

RESTON SWIM TEAM ASSOCIATION

**2025 HANDBOOK
SWIMMERS, OFFICIALS,
COACHES & MANAGERS**





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The Mission of the Reston Swim Team Association

Reston Swim Team Association (RSTA) is a year-round developmental swim league open to swimmers aged 5 to 18. Our mission is to provide organized daily swim practice and competitive swimming opportunities through weekly dual meets and specialty meets (such as Individual Medley and All Star meets) during the summer season which runs from the end of May through the end of July each year. The league comprises eight teams who practice and compete in Reston Association pools throughout Reston. RSTA also offers a New Wave Program for swimmers aged 5-12 who have basic swim skills but are not quite ready for team swimming. New Wave participants graduate to one of the eight RSTA teams upon demonstration of evaluated swimming skills.

As a developmental league, our teams are coached by high-school aged, lifeguard certified swimmers, most of whom have been RSTA members since early childhood. Many are also private and high school club swimmers. We are proud many of our coaches and swimmers compete at District, Regional, National and even State Levels.

During the fall and spring, RSTA also offers a Winter Swim Program. This program provides swim practice opportunities and coaching under the direction of our high school-aged coaching staff.

RSTA's mission includes:

- Helping young people in our community develop a lifelong love of swimming as well as fostering and promoting the ideals of good sporting behavior, honesty and perseverance
- Providing a means for teaching and a forum for learning both the fundamentals as well as the finer points of swimming and improving technique
- Creating opportunities for experienced, older lifeguard certified teen swimmers (aged 15-18+) to coach on one of eight teams during our summer swim season or as members of our Winter Swim Coaching staff as well as coaching New Wave swimmers during both seasons
- Encouraging parental participation in RSTA activities and creating opportunities for parents/guardians and children to participate in a common endeavor

RSTA was established in 1973 and has been a part of the Greater Reston community for over 50 years. We are a not-for-profit, volunteer-run organization. The league is committed to providing a safe, fun and welcoming environment for all swimmers and their families. We celebrate diversity and strive to create an environment where differences are embraced and everyone feels welcome, respected and supported to fully participate.

Welcome to the Reston Swim Team Association

Dear RSTA Board of Directors, Team Managers, Officials,
Coaches, Swimmers and Families,

Welcome to the 2025 RSTA summer swim season—our 52nd year serving the local community! Whether you're a returning family or joining us for the first time, we're thrilled to have you as part of the league. It's always a joy to see familiar faces and to welcome new ones.

Though the summer season lasts only a few months, the RSTA Board of Directors works behind the scenes year-round to ensure we can continue to provide the tradition of summer swim and also to provide our Winter Swim Program. Please join me in thanking all of the Board (which comprises representatives from every team) for their dedication and countless volunteer hours. Thank you also to all of our Team Managers who work so hard during the summer months to provide a fun, safe and supportive environment for all of our young swimmers. It truly takes a village to make our league run and as a volunteer-run organization, we could not do what we do without you. A heartfelt thank you to all of you.

We're also deeply grateful to the parents, grandparents and guardians who show up week after week to time, officiate, run concessions, score and the countless other roles needed to ensure we can hold our dual and specialty meets. RSTA is a volunteer-powered organization, and it's you that makes our league possible. If you haven't already, we invite you to jump in and get involved this summer!

Finally, we extend our sincere appreciation to our generous sponsors. Your continued support helps us fulfill our mission of providing competitive swim opportunities and fostering a lifelong love of swimming for every child in our community who wants to participate.

Here's to another great season of summer swim!

Warmly,

Nicola Caul Shelley
RSTA President

RSTA History

The earliest records available to us date from 1972 but it is believed that RSTA began in 1969. RSTA began as an AAU Winter Swim program put together by a group of interested swim parents with a Summer Developmental team added at least by the summer of 1972. The indoor Winter program utilized the Reston Country Club pool while the Summer teams used the RHOA pools.

1973: One Winter team and one Summer Select Team (basically AAU swimmers). There were four (4) Summer teams: Glade (GL), North Shore (NS), Southgate (SG), and Uplands (UP).

1974: One (1) Winter team plus one (1) Summer Select Team – Reston Select Team (RT) - which was entered in the Colonial League and the same four (4) Developmental teams – Glade (GL), North Shore (NS), Southgate (SG) and Uplands (UP).

1975: Winter team was dropped from RSTA. The Reston Select Team (RT) was split this year at the request of the Colonial League because it was such a strong team. The teams – Reston North (RN) and Reston South (RS) were both placed in the Colonial League.

1976: Select Teams were again Reston North and Reston South and entered in the Colonial League. Because of lack of registrations at Southgate (SG) and an overlarge registration at Glade (GL), Southgate was dropped and Newbridge (NB) and Hunters Woods (HW) teams were added giving us Glade (GL), Hunters Woods (HW), Newbridge (NB), North Shore (NS), and Uplands (UP). A Relay Carnival was added to the Developmental schedule.

1977: Still two (2) Select Teams – Reston North (RN) and Reston South (RS). Southgate (SG) was added back in giving us six (6) Developmental teams – Glade (GL), Hunters Woods (HW), Newbridge (NB), North Shore (NS), Southgate (SG) and Uplands (UP).

1978: Relay Carnival and All-Stars were held.

1979: Outdoor All-Reston Meet used for Time Trials (all nine teams swam all four strokes). Tall Oaks (TO) was added. Record Patches and Team Bars were passed out for the first time.

1980: Colonial League again requested that we split our teams. We entered three (3) Select teams in three other divisions – Reston Blue Jays (RBJ), Reston Cardinals (RC) and Reston Eagles (RE) and again dominated the league. Developmental was made up of eight (8) teams swimming in two divisions with the Glade team being split – Division I; Glade East (GE), Hunters Woods (HW), North Shore (NS) and Uplands (UP); Division II; Glade West (GW), Newbridge (NB), Southgate (SG) and Tall Oaks (TO).

1981: RSTA dropped out of Colonial League because RSTA was asked to put all three (3) of our teams in one division and swim against only ourselves. All swimmers were put into the Reston League and we classified swimmers – A, B, C – for the first time. Time trials were held individually by each team – there was no All-Reston Meet. We ran eight (8) teams but all in one division. Lake Thoreau (LT) was added and Southgate (SG) was dropped. We fielded an

All-Reston Travel Team to represent us at invitational meets outside our own league.

1982: Tall Oaks (TO) dropped. Winter swim began Fall, 1982.

1983: Ridge Heights (RH) added to the league and Glade East (GE) and Glade West (GW) combined again to form Glade (GL) giving us seven (7) teams.

1984: Eliminated meet handicapping factors (i.e., returned to the scoring system used in the 1982 season) and adopted the new U.S. Swimming “no false start” rule. Flat-rate fee structure was established.

1985: Expanded to eight (8) teams by adding Lake Audubon (LA) and created new championship categories: five age group championship teams, class “A”, “B”, and “C” championship teams, as well as an overall League champion.

1987: Eliminated the use of starting blocks at any RSTA sanctioned meet. RSTA hosted an eight-team Invitational Memorial Day relay meet to celebrate the opening of the new 50-meter Lake Newport Pool.

1988: Added a new team at Lake Newport (LN). Raised the eligible age to 6, held the Long Course Relay Meet, and the All-Star Meet was renamed the Ro Rosennweig All-Star Meet.

1991: A “C” category for swimmers ages 15-18 was added.

1992: Combined the boundaries of the North Shore and Uplands teams to create a new team called Lake Anne (AN). A new team at Autumnwood (AW) was added for a total of nine (9) teams. In memory of RSTA swimmer and Coach Kevin Coffey, RSTA began giving the Kevin Coffey Spirit Award to a deserving swimmer on each team.

1993: A July 4th Relay Carnival for RSTA swimmers was held to celebrate RSTA’s 20th anniversary.

1994: The Board decided to change the boundaries on the south side of Reston and redistribute the Lake Thoreau swimmers between Ridge Heights and Lake Audubon. With this change, the south side now has five (5) teams and RSTA has eight (8) teams.

1997: RSTA added a ninth team, North Hills (NH), and they share pool space with the Lake Newport team.

1998: Celebrating its 25th anniversary RSTA. Boundary divisions were made to the north side of Reston. Changes to the schedule this year included changing the IM Time Trials Meet to a Finals Meet and eliminating the Individual Medley (IM) Meet from the All-Star Meet. All-Star Meet changes included the addition of age group relays and of an additional heat to each event to allow more swimmer participation.

1999: Boundaries were eliminated which allowed swimmers to select their team with preference given to swimmers wishing to remain on their prior year team.

2000: To ensure the safety of individual swimmers, a new procedure was implemented which requires the testing of all 8 and under swimmers new to the league to verify their capability in swimming one length of the pool.

2003: This was the 30th anniversary of our swim league. In July, we celebrated with a family

picnic at the Water Mine Family Swimmin' Hole, Lake Fairfax, VA.

2005: For the first time in many years, all of our teams were full and the Winter Swim program was filled to capacity.

2006: The Board formally adopted the U.S. Swimming rules with respect to league competition.

2007: The annual All-Star meet continued a tradition of unified themes with "Harry Potter" as this year's theme.

2009: Implementation and use of HY-TECH meet and team management software brought an end to the era of swimmer cards.

2016: Newbridge (NB) Dolphins and Glade (GL) Gators combine to form Glade (GL) Dolphins.

2020: RSTA did not have a season for the first time in RSTA history because of the COVID-19 pandemic.

2021: Summer and Fall seasons resume, with some limitations and COVID-specific safety protocols in place. The New Wave swim program was established to develop swimmers who are not quite ready to join a swim team.

2022: The Summer and Fall seasons were back to near pre-COVID participation levels. The New Wave Program grew and many new swimmers graduated to swim on a team by the end of the season.

2023: The age eligibility to participate on a swim team was lowered to five (5) years old, 25 years after it was raised to six (6) in 1988.

RSTA and RA— a great partnership since 1972



RSTA is proud of our long-standing partnership with Reston Association. Since 1972 we have been helping RA with its mission to “foster the fullest usage of the lands and facilities managed by it and serve the leisure time needs of the Association residents by establishing and seeking actively to have established leisure time programs in the Association facilities and lands.” RSTA’s swim teams engage ~900 swimmers at RA pools throughout Reston each summer and bring countless other people—parents, siblings, spectators—to the pools in support of these swimmers.

Thank you Reston Association for your support of RSTA!

**Looking for a space
for your next meeting,
party, picnic or event?**

**Reston Association offers reasonable rates and
fantastic facilities both indoors and out.**

Picnic pavilions and community buildings:

Contact Member Services at 703-435-6530
or member_services@reston.org

Private pool parties:

Contact Aquatics at 703-435-6531
or aquaticsinfo@reston.org

Nature House and birthday packages:

Contact the Nature staff at 703-476-9689
or naturecenter@reston.org





THANK YOU TO OUR 2025 SPONSORS

GOLD



SYNERGY
DESIGN & CONSTRUCTION

BRONZE



RELAY

*Jean
McKee*

*Linda
Hill*

MEDLEY



Reston Swim Team Association

P.O. Box 2668 Reston, Virginia 20195 www.rsta.org

Email: rstaboard@rsta.org

Facebook: www.facebook.com/swimRSTA

Twitter: <https://twitter.com/SwimRSTA>

2024 Board of Directors & Team Representatives

President	Nicola Caul Shelley	North Hills
Vice President	Michelle Lake Karen Shumway	Lake Audubon Ridge Heights
Treasurer	Brian Cole	Ridge Heights
Secretary	Ursula Trelogan	Lake Audubon
Registrar	Kristine Kramer	Glade

Autumnwood

Charlotte Pappageorge
Jade Rubino
Andy Spanhak

Lake Newport

Leslie Connolly
Katie Lonnett
Terri Wright

Glade

Steve Goodman
Kristine Kramer
Gail Sutherland

North Hills

Nicola Caul Shelley
Mandy McFarland
Katey Kahn

Hunters Woods

Amy May
Karen Rank
Don Tidd

Ridge Heights

Brian Cole
Melissa DeAngelo
Karen LaFollette-Shumway

Lake Anne

Jason Cramer
Isadora Guerreiro
Hannah Phillips

At-Large

Shaughnessy Pierce
Marcus Jackson
RJ Clarke

Lake Audubon

Tiffini Grimaldi
Michelle McKenna Lake
Ursula Trelogan

2025 League Schedule

DATE	DAY	TEAMS	TIME	POOL
May 27	Tues	First Night of Practice	Various	(see home pool info)
June 7	Sat	All	7:00 am	
June 12	Thu	First Morning of Practice	8:00 am	(see home pool info)
June 14	Sat	All	7:00am	
June 21	Sat	All	7:00 am	
June 28	Sat	All	7:00 am	
July 4	Thu	No practice		
July 5	Sat	BYE WEEK ALL TEAMS		
July 9	Wed	IM Finals Meet	6:00 pm	Lake Newport
July 16	Wed	Rain Date for IM		
July 12	Sat	All	7:00 am	
July 19	Sat	All	7:00 am	
July 20	Sun	All	6:00pm	Team Parties
July 21	Mon	First Morning of All Star Practice	7:00 am	(see home pool info)
July 26	Sat	All Star Meet	Morning	Lake Newport
July 27	Sun	All Star rain date	Morning	Lake Newport

