

Woodmont Recreation Association

2011



Swim and Dive Program Book

WAHOO AQUATICS PROGRAM

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2011 WAHOO AQUATICS COMMITTEE

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Head Dive Coach	Mark Bowen
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go to www.woodmont4fun.com for more information!

POOL: 330-8434

2011 WAHOO AQUATICS CALENDAR

June

June 12 (Su)....**1st SWIM MEET** (WRA@HCC)4:00 pm / warm-ups 3:30
June 20 (M)**SUMMER PRACTICE SCHEDULE***See page 9
June 20 (M)**2nd SWIM MEET** (WRA@RCC)6:30 pm / warm-ups 6:00pm
June 23 (Th)....**1st DIVE MEET** (WRA@HCC)1 pm / warm-ups 12:30 pm
June 27 (M)**3rd SWIM MEET** (MIDLO.Y@WRA)6:30 pm / warm-ups 5:45 pm
June 30 (Th)....**2nd DIVE MEET** (CR&TC@WRA)1 pm / warm-ups 12:30 pm

July

July 5 (Tu)**4th SWIM MEET** (quad met@WRA)6:30 pm/warm-ups 6:00pm
July 7 (Th)**3rd DIVE MEET** (WRA@CCV)1 pm / warm-ups 12:30
tba (M).....Team Pictures (more details via the web)4:30 pm
July 11 (M).....**5th SWIM MEET** (WRA@SRA)6:30 pm / warm-ups 5:45 pm
July 14 (Tu)**4th DIVE MEET** (WRA@TC)1 pm / warm-ups 12:15 pm
July 18 (M).....**6th SWIM MEET** (RCC@WRA).....6:30 pm / warm-ups 5:45 pm
July 19 (Tu)**5th DIVE MEET** (WRA@ARA).....1 pm / warm-ups 12:15 pm
July 25 (M).....Girls **DIVE CHAMPS** (Avalon)9 am /warm-ups 7 am
July 26 (Tu)Boys **DIVE CHAMPS** (Avalon)9 am /warm-ups 7 am
July 28-29**SWIM CHAMPIONSHIPS** (NOVA)warm-ups TBA
AUGUSTWAHOO Awards BanquetTBA

*Check Practice Schedules — Swim Practice page 9 and Dive Practice page 30

PURPOSE OF THE SUMMER LEAGUE

The Woodmont Wahoo Aquatics Program offers opportunities to community youth for skill development, team and social involvement. Each athlete works for personal excellence, self-discipline, and continuous improvement as an individual competitor. Team participation promotes sportsmanship, competition, and interaction among a wide variety of age groups. The program operates under the guidelines of the Woodmont Recreation Association (WRA) and the James River Aquatic Club (JRAC).

WOODMONT RECREATION ASSOCIATION

WRA's board of directors oversees land donated to the community by the Woodmont developer. Residents financed and constructed the pool, tennis courts, basketball area and lot beginning in the early 60s. Membership now includes families outside the subdivision. One member of the WRA Board is responsible for the Aquatics Program and usually is the chairperson of the Aquatics Committee.

WOODMONT WAHOOS

Contrary to the opinion of some UVA alumni, the Woodmont Wahoos are named after one of the largest, meanest, and fastest members of the mackerel family. Often called the "Ocean Barracuda," the Wahoo can reach speeds of up to 60 mph, and can weigh up to 160 lbs. It is a prized game fish known for its speed and tenacious fighting ability.

The Woodmont Wahoo Swim and Dive Program began in 1968. With the help of a paid coaching staff, parent volunteers coordinate the team activities. Although swimming and diving can be considered both individual and team sports, in the summer league, they become a family sport.

The Wahoo program recognizes individual achievement by tracking, recording, and posting the records of the best times in each stroke category of each age group (*see page 7*). The James River Aquatic Club also tracks and records the best times including relay events. The records are available at www.jracsummerswim.org. Since its inception, our swimmers have proudly claimed individual league records at some time in almost every category.

JAMES RIVER AQUATIC CLUB

Woodmont is a member of the James River Aquatics Club which currently has 22 teams including two that participate solely in the dive program.

The swim teams are divided into three divisions, Blue, Red, and White. The divisions are revised each year based on the total number of points scored during the regular season the prior year. At season's end, teams will move up or down, depending on points scored. Because of its size, Woodmont bounces back and forth between the Red and White divisions. The Woodmont Wahoos Swim Team will be in the White Division for 2011.

JRAC adopted the current structure in 1981 when it expanded to 18 teams. Prior to that, it used just two divisions. Over the years, the Woodmont Wahoos have won many of the regular season championships, and in 1972, won the JRAC championship meet as well as the regular season.

1968 - Red Division Champion	1979 - White Division Champion	2005 - White Division Champion
1969 - Gold Division Champion	1996 - White Division Champion	2006 - White Division Champion
1971 - Red Division Champion	2003 - White Division Champion	2007 - White Division Champion
1972 - Gold Division Champion		2009 - White Division Champion

The dive teams are currently divided into two divisions, A and B, based on number of points scored the prior year. Due to its current size, Woodmont is in the B division as it has been in recent years. Whatever the size, Woodmont Dive Team has been most impressive:

1969 - Red Division Champion	1977 - Regular season and Championship Meet winners	1987 - Regular season winners (Division II)
1971 - Championship Meet winners	1979 to '82 - Regular season and Championship Meet winners	1999 - Regular season winners (First B)
1973 to '75 - Regular season and Championship Meet winners	1983 - Regular season winners (Division I)	2000 - Regular season winners (Second B)
1976 - Regular season and Championship Meet winners (novice)		

The Swim Team earned the JRAC Sportsman Award for the Red Division in 2000, 2004, 2008 and 2010. The Dive Team was awarded the Brandon Hall Wilburn Sportsmanship Award in 2003 and 2005.

AWARDS AND RECOGNITION

The Woodmont Wahoo Program recognizes personal excellence, self-discipline, and continuous improvement in several ways. Meet participants are awarded **ribbons** for placing first through sixth in regular season swim events or dive divisions, and fourth through eighth in championship events or divisions.

