmers listed on relay cards must swim unless the Meet Referee approves a substitution <p>Failure to submit a relay card by the deadline will result in the relay swimming as listed in the meet program.</p>

	<p>If enforcement of this regulation causes a swimmer to exceed the four (4) event maximum, the swimmer/relay will be subject to NFHS regulations, including disqualification from that event and further competition.</p>
<p>Entry Submission - SwimCloud</p>	<p>All entries must be submitted through SwimCloud by Sunday, February 8 at 12:00 noon.</p> <ul style="list-style-type: none"> ● Entries may be submitted by event or by swimmer ● All entries must include athlete name, gender, grade, and seed time ● Seed times must be achieved in a meet uploaded to SwimCloud ● Converted short-course yard times are acceptable if they meet qualifying standards <p>Except for relays, all entries are final once submitted.</p> <p>The final psych sheet will be published on Wednesday, February 11. Only clerical corrections will be permitted after publication.</p> <p>No HyTek files, manual entries, or hardcopy entries will be accepted.</p>
<p>Diving Competition</p>	<p>The diving portion of the championship is hosted by Joe Smolinske and Eric Wagner.</p> <p>Diving Qualification Standards</p> <p>Divers may qualify by meeting one of the following criteria:</p> <ul style="list-style-type: none"> ● One (1) 11-dive score of 200 points (no failed dives) ● Two (2) 6-dive scores of 140 points, achieved across two competitions (no failed dives) <p>Dive lists must comply with 2025-2026 NFHS Diving Rules.</p> <p>Diving Entry & Registration</p> <ul style="list-style-type: none"> ● Diving entries must be submitted through SwimCloud by Sunday, February 8 at 11:59 AM ● The diving competition will be managed using Dive Live ● Further Dive Live instructions will be distributed once the meet is registered <p>Dive changes may be made within the Dive Live platform up to one (1) hour prior to the start of the event.</p> <p>All diving coaches should ensure both coaches and athletes have access to the Dive Live app prior to the meet.</p> <p>Diving Operations</p> <ul style="list-style-type: none"> ● All diving coaches must be prepared to assist with judging ● A seven (7) judge panel will be used each day ● Diving coaches will meet in the hospitality room prior to competition to

	<p>coordinate procedures</p> <p>Diving results will be announced immediately following each event. Awards for the top eight (8) finishers will be presented during finals following the first swimming event of the session.</p>	
Meet Entry Fees	<ul style="list-style-type: none"> ● Individual Events: \$6.00 per event ● Relay Events: \$30.00 per relay ● Athlete Surcharge: \$5.00 per athlete ● Team Cap: \$400 per team / \$300 per single-gender school <p>Invoices will be sent directly to each school's Athletic Director following the meet.</p>	
Meet Schedule & Warm-Ups	<p>All schedules are subject to adjustment. Any changes will be communicated via SwimCloud and email.</p> <p>Please click here for the full weekend schedule.</p> <p>All warmup requests must be submitted online here by 11:59 pm, January 26.</p>	
Subcommittee Chairpersons	Officiating	Alan Broderick, Walsingham Academy
	Entry Coordinators	Bucka Watson, St. Christopher's and St. Catherine's Mike Peters, Collegiate School
	Timing & Scoring	SwimRVA
	Senior Parade	Denis Schmidt, St. Gertrude/Benedictine
	Hospitality	PVI
	Awards	Kristen Kirkman, Norfolk Academy
	Ready Room Coordinator	St. Anne's-Belfield
	Meet Announcer	SwimRVA
	Live Streaming	Woodberry Forest School
	T-Shirt Vendor	MSP Design Group
	Warm-up Assignments	Jim Koehr, Seton
	Athletic Trainer	Collegiate School
Meet Format	<ul style="list-style-type: none"> ● Qualified swimmers will participate in Preliminaries on Friday and Saturday morning. The eight (8) fastest swimmers will return in the evening to swim in the Championship Finals. The next eight (8) fastest swimmers in preliminaries will return in the evening to swim in the Consolation Finals. ● Timing will be done using the Colorado Timing System. 	