Autumnwood Piranhas Team Information

Home Pool:	Autumnwood	703-467-0903
Head Coach:	Madison Raikes	
Senior Assistant Coach:	Sylvia Thompson	
Assistant Coach:	Grace Clist	
	Jackson Harriot	
Age Group Coach:	Erik Harriot	
	Blake Jackson	
Team Representatives:	Charlotte Pappageorge	703-851-7384
	Jade Rubino	848-391-5899
	Andy Spanhak	703-932-6353
Team Managers:	Stacey Bernasconi	571-214-5368
	Emily Clark	703-282-0779
	Erin Hansen	703-402-2262
	Jade Rubino	848-391-5899
Personnel Rep	Dan Laurenzi	570-954-9045
Computer Coordinator:	Matt Raikes	703-400-6288
Equipment Manager:	Andy Spanhak	703-932-6353

Practice and Meet Schedule

Date	Event	Time *	Pool
May 27	First Night of Practice:		Autumnwood
	10 & Under	7:00 – 7:45 pm	
	11 & Older	7:45 – 8:30 pm	
June 7	Ridge Heights @ AW	7:30 am*	Autumnwood
June 13	Morning Practice Begins:		Autumnwood
	10 & Under	8:00 – 8:45 am	
	11 & Older	8:45 – 9:45 am	
June 14	AW @ Lake Audubon	7:30 am*	Lake Audubon
June 21	Lake Newport @ AW	7:30 am*	Autumnwood
June 28	W @ Lake Anne	7:30 am*	Golf Course Island
July 5	BYE Weekend!!		
July 9	IM Meet, pool access at 4pm	6:00 pm	Lake Newport
July 10	Rain date for IM	6:00pm	Lake Newport
July 12	AW @ North Hills	7:30 am*	Lake Newport
July 19	Hunters Woods @ AW	7:30 am*	Autumnwood
July 20	Team Pool Party	6:00 – 9:00 pm	Autumnwood
July 26	All Star Meet	Morning	Lake Newport
July 27	Rain date for All Star	Morning	Lake Newport

**Dual meet warm-ups: Home team @ 7:00 am; Away team @ 7:15 am.*

Glade Dolphins Team Information

Home Pool:	Glade	703-476-5732
Head Coach:	Clara Landeryou	
Senior Assistant Coach:	Griffith Knowlton	
Assistant Coach:	Kelsey Birkland	
	Nathan Kramer	
Age Group Coach:	Emilie Fiske	
	Toren Sutherland-Glaab	
Team Representatives:	Kristine Kramer	703-408-6958
	Steve Goodman	917-747-5363
	Gail Sutherland	509-592-7584
Team Managers:	Kevin Schmid	703-609-1854
	Stephanie Krasij	540-354-8825
	Jane Hill	703-201-5092
Personnel Rep	Gail Sutherland	509-592-7584
Computer Coordinator:	Cici Arseculerante	
Equipment Manager:	Drew Gaibler	

Practice and Meet Schedule

Date	Event	Time *	Pool
May 27	First Night of Practice:		Glade
	10 & Under	7:00 – 7:45 pm	
	11 & Older	7:45 – 8:30 pm	
June 7	North Hills @ GL	7:30 am*	Glade
June 13	Morning Practice Begins:		Glade
	10 & Under	8:00 – 8:45 am	
	11 & Older	8:45 – 9:45 am	
June 14	GL @ Lake Anne	7:30 am*	Golf Course Island
June 21	GL @ Lake Audubon	7:30 am*	Lake Audubon
June 28	Ridge Heights @ GL	7:30 am*	Ridge Heights
July 5	BYE Weekend!!		
July 9	IM Meet, pool access at 4pm	6:00 pm	Lake Newport
July 10	Rain date for IM	6:00pm	Lake Newport
July 12	Hunters Woods @ GL	7:30 am*	Glade
July 19	GL @ Lake Newport	7:30 am*	Lake Newport
July 20	Team Pool Party	6:00 – 9:00 pm	Glade
July 26	All Star Meet	Morning	Lake Newport
July 27	All Star rain date	Morning	Lake Newport

**Dual meet warm-ups: Home team @ 7:00 am; Away team @ 7:15 am.*

Hunters Woods Blue Marlins Team Information

Home Pool:	Hunters Woods	703-391-2187
Head Coach:	Jonah Medler	
Senior Assistant Coach:	Seth Parcell	
Assistant Coach:	Bear Foxen	
	Carsten Purcell	
Age Group Coach:	Ava Grilliot	
	Elias Tidd	
Team Representatives:	Amy May	571-438-2478
	Karen Rank	571-232-8095
	Don Tidd	703-623-9924
Team Managers:	Karen Rank	571-232-8095
	Karin Vlcek	571-723-7067
	Margaret Gallen	
Personnel Rep:	Don Tidd	703-623-9924
Computer Coordinator:	Jacob Rank	703-338-5459
Equipment Manager:	Erica Foxen	703-470-4674

Practice and Meet Schedule

Date	Event	Time *	Pool
May 27	First Night of Practice:		Hunters Woods
	10 & Under	7:00 – 7:45 pm	
	11 & Older	7:45 – 8:30 pm	
June 7	Lake Anne @ HW	7:30 am*	Hunters Woods
June 13	Morning Practice Begins:		Hunters Woods
	10 & Under	8:00 – 8:45 am	
	11 & Older	8:45 – 9:45 am	
June 14	HW @ North Hills	7:30pm*	Lake Newport
June 21	Ridge Heights @ HW	7:30 am*	Hunters Woods
June 28	Lake Audubon @ HW	7:30 am*	Hunters Woods
July 5	BYE Weekend!!		
July 9	IM Meet, pool access at 4pm	6:00 pm	Lake Newport
July 10	Rain date for IM	6:00pm	Lake Newport
July 12	HW @ Glade	7:30 am*	Glade
July 19	HW @ Autumnwood	7:30 am*	Autumnwood
July 20	Team Pool Party	6:00 – 9:00 pm	Hunters Woods
July 26	All Star Meet	Morning	Lake Newport
July 27	All Star rain date	Morning	Lake Newport

**Dual meet warm-ups: Home team @ 7:00 am; Away team @ 7:15 am.*

Lake Anne Stingrays Team Information

Home Pool	Golf Course Island	703-435-8397
Head Coach:	Lucy Randerson	
Senior Assistant Coach:	Isabella Ramsey	
Assistant Coach:	Charlotte Hamilton	
	Gina Quaresima	
Age Group Coach:	Luke Bowen	
	Aaron Cramer	
Team Representatives	Jason Cramer	703-869-4631
	Isadora Guerreiro	703-926-5636
	Hannah Phillips	703-576-4966
Team Managers	Hannah Phillips	703-576-4966
	Vera Taylor	571-241-1406
	Sharon Quaresima	571-228-8270
Personnel Rep	Isadora Guerreiro	703-926-5636
Computer Coordinator	Amy and Robert Winchester-Mauck	202-316-0808
Equipment Manager	Trae Bowen	240 447-5171

Practice and Meet Schedule

Date	Event	Time *	Pool
May 27	First Night of Practice:		Golf Course Island
	10 & Under	7:00 – 7:45 pm	
	11 & Older	7:45 – 8:30 pm	
June 7	AN @ Hunters Woods	7:30 am*	Hunters Woods
June 13	Morning Practice Begins:		Golf Course Island
	10 & Under	8:00 – 8:45 am	
	11 & Older	8:45 – 9:45 am	
June 14	Glade @ AN	7:30pm*	Golf Course Island
June 21	AN @ North Hills	7:30 am*	Lake Newport
June 28	AN @ Glade	7:30 am*	Glade
July 5	BYE Weekend!!		
July 9	IM Meet, pool access at 4pm	6:00 pm	Lake Newport
July 10	Rain date for IM	6:00pm	Lake Newport
July 12	Lake Newport @ AN	7:30 am*	Golf Course Island
July 19	AN @ Lake Audubon	7:30 am*	Lake Audubon
July 20	Team Pool Party	6:00 – 9:00 pm	Golf Course Island
July 26	All Star Meet	Morning	Lake Newport
July 27	All Star rain date	Morning	Lake Newport

**Dual meet warm-ups: Home team @ 7:00 am; Away team @ 7:15 am.*

Lake Audubon Barracudas Team Information

Home Pool	Lake Audubon	703-860-3080
Head Coach:	Andrew Fritz	
Senior Assistant Coach:	Harrison Bear	
Assistant Coach:	Levi Bishop	
	Lewis (Will) Robinson	
Age Group Coach:	Sarah Lammers	
	Nicholas Page	
Team Representatives	Tiffini Grimaldi	571-230-0153
	Michelle McKenna Lake	410-903-9991
	Ursula Trelogan	202-415-5524
Team Managers	Rachelle Tabak	
	Erin Swasey	703-731-6338
	Shannon Blaney	
Personnel Rep	Michelle McKenna Lake	410-903-9991
Computer Coordinator	Jeff Fritz	703-927-1998
Equipment Manager	TBD	

Practice and Meet Schedule

Date	Event	Time *	Pool
May 27	First Night of Practice:		Lake Audubon
	10 & Under	7:00 – 7:45 pm	
	11 & Older	7:45 – 8:30 pm	
June 7	LA @ Lake Newport	7:30 am*	Lake Newport
June 13	Morning Practice Begins:		Lake Audubon
	10 & Under	8:00 – 8:45 am	
	11 & Older	8:45 – 9:45 am	
June 14	Autumnwood @ LA	7:30pm*	Lake Audubon
June 21	Glade @ LA	7:30 am*	Lake Audubon
June 28	LA @ Hunters Woods	7:30 am*	Hunters Woods
July 5	BYE Weekend!!		
July 9	IM Meet, pool access at 4pm	6:00 pm	Lake Newport
July 10	Rain date for IM	6:00pm	Lake Newport
July 12	LA @ Ridge Heights	7:30 am*	Ridge Heights
July 19	Lake Anne @ LA	7:30 am*	Lake Audubon
July 20	Team Pool Party	6:00 – 9:00 pm	Lake Audubon
July 26	All Star Meet	Morning	Lake Newport
July 27	All Star rain date	Morning	Lake Newport

**Dual meet warm-ups: Home team @ 7:00 am; Away team @ 7:15 am.*

Lake Newport Lightning Team Information

Home Pool	Lake Newport	703-467-0694
Head Coach:	Alisa Eskin	
Senior Assistant Coach:	Kendall Gillingham	
Assistant Coach:	David Egge	
	Santiago Hernandez	
Age Group Coach:	Maurelle Saraka	
	Catherine Szerszen	
Team Representatives	Leslie Connelly	703-655-3234
	Katie Lonnett	703-863-7545
	Terri Wright	703-655-3234
Team Managers	Bobbie Morais	703-945-7092
	Rabiya Jilani	301-793-3335
	Wendy Schmitz	202-390-4684
Personnel Rep	Terri Wright	703-655-3234
Computer Coordinator	Brad Meyers	703-338-0822
Equipment Manager	Katie Oakley	703-380-7553

Practice and Meet Schedule

Date	Event	Time *	Pool
May 27	First Night of Practice:		Lake Newport
	10 & Under	7:15 – 8:00pm	
	11 & Older	8:00 – 8:45 pm	
June 7	Lake Audubon @ LN	7:30 am*	Lake Newport
June 13	Morning Practice Begins:		Lake Newport
	10 & Under	8:15 – 9:00 am	
	11 & Older	9:00 – 10:00 am	
June 14	LN @ Ridge Heights	7:30pm*	Ridge Heights
June 21	LN @ Autumnwood	7:30 am*	Autumnwood
June 28	North Hills @ LN	7:30 am*	Lake Newport
July 5	BYE Weekend!!		
July 9	IM Meet, pool access at 4pm	6:00 pm	Lake Newport
July 10	Rain date for IM	6:00pm	Lake Newport
July 12	LN @ Lake Anne	7:30 am*	Golf Course Island
July 19	Glade @ LN	7:30 am*	Lake Newport
July 20	Team Pool Party	6:00 – 9:00 pm	Lake Newport
July 26	All Star Meet	Morning	Lake Newport
July 27	All Star rain date	Morning	Lake Newport