Medals are awarded for first, second, and third place in championship swim events or dive divisions.

The winner of each heat in Mite division swim events are given **heat ribbons**. Quadruple and triple first-place winners in swim meets and top scorers in dive meets are listed in the **Times-Dispatch**.

Individual speeds in each swim stroke and individual scores for each required dive are tracked and captured into the JRAC and WRA databases. The progress tracking sheets at the back of this book are provided for parents to document their individual athlete's performances throughout the season. Athlete's performances are available online at www.jracsummerswim.org.

The name, top speed, and date recorded of each swimmer holding a **Woodmont pool record** is engraved on a plate and posted by category and stroke on the pool swim board. Pool records are also listed in this booklet. The season's end **Awards Program** includes a presentation of **trophies** to all swimmers and divers who participated in at least three regular season meets. Special awards are given to the **Most Improved, Most Dedicated, and High Point Swimmer** in each category and the **Overall Most Improved**.

The Woodmont Swim and Dive Team's WAHOO AWARD

The Wahoo Award is given in recognition of outstanding contributions to the team as an athlete, coach or parent. It is not necessarily awarded each year. Nominations are decided by the Aquatics Committee. Beginning in 1977, the following have received this award and their names are inscribed on the trophy.

1977 - Jack Schneider	1991 - Jean Raugh	1999 - Sally Seaton (posthumously)
1978 - Michelle Romanello	1992 - Barbara Perrin	2000 - Steve & Bobbie Sunday
1980 - Jim Gumm, Stephanie O'Conner	1993 - Madonna Devenney Bates	2001 - Laura Diegelmann, Carrie Shreve
1987 - Shannon Schreck	1994 - Timothy Raugh	2003 - Cris Sheppard
1988 - Katie O'Bryan	1995 - Tom & Mary Kruse	2004 - Nora Narum
1989 - Shawn Snead	1996 - Matt Walker	2007 - Risk Fisk, Tina Guthrow
1990 - Robert Schreck	1997 - Marla Shreve	2008 - Val Schwarz
	1998 - Penny Diegelmann	

WOODMONT POOL RECORDS

SENIORS

Stephanie O'Connor	1:12.43	7/24/81	100 Individual Medley	Michael McKee	1:04.02	7/25/02
Shannon Schreck	30.86	7/9/90	50 Freestyle	Matt Walker	26.94	7/3/95
Carrie Shreve	1:05.85	6/15/98	100 Freestyle	Andrew Garofolo	56.94	7/24/09
Meg Anderson	33.89	6/23/08	50 Backstroke	Andrew Garofolo	30.80	7/23/09
Shannon Schreck	40.15	7/9/90	50 Breaststroke	Matt Walker	34.25	7/10/95
Carrie Shreve	1:18.81	7/23/98	100 Breaststroke	Matt Walker	1:11.65	7/29/93
Kim Strum	31.72	7/25/86	50 Butterfly	Michael McKee	27.18	7/25/03

INTERMEDIATES

Shannon Schreck	1:09.57	7/24/86	100 Individual Medley	Danny Welborn	1:06.32	7/29/11
Kelsey Proffitt	32.92	6/16/08	50 Freestyle	Sam Rhodes	30.66	7/25/97
Shannon Schreck	1:02.48	7/25/86	100 Freestyle	Danny Welborn	59.32	7/30/11
Shannon Schreck	33.40	7/14/86	50 Backstroke	Danny Welborn	30.98	7/29/11
Margaret Chaffin	42.31	7/5/77	50 Breaststroke	Jim Gumm	40.48	8/2/77
Shannon Schreck	1:17.74	7/24/86	100 Breaststroke	Matt Walker	1:14.80	7/25/91
Shannon Schreck	31.00	6/23/86	50 Butterfly	John Sniffen	29.96	7/27/84

JUNIORS

Shannon Schreck	1:09.65	7/25/85	100 Individual Medley	Danny Welborn	1:10.43	7/23/09
Shannon Schreck	29.03	7/25/85	50 Freestyle	Danny Welborn	29.89	6/29/09
Shannon Schreck	34.71	7/11/85	50 Backstroke	Danny Welborn	33.36	7/23/09
Shannon Schreck	36.17	7/25/85	50 Breaststroke	Danny Welborn	36.84	7/23/09
Shannon Schreck	31.14	7/15/85	50 Butterfly	Danny Welborn	30.76	7/24/09

MIDGETS

Shannon Schreck	1:24.40	6/14/83	100 Individual Medley	Danny Welborn	1:24.56	7/26/07
Shannon Schreck	33.34	7/5/83	50 Freestyle	Danny Welborn	33.25	7/26/07
Shannon Schreck	41.61	7/5/83	50 Backstroke	Joey Wood	35.74	7/10/00
Shannon Schreck	44.01	7/29/83	50 Breaststroke	Matt Walker	45.77	7/24/87
Shannon Schreck	37.06	7/18/83	50 Butterfly	Danny Welborn	36.92	7/26/07

MITES

Sarah Bender	17.04	7/24/10	25 Freestyle	Danny Welborn	16.87	7/28/05
Sarah Bender	21.10	7/19/10	25 Backstroke	Joey Wood	20.22	6/22/98
Carrie Shreve	21.62	7/1/81	25 Breaststroke	Matt Walker	22.22	7/26/85
Shannon Schreck	19.31	6/22/81	25 Butterfly	Danny Welborn	19.67	7/28/05

MICHAEL J. STOTT SCHOLARSHIPS

This JRAC-initiated scholarship program begun in 1996 was established to recognize graduating seniors for their excellent scholastic performance, citizenship, community contributions, and service to JRAC and its member organizations. To be eligible, athletes must have competed in 75 percent of JRAC meets over the last five years. Over fifty scholarships have been awarded to date. See Jennifer Schreck or the JRACE website at www.jracsummerswim.org for an application. Past Woodmont scholarship winners include Gigi Kruse (1996), Laura Diegelmann and George Kruse (1998), Seth Shreve (1999) and Carrie Shreve (2001).