Order of Events	GIRLS	EVENT	DAY	BOYS
	1	200 Medley Relay	Friday	2
	3	200 Freestyle	Friday	4
	5	200 Individual Medley	Friday	6
	7	50 Freestyle	Friday	8
	101	50 Freestyle - BONUS	Friday	102
	9	Women's Diving	Friday/Saturday	
		Men's Diving	Thursday/ Saturday	10
	11	100 Butterfly	Friday	12
	13	100 Freestyle	Saturday	14
	15	500 Freestyle	Saturday	16
	17	200 Free Relay	Saturday	18
	19	100 Backstroke	Saturday	20
	21	100 Breaststroke	Saturday	22
	23	400 Free Relay	Saturday	24

Meet Qualifying Times	WOMEN		EVENT	MEN	
	SCY	SCM		SCY	SCM
	2:11.33	2:28.88	200 Medley Relay	1:56.01	2:09.35
	2:09.48	2:23.47	200 Freestyle	2:02.68	2:15.93
	2:27.91	2:44.18	200 Individual Medley	2:18.04	2:33.36
	26.67 28.67	29.74 31.97	50 Freestyle 50 Freestyle - Bonus	23.94 25.94	26.79 29.03
<p>Divers may qualify by meeting one of the following criteria:</p> <ul style="list-style-type: none"> ● One (1) 11-dive score of 200 points (no failed dives) ● Two (2) 6-dive scores of 140 points, achieved across two competitions (no failed dives) 					
	1:06.82	1:14.24	100 Butterfly	1:01.02	1:07.98

	58.81	1:05.39	100 Freestyle	53.20	59.11
	5:58.88	5:14.81	500 Freestyle	5:41.90	5:00.19
	1:57.34	2:11.07	200 Freestyle Relay	1:42.23	1:54.09
	1:06.85	1:14.27	100 Backstroke	1:02.27	1:09.18
	1:14.86	1:23.25	100 Breaststroke	1:08.10	1:15.59
	4:30.99	5:01.88	400 Freestyle Relay	3:59.45	4:26.75
USA Observed Swims	To have times recognized by Virginia Swimming, each swimmer's USA Swimming ID must be entered in their SwimCloud profile before submitting entries.				
Meet Spectators & Admission Fees	<p>General Admission: Day passes allow entry to all sessions.</p> <ul style="list-style-type: none"> • Friday: \$10/person Saturday: \$10/person • Family (2 adults + children): \$30/day • Team members in uniform & children under 6: free <p>Tickets must be purchased in advance on GoFan for each day. All members of a party must enter together.</p> <p>For meet info and heat sheets, visit SwimCloud. Spectators must stay in designated bleachers.</p>				

Timer Assignments	Schools mentioned below are responsible for providing timer(s) as outlined below. The Head Timer may adjust lane assignments.			
	FRIDAY PRELIMINARIES		SATURDAY PRELIMINARIES	
	Lane	School	Lane	School
	1	Covenant (1)/Veritas (1)	1	Potomac (2)
	2	North Cross (1)/ VES (1)	2	Hampton Roads (2)
	3	St. Christopher's (2)	3	St. Catherine's (2)
	4	Fredericksburg Christian (2)	4	Oakcrest(1)/Madeira (1)
	5	Seton School (2)	5	Seton School (2)
	6	Cape Henry (1)/ Norfolk Collegiate (1)	6	Norfolk Christian (1)/ Roanoke Catholic (1)
	7	Trinity Christian (2)	7	Collegiate (2)
	8	St. Anne's Belfield (2)	8	Saint John Paul (2)
	FRIDAY FINALS		SATURDAY FINALS	
	Lane	School	Lane	School

	1	Collegiate (2)	1	Bishop Ireton (2)
	2	Flint Hill (2)	2	Collegiate (2)
	3	St. Catherine's (2)	3	St. Christopher's (2)
	4	Bishop O'Connell (2)	4	Trinity Christian (2)
	5	Bishop Ireton (2)	5	Bishop O'Connell (2)
	6	Norfolk Academy (2)	6	Norfolk Academy (2)
	7	St. Gertrude's/Benedictine (2)	7	Paul VI (2)
	8	Trinity Episcopal (2)	8	Trinity Episcopal (2)
Scoring	<ul style="list-style-type: none"> For individual events, the first 16 places in the Championship and Consolation Finals will be awarded points in the following manner: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. For relay events, the first 16 places in the Championship and Consolation Finals will be awarded points in the following manner: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2. No swimmer or relay in the Consolation Finals may score ahead of a swimmer or relay in the Championship Finals. No Bonus swimmers may score points in the Bonus event. 			
Results	<ul style="list-style-type: none"> Live results will be posted on Meet Mobile. Full results will be posted on SwimCloud and Meet Mobile. Printed copies of the meet results will be posted on deck. 			

Starting Procedures for Prelims & Finals	<ul style="list-style-type: none"> The Referee and Starter will use the standard USA Swimming whistle start as found on pg 102 of the 2024-2025 USA Swimming Rulebook. Dive over starts will be used for Prelims, but not Finals. For each Final Event: <ul style="list-style-type: none"> Swim the Consolation Finals (Preliminary qualifier 9 thru 16). Parade the top 8 qualifiers to the blocks with music selected by the top qualifier. Swim the Championship Finals. After both the girls and boys have completed a particular event, there will be a medal ceremony for the top 8 finishers from the two previous events.
Scratch Procedures for PRELIMS	<ul style="list-style-type: none"> No scratches allowed. Swimmers may declare a false start to the head official before their event; this counts toward their event total. Missing an event without declaring a false start removes the swimmer from further individual or relay events, but previously qualified Consolation or Finals events may still be swum.