**Dual meet warm-ups: Home team @ 7:00 am; Away team @ 7:15 am.*

North Hills Hurricanes Team Information

Home Pool:	Lake Newport (practice & meets)	703-467-0694
	North Hills (party)	703-435-6769
Head Coach:	Katie Semanchik	
Senior Assistant Coach:	Sarah Sciortino	
Assistant Coach:	Zariya Khan	
	Daniella Ramsey	
Age Group Coach:	Sasha Geel	
Team Representatives	Nicola Caul Shelley	571-230-3878
	Katey Khan	617-501-5759
	Mandy McFarland	571-325-7581
Team Managers	Mandy McFarland	571-325-7581
	Michelle Unadkat	703-486-6059
	Julie Kimmel	703-980-9383
Personnel Rep	Nicola Caul Shelley	571-230-3878
Computer Coordinator	Jason Hill	703-835-1809
Equipment Manager	Channing Van Horn	571-205-8656

Practice and Meet Schedule

Date	Event	Time *	Pool
May 27	First Night of Practice:		Lake Newport
	10 & Under	7:15 – 8:00pm	
	11 & Older	8:00 – 8:45 pm	
June 7	NH @ Glade	7:30 am*	Glade
June 13	Morning Practice Begins:		Lake Newport
	10 & Under	8:15 – 9:00 am	
	11 & Older	9:00 – 10:00 am	
June 14	Hunters Woods @ NH	7:30pm*	Lake Newport
June 21	Lake Anne @ NH	7:30 am*	Lake Newport
June 28	NH @ Lake Newport	7:30 am*	Lake Newport
July 5	BYE Weekend!!		
July 9	IM Meet, pool access at 4pm	6:00 pm	Lake Newport
July 10	Rain date for IM	6:00pm	Lake Newport
July 12	Autumnwood @ NH	7:30 am*	Lake Newport
July 19	NH @ Ridge Heights	7:30 am*	Ridge Heights
July 20	Team Pool Party	6:00 – 9:00 pm	North Hills
July 26	All Star Meet	Morning	Lake Newport
July 27	All Star rain date	Morning	Lake Newport

*Dual meet warm-ups: Home team @ 7:00 am; Away team @ 7:15 am.

Ridge Heights Sharks Team Information

Home Pool	Ridge Heights	703-476-7084
Head Coach:	Abby DeAngelo	
Senior Assistant Coach:	Haley Caicedo	
Assistant Coach:	Rasika Phadke	
	Alex Russell	
Age Group Coach:	Andrew Pierce	
	Riya Potluri	
Team Representatives	Brian Cole	703-608-6482
	Melissa DeAngelo	
	Karen LaFollette-Shumway	304-641-7557
Team Managers	Keith Whyte	703-462-3312
	Lori Rasmussen	703-786-7031
	Laura Damm	802-272-7474
Personnel Rep	Karen LaFollette-Shumay	304-641-7557
	Laura Damm (Pool Rep)	802-272-7474
Computer Coordinator	Nandini Rao	703-415-6976
Equipment Manager	Jon Damm	802-522-3214

Practice and Meet Schedule

Date	Event	Time *	Pool
May 27	First Night of Practice:		Ridge Heights
	10 & Under	7:00 – 7:45 pm	
	11 & Older	7:45 – 8:30 pm	
June 7	RH @ Autumnwood	7:30 am*	Autumnwood
June 13	Morning Practice Begins:		Ridge Heights
	10 & Under	8:00 – 8:45 am	
	11 & Older	8:45 – 9:45 am	
June 14	Lake Newport @ RH	7:30pm*	Ridge Heights
June 21	RH @ Hunters Woods	7:30 am*	Hunters Woods
June 28	RH @ Glade	7:30 am*	Glade
July 5	BYE Weekend!!		
July 9	IM Meet, pool access at 4pm	6:00 pm	Lake Newport
July 10	Rain date for IM	6:00pm	Lake Newport
July 12	Lake Audubon @ RH	7:30 am*	Ridge Heights
July 19	North Hills @ RH	7:30 am*	Ridge Heights
July 20	Team Pool Party	6:00 – 9:00 pm	Lake Newport
July 26	All Star Meet	Morning	Lake Newport
July 27	All Star rain date	Morning	Lake Newport

**Dual meet warm-ups: Home team @ 7:00 am; Away team @ 7:15 am.*

RSTA Past League Winners

Year	Team
2024	Glade
2023	Glade
2022	Glade
2021	Lake Audubon
2020	No season (COVID-19)
2019	North Hills
2018	Hunters Woods
2017	Lake Audubon
2016	Lake Newport
2015	Lake Newport, Ridge Heights
2014	Lake Audubon
2013	Lake Audubon
2012	Lake Newport
2011	Hunters Woods, Lake Audubon
2010	Lake Audubon
2009	Hunters Woods, Lake Audubon
2008	Lake Audubon
2007	Lake Audubon
2006	Lake Audubon
2005	Lake Audubon
2004	North Hills
2003	Hunters Woods
2002	Autumnwood, Lake Newport
2001	Glade, Lake Anne, Lake Newport
2000	Glade

Year	Team
1999	Hunters Woods
1998	Hunters Woods, Lake Anne, Lake Audubon
1997	Lake Anne, Lake Audubon
1996	Lake Anne
1995	Autumnwood, Lake Anne, Lake Audubon
1994	Lake Audubon
1993	Newbridge
1992	Newbridge
1991	Ridge Heights
1990	Lake Audubon, Newbridge, Hunters Woods
1989	Lake Audubon
1988	Lake Audubon
1987	Ridge Heights
1986	Lake Audubon

2024 League Standings

OVERALL STANDINGS

1	GLADE	6-0-0
2	LAKE AUDUBON	5-1-0
3	NORTH HILLS	4-2-0
	RIDGE HEIGHTS	4-2-0
5	AUTUMNWOOD	2-4-0
	LAKE NEWPORT	2-4-0
7	HUNTERS WOODS	1-5-0
8	LAKE ANNE	0-6-0

"A" CLASS

1	AUTUMNWOOD	5-1-0
2	RIDGE HEIGHTS	4-1-1
3	GLADE	4-2-0
4	HUNTERS WOODS	3-2-1
5	LAKE ANNE	2-4-0
	LAKE NEWPORT	2-4-0
	NORTH HILLS	2-4-0
8	LAKE AUDUBON	1-5-0

"B" CLASS

1	GLADE	6-0-0
2	NORTH HILLS	5-1-0
3	LAKE AUDUBON	4-2-0
	RIDGE HEIGHTS	4-2-0
5	LAKE NEWPORT	2-4-0
6	AUTUMNWOOD	1-5-0
	HUNTERS WOODS	1-5-0
	LAKE ANNE	1-5-0

"C" CLASS

1	LAKE AUDUBON	6-0-0
	LAKE NEWPORT	6-0-0
3	GLADE	4-2-0
4	NORTH HILLS	3-3-0
5	AUTUMNWOOD	2-4-0
	RIDGE HEIGHTS	2-4-0
7	HUNTERS WOODS	1-5-0
8	LAKE ANNE	0-6-0

8 & UNDER

1	LAKE AUDUBON	6-0-0
2	AUTUMNWOOD	5-1-0
3	NORTH HILLS	4-2-0
4	GLADE	3-3-0
	HUNTERS WOODS	3-3-0
6	LAKE NEWPORT	2-4-0
7	RIDGE HEIGHTS	1-5-0
8	LAKE ANNE	0-6-0

9-10 YEAR OLDS

1	LAKE NEWPORT	6-0-0
2	RIDGE HEIGHTS	5-1-0
3	GLADE	4-2-0
	HUNTERS WOODS	4-2-0
5	LAKE AUDUBON	2-4-0
	NORTH HILLS	2-4-0
7	AUTUMNWOOD	1-5-0
8	LAKE ANNE	0-6-0

11-12 YEAR OLDS

1	LAKE AUDUBON	6-0-0
2	GLADE	5-1-0
3	NORTH HILLS	4-2-0
	RIDGE HEIGHTS	4-2-0
5	AUTUMNWOOD	2-4-0
	HUNTERS WOODS	2-4-0
7	LAKE NEWPORT	1-5-0
8	LAKE ANNE	0-6-0

13-14 YEAR OLDS

1	NORTH HILLS	6-0-0
2	GLADE	5-1-0
3	RIDGE HEIGHTS	4-2-0
4	AUTUMNWOOD	2-4-0
	HUNTERS WOODS	2-4-0
	LAKE AUDUBON	2-4-0
	LAKE NEWPORT	2-4-0
8	LAKE ANNE	1-5-0

15-18 YEAR OLDS

1	LAKE ANNE	6-0-0
2	AUTUMNWOOD	5-1-0
3	GLADE	4-2-0
4	RIDGE HEIGHTS	3-3-0
5	LAKE NEWPORT	2-4-0
	NORTH HILLS	2-4-0
7	HUNTERS WOODS	1-5-0
	LAKE AUDUBON	1-5-0

RSTA Time Standards

BOYS			GIRLS	
Fastest B-Times	Fastest C-Times		Fastest B-Times	Fastest C-Times
BUTTERFLY				
29.0	37.0	8 & U 25m	28.0	36.0
23.0	31.0	9-10 25m	23.0	29.0
45.0	56.0	11-12 50m	45.0	55.0
36.0	45.0	13-14 50m	39.0	48.0
31.0	36.0	15-18 50m	35.0	40.0
BACKSTROKE				
29.0	37.0	8 & U 25m	29.0	35.0
54.0	65.0	9-10 50m	54.0	64.0
46.0	56.0	11-12 50m	46.0	55.0
39.0	48.0	13-14 50m	42.0	48.0
34.0	39.0	15-18 50m	36.0	42.0
BREASTSTROKE				
31.0	39.0	8 & U 25m	32.0	41.0
58.0	72.0	9-10 50m	58.0	70.0
51.0	60.0	11-12 50m	51.0	60.0
43.0	49.0	13-14 50m	47.0	54.0
37.0	43.0	15-18 50m	43.0	49.0
FREESTYLE				
23.0	31.0	8 & U 25m	25.0	33.0
45.0	53.0	9-10 50m	44.0	55.0
38.0	46.0	11-12 50m	38.0	46.0
32.0	37.0	13-14 50m	35.0	40.0
28.0	31.0	15-18 50m	31.0	36.0