FUNDING THE WAHOO PROGRAM

Your involvement in fund-raising activities is very important and greatly appreciated. These efforts help provide for the dedicated staff and equipment needed to maintain and support the aquatics program.

The Woodmont Recreation Association facility (swim, dive, tennis, and activities) continues to stand-out as a unique, community-centered, family-focused place. Thank you for your support of the WRA facility.

JRAC CHAMPIONSHIPS

Dive Championships Monday & Tuesday July 25 & 26

Each club shall be limited to twenty-five (25) competitors. No person shall participate in JRAC diving championship meet without having participated in and qualified in at least two (2) season meets. ***To “qualify” a diver must have completed (not failed) a list of dives and attained the determined point value for the Novice and Regular divisions as stated on page .*** Required dives for championships will be the same as required dives for the regular season. The order of diving for the championship meet on the first day shall be senior girls, mite girls, midget girls, junior girls, and intermediate girls. On the second day the order shall be senior boys, mite boys, midget boys, junior boys, and intermediate boys.

Swim Championships Thursday & Friday July 28 & 29

Each club may enter no more than two swimmers in the Novice Heat, Regular Heat, Heat X, and Heat XX of each event. Each club may enter no more than one team in each Novice Freestyle Relay event and one team in each other relay event. No person shall swim in more than one heat (excluding relay events) of the same stroke, nor shall any person swim in both the Novice Freestyle Relay and the Regular Freestyle Relay, nor shall any person swim in more than four events (including relays). ***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 dual meet that same summer and attained the proper qualifying times as specified on pages 14-17.*** 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 prior season as long as the stroke and distance is swum in current season. An Intermediate or Senior who novices out in the 50 Free in the sixth meet may enter the 100 Free in the Championship Meet with No Time. The order of swimming events for the championship meet on the first day shall be: I.M., Backstroke, Breaststroke, and Medley relays. On the second day the order of events shall be: Freestyle, Butterfly, and Freestyle relays.

REMEMBER: Because each club is limited to the number of entrants, not all who qualify will swim or dive in Champs., however due to team size, most Woodmont qualifiers compete in the Championship Meet. Track your athlete's progress in the back of the book. If a qualifying time is made, please be prepared to attend Championships, and to assist as a worker. Woodmont will be required to supply a certain number of workers throughout the two days of each championship meet.

HEAT SHEETS: The seedings for all championship events are listed in a 'heatsheet' (sold at champs). Parents and teams are encouraged to place original ads or sponsor events to offset the cost of printing this document. See Jennifer Schreck for examples and criteria for the ads or sponsorships.

REGULAR SEASON SWIM PROGRAM

EACH PRACTICE IS IMPORTANT. Each day an emphasis is placed on a different skill toward total mastery of a stroke. The coaches work with groups based on assessment of the swimmers' skill/needs. Swimmers compete within their age categories.

RAIN OR SHINE, WARM OR COLD*, WAHOOS PRACTICE EVERY DAY!

Age as of June 1st	5/16 - 6/17	6/20 - 7/18	Champs 7/20 - 7/28
Mites (8 yrs & under)	5:00 to 5:30 p.m.	10:30 - 11:15 a.m.	9:00 - 10 a.m.
Midgets (9 & 10 yrs)	5:30 to 6:30 p.m.	8:30 - 9:30 a.m.	9:00 - 10 a.m.
Juniors (11 & 12 yrs)	5:30 to 6:30 p.m.	8:30 - 9:30 a.m.	9:00 - 11 a.m.
Intermediates (13 & 14 yrs)	4:00 to 5:00 p.m.	9:30 - 10:30 a.m.	9:00 - 11 a.m.
Seniors (15 through 18)	4:00 to 5:00 p.m.	9:30 - 10:30 a.m.	9:00 - 11 a.m.

Summer evening practices begin Tues., June 21st: 6:00 - 7:00 p.m., Tues, Wed., & Thurs. *If in doubt about pool accessibility, please call the pool office at 330-8434, or check the website at www.woodmont4fun.com.

PRACTICE SCHEDULE

Due to the limited number of lanes available, evening practices are designed for those swimmers who have scheduling conflicts with the morning practices, (e.g.: summer school, daycare, job).

CONFERENCES WITH COACHES

The coaches will be happy to discuss your individual swimmer's needs, either **before** they begin coaching duties in the morning or **after** they finish the practice. If you have a concern or question **during practice**, please see one of the members of the Aquatic Committee.

CLASSIFICATION OF SWIMMERS (Refer to practice schedule above for age categories.)

Swimmers compete against other swimmers of their same sex, age group, and competitive classification.

COMPETITIVE CLASSIFICATIONS:

Novice: A swimmer is a Novice in an event in his age group unless he has made the Novice cut-off time in that event.

Regular: Any swimmer may swim in the Regular heat of an event provided he has not made the X time or faster in that event. (Note: a Novice swimmer can be entered in a Regular heat at the coach's discretion.)

Heat X: Any swimmer must swim in the X heat of an event if he has made an X qualifying time, but has not made a XX qualifying time.

Heat XX: Any swimmer must swim in the XX heat of an event if holding a XX qualifying time in that event.

Tables showing Novice cut-off times thru XX times begin on page 14. Remember that times are yard and meter times. Please make sure to use the correct column.

<p>VERY IMPORTANT: Inform your coach if you are unable to swim in a meet. Give written notice at practice or call so your event can be filled. This is especially important if you are scheduled to swim in a relay. Your absence affects three other swimmers!!</p>
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MEET EVENTS

Freestyle is a Novice event during every meet, which means that each team has no limit on how many swimmers can be entered. One other stroke is also a Novice event at each meet - check the order of events sheets shown next to each meet's worker schedule.

Relays consist of four swimmers, no more than two of which may be boys. Novice Relays may only be composed of Novice swimmers, while other relays can mix Regular, X and XX swimmers. Relays rotate between Freestyle Relays and Medley Relays. Medley Relays have each swimmer swim a particular stroke in a prescribed order (Backstroke, Breaststroke, Butterfly, Freestyle).