Scratch Procedures for FINALS	<ul style="list-style-type: none"> ● Scratch cards are available at the scoring/timing table. ● Any athlete or relay qualifying for Finals or Consolation Finals must submit a card within 30 minutes of the prelim session's end.
Seeding/ Alternates	<ul style="list-style-type: none"> ● Events are seeded by time; prelims go slowest to fastest, with the final three heats circle seeded. ● First and second alternates for finals events should be behind the starter. If a finalist is absent, the starter calls once for an alternate; if none is available, the heat proceeds.
Music/ Procession Leader for Top Qualifier	<ul style="list-style-type: none"> ● Top qualifiers may choose a pre-race song for Finals (inappropriate songs will not be played) and may select individual(s) to lead the finalist procession. ● Music must be submitted to the Meet Announcer by the end of prelims.
Meet Dispute Procedure	<ul style="list-style-type: none"> ● Coaches may protest only misapplications of the rules to the Head Referee <ul style="list-style-type: none"> ○ Judgment calls cannot be protested ○ Stroke and Turn disqualifications may be reviewed but only protested for rule misapplications. ● A "Meet Committee"- including the VISAA President, Meet Director or Diving Coordinator, Regional Representatives, and Secretary - resolves disputes. The original disqualification will be explained with all parties present, followed by others who wish to speak. The VISAA President will communicate the final decision.
Competition Swimsuits and Caps	<ul style="list-style-type: none"> ● Prior to the 2010 meet, the National Federation of High Schools announced that speed suits are banned from high school competition. <ul style="list-style-type: none"> ○ All suits must be made of a textile fabric. ○ Boys can only wear jammers or briefs – nothing above the waist or below the knee will be allowed. ○ Girls cannot wear suits that cover the shoulders or go below the knee. Suits cannot have zippers or other fasteners. ○ Swimmers may only wear one suit during the competition. ● Only school or manufacturer logos should be visible on swimsuits and swim caps. Club team caps are not allowed.
Team Seating	<ul style="list-style-type: none"> ● Only credentialed team members, coaches, and officials may be on the pool deck. ● Team areas will be located around the deck. ● A "watch and go" section along the competition pool is available for cheering - teams should not linger here.
Webcast	<ul style="list-style-type: none"> ● The Woodberry Forest School Production Network (WFSPN) will live-stream the entire swimming meet with commentary and athlete/coach interviews. ● Once available, the link can be found on SwimCloud.

<p>Senior Parade</p>	<p>Before Friday night Finals, we'll hold a Senior Parade to celebrate school spirit! All seniors are encouraged to dress for the occasion.</p> <ul style="list-style-type: none"> ● Athletes should wear school warm-ups or other school-related attire. Non-school apparel must be appropriate. ● Creative accessories are welcome, but face paint, body paint, and feathers are not allowed. ● Seniors who don't follow the guidelines will not be permitted to walk in the parade.
<p>Awards</p>	<ul style="list-style-type: none"> ● Overall Team State Champion: Men & Women ● Division II Team State Champion: Men & Women ● Overall Team State Runner-up: Men & Women ● Division II Team State Runner-up: Men & Women ● All-State: Top 3 finishers in each event ● Medals: Top 8 finishers in each event ● The following awards will be presented based on coaches' votes. Each school is allocated one vote: <ul style="list-style-type: none"> ○ Male & Female Swimmer of the meet ○ Male & Female Diver of the meet ○ Male Team & Female Team Swimming Coach of the year ○ Male Team & Female Team Diving Coach of the year ● Sportsmanship: Men & Women (recognized, but not awarded a trophy) ● Spirit: Men & Women (recognized, but not awarded a trophy)
<p>Inclement Weather Contingency Plans</p>	<ul style="list-style-type: none"> ● In case of inclement weather, the executive committee and VISAA Executive Director will implement a contingency plan. Updates will be posted on SwimCloud and emailed. ● Contingency Plan A: The meet shifts back 1 day. Thursday warm-ups move to Friday evening; Friday/Saturday events move to Saturday/Sunday. Diving occurs between prelims and finals. ● Contingency Plan B: The meet is condensed: all prelims in one session, both male and female diving in one session, and all finals in one session. Warm-ups Friday morning/afternoon, prelims Friday afternoon/evening, diving Saturday morning, finals Saturday evening.