RSTA ALL TIME BEST RECORDS

8 & Under Boys	Year	Time		8 & Under Girls	Year	Time
Tim Evans	1972	18.00	25 FLY	Lauren Stinnet	1989	17.32
Michael Zhou	2016	20.06	25 Back	Lauren Stinnet	1989	18.42
John Fedak	1973	21.60	25 Breast	Jennifer Lichtblau	1993	21.14
Roger Kordes	1978	15.60	25 Free	Sophia Landeryou	2011	15.83
Michael Zhou	2016	1:33.77	100 IM	Jennifer Lichtblau	1993	1:29.84
Michael Satterfield	1999	1:18.04	100 FR	Katie Hodgdon	1988	1:14.14
Sean McGuire				Mary Mittendorf		
Mark Hyland				Christianne Voegelé		
Jonathan Christensen				Lauren Stinnet		
9-10 Boys				9-10 Girls		
Brad Dillon	2002	16.01	25 FLY	Lauren Stinnet	1991	14.95
Michael Zhou	2018	37.62	50 Back	Lauren Stinnet	1991	34.63
Brendan Gill	1988	40.96	50 Breast	Jennifer Lichtblau	1995	39.71
Brad Dillon	2002	32.20	50 Free	Lauren Stinnet	1991	31.02
Michael Zhou	2018	1:20.81	100 IM	Lauren Stinnet	1991	1:16.19
Brendan Gill	1988	1:12.71	100 MR	Sarah Durkin	1983	1:14.42
Kris Skrzycki				Hannah Schuster		
Reinaldo Faberlle				Mischi Carter		
Jon Aisenberg				Jessica Paul		
11-12 Boys				11-12 Girls		
Darius Truong	2014	30.13	50 FLY	Lauren Stinnet	1993	30.40
Darius Truong	2015	31.55	50 Back	Lauren Stinnett	1993	31.86
Darius Truong	2015	35.06	50 Breast	Jennifer Lichtblau	1997	35.80
Darius Truong	2015	27.63	50 Free	Lauren Stinnett	1993	28.19
Darius Truong	2015	1:04.95	100 IM	Lauren Stinnett	1993	1:09.70
Obie Obenchain	1986	1:04.42	100 MR	Monica Kriso	1996	1:04.95
Ethan Gill				Katie Tatman		
Andy Faberlle				Diana Winings		
Scott Moore				Kelly Burke		
13-14 Boys				13-14 Girls		
Tyler Ellis	2014	27.58	50 Fly	Emily Landeryou	2013	29.94
Michael Zhou	2022	29.77	50 Back	Emily Meilus	2013	30.60
Josh Zhang	2015	33.07	50 Breast	Jasmine Jones	2006	34.85
Tyler Ellis	2014	25.60	50 Free	Emily Meilus	2013	28.02
Michael Zhou	2022	1:03.80	100 IM	Emily Meilus	2013	1:06.96
C.Ho	2021	2:06.28	200 MR	Katie Tatman	1998	2:13.15
H. Collins				Kelly Burke		
J. Tipler				Monica Kriso		
M. Zhou				Diana Winings		
15-18 Boys				15-18 Girls		
Matthew T. Fritz	2019	25.97	50 FLY	Joanne Fu	2015	29.68
Will Kohn	2022	27.27	50 Back	Emily Meilus	2014	29.81
Evan J. Zhang	2021	29.88	50 Breast	Jasmine Jones	2007	33.91
Evan J. Zhang	2021	24.25	50 Free	Lauren Stinnett	1996	27.20
Casey Storch	2017	57.87	100 IM	Emily Meilus	2015	1:06.44
Will Kohn	2022	1:50.62	200 MR	Kaitlin Mahon	2023	2:04.88
Jackson Harriott				Lauren Wagner		
Jeffrey George				Clara Landeryou		
James Harriott				Aimee Pimentel		
Boys 200 Mixed Age Freestyle Relay				Girls 200 Mixed Age Freestyle Relay		
F Skelton	2019	1:59.28	8 & Under	Sarah Zhong	2016	2:01.61
A Li			9-10	Vania Zeledon		
B Zhou			11-12	Meghna Sharma		
L Tolbert			13-14	Ana Redican		
D Li			15-18	Emi Redican		

AUTUMNWOOD TEAM RECORDS

8 & Under Boys	Year	Time		8 & Under Girls	Year	Time
Andrew Ferraro	2001	20.36	25 FLY	Diya Murthy	2010	20.20
Adam Brenneman	1993	21.14	25 Back	Diya Murthy	2010	21.14
Brian Brett	1995	22.60	25 Breast	Jessie Hill	1995	23.31
Andrew Ferraro	2001	17.07	25 Free	Claire Romansky	1993	18.09
Andrew Ferraro	2001	1:40.80	100 IM	Diya Murthy	2010	1:36.31
Andrew Freeman	2013	1:21.12	100 FR	Taylor Brininstool	2002	1:24.49
Luke McDermott				Bridget Newell		
Michael Norford				Inanje Mintz		
Liam Willson				Jennifer Johnson		
9-10 Boys				9-10 Girls		
Christian Matthews	2002	16.70	25 FLY	Jessica Kim	1999	17.09
Adam Brenneman	1995	38.70	50 Back	Alexandra Ferraro	2001	37.78
Brian Brett	1997	41.05	50 Breast	Diya Murthy	2012	42.40
Seth Zoracki	1992	33.41	50 Free	Alexandra Ferraro	2001	32.82
Brian Brett	1997	1:23.65	100 IM	Jessica Kim	1999	1:22.95
Adam Kerr	2018	1:19.87	100 MR	Jessica Kim	1999	1:16.60
Edward Montgomery				Chelsea Hill		
Max McDermott				Catherine Kim		
Blake Jackson				Kathryn Ozimek		
11-12 Boys				11-12 Girls		
Brian Brett	1999	33.93	50 FLY	Catherine Kim	2002	35.54
Adam Brenneman	1997	33.66	50 Back	Jessica Kim	2001	34.13
Brian Brett	1999	36.96	50 Breast	Jessica Kim	2001	39.07
Brian Brett	1999	28.99	50 Free	Jessica Kim	2001	30.92
Adam Brenneman	1997	1:13.82	100 IM	Jessica Kim	2001	1:15.95
Jeremy Brenneman	1998	1:07.54	100 MR	Jessica Kim	2001	1:07.26
Alex Jendzejec				Chelsea Hill		
Spencer McKenna				Catherine Kim		
Brian Brett				Kathryn Ozimek		
13-14 Boys				13-14 Girls		
Cooper Hill	2018	30.46	50 FLY	Sophia M Kennedy	2019	32.14
Adam Brenneman	1999	30.81	50 Back	Jessica Kim	2002	34.11
Brian Brett	2001	35.20	50 Breast	Sophia M Kennedy	2019	36.97
Adam Brenneman	1999	27.09	50 Free	Emily Trakas	1993	28.48
Allen Zoracki	1993	1:11.21	100 IM	Emily Trakas	1992	1:11.11
Brady Theis	2022	2:17.39	200 MR	Diya Murthy	2016	2:27.95
Teddy Montgomery				Yaoxia Guan		
Max McDermott				Anne Kennedy		
Blake Jackson				Anna Nielsen		
15-18 Boys				15-18 Girls		
Adam Brenneman	2003	27.16	50 FLY	Sophie M Kennedy	2021	31.56
Adam Brenneman	2003	27.73	50 Back	Robin Brazier	2009	33.21
Adam Brenneman	2003	30.78	50 Breast	Emily Trakas	1997	37.45
Adam Brenneman	2002	24.43	50 Free	Emily Trakas	1996	27.88
Jackson Harriot	2024	1:00.47	100 IM	Emily Trakas	1995	1:09.78
Adam Brenneman	2002	1:56.44	200 MR	Robin Brazier	2008	2:21.28
Alex Jendzejec				Danielle Theberge		
RJ Dunn				Katie Maxwell		
Michael Pickup				Jillian Klarman		
Boys 200 Mixed Age Freestyle Relay				Girls 200 Mixed Age Freestyle Relay		
Kyle Ingerick	2018	2:02.82	8 & Under	Jennifer Johnson	2002	2:14.53
Max McDermott			9-10	Jillian Klarman		
Willia Price			11-12	Catherine Kim		
Cooper Hill			13-14	Chelsea Hill		
Logan King			15-18	Gwen Jenkins		

GLADE TEAM RECORDS*

8 & Under Boys	Year	Time		8 & Under Girls	Year	Time
Evan Pan-Wang	2018	18.70	25 FLY	Amanda Wagner	2017	20.52
Evan Pan-Wang	2018	21.37	25 Back	Amanda Wagner	2017	22.25
Bohdan Krasij	2022	27.57	25 Breast	Scarlett Livesay	2024	26.21
Evan Pan-Wang	2018	18.04	25 Free	Amanda Wagner	2017	18.80
Bohdan Krasij	2022	1:57.70	100 IM	Amanda Wagner	2017	1:35.61
William Seaton	2021	1:26.53	100 FR	Caroline Swartzbaugh	2024	1:30.45
Andrew Price				Charlotte Freeman		
Bohdan Krasij				Emily Nistler		
Samuel Seaton				Scarlett Livesay		
9-10 Boys				9-10 Girls		
William Seaton	2023	18.22	25 FLY	Clara Landeryou	2016	16.08
Marco Anguizola	2017	41.23	50 Back	Clara Landeryou	2016	37.43
Marco Anguizola	2017	46.28	50 Breast	Clara Landeryou	2016	46.38
Marco Anguizola	2017	35.98	50 Free	Clara Landeryou	2016	34.93
Marco Anguizola	2017	1:26.47	100 IM	Clara Landeryou	2016	1:20.73
Samuel Seaton	2023	1:25.15	100 MR	Kaitlin Mahon	2016	1:15.85
Aidan Kelly				Amelia Pimentel		
William Seaton				Clara Landeryou		
Bohdan Krasij				Maggie Novak		
11-12 Boys				11-12 Girls		
Marco T Anguizola	2019	37.20	50 FLY	Clara Landeryou	2018	31.96
Marco T Anguizola	2019	37.57	50 Back	Clara Landeryou	2017	34.49
Marco T Anguizola	2019	39.92	50 Breast	Aimee Pimentel	2018	40.59
Marco T Anguizola	2019	32.17	50 Free	Niki Chava	2017	30.20
Marco T Anguizola	2019	1:21.23	100 IM	Clara Landeryou	2017	1:15.31
Joseph Clarke	2023	1:14.23	100 MR	Kaitlin Mahon	2017	1:05.28
James Dubesa				Erin Irlan		
David Landeryou				Clara Landeryou		
Shawn Wiemer				Niki Chava		
13-14 Boys				13-14 Girls		
Marco T Anguizola	2021	34.17	50 FLY	Clara E Landeryou	2019	30.68
Marco T Anguizola	2021	34.06	50 Back	Sophia Landeryou	2017	31.94
Marco T Anguizola	2021	37.15	50 Breast	Lauren M Wagner	2019	37.68
Marco T Anguizola	2021	28.26	50 Free	Sophia Landeryou	2017	28.60
Griffith Knowlton	2021	1:16.95	100 IM	Sophia Landeryou	2016	1:09.32
Eric Pan-Wang	2018	2:32.99	200 MR	Kaitlin G Mahon	2019	2:13.88
Quinlan Kelley				Lauren M Wagner		
Kacob Clarke				Clara E Landeryou		
Nicholas Seery				Megha N Chava		
15-18 Boys				15-18 Girls		
Andy Carro	2017	28.50	50 FLY	Clara Landeryou	2021	30.11
Andy Carro	2017	28.03	50 Back	Madeline LaPorte	2016	31.07
Seth Huber	2022	32.61	50 Breast	Lauren M Wagner	2023	34.59
Patrick O'Malley	2016	25.41	50 Free	Sophia Landeryou	2018	28.08
Seth Huber	2021	1:05.96	100 IM	Madeline LaPorte	2016	1:07.94
Grant Tremaine	2016	2:04.69	200 MR	Kaitlin Mahon	2023	2:04.88
Andy Carro				Lauren M Wagner		
Patrick O'Malley				Clara Landeryou		
Brian Gibbons				Aimee Pimentel		
Boys 200 Mixed Age Freestyle Relay				Girls 200 Mixed Age Freestyle Relay		
David L Landeryou	2019	2:12.87	8 & Under	Emilie Fiske	2016	2:02.88
Samuel J Briceno			9-10	Clara Landeryou		
Marco T Anguizola			11-12	Niki Chava		
Thomas A Smith			13-14	Sophia Landeryou		
Samuel L Joyner			15-18	Madeline LaPorte		