Placement in Events: In any dual meet, the coach places (or "seeds") each swimmer in a maximum of 4 events (3 Individual, 1 Relay), depending on each swimmer's abilities and opportunity to score points for the team. Each event will consist of a number of "heats" depending on the number of swimmers entered. Each team can enter three swimmers per event except for Novice events, which have no limit. ***Swimmers may not always swim their choice of events, but should accept assignments gracefully and with respect to the coaches' strategy.***

SWIMMER'S ROUTINE THE DAY OF THE MEET

👉 **Attend practice** the morning of the meet. Events to be swum that evening are posted on the bulletin board in the picnic area. For the rest of the day, avoid physical activity and stay out of the sun. Days of meets make good days to go to the library or the movies.

👉 **Avoid carbonated beverages** on the day of the meet. Drink plenty of water and eat a high carbohydrate dinner (such as pasta or baked potato) no later than 4:00 p.m.

👉 **Arrive at 5:30 p.m.** For Home meets warm-ups are at 5:45 p.m. For Away meets warm ups are at 6 p.m., Please arrive, at least 15 minutes before warm-ups begins. Wear to the meet: team swimsuit, cap, goggles (if needed). Bring to the meet: one or two towels, nutritious snacks, fruit juice, clothes to put on after the meet (WRA t-shirt or sweatshirt), and something to do (playing cards, games, a book to read).

SWIM MEET PROCEDURES

1. **ARRIVE ON TIME!**
2. Congregate in Woodmont's designated area. **Mites and Midgets:** Before warm-ups, report to the coaches and Mite Moms to get event numbers written on your hand.
3. Get ready to warm-up. Warm ups start 45 minutes before Home meets, 30 minutes before Away meets.
4. Return to "Woodmont team area", rest, and be ready for your first event.
5. Listen to the announcer for your event to be called. **Mite parents need to be aware of their children's event numbers to insure that their swimmers get to the proper person on time.** A team parent will assist with this.
6. Pick up your event card from the person holding the Woodmont event cards. ****It is the swimmer's responsibility to get to their events on time!****
7. Report to the Clerk of the Course when the announcer calls your event.
8. Return to the "Woodmont area" and listen to the announcer for the results and scores. **Please do not ask table workers for results before they are announced or posted.**

9. Before leaving the meet early, **PLEASE** check with one of the coaches to be sure you are no longer needed for an event.
10. Ribbons are given out the day after the meet.
11. Team caps, goggles and apparel are always available for purchase at Home meets. See Margaret Hood if you need swim apparel.

SWIM MEET WORKERS

This year, the Woodmont Wahoos are in the White Division in the James River Aquatics Club (JRAC). We compete against five other teams. **All meets are run by parent volunteers.** No matter the number of swimmers, Woodmont is required to fill approximately 240 work stations during the course of the season. **We have divided this workload among the parents and schedules are found online. Reminders will be email the week before the meet.**

Meet Director: The Meet Director of a dual meet is to be a responsible person designated by the host club. 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.

Referee: The Referee shall hold a meeting with the coaches 15 minutes before a dual meet at which time he shall review the Rules and answer any questions pertaining to the meet, i.e., pulling of starting blocks, Mite starting end, handicapped swimmers, etc. It is the duty of the Referee to enforce these rules:

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

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.

Clerk of Course: There shall be a Clerk of Course from the home team. The Clerk of Course may be provided with one or two assistants and shall assign to them such duties as will assist in the prompt dispatch of the events. Away teams shall provide one Clerk of Course worker. The Clerk shall keep the Announcer and/or Starter apprised of the event number, heat number, Regular heat, Heat X, Heat XX and/or any combined heats.

Starter: The starter must be a USS (Va. LSC) certified starter or have attended a JRAC starter clinic within the past 24 months. All heats go off the blocks after the Starter's count and sounding of the buzzer.

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 a JRAC stroke and turn clinic within the past 12 months. Strokes and Turns Judges **MUST** sign or initial each disqualification card, which must specify the infraction. Unsigned cards will be returned for signing.

Relay Take-off Judges: Two additional judges (four additional judges for Mite relays) shall be selected by the Referee to serve as Take-off Judges for Relays.

Table Workers: There shall be a Head Table Worker, an Assistant Head Table Worker, and at least 4 table workers.

- **Head Table Worker and Assistant Head Table Worker** assigns workers to their tasks, ensures the smooth running of table, and takes questions or problems to the Referee.
- **Computer Operator** inputs swimmers' times from card into the computer, prints results sheets and ribbon labels.
- **Verifier** sorts all cards, verifies the number of entries and DQ's, and compares the order of the printed results with the order of the time cards.

Announcer: The Announcer, with the Starter and Clerk of the Course, maintains the pace of the meet. The time of all events are announced including warm-ups, calls to Clerk of the Course, and events on the block. Results of events are announced as soon as they are available.

Runners: Two Runners (one for time cards and one for Strokes and Turns Judges) are responsible for collecting the recorded time cards and any DQs after each heat and for taking them to the Head Table Worker.

Mite Moms/Dads: Two parents move the mite swimmers through the clerk of course and heat line-up process.

Mite Heat Ribbons: A parent determines the winner in each heat of a Mite event and awards that swimmer a blue heat ribbon.

Event Cards: Distributes the time cards to the swimmers after the Announcer has called the event to the Clerk of the Course.

Hospitality: The home team provides cold drinks to all workers during the course of the meet. Woodmont raises WRA funds through the sale of sandwiches, drinks, and baked goods.

50/50 Raffle: Raffle tickets are sold throughout the first half of the meet. The proceeds are split 50/50 with the winner and WRA.

Meet Set-Up and Clean-Up: Parents assist the pool staff and lifeguards in setting up the blocks, flags, Clerk of the Course area, etc. before warm-ups for the home team or once the meet is done.