*Team records were reset when Glade and Newbridge merged

HUNTERS WOODS TEAM RECORDS

8 & Under Boys	Year	Time		8 & Under Girls	Year	Time
Nolan Dunkel	2014	18.82	25 FLY	Dana Constantino	1996	18.08
Nolan Dunkel	2014	20.82	25 Back	Dana Constantino	1996	19.9
Alex Li	2005	24.14	25 Breast	Jennifer Williams	1983	24.61
Roger Kordes	1978	15.60	25 Free	Dana Constantino	1996	17.45
Daniel Rizk	1999	1:34.31	100 IM	Caroline Bellis	1995	1:37.95
Lloyd Ramey	2001	1:24.13	100 FR	Tracey Constantino	1997	1:29.34
Jon Grove				Susan Finch		
Kevin Murphy				Mara Hedblom		
Sean Shada				Dana Wanjon		
9-10 Boys				9-10 Girls		
Philip Pan	2012	16.56	25 FLY	Sarah Ramey	2000	15.70
Nicholas Hazelton	2002	39.65	50 Back	Dana Constantino	1998	37.21
Nicholas Hazelton	2002	41.54	50 Breast	Sarah Ramey	2000	42.99
Jeremy Aisenberg	1988	33.43	50 Free	Sarah Ramey	2000	32.94
Nicholas Hazelton	2002	1:21.86	100 IM	Sarah Ramey	2000	1:20.82
Eric Tang	2007	1:19.93	100 MR	Lucy Tamberrino	2000	1:17.40
Connor Herron				Sarah Hazelton		
Alex Li				Sarah Ramey		
Kevin Wan				Rebecca Kinsey		
11-12 Boys				11-12 Girls		
Alex Li	2009	33.38	50 FLY	Sarah Ramey	2002	31.29
Philip Pan	2014	33.38				
Alex Li	2009	33.54	50 Back	Dana Constantino	2000	34.13
Nicholas Hazelton	2004	37.23	50 Breast	Sarah Ramey	2002	38.89
Brian L. Zhou	2019	28.7	50 Free	Dana Constantino	2000	29.41
Alex Li	2009	1:10.05	100 IM	Sarah Ramey	2002	1:12.59
Donny Beckwith	1989	1:07.64	100 MR	Dana Constantino	1999	1:06.92
Jay O'Connor				Caroline Bellis		
Ben Moore				Wendy Campbell		
Jeremy Aisenberg				Caroline Kriso		
13-14 Boys				13-14 Girls		
Albert Xu	2016	29.81	50 FLY	Caroline Bellis	2001	30.95
Jack Ham	2014	31.01	50 Back	Dana Constantino	2002	32.63
Ian Chadsey	1995	34.44	50 Breast	Marissa Jerome	2018	37.85
Alex Li	2011	27.17	50 Free	Dana Constantino	2002	28.45
Albert Xu	2016	1:07.09	100 IM	Caroline Bellis	2001	1:11.60
Albert Xu	2016	2:07.33	200 MR	Nicole Evans	2003	2:20.46
Philip Pan				Rebecca Dister		
Daniel Li				Sarah Ramey		
Liam Tolbert				Alison Brooks		
15-18 Boys				15-18 Girls		
Jack Ham	2018	26.65	50 FLY	Caroline Bellis	2004	30.28
Jack Ham	2018	27.68	50 Back	Margaret Brandenstein	1990	31.99
Ian Chadsey	1997	32.17	50 Breast	Lisa Hering	1982	34.84
Albert Xu	2018	24.87	50 Free	Caroline Bellis	2004	28.05
Jack Ham	2018	1:02.19	100 IM	Caroline Bellis	2004	1:10.22
Jack Ham	2018	1:53.69	200 MR	Meredith G Wagner	2019	2:15.51
Chris Yang				Marissa E Jerome		
Albert Xu				Emma C Grossback		
Daniel Li				Megan I. Slater		
Boys 200 Mixed Age Freestyle Relay				Girls 200 Mixed Age Freestyle Relay		
Finn Skelton	2019	1:59.28	8 & Under	Cassie Grabski	2002	2:09.27
Andrew Li			9-10	Mallory El-Khatib		
Brian Zhou			11-12	Sarah Ramey		
Logan Tolbert			13-14	Dana Constantino		
Daniel Li			15-18	Caroline Belli		

LAKE ANNE TEAM RECORDS

8 & Under Boys	Year	Time		8 & Under Girls	Year	Time
Evan Elsaesser	1992	20.06	25 FLY	Charlotte Munro	2018	21.65
Evan Elsaesser	1992	20.12	25 Back	Suzanne Ziati	2002	21.81
Evan Elsaesser	1992	24.88	25 Breast	Emily Aldrich	1995	24.49
Evan Elsaesser	1992	17.50	25 Free	Sylvie L. Bowen	2019	18.27
Evan Elsaesser	1992	1:42.86	100 IM	Suzanne Ziati	2002	1:52.94
Marshall Severin	1998	1:21.86	100 FR	Amber Lu	2015	1:22.43
Joseph Daniels				Jacqui Go		
Michael Ziati				Claire Munro		
Ben Frey				Katie Semanchik		
9-10 Boys				9-10 Girls		
Matthew Tillman	1992	18.38	25 FLY	Joanne Fu	2010	16.40
Matthew Tillman	1992	42.56	50 Back	Joanne Fu	2010	38.62
Matthew Tillman	1992	46.09	50 Breast	Joanne Fu	2010	45.19
Devin Conley	2012	35.09	50 Free	Joanne Fu	2010	32.07
Bobby Burns	1995	1:29.52	100 IM	Joanne Fu	2010	1:17.68
Chris Edwards	1994	1:19.93	100 MR	Gwen Jenkins	1997	1:21.29
Michael Pickup				Emily Stocking		
Brad Morris				Deanna Rooths		
Bobby Burns				Jackie Cantwell		
11-12 Boys				11-12 Girls		
Darius Truong	2014	30.13	50 FLY	Joanne Fu	2012	32.68
Darius Truong	2015	31.55	50 Back	Joanne Fu	2012	33.48
Darius Truong	2015	35.06	50 Breast	Joanne Fu	2012	40.13
Darius Truong	2015	27.63	50 Free	Joanne Fu	2012	29.47
Darius Truong	2015	1:04.95	100 IM	Joanne Fu	2011	1:14.03
Chris Edwards	1996	1:11.19	100 MR	Emily Stocking	1999	1:09.88
Michael Pickup				Gwen Jenkins		
Brad Morris				Deanna Rooths		
Bobby Burns				Deborah Perl		
13-14 Boys				13-14 Girls		
Alex Hejmo	2022	30.40	50 FLY	Joanne Fu	2014	30.14
Marc Severin	1995	30.52	50 Back	Emily Meilus	2013	30.60
Mark Rodakowski	2005	34.24	50 Breast	Emily Meilus	2013	38.80
Marc Severin	1995	26.45	50 Free	Emily Meilus	2013	28.02
Marc Severin	1995	1:04.79	100 IM	Emily Meilus	2013	1:06.96
Greg Mayo	2011	2:12.43	200 MR	Emily Meilus	2013	2:24.63
Jason Fu				Joanne Fu		
Joseph Hosi				Sage Raphael		
Dillon Jiang				Arianna Barkhordari		
15-18 Boys				15-18 Girls		
Devin Truong	2016	27.57	50 FLY	Joanne Fu	2015	29.68
Devin Truong	2014	29.12	50 Back	Emily Meilus	2014	29.81
Mark Rodakowski	2009	31.50	50 Breast	Emily Meilus	2014	37.39
Ryan Leaman	2024	25.06	50 Free	Emily Meilus	2015	27.83
Devin Truong	2016	1:00.66	100 IM	Emily Meilus	2015	1:06.44
Alexandros Hejmo	2024	1:56.85	200 MR	Margit Severin	1998	2:17.32
Matthew Kauffman				Kate Stuard		
Nathan Vikhman				Julia Fox		
Ryan Leaman				Molly Newman		
Boys 200 Mixed Age Freestyle Relay				Girls 200 Mixed Age Freestyle Relay		
Joseph Dealey	2014	2:05.40	8 & Under	Ireland DiBacco	2012	2:08.82
Frank Keusenkothen			9-10	Hannah Lane		
Darius Truong			11-12	Joanne Fu		
Fred Zhang			13-14	Emily Meilus		
Jason Fu			15-18	Tope Oladimeji		

LAKE AUDUBON TEAM RECORDS

8 & Under Boys	Year	Time		8 & Under Girls	Year	Time
Nicolas Sobenes	2013	19.68	25 FLY	Lauren Stinnett	1989	17.32
Reinaldo Faberlle	1986	20.84	25 Back	Lauren Stinnett	1989	18.42
Jonathan Pfotenhauer	1998	23.59	25 Breast	Lauren Stinnett	1989	22.49
David Stinnett	1991	16.85	25 Free	Lauren Stinnett	1989	16.14
David Stinnett	1991	1:38.90	100 IM	Lauren Stinnett	1989	1:30.71
Benjamin Pfotenhauer	2001	1:19.79	100 FR	Mikayla Serrell	2014	1:20.51
Austin Chute				Marley Mulvaney		
Kevin Ball				Brenna Scanlan		
Will Sickenberger				Suya Haering		
9-10 Boys				9-10 Girls		
Jonathan Pfotenhauer	2000	16.25	25 FLY	Lauren Stinnett	1991	14.95
John Hughes	2008	39.1	50 Back	Lauren Stinnett	1991	34.63
Shane Scoggin	2006	44.58	50 Breast	Lauren Stinnett	1991	42.56
John Hughes	2008	32.66	50 Free	Lauren Stinnett	1991	31.02
Shane Scoggin	2006	1:27.19	100 IM	Lauren Stinnett	1991	1:16.19
Reinaldo Faberlle	1988	1:19.59	100 MR	Callie Chute	2007	1:15.86
Nate Dewey				Sabrina Groves		
Bjorn Tobey				Kaelin O'Donnell		
Brent Burkman				Madeleine Daum		
11-12 Boys				11-12 Girls		
Matthew Fritz	2015	31.63	50 FLY	Lauren Stinnett	1993	30.4
Matthew Fritz	2015	34.59	50 Back	Lauren Stinnett	1993	31.86
Matthew Fritz	2015	39.93	50 Breast	Sabrina Groves	2009	38.79
John Hughes	2010	29.06	50 Free	Lauren Stinnett	1993	28.19
Matthew Fritz	2015	1:13.44	100 IM	Lauren Stinnett	1993	1:09.70
Nick Hunt	2005	1:07.02	100 MR	Kaylyn Macaluso	2009	1:06.61
Kevin Ball				Sabrina Groves		
Austin Chute				Anna Wiedman		
Will Sickenberger				Madeleine Daum		
13-14 Boys				13-14 Girls		
Andy Faberlle	1988	28.35	50 FLY	Lauren Stinnett	1994	29.95
Andy Faberlle	1988	31.05	50 Back	Lauren Stinnett	1994	31.63
Ian Ha	2017	34.16	50 Breast	Sabrina Groves	2011	36.54
Matthew Fritz	2017	26.63	50 Free	Lauren Stinnett	1994	28.03
Matthew Fritz	2017	1:06.51	100 IM	Lauren Stinnett	1995	1:08.27
Spencer Harris	2016	2:07.75	200 MR	Vella McBride	2011	2:15.63
Ian Ha				Kaylyn Macaluso		
Matthew Fritz				Sabrina Groves		
Maxwell Wilson				Madeleine Daum		
15-18 Boys				15-18 Girls		
Matthew T Fritz	2019	25.97	50 FLY	Lauren Stinnett	1996	30.18
Matthew T Fritz	2021	27.66	50 Back	Lauren Stinnett	1996	30.07
Andrew Fritz	2024	31.87	50 Breast	Sabrina Groves	2012	35.62
Matthew T Fritz	2021	24.89	50 Free	Lauren Stinnett	1996	27.2
Matthew T Fritz	2021	59.67	100 IM	Sabrina Groves	2013	1:08.12
Jeremiah Noser-Munoz	2018	1:58.08	200 MR	Sierra Scoggin	2012	2:12.06
Michael Podshivalov				Sabrina Groves		
Matthew Fritz				Sasha Avilov		
Matthew Beach				Kaylyn Macaluso		
Boys 200 Mixed Age Freestyle Relay				Girls 200 Mixed Age Freestyle Relay		
John Hughes	2006	2:02.24	8 & Under	Suya Haering	2014	2:02.06
Shane Scoggin			9-10	Sophia Sobenes		
Andy Reinhold			11-12	Julia Nassau		
Will Sickenberger			13-14	Molly Ellor		
Daniel Speck			15-18	Sabrina Groves		