White Division Swim Teams

Midlo: Midlothian YMCA - Waves
737 Coalfield Rd, Midlothian VA
23114

RCC: Richmond Country Club
12950 Patterson Ave, Rich, VA 23233

SND: (Sandston) Rec Assoc of Fairfield
501 Beulah Road, Sandston, VA
23150 737-8942

HERM: Hermitage Country Club -
Hurricanes
1248 Hermitage Rd, Manakin-Sabot,
VA 23103 784-5234

CRA: Chamberlayne Recreation Assoc
319 N. Wildinson Road, Richmond,
VA 23227 264-8119

SA: Shady Acres Rec Assoc.
10401 Dakin Dr., Rich, VA 23236
794-8866

ASC: Anirav Swim Club
1500 Midview Road,
Henrico, VA 23231 236-1037

WRA: Woodmont Recreation Association -
Wahoos - Go WAHOOS!

The Woodmont Wahoos

encourage you and your family to visit our sponsor



Huguenot Village Shopping Center

2063 Huguenot Road 272-4500

Don't forget: Call ahead meals to go!

Please help us to express our appreciation for Outback's
ongoing support of our dive and swim team

The Woodmont Wahoos

The Swim and Dive Aquatics Committee wishes to extend its sincere appreciation to the Woodmont Recreation Association volunteer board of directors, and the community members who give of their time to maintain the grounds and facility.

It's their dedication to providing top-notch, safe and fun pool grounds that facilitates another outstanding Wahoo Swim and Dive season. Please let your WRA Board and Aquatics Committee members know you appreciate their work.

Rick Adkins	President	Jennifer Schreck	Aquatics Chairperson
Babs Phillips	Vice President	Aaron Lowery	Buildings and Ground
Steve Kaskey	Operations	Ann Adkins and Regina Sobey Social Co-Chairpersons
Flo Dooley	Treasurer	Renee Boswell	Snack Bar Management
Laurie Crank	Secretary	Tina Guthrow	Communications

GIRL'S JRAC STANDARDS – Meters

	XX	X	R (novice cutoff)	ChampQualifying
MITE GIRLS (8 years of age & under)				
25 Free	18.40	19.75	23.00	28.00
25 Back	22.50	24.25	27.70	34.00
25 Breast	24.75	25.75	29.00	36.00
25 Fly	21.25	23.25	27.80	34.10

	XX	X	R (novice cutoff)	ChampQualifying
MIDGET GIRLS (9-10 years of age)				
100 IM	1:31.30	1:38.20	1:57.89	1:57.89
50 Free	35.69	38.43	43.50	48.62
50 Back	43.10	46.40	54.00	59.12
50 Breast	47.31	49.23	55.80	1:02.00
50 Fly	41.09	45.00	54.00	1:01.88

	XX	X	R (novice cutoff)	ChampQualifying
JUNIOR GIRLS (11-12 years of age)				
100 IM	1:21.83	1:29.21	1:41.22	1:41.22
50 Free	32.58	34.67	38.68	40.89
50 Back	38.31	41.13	46.40	50.39
50 Breast	42.34	45.25	50.83	54.15
50 Fly	35.78	39.04	45.86	51.71

	XX	X	R (novice cutoff)	ChampQualifying
INTERMEDIATE GIRLS (13-14 years of age)				
100 IM	1:17.98	1:23.46	1:35.03	1:35.03
50 Free			33.99	36.93
100 Free	1:08.01	1:13.12	1:20.21	1:40.54
50 Back	36.05	38.86	42.00	45.50
50 Breast			45.50	50.83
100 Breast	1:27.45	1:33.84	1:40.54	1:40.54
50 Fly	34.79	36.93	41.00	46.00

	XX	X	R (novice cutoff)	ChampQualifying
SENIOR GIRLS (15-18 years of age)				
100 IM	1:15.33	1:21.05	1:31.77	1:31.77
50 Free			33.21	36.47
100 Free	1:06.96	1:11.16	1:18.33	1:18.33
50 Back	34.87	37.60	41.71	47.00
50 Breast			44.26	49.73
100 Breast	1:25.20	1:31.37	1:38.42	1:38.42
50 Fly	33.22	35.93	39.56	45.00

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

BOY'S JRAC STANDARDS – Meters

	XX	X	R (novice cutoff)	ChampQualifying
MITE BOYS (8 years of age & under)				
25 Free	17.80	19.11	22.40	27.30
25 Back	22.00	24.25	27.21	33.50
25 Breast	24.50	26.25	29.00	36.00
25 Fly	21.00	23.25	27.70	34.00

	XX	X	R (novice cutoff)	ChampQualifying
MIDGET BOYS (9-10 years of age)				
100 IM	1:30.69	1:39.00	1:58.00	1:58.00
50 Free	35.39	37.90	43.00	47.85
50 Back	42.39	45.56	53.25	58.90
50 Breast	46.49	50.14	56.00	1:02.00
50 Fly	40.79	45.21	54.00	1:00.00

	XX	X	R (novice cutoff)	ChampQualifying
JUNIOR BOYS (11-12 years of age)				
100 IM	1:20.89	1:27.69	1:43.87	1:43.87
50 Free	32.19	33.93	38.50	44.00
50 Back	37.99	40.80	48.00	55.50
50 Breast	41.69	45.00	51.00	57.00
50 Fly	35.59	38.59	46.50	55.00

	XX	X	R (novice cutoff)	ChampQualifying
INTERMEDIATE BOYS (13-14 years of age)				
100 IM	1:14.42	1:20.00	1:34.48	1:34.48
50 Free			32.05	37.79
100 Free	1:05.10	1:10.00	1:15.00	1:15.00
50 Back	34.13	37.23	43.00	48.62
50 Breast			43.76	50.17
100 Breast	1:22.59	1:29.49	1:36.14	1:36.14
50 Fly	32.60	35.00	38.75	47.52