LAKE NEWPORT TEAM RECORDS

8 & Under Boys	Year	Time		8 & Under Girls	Year	Time
Ryan McLaughlin	2005	18.47	25 FLY	Carolyn Kriso	1995	19.32
Michael Zhou	2016	20.06	25 Back	Anna Redican	2010	21.26
Seth Zoracki	1990	23.62	25 Breast	Aimee Sostilio	1997	24.08
Zachary Taylor	1991	17.07	25 Free	Carolyn Kriso	1995	16.71
Michael Zhou	2016	1:33.77	100 IM	Carolyn Kriso	1995	1:36.13
Cameron Romero	2015	1:18.33	100 FR	Greta Larne	2014	1:22.33
David Egge				Caroline Kohn		
Tyler Richards				Bridget Brennan		
Michael Zhou				Vania Zeledon		
9-10 Boys				9-10 Girls		
Zachary Taylor	1993	16.08	25 FLY	Anna Redican	2012	15.97
Michael Zhou	2018	37.62	50 Back	Anna Redican	2012	39.32
Michael Zhou	2018	43.33	50 Breast	Carolyn Kriso	1997	45.35
Michael Zhou	2018	32.31	50 Free	Anna Redican	2012	32.97
Michael Zhou	2018	1:20.81	100 IM	Anna Redican	2012	1:22.68
Evan Elsaesser	1993	1:16.04	100 MR	Aimee Sostilio	1998	1:18.49
Domenic Bourgeois				Molly Hogwood		
Graham Terban				Katie McGrath		
Zachary Taylor				Kenisha Marks		
11-12 Boys				11-12 Girls		
Ben Miller	1999	31.94	50 FLY	Anna Redican	2014	31.96
Evan Elsaesser	1996	33.54	50 Back	Anna Redican	2014	33.28
David A Egge	2019	38.34	50 Breast	Elizabeth Burns	2000	38.56
Ben Miller	1999	28.87	50 Free	Meghna Sharma	2016	29.65
Michael L Zhou	2019	1:12.84	100 IM	Monica Kriso	1996	1:12.57
Christopher J Ho	2019	1:04.73	100 MR	Monica Kriso	1996	1:04.95
David A Egge				Katie Tatman		
Jason S Tipler				Diana Winings		
Michael L Zhou				Kelly Burke		
13-14 Boys				13-14 Girls		
Michael Zhou	2022	29.22	50 FLY	Anna Redican	2015	31.07
Michael Zhou	2022	29.77	50 Back	Anna Redican	2016	31.88
Michael Zhou	2022	34.22	50 Breast	Kelly Burke	1998	36.45
Domenic Bourgeois	1997	26.4	50 Free	Monica Kriso	1997	28.39
Michael Zhou	2022	1:03.80	100 IM	Anna Redican	2016	1:08.94
C. Ho	2021	2:06.28	200 MR	Katie Tatman	1998	2:13.15
H. Collins				Kelly Burke		
J. Tipler				Monica Kriso		
M. Zhou				Diana Winings		
15-18 Boys				15-18 Girls		
Jeffrey George	2022	26.54	50 FLY	Diana Winings	2001	30.36
Will Kohn	2022	27.27	50 Back	Anna Redican	2018	31.08
Casey Storch	2017	30.43	50 Breast	Kelly Burke	2002	34.63
Jack Edgemon	2018	24.3	50 Free	Diana Winings	2000	28.36
Casey Storch	2017	57.87	100 IM	Anna S Redican	2019	1:08.48
Will Kohn	2022	1:50.62	200 MR	Anna S Redican	2019	2:12.73
Jackson Hattriot				Mara G Redican		
Jeffrey George				Deja R Rothschild		
James Harriot				Meghna T Sharma		
Boys 200 Mixed Age Freestyle Relay				Girls 200 Mixed Age Freestyle Relay		
Grant Romero	2013	2:01.25	8 & Under	Sarah Zhong	2016	2:01.61
Garrett Linn			9-10	Vania Zeledon		
Alan Yu			11-12	Meghna Sharma		
Casey Storch			13-14	Anna Redican		
Nathan Williams			15-18	Emi Redican		

NORTH HILLS TEAM RECORDS

8 & Under Boys	Year	Time		8 & Under Girls	Year	Time
Gabriel Huang	2017	19.13	25 FLY	Ellie Shelton	2004	19.2
Miles Yang	2012	21.41	25 Back	Rachel Swarts	2003	21.42
Caleb Kinas	2001	24.59	25 Breast	Kelly Pease	2002	23.52
Jonathan Pickering	2001	17.73	25 Free	Rachel Swarts	2003	17.19
Miles Yang	2012	1:47.04	100 IM	Sarah Sciortino	2015	1:44.13
Bomani Mintz	1998	1:23.03	100 FR	Stephanie Cors	2004	1:18.40
Kerem Atalay				Katherine Pease		
Steven Gasparis				Tyla Cothill		
William Chantry				Ellie Shelton		
9-10 Boys				9-10 Girls		
Jonathan Pickering	2003	16.52	25 FLY	Rachel Swarts	5	16.32
Jonathan Pickering	2003	37.87	50 Back	Katie Cazenias	15	38.98
Joseph Sciortino	2013	44.91	50 Breast	Rachel Swarts	5	45.75
Joseph Sciortino	2013	34.05	50 Free	Rachel Swarts	5	33.02
Jonathan Pickering	2003	1:27.00	100 IM	Katie Cazenias	15	1:23.38
Miles Yang	2013	1:19.00	100 MR	Caroline Xu	15	1:17.17
Joseph Sciortino				Zoe Burke		
Evan Zhang				Betty Yakobson		
James Xu				Katie Cazenias		
11-12 Boys				11-12 Girls		
Joseph Sciortino	2015	32.38	50 FLY	Rachel Swarts	2007	32.18
Joseph Sciortino	2015	35.32	50 Back	Rachel Swarts	2007	33.66
Miles Yang	2016	39.07	50 Breast	Rachel Swarts	2007	38.2
Joseph Sciortino	2015	29.4	50 Free	Katie Cazenias	2017	30.03
Joseph Sciortino	2015	1:13.82	100 IM	Rachel Swarts	2007	1:12.51
Miles Yang	2015	1:08.58	100 MR	Katie Cazenias	2017	1:06.88
Joseph Sciortino				Zoe Burke		
Evan Zhang				Betty Yakobson		
William Xu				Caroline Xu		
13-14 Boys				13-14 Girls		
Evan Zhang	2017	29.53	50 FLY	Ada Langston	2018	31.62
Joseph Sciortino	2016	31.04	50 Back	Katie Cazenias	2019	31.25
Evan Zhang	2017	33.76	50 Breast	Lyn Moore	2001	38.22
Joseph Sciortino	2017	26.17	50 Free	Katie Cazenias	2019	28.09
Evan Zhang	2017	1:06.24	100 IM	Katie Cazenias	2019	1:10.06
Miles Yang	2017	2:08.09	200 MR	Katie Cazenias	2018	2:14.80
James Xu				Paige Schiavone		
Evan Zhang				Ada Langston		
Joseph Sciortino				Samantha Sciortino		
15-18 Boys				15-18 Girls		
Evan J Zhang	2021	26.49	50 FLY	Rachel Swarts	2012	30.50
Evan J Zhang	2021	29.08	50 Back	Katie Cazenias	2021	31.69
Evan J Zhang	2021	29.88	50 Breast	Dani Ramsey	2024	37.84
Evan J Zhang	2021	24.25	50 Free	Katie Cazenias	2021	28.56
Evan J Zhang	2021	59.67	100 IM	Rachel Swarts	2011	1:09.37
Evan J Zhang	2019	1:55.37	200 MR	Katie Cazenias	2022	2:13.62
Ryan D Luczak				Ada Langston		
Abhishek M Bazaz				Betty Yakobson		
Joseph T Sciortino				Katie Semanchik		
Boys 200 Mixed Age Freestyle Relay				Girls 200 Mixed Age Freestyle Relay		
Grayson Williams	2015	2:04.75	8 & Under	Sarah Sciortino	2015	2:05.40
Albert Huang			9-10	Katie Cazenias		
Joseph Sciortino			11-12	Samantha Sciortino		
Ryan Luczak			13-14	Marlee Czarny		
Ryan Grimes			15-18	Lindsey Hill		

RIDGE HEIGHTS TEAM RECORDS

8 & Under Boys	Year	Time		8 & Under Girls	Year	Time
Brad Dillon	2000	19.27	25 FLY	Hailey Wang	2012	19.07
Brad Dillon	2000	20.48	25 Back	Hailey Brown	2014	21.34
Joseph Bleich	1993	22.65	25 Breast	Rhiannon Shaub	1987	22.13
Brad Dillon	2000	17.51	25 Free	Emily Williams	1986	17.01
Brad Dillon	2000	1:40.59	100 IM	Rhiannon Shaub	1987	1:39.59
Spencer Blase	2017	1:23.36	100 FR	Tara Thomas	2012	1:22.16
Andrew Pierce				Hailey Wang		
Varun Phadke				Elodie Decker		
Calvin Dougherty				Julia Thomas		
9-10 Boys				9-10 Girls		
Brad Dillon	2002	16.01	25 FLY	Laura Dillon	2000	16.05
Brendan Gill	1988	38.14	50 Back	Hailey Brown	2016	37.78
Brendan Gill	1988	40.96	50 Breast	Rhiannon Shaub	1989	41.73
Brad Dillon	2002	32.2	50 Free	Hailey Brown	2016	33.25
Brendan Gill	1988	1:22.50	100 IM	Hailey Brown	2016	1:21.08
Steven Webb	1991	1:16.77	100 MR	Katie Sennett	2002	1:19.83
Billy Blake				Jasmine Jones		
Adam Orton				Elisa Becker		
Eric Nelson				Casey Dawson		
11-12 Boys				11-12 Girls		
Adam Orton	1993	31.47	50 FLY	Laura Dillon	2002	31.92
Adam Orton	1993	33.41	50 Back	Rhiannon Shaub	1991	35.36
Brendan Gill	1990	35.69	50 Breast	Laura Dillon	2002	38.13
Brendan Gill	1990	28.99	50 Free	Hailey Brown	2018	30.25
Brendan Gill	1990	1:10.37	100 IM	Laura Dillon	2002	1:13.44
Aidan Coughlin	2018	1:06.82	100 MR	Katie Sennett	2004	1:08.87
Marco Anguizola				Jasmine Jones		
Evan Blase				Elisa Becker		
Joaquin Wilson				Katherine Cunningham		
13-14 Boys				13-14 Girls		
Adam Orton	1995	27.87	50 FLY	Laura Dillon	2004	31.56
Adam Orton	1995	29.88	50 Back	Katie Sennett	2006	33.61
Josh Zhang	2015	33.07	50 Breast	Jasmine Jones	2006	34.85
Josh Zhang	2015	26.33	50 Free	Hailey Wang	2018	29.18
Adam Orton	1995	1:04.56	100 IM	Laura Dillon	2004	1:10.63
Justin Y Chen	2020	2:11.37	200 MR	Katie Sennett	2006	2:16.77
Ethan T McCrea				Jasmine Jones		
Nicholas J Hansing				Valerie Moyer		
Daniel H Shi				Elisa Becker		
15-18 Boys				15-18 Girls		
Adam Orton	1999	26.7	50 FLY	Caroline Bellis	2005	30.39
Brad Dillon	2009	28.31	50 Back	Katie Sennett	2007	33.11
Kevin Harmon	1983	31.16	50 Breast	Jasmine Jones	2007	33.91
Dylan Hawley	2015	24.59	50 Free	Caroline Bellis	2005	28.52
Mac Sogandares	2015	1:01.87	100 IM	Emily Sennett	2010	1:09.37
Steve Webb	1999	1:55.30	200 MR	Katie Sennett	2007	2:11.41
Alan Webb				Jasmine Jones		
Adam Orton				Laura Dillon		
Domenic Bourgeois				Elisa Becker		
Boys 200 Mixed Age Freestyle Relay				Girls 200 Mixed Age Freestyle Relay		
Erik Sorenson	1990	2:02.28	8 & Under	Anna Rasmussen	2018	2:04.22
Tyler Sande			9-10	Kelsye Brown		
Brendan Gill			11-12	Hailey Brown		
Brett Bares			13-14	Hailey Wang		
Ethan Gill			15-18	Hannah Lane		