	XX	X	R (novice cutoff)	ChampQualifying
SENIOR BOYS (15-18 years of age)				
100 IM	1:08.83	1:15.62	1:26.19	1:26.19
50 Free			29.84	34.26
100 Free	59.87	1:04.42	1:10.59	1:10.59
50 Back	31.18	34.03	37.90	42.00
50 Breast			42.16	46.96
100 Breast	1:18.49	1:24.22	1:29.17	1:29.17
50 Fly	29.60	31.50	34.81	43.00

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

GIRL'S JRAC STANDARDS – Yards

	XX	X	R (novice cutoff)	ChampQualifying
MITE GIRLS (8 years of age & under)				
25 Free	16.65	17.87	20.81	25.34
25 Back	20.36	21.95	25.07	30.77
25 Breast	22.40	23.30	26.24	32.58
25 Fly	19.23	21.04	25.16	30.86

	XX	X	R (novice cutoff)	ChampQualifying
MIDGET GIRLS (9-10 years of age)				
100 IM	1:22.62	1:28.87	1:46.69	1:46.69
50 Free	32.30	34.78	39.37	44.00
50 Back	39.00	41.99	48.87	53.50
50 Breast	42.81	44.55	50.50	56.11
50 Fly	37.19	40.72	48.87	56.00

	XX	X	R (novice cutoff)	ChampQualifying
JUNIOR GIRLS (11-12 years of age)				
100 IM	1:14.05	1:20.73	1:31.60	1:31.60
50 Free	29.48	31.38	35.00	37.00
50 Back	34.67	37.22	41.99	45.60
50 Breast	38.32	40.95	46.00	49.00
50 Fly	32.38	35.33	41.50	46.80

	XX	X	R (novice cutoff)	ChampQualifying
INTERMEDIATE GIRLS (13-14 years of age)				
100 IM	1:10.57	1:15.53	1:26.00	1:26.00
50 Free			30.71	34.20
100 Free	1:01.55	1:06.17	1:12.59	1:12.59
50 Back	32.62	35.17	38.01	43.00
50 Breast			41.18	46.00
100 Breast	1:19.14	1:24.92	1:30.99	1:30.99
50 Fly	31.48	33.42	37.10	41.63

	XX	X	R (novice cutoff)	ChampQualifying
SENIOR GIRLS (15-18 years of age)				
100 IM	1:08.17	1:13.35	1:23.05	1:23.05
50 Free			30.05	33.00
100 Free	1:00.60	1:04.40	1:10.89	1:10.89
50 Back	31.56	34.03	37.75	42.53
50 Breast			40.05	45.00
100 Breast	1:17.10	1:22.69	1:29.07	1:29.07
50 Fly	30.06	32.52	35.80	40.72

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

BOY'S JRAC STANDARDS – Yards

	XX	X	R (novice cutoff)	ChampQualifying
MITE BOYS (8 years of age & under)				
25 Free	16.11	17.29	20.27	24.71
25 Back	19.91	21.95	24.62	30.32
25 Breast	22.17	23.78	26.24	32.58
25 Fly	19.00	21.04	25.07	30.77

	XX	X	R (novice cutoff)	ChampQualifying
MIDGET BOYS (9-10 years of age)				
100 IM	1:22.07	1:28.59	1:46.79	1:46.79
50 Free	32.03	34.30	38.91	43.30
50 Back	38.36	41.23	48.19	53.50
50 Breast	42.07	45.38	50.68	56.11
50 Fly	36.91	40.91	48.87	54.30

	XX	X	R (novice cutoff)	ChampQualifying
JUNIOR BOYS (11-12 years of age)				
100 IM	1:13.20	1:19.36	1:34.20	1:34.00
50 Free	29.13	30.71	34.84	39.82
50 Back	34.38	36.91	43.44	50.23
50 Breast	37.73	40.72	46.15	51.58
50 Fly	32.21	34.92	42.08	49.77

	XX	X	R (novice cutoff)	ChampQualifying
INTERMEDIATE BOYS (13-14 years of age)				
100 IM	1:07.35	1:12.40	1:25.50	1:25.50
50 Free			29.00	34.20
100 Free	58.91	1:03.35	1:07.87	1:07.87
50 Back	30.89	33.69	38.91	44.00
50 Breast			39.60	45.40
100 Breast	1:14.74	1:20.99	1:27.00	1:27.00
50 Fly	29.50	31.67	35.07	43.00

	XX	X	R (novice cutoff)	ChampQualifying
SENIOR BOYS (15-18 years of age)				
100 IM	1:02.29	1:08.43	1:18.00	1:18.00
50 Free			27.00	31.00
100 Free	54.18	58.30	1:03.88	1:03.88
50 Back	28.22	30.80	34.30	38.01
50 Breast			38.15	42.50
100 Breast	1:11.03	1:16.22	1:20.70	1:20.70
50 Fly	26.79	28.51	31.50	35.75

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

**MEET #1 WORKERS' SCHEDULE -
Away Meet at Hermitage Country Club (HERM)**

Sunday, June 13th 4:00 p.m. (warm-ups at 3:30)

1st Shift

2nd Shift

TIMERS -

MITE MOMS & DADS

STROKES/TURNS -

MEET RIBBONS

TABLE WORKERS -

CLERK OF COURSE -

EVENT CARDS

Please visit www.woodmont4fun.com for complete names of teams we are competing against.

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

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

**MEET #2 WORKERS' SCHEDULE -
Away Meet at Richmond Country Club**

Monday, June 20th 6:30 p.m. (warm-ups at 6:00)

1st Shift

2nd Shift

TIMERS -

STROKES/TURNS -

TABLE WORKERS -

CLERK OF COURSE -

EVENT CARDS

MITE MOMS & DADS

1. Jackie Reeves/Karol Jacobs
2. Mindy Peters /
Kevin Sutherland

MEET RIBBONS

1. Katie Pinney

Please visit www.woodmont4fun.com for complete names of teams we are competing against.