2024 TOP IN THE LEAGUE

Boys 8 & Under

25 Butterfly	25 Backstroke
22.16 (A) Lake, Bode (LA) 8	23.16 (A) Zolotarev, Ivan A (AN) 8
23.1 (A) Zolotarev, Ivan A (AN) 8	24.22 (A) Thongtavee, Liam P (LA) 8
23.39 (A) Cassidy, Patrick E (AW) 8	25.04 (A) Lake, Bode (LA) 8
23.62 (A) Danihel, J.J. (HW) 8	26.03 (A) Briggs, Sam (HW) 8
26.85 (A) Yang, Leo (HW) 8	26.46 (A) Ternovski, Maxim S (NH) 8
27.04 (A) Briggs, Sam (HW) 8	26.62 (A) Emperador, Lucas D (AW) 8
27.98 (A) Hill, Otto R (NH) 7	26.68 (A) Yang, Leo (HW) 8
28.24 (A) Baker, Dylan B (LA) 8	28.07 (A) Hill, Shepard D (LA) 7
28.95 (A) Pappageorge, Andrew J (AW) 8	28.28 (A) Frost, Harvey (AN) 7
30.03 (B) Ternovski, Maxim S (NH) 8	28.37 (A) Baker, Dylan B (LA) 8
30.50 (B) Hosseini Soreshjani, Alborz (LA) 8	28.37 (A) Cassidy, Patrick E (AW) 8
30.68 (B) Carpenter, Kai (RH) 8	28.68 (A) Hill, Otto R (NH) 7
31.31 (B) Clark, Freddy (AW) 6	31.06 (B) Hosseini Soreshjani, Alborz (LA) 8
31.84 (B) Thongtavee, Liam P (LA) 8	31.43 (B) Schmitz, Benjamin O (LN) 7
32.78 (B) Ellis, Luka S (RH) 7	31.59 (B) Tracy, Red S (LA) 8
33 (B) Choueiri, Zak (LN) 8	31.87 (B) Chetrusca, Sebastian (AW) 8
33.61 (B) Chetrusca, Sebastian (AW) 8	32.13 (B) Wang, Jason (HW) 8
35.00 (B) Emperador, Lucas D (AW) 8	32.31 (B) Barbosa, Jake M (GL) 8
35.23 (B) Schmitz, Benjamin O (LN) 7	32.43 (B) McCrillis, Beckett (NH) 8
36.23 (C) Jagasia, Ajay D (LN) 8	32.87 (B) Hanfman, Max D (HW) 8
25 Breaststroke	25 Freestyle
26.61 (A) Pappageorge, Andrew J (AW) 8	18.04 (A) Lake, Bode (LA) 8
28.18 (A) Yang, Leo (HW) 8	19.93 (A) Yang, Leo (HW) 8
28.27 (A) Lake, Bode (LA) 8	20 (A) Thongtavee, Liam P (LA) 8
28.44 (A) Cassidy, Patrick E (AW) 8	20.14 (A) Danihel, J.J. (HW) 8
29.16 (A) Zolotarev, Ivan A (AN) 8	20.9 (A) Baker, Dylan B (LA) 8
29.44 (A) Baker, Dylan B (LA) 8	21.06 (A) Cassidy, Patrick E (AW) 8
30.16 (A) Thongtavee, Liam P (LA) 8	21.29 (A) Zolotarev, Ivan A (AN) 8
30.55 (A) Clark, Freddy (AW) 6	21.63 (A) Carpenter, Kai (RH) 8
31.34 (B) Briggs, Sam (HW) 8	21.75 (A) Ternovski, Maxim S (NH) 8
31.48 (B) Chetrusca, Sebastian (AW) 8	22.06 (A) Clark, Freddy (AW) 6
31.53 (B) Hosseini Soreshjani, Alborz (LA) 8	22.83 (A) Briggs, Sam (HW) 8
32.19 (B) Pelte, Liam S (NH) 8	23.21 (B) Hill, Otto R (NH) 7
32.8 (B) Ejiba-baldwin, Judah R (LA) 6	23.28 (B) Barbosa, Jake M (GL) 8
32.94 (B) Carpenter, Kai (RH) 8	23.66 (B) Wang, Jason (HW) 8
33.73 (B) Danihel, J.J. (HW) 8	24.17 (B) Pappageorge, Andrew J (AW) 8
34.13 (B) Miranda, Denis (LA) 8	24.33 (B) Miranda, Denis (LA) 8
35.93 (B) Ellis, Luka S (RH) 7	24.48 (B) Emperador, Lucas D (AW) 8
36.13 (B) Rubino, Leo P (AW) 6	24.96 (B) Hill, Shepard D (LA) 7
36.53 (B) Emperador, Lucas D (AW) 8	25.16 (B) Pelte, Liam S (NH) 8
37.65 (B) Schmitz, Benjamin O (LN) 7	25.38 (B) Hosseini Soreshjani, Alborz (LA) 8

2024 TOP IN THE LEAGUE

Girls 8 & Under

25 Butterfly	25 Backstroke
22.68 (A) Cassidy, Megan J (AW) 8	24.09 (A) Powers, Ava K (RH) 8
24.12 (A) Collin, Avery H (HW) 8	24.21 (A) Collin, Avery H (HW) 8
24.15 (A) Steiner, Grace (NH) 7	24.30 (A) Cryer, Madeline (RH) 8
24.90 (A) Tabak, Chloe D (LA) 7	26.46 (A) Steiner, Grace (NH) 7
25.37 (A) Powers, Ava K (RH) 8	26.87 (A) Cassidy, Megan J (AW) 8
26.69 (A) Livesay, Scarlett R (GL) 8	26.94 (A) Scott, Emme (NH) 8
28.09 (A) Swartzbaugh, Caroline A (GL) 8	27.28 (A) Bennion, Olivia (GL) 8
28.33 (A) Clavijo, Frankie (LA) 8	27.57 (A) Clavijo, Frankie (LA) 8
28.53 (A) Cryer, Madeline (RH) 8	27.63 (A) Fredericks, Claire E (NH) 8
28.82 (A) Damm, Anja V (RH) 8	27.73 (A) Whelan, Payton J (LN) 8
29.52 (B) Nistler, Emily R (GL) 7	27.95 (A) Swartzbaugh, Caroline A (GL) 8
29.71 (B) Livernois, Diana B (LN) 6	28.39 (A) Pyle, Cynthia M (GL) 7
30.35 (B) Matos, Juliana K (LN) 8	28.71 (A) Gangidi, Sloka R (HW) 8
30.40 (B) Callaghan, Hannah A (LN) 8	28.95 (A) Nistler, Emily R (GL) 7
30.90 (B) Gangidi, Sloka R (HW) 8	29.11 (B) Schmid, Sadie R (GL) 7
32.00 (B) McFarland, Vivy (NH) 7	29.14 (B) Damm, Anja V (RH) 8
32.08 (B) Spanhak, Annie (AW) 7	29.19 (B) Habash, Cecelia I (RH) 7
32.13 (B) Hill, Audrey X (GL) 8	30.92 (B) Tabak, Chloe D (LA) 7
32.84 (B) Stehman, Liliana M (RH) 7	31.19 (B) Bowen, Ellie (NH) 8
33.15 (B) Krasij, Mychalina (GL) 8	31.28 (B) Hallonquist, Violet J (GL) 8
25 Breaststroke	25 Freestyle
25.39 (A) Damm, Anja V (RH) 8	18.61 (A) Collin, Avery H (HW) 8
26.21 (A) Livesay, Scarlett R (GL) 8	19.28 (A) Cassidy, Megan J (AW) 8
26.61 (A) Collin, Avery H (HW) 8	19.35 (A) Livesay, Scarlett R (GL) 8
28.78 (A) Swartzbaugh, Caroline A (GL) 8	20.09 (A) Clavijo, Frankie (LA) 8
28.84 (A) Tabak, Chloe D (LA) 7	21.75 (A) Powers, Ava K (RH) 8
30.36 (A) Powers, Ava K (RH) 8	21.97 (A) Scott, Emme (NH) 8
31.45 (A) Spanhak, Annie (AW) 7	22.03 (A) Damm, Anja V (RH) 8
31.90 (A) Cassidy, Megan J (AW) 8	22.09 (A) Cryer, Madeline (RH) 8
32.17 (B) Whelan, Payton J (LN) 8	23.22 (A) Rideout, Emi (NH) 8
32.82 (B) Livernois, Diana B (LN) 6	23.47 (A) Swartzbaugh, Caroline A (GL) 8
33.06 (B) Clavijo, Frankie (LA) 8	23.97 (A) Nistler, Emily R (GL) 7
33.16 (B) Krasij, Mychalina (GL) 8	24.12 (A) Krasij, Mychalina (GL) 8
33.69 (B) Carbajal, Isabel (AN) 8	24.54 (A) Whelan, Payton J (LN) 8
33.87 (B) Matos, Juliana K (LN) 8	24.62 (A) Matos, Juliana K (LN) 8
34.63 (B) Cryer, Madeline (RH) 8	24.78 (A) Xia, Amelie N (NH) 7
34.77 (B) Schmid, Sadie R (GL) 7	25.13 (B) Pyle, Cynthia M (GL) 7
34.82 (B) Scott, Emme (NH) 8	25.21 (B) Freedman, Charlotte B (GL) 7
34.90 (B) Delaney, Maggie (LA) 8	25.73 (B) Steiner, Grace (NH) 7
35.12 (B) Rideout, Emi (NH) 8	26.18 (B) Scheinberg, Emilia H (GL) 8
35.34 (B) Xia, Amelie N (NH) 7	26.38 (B) Stehman, Liliana M (RH) 7

2024 TOP IN THE LEAGUE

Boys 9-10

25 Butterfly	50 Backstroke
19.49 (A) Krasij, Bohdy (GL) 10	44.68 (A) Rasmussen, Henry (RH) 10
20.22 (A) Starr, Tommy (AW) 10	45.40 (A) Clark, Benny (AW) 9
20.30 (A) Talgat, Ilyas S (LN) 9	46.60 (A) Starr, Tommy (AW) 10
21.28 (A) Clark, Benny (AW) 9	47.01 (A) Krasij, Bohdy (GL) 10
21.54 (A) Rasmussen, Henry (RH) 10	50.32 (A) Fernandez, Gio (LN) 10
21.62 (A) Austin, Theo (NH) 9	50.63 (A) Hill, Archer R (LA) 9
21.71 (A) Tabak, Lucas A (LA) 10	51.10 (A) Xia, Sean N (NH) 10
21.82 (A) Robbins, Luke M (LA) 10	51.87 (A) Tabak, Lucas A (LA) 10
22.04 (B) Goodman, Auggie (GL) 10	52.63 (A) Lavelle, Gabriel V (RH) 10
22.35 (B) Lavelle, Gabriel V (RH) 10	52.94 (A) Nagarajan, Sander (LN) 10
23.15 (B) Nagarajan, Sander (LN) 10	53.04 (B) Goodman, Auggie (GL) 10
23.44 (B) Nicolaidis, Evan (GL) 10	54.26 (B) Huskey, Jameson K (GL) 9
23.75 (B) Bour, Patrick E (NH) 10	56.18 (B) Foti, Alex (RH) 10
24.71 (B) Hill, Archer R (LA) 9	56.25 (B) Jessel, Fabian A (LN) 9
25.08 (B) Unadkat, Landon S (NH) 9	56.26 (B) Dougherty, Christopher (RH) 10
25.55 (B) Lee, Benjamin M (LA) 10	56.43 (B) Nicolaidis, Evan (GL) 10
25.83 (B) Huskey, Jameson K (GL) 9	56.96 (B) Robbins, Luke M (LA) 10
25.97 (B) Foti, Alex (RH) 10	57.09 (B) Austin, Theo (NH) 9
26.31 (B) Xia, Sean N (NH) 10	57.22 (B) Mendoza Lilburn, Nico (GL) 9
26.61 (B) Sun, Thomas R (HW) 10	57.63 (B) Lee, Benjamin M (LA) 10
50 Breaststroke	50 Freestyle
51.09 (A) Rasmussen, Henry (RH) 10	36.99 (A) Rasmussen, Henry (RH) 10
51.53 (A) Lavelle, Gabriel V (RH) 10	37.26 (A) Krasij, Bohdy (GL) 10
54.23 (A) Sun, Thomas R (HW) 10	39.85 (A) Huskey, Jameson K (GL) 9
55.02 (A) Clark, Benny (AW) 9	39.88 (A) Nicolaidis, Evan (GL) 10
55.84 (A) Krasij, Bohdy (GL) 10	40.48 (A) Talgat, Ilyas S (LN) 9
55.96 (A) Hill, Archer R (LA) 9	40.99 (A) Tabak, Lucas A (LA) 10
56.18 (A) Bour, Patrick E (NH) 10	41.21 (A) Starr, Tommy (AW) 10
56.24 (A) Fernandez, Gio (LN) 10	42.24 (A) Clark, Benny (AW) 9
57.03 (A) Musgrove, Caleb H (HW) 9	43.46 (B) Xia, Sean N (NH) 10
57.40 (A) Zhao, Jesse (HW) 10	43.53 (B) Unadkat, Landon S (NH) 9
57.75 (A) Kosun, Khant Zarli (AW) 9	43.57 (B) Robbins, Luke M (LA) 10
58.97 (A) Huskey, Jameson K (GL) 9	44.21 (B) Lavelle, Gabriel V (RH) 10
59.47 (B) Mullenix, Ian J (LA) 10	44.77 (B) Dougherty, Christopher (RH) 10
1:00.16 (B) Starr, Tommy (AW) 10	44.92 (B) Nagarajan, Sander (LN) 10
1:00.35 (B) Fialcowitz, Paul (LN) 9	45.32 (B) Austin, Theo (NH) 9
1:03.46 (B) Talgat, Ilyas S (LN) 9	45.50 (B) Jessel, Fabian A (LN) 9
1:03.71 (B) Velikin, Liam A (RH) 10	45.87 (B) Foti, Alex (RH) 10
1:04.72 (B) Taylor, Leo (AN) 9	45.96 (B) Fernandez, Gio (LN) 10
1:06.81 (B) Goodman, Auggie (GL) 10	46.13 (B) Mendoza Lilburn, Nico (GL) 9
1:07.39 (B) Foti, Alex (RH) 10	46.67 (B) Olvesen, Alex (LN) 9