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

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

**MEET #3 WORKERS' SCHEDULE -
Home Meet with Midothian YMCA (MDY)**

Monday, June 28th 6:30 p.m. (warm-ups at 5:45)

1st Shift	2nd Shift
<u>TIMERS -</u>	
<u>STROKES/TURNS -</u>	
<u>TABLE WORKERS -</u>	
<u>CLERK OF COURSE -</u>	
<u>RUNNERS -</u>	
<u>EVENT CARDS</u>	

MEET DIRECTOR

STARTER

ANNOUNCER

REFEREE

HOSPITALITY

**MITE MOMS & DADS /
HEAT RIBBONS**

MEET RIBBONS

MEET SET-UP

SPIRIT-WEAR

50/50 DRAWING

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

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

**MEET #4 WORKERS' SCHEDULE -
Home Meet with Chamberlayne, Sandston, Avalon**

Tuesday, July 5th 6:30 p.m. (warm-ups at 6:00)

1st Shift	2nd Shift	
<u>TIMERS</u> -		<u>MEET DIRECTOR</u>
		<u>STARTER</u>
<u>STROKES/TURNS</u> -		<u>ANNOUNCER</u>
<u>TABLE WORKERS</u> -		<u>REFEREE</u>
<u>CLERK OF COURSE</u> -		<u>HOSPITALITY</u>
<u>RUNNERS</u> -		
<u>EVENT CARDS</u>		<u>MITE MOMS & DADS / HEAT RIBBONS</u>
		<u>MEET RIBBONS</u>
		<u>MEET SET-UP</u>
		<u>SPIRIT-WEAR</u>
		<u>50/50 DRAWING</u>

Please visit www.woodmont4fun.com for complete names of teams we are competing against.

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

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

**MEET #5 WORKERS' SCHEDULE -
Away Meet at Sandston**

Monday, July 11th 6:30 p.m. (warm-ups at 5:45)

1st Shift

2nd Shift

TIMERS - _____

MITE MOMS & DADS

STROKES/TURNS - _____

MEET RIBBONS

TABLE WORKERS - _____

CLERK OF COURSE - _____

EVENT CARDS _____

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

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

**MEET #6 WORKERS' SCHEDULE -
Home Meet with Richmond Country Club (RCC)**

Monday, July 18th 6:30 p.m. (warm-ups at 6:00)

1st Shift	2nd Shift	
<u>TIMERS</u> -		<u>MEET DIRECTOR</u>
		<u>STARTER</u>
<u>STROKES/TURNS</u> -		<u>ANNOUNCER</u>
<u>TABLE WORKERS</u> -		<u>REFEREE</u>
		<u>HOSPITALITY</u>
<u>CLERK OF COURSE</u> -		
<u>RUNNERS</u> -		<u>MITE MOMS & DADS / HEAT RIBBONS</u>
<u>EVENT CARDS</u>		<u>MEET RIBBONS</u>
		<u>MEET SET-UP</u>
		<u>SPIRIT-WEAR</u>
		<u>50/50 DRAWING</u>

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

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

REGULAR SEASON DIVE PROGRAM

Anyone registered with the Swim Program may also participate in the Woodmont dive program for an additional fee of only \$25.00. The dive team practices are coordinated with the swim schedule so that the times do not conflict. The Dive Meets are usually held on Thursdays at 1:00 p.m. **The last meet is on a Tuesday.** Although they are sponsored by JRAC, the dive meets will not necessarily be against the same clubs as the swim meet schedule.

PRACTICE SCHEDULE

EACH PRACTICE IS IMPORTANT. Each day an emphasis is placed on a different skill toward total mastery of a dive. In diving, it becomes an individual choice of what dives are used in competition; however, basic dive techniques are needed for each. The coach will be emphasizing these techniques on a regular schedule, i.e., entry in the water, approach, lift, somersaults, twists, etc.

RAIN OR SHINE, WARM OR COLD*, WAHOOS PRACTICE EVERY DAY!

Age as of June 1st5/24 - 6/176/22 - 7/20Champs 7/21 - 7/27

Mites (9 yrs & under)4:30 to 6:30 p.m.9:30 - 10:30 a.m.10-11 a.m.

Midgets (10 & 11 yrs)4:30 to 6:30 p.m.9:30 - 10:30 a.m.10-11 a.m.

Juniors (12 & 13 yrs)4:30 to 6:30 p.m.9:30 - 10:30 a.m.9-10 a.m.

Intermediates (14 & 15 yrs)4:30 to 6:30 p.m.10:30 - 11:30 a.m.9-10 a.m.

Seniors (16 thru 18)4:30 to 6:30 p.m.10:30 - 11:30 a.m.9-10 a.m.

Morning dive practice will be held Monday thru Wednesday and Friday mornings, as of June 22, at the times posted here above. Fridays are a fun practice for all 10-11 a.m. Please see Coach Bowen for details! Summer evening practices begin Tues., June 22nd, Tuesday thru Friday at the evening times posted above 5:00 to 7:00 p.m. *If in doubt about pool accessibility, please call the pool office 330-8434, or check online at www.woodmont4fun.com.

CONFERENCES WITH COACHES

The coaches will be happy to discuss your individual diver's needs, either **before** they begin coaching duties or **after** they finish. Talk to them about setting up an individual time. If you have a concern or question **during practice**, please see one of the members of the Aquatic Committee.

CLASSIFICATION OF DIVERS (Refer to Competitive Classifications below for age categories.)

Divers compete against other divers of their same sex, age group, and competitive classification.

Competitive Classifications:

Novice.* A diver is eligible to compete in the novice division if he (a) has not won first place in a novice division meet or a regular division meet, and (b) has not scored more than the following:

Mites	60	Intermediates	150
Midgets	85	Seniors	175
Juniors	115		

*A diver may 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.

X. A diver must dive in the X category when he attains the following: **1.** He has placed first as a Regular, including championships and **2.** He has met the age group requirements on the next page:

AGE GROUP

Mites (9 years old and under)
 Midgets (10 and 11 years old)
 Juniors (12 and 13 years old)
 Intermediates (14 and 15 years old)
 Seniors (16 through 18 years old)

REQUIREMENTS GIRLS / BOYS

3.0 DD and 90 points / 3.0 DD and 85 points
 3.1 DD and 125 points / 3.1 DD and 120 points
 3.2 DD and 170 points / 3.2 DD and 155 points
 3.4 DD and 200 points / 3.4 DD and 195 points
 3.6 DD (boys and girls) 225 points

3. X divers must maintain DD (degree of difficulty) within 0.3 of the required DD.

DIVER ATTIRE

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

DIVING ORDER AND REQUIRED DIVES

Dives may be done in any order. Optional dives must be done from different groups and all age groups may select from the list in the JRAC Rule Book online at jracsommerswim.org. True degree of difficulty is to be used on all dives. Dives on the "Required List" that are not used as "Required Dives" may be used as Optional dives.

Required Dives are as follows:

101Forward Dive
 103Forward 1½ Somersault
 (Juniors, Intermediates and Seniors only)

201Back Dive
 301Reverse Dive
 401Inward Dive
 5111Forward Dive ½ Twist (Juniors, Intermediates and Seniors only)
 5122D..Forward Somersault, 1 Twist

5221D..Back Somersault, ½ Twist

NUMBER OF DIVES

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

DIVER'S ROUTINE THE DAY OF THE MEET

- ☛ Attend practice the morning of the meet. Finalize the dives you will be doing and check with the coach to be sure all paperwork has been done correctly. Get a little rest, have a light lunch, and stay out of the sun. Avoid carbonated beverages.
- ☛ Be at warm-ups one hour before the meet begins. Wear the team swimsuit. Bring to the meet one or two towels, snacks, juice, sunblock, a hat, clothes to put on after the meet, and something to do (playing cards, games, a book to read.)

Visit www.woodmont4fun.com for complete names of teams we are competing against.

DIVE MEET PROCEDURES

1. Arrive on time!
2. Congregate in the Woodmont area.
3. Check in with your coach.
4. Get ready and warm-up.
5. Rest and be ready for your first dive.
6. **Maintain silence** while dives are in progress.
7. Listen to announcer for the order of divers.
8. Arrive on deck when your name is called.
9. Listen to announcer for description of dive.
10. Check with coach after each dive.
11. **Please** check with your coach before leaving the meet early.
12. Scores are totaled and ribbons given after each age group dives.
13. Depending on the weather, short respites in the water may be allowed between competitions. The pool is left open during home meets.

VERY IMPORTANT: Let your coaches know as early as possible if you are unable to dive in a meet. Sign out sheets are posted on the bulletin board. Call them at home so they can adjust plans for who is diving. The coach is responsible for helping divers fill out forms, reviewing forms before each meet, making certain that all forms are legible, and for submitting forms to the Meet Director on time.

DIVE MEET WORKERS

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.

Judges:

- a. A minimum of three judges is required; 5 judges is preferred.
- b. Each participating club must furnish one (1) qualified judge for the entire meet. Senior/Intermediate divers may judge if qualified.
- c. Coaches, selected intermediate and senior divers and other qualified adults can serve as judges. 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. Judging by siblings and parents should be avoided. Judging up is not permitted.

Head Judge:

- a. The host club shall appoint a head judge.
- b. A non-scoring head judge is preferred whenever possible. When not possible, the head judge must be the head coach of one of the participating teams with the fewest judges for the event. The head judge should alternate for each age group.
- c. The head judge shall serve as referee.

Workers:

Four (4) table workers are required for a meet. Each participating club shall provide an equal number of workers. In addition, the host club shall provide an announcer, a back-up scorer, a ribbon writer and a head 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.

Judges Scoring

Points shall be awarded from 1/2 to 10 according to the opinion of the judges:

Very good	8 1/2 - 10 points	Deficient	2 1/2 - 4 1/2 points
Good	6 1/2 - 8 points	Unsatisfactory	1/2 - 2 points
Satisfactory	5 - 6 points	Completely Failed	No Score

DIVE MEET WORKER SCHEDULE 2010 SEASON: Workers Needed

Meet #1 Thurs., June 23, 1:00 p.m., at Hermitage Country Club

	<u>1st Shift (Senior, Mite Midget)</u>	<u>2nd Shift (Junior, Intermediate)</u>
Table workers:	_____, _____	
Set up:	_____, _____	Volunteers Needed Please see Kathleen Dunn to register.

Meet #2 Thurs., June 30, 1:00 p.m., at WRA welcoming Chamberlayne & Three Chopt

	<u>1st Shift (Senior, Mite Midget)</u>	<u>2nd Shift (Junior, Intermediate)</u>
Table workers:	_____, _____	_____
Announcer:	_____	_____

Meet #3 Thurs., July 7, 1:00 p.m.

at Country Club of Virginia 6031 St. Andrews Lane, Richmond VA 23226

	<u>1st Shift (Senior, Mite Midget)</u>	<u>2nd Shift (Junior, Intermediate)</u>
Table workers:	_____, _____	_____, _____

Meet #4 Thurs., July 14, 1:00 p.m.,

at Three Chopt Recreation Club, 2100 Skipwith Rd., Richmond, VA 23294

	<u>1st Shift (Senior, Mite Midget)</u>	<u>2nd Shift (Junior, Intermediate)</u>
Table workers:	_____, _____	_____, _____

Meet #5 Tues., July 19, 1:00 p.m.,

at Avalon Recreation Association, 510 Heathfield Road, Richmond, VA 23229

	<u>1st Shift (Senior, Mite Midget)</u>	<u>2nd Shift (Junior, Intermediate)</u>
Table workers:	_____, _____	_____, _____

Champs: Girls: 7/25, Boys 7/26 time:tba. ALL-STAR CHAMPS: 7/27, Wednesday

AWAY
at Avalong
see address above

TABLE:

Volunteers Needed
Please see Kathleen Dunn to register.

RECORD YOUR DIVER'S PROGRESS (name) _____

	NOVICE	REGULAR	X	XX
MEET 1				
place				
points				
MEET 2				
place				
points				
MEET 3				
place				
points				
MEET 4				
place				
points				
MEET 5				
place				
points				
MEET 6				
place				
points				
Champs				
place				
points				