2024 TOP IN THE LEAGUE

Girls 9-10

25 Butterfly	50 Backstroke
18.64 (A) Scullion, Marley (NH) 10	43.08 (A) Nistler, Anna L (GL) 10
19.46 (A) Morais, Olivia S (LN) 10	45.93 (A) Morais, Dakota R (LN) 10
19.64 (A) McDermott, Natalie M (AW) 10	46.03 (A) Schmitz, Clara A (LN) 10
19.71 (A) Livernois, Evelyn Y (LN) 9	46.80 (A) Morrow Nabors, Emma L (NH) 10
19.80 (A) Danihel, Ivanka (HW) 10	47.31 (A) Danihel, Ivanka (HW) 10
20.30 (A) Nistler, Anna L (GL) 10	47.96 (A) McDermott, Natalie M (AW) 10
20.50 (A) Nickerson, Abigail K (LN) 10	47.99 (A) Gocong, Kinsey M (RH) 9
20.73 (A) Morais, Dakota R (LN) 10	50.03 (A) Livernois, Evelyn Y (LN) 9
21.12 (A) Gocong, Kinsey M (RH) 9	51.13 (A) Thongtavee, Maddie (LA) 10
21.56 (A) Morrow Nabors, Emma L (NH) 10	51.23 (A) Kauppila, Lina (HW) 10
21.68 (A) May, Rebecca M (HW) 10	51.74 (A) Nickerson, Abigail K (LN) 10
21.87 (A) Schmitz, Clara A (LN) 10	51.96 (A) Morais, Olivia S (LN) 10
22.41 (A) Zhang, Claire J (HW) 9	52.51 (A) Emami-Locke, Farah T (RH) 9
22.42 (A) Day, Sylvie E (RH) 9	52.65 (A) Scullion, Marley (NH) 10
22.88 (A) Basney, Alyssa (RH) 9	54.43 (A) Steiner, Rose (NH) 10
23.16 (A) Bies, Ellie (GL) 10	54.56 (A) Basney, Alyssa (RH) 9
23.90 (A) Hiller, Elin B (LN) 10	55.87 (B) Goodman, Juni (GL) 9
24.07 (A) Goodman, Juni (GL) 9	55.89 (B) Hiller, Annika C (LN) 10
24.29 (A) Rodriguez, Alicia N (GL) 10	55.95 (B) Price, Maura C (GL) 10
24.43 (A) Emami-Locke, Farah T (RH) 9	56.34 (B) Hiller, Elin B (LN) 10
50 Breaststroke	50 Freestyle
47.93 (A) Morais, Olivia S (LN) 10	35.99 (A) Nistler, Anna L (GL) 10
51.06 (A) Morais, Dakota R (LN) 10	37.66 (A) Scullion, Marley (NH) 10
51.78 (A) Gocong, Kinsey M (RH) 9	39.25 (A) McDermott, Natalie M (AW) 10
52.50 (A) Jordan, Catherine V (AW) 10	39.75 (A) Gocong, Kinsey M (RH) 9
52.89 (A) Nistler, Anna L (GL) 10	39.76 (A) Schmitz, Clara A (LN) 10
54.23 (A) McDermott, Natalie M (AW) 10	40.25 (A) Nickerson, Abigail K (LN) 10
55.08 (A) Anguizola, Amelia F (GL) 9	40.69 (A) Danihel, Ivanka (HW) 10
55.84 (A) Wang, Stella (HW) 10	40.88 (A) Morais, Dakota R (LN) 10
56.07 (A) May, Rebecca M (HW) 10	41.38 (A) Morais, Olivia S (LN) 10
56.25 (A) Rubino, Maddie (AW) 9	41.80 (A) Anyaoku, Kamsi (HW) 9
57.74 (A) Mandruleanu, Grace (LA) 9	42.31 (A) Livernois, Evelyn Y (LN) 9
58.09 (A) Schmitz, Clara A (LN) 10	43.54 (A) Day, Sylvie E (RH) 9
58.19 (A) Scullion, Marley (NH) 10	43.69 (A) Elston, Sabine S (LA) 10
58.62 (A) Danihel, Ivanka (HW) 10	43.78 (A) Steiner, Rose (NH) 10
59.16 (A) Livernois, Evelyn Y (LN) 9	43.78 (A) Thongtavee, Maddie (LA) 10
59.71 (A) Nadavaluru, Sanavi R (HW) 10	44.01 (A) Morrow Nabors, Emma L (NH) 10
59.80 (A) Elston, Sabine S (LA) 10	44.13 (A) May, Rebecca M (HW) 10
59.81 (A) Nickerson, Abigail K (LN) 10	44.88 (A) Kauppila, Lina (HW) 10
1:00.05 (A) Zhang, Claire J (HW) 9	46.17 (B) Goodman, Juni (GL) 9
1:01.02 (B) Steiner, Rose (NH) 10	46.39 (B) Bies, Ellie (GL) 10

2024 TOP IN THE LEAGUE

Boys 11-12

50 Butterfly	50 Backstroke
39.07 (A) Yang, Michael N (HW) 11	41.01 (A) Connelly, Lachlan (LN) 12
39.29 (A) Cryer, Nathan (RH) 12	41.21 (A) Yang, Michael N (HW) 11
40.03 (A) Collin, Hugh D (HW) 11	42.20 (A) Collin, Hugh D (HW) 11
40.41 (A) Ryan, Teague R (NH) 11	42.45 (A) Buxton, Daniel (LA) 11
41.04 (A) Clark, Sammy (AW) 11	42.68 (A) Cryer, Nathan (RH) 12
42.56 (A) Day, Theo (RH) 12	43.35 (A) Khan, Laith T (NH) 12
42.59 (A) Trelogan, Henry (LA) 11	44.56 (A) Clark, Sammy (AW) 11
43.18 (B) Connelly, Lachlan (LN) 12	45.09 (A) Spigarelli, Joseph (LA) 12
43.68 (B) Bowen, AJ (NH) 12	45.13 (A) Ryan, Teague R (NH) 11
43.80 (B) Emperador, Julian D (AW) 11	45.55 (A) Bowen, AJ (NH) 12
44.31 (B) Khan, Laith T (NH) 12	45.70 (A) Dougherty, Logan M (RH) 11
44.75 (B) Seaton, Will (GL) 11	46.50 (B) Dryzga, Conner D (GL) 11
47.15 (B) Gurjar, Aryav (HW) 12	46.90 (B) Dubesa, Callen (GL) 12
47.44 (B) Unadkat, Aiden (NH) 12	47.31 (B) Grimaldi Sotton, Alexandre L (LA) 11
47.66 (B) Grimaldi Sotton, Alexandre L (LA) 11	47.43 (B) Jordan, Carter R (AW) 12
47.71 (B) Arte, Krish (HW) 11	47.93 (B) Trelogan, Henry (LA) 11
47.95 (B) Dougherty, Logan M (RH) 11	48.07 (B) Arte, Krish (HW) 11
48.30 (B) Ernst, Lukas E (RH) 12	48.81 (B) Ernst, Lukas E (RH) 12
49.39 (B) Ellis, James (AW) 11	49.90 (B) Damm, Micah R (RH) 12
49.59 (B) Jordan, Carter R (AW) 12	50.32 (B) Unadkat, Aiden (NH) 12
50 Breaststroke	50 Freestyle
45.55 (A) Dubesa, Callen (GL) 12	33.73 (A) Yang, Michael N (HW) 11
46.28 (A) Yang, Michael N (HW) 11	34.51 (A) Collin, Hugh D (HW) 11
47.34 (A) Jordan, Carter R (AW) 12	35.48 (A) Dougherty, Logan M (RH) 11
48.37 (A) Strautz, Alek (GL) 12	35.84 (A) Ryan, Teague R (NH) 11
48.42 (A) Farber, Caden (GL) 12	35.85 (A) Bowen, AJ (NH) 12
49.31 (A) Trelogan, Henry (LA) 11	35.88 (A) Buxton, Daniel (LA) 11
49.31 (A) Emperador, Julian D (AW) 11	36.19 (A) Clark, Sammy (AW) 11
49.42 (A) Tabak, Jacob A (LA) 12	36.36 (A) Gurjar, Aryav (HW) 12
50.27 (A) Spigarelli, Joseph (LA) 12	36.66 (A) Emperador, Julian D (AW) 11
50.45 (A) Connelly, Lachlan (LN) 12	36.76 (A) Connelly, Lachlan (LN) 12
50.72 (A) Damm, Micah R (RH) 12	37.25 (B) Farber, Caden (GL) 12
50.77 (A) Ryan, Teague R (NH) 11	37.33 (B) Jordan, Carter R (AW) 12
50.93 (A) Ernst, Lukas E (RH) 12	37.89 (B) Damm, Micah R (RH) 12
51.12 (B) Price, Andy (GL) 11	38.06 (B) Unadkat, Aiden (NH) 12
51.40 (B) Bour, David (NH) 12	38.43 (B) Cryer, Nathan (RH) 12
51.86 (B) Kelly, Aidan J (GL) 11	38.56 (B) Khan, Laith T (NH) 12
52.11 (B) Collin, Hugh D (HW) 11	38.60 (B) Price, Andy (GL) 11
52.39 (B) Bowen, AJ (NH) 12	38.65 (B) Trelogan, Henry (LA) 11
52.39 (B) Cryer, Nathan (RH) 12	38.68 (B) Strautz, Alek (GL) 12
52.85 (B) Mandruleanu, Luke (LA) 11	39.25 (B) Day, Theo (RH) 12

2024 TOP IN THE LEAGUE

Girls 11-12

50 Butterfly	50 Backstroke
36.52 (A) Light, Willow R (NH) 12	36.01 (A) Light, Willow R (NH) 12
36.85 (A) Snell, Emy (LA) 12	37.62 (A) Nagarajan, Sasha B (LN) 12
38.58 (A) Nagarajan, Sasha B (LN) 12	39.07 (A) Robinson, Kate (LA) 12
38.91 (A) Robinson, Kate (LA) 12	40.76 (A) Gocong, Heidi M (RH) 12
39.27 (A) Hamilton, Claire (AN) 11	41.23 (A) Branham, Maeve E (LA) 11
39.81 (A) Gray, Caroline (AW) 12	42.49 (A) Hamilton, Claire (AN) 11
40.39 (A) Bies, Jackie (GL) 12	43.01 (A) Manuszak, Gracie (RH) 12
41.85 (A) McFarland, Maddy (NH) 12	43.51 (A) Vlcek, Nelli (HW) 11
43.64 (A) Stella, Lindy E (AN) 11	43.66 (A) Bies, Jackie (GL) 12
44.10 (A) Carbajal, Sophia (AN) 11	44.46 (A) Snell, Emy (LA) 12
44.21 (A) Branham, Maeve E (LA) 11	44.71 (A) Carbajal, Sophia (AN) 11
44.57 (A) Clark, Jamie (GL) 12	44.78 (A) Niland, Avery R (HW) 11
45.66 (A) Cassidy, Clare E (AW) 11	45.03 (A) Gray, Caroline (AW) 12
45.85 (A) Basney, Alanna (RH) 11	45.47 (A) Miller, Layla R (NH) 11
45.93 (A) Lejeune, Grace M (AN) 12	45.82 (A) Williams, Josephine O (RH) 11
46.33 (B) Zolotareva, Uliana A (AN) 11	45.91 (A) Howard, Grace E (LN) 12
46.89 (B) Manuszak, Gracie (RH) 12	45.92 (A) Briggs, Ada M (HW) 11
46.93 (B) Harrison, Sonja L (LA) 11	46.31 (B) McFarland, Maddy (NH) 12
47.41 (B) Miller, Layla R (NH) 11	46.87 (B) Stella, Lindy E (AN) 11
47.94 (B) Lamb, Shelbie (GL) 12	46.99 (B) Swartzbaugh, Audrey M (GL) 11
50 Breaststroke	50 Freestyle
40.42 (A) Gray, Caroline (AW) 12	31.30 (A) Light, Willow R (NH) 12
40.56 (A) Gocong, Heidi M (RH) 12	32.29 (A) Gocong, Heidi M (RH) 12
43.53 (A) Light, Willow R (NH) 12	33.28 (A) Nagarajan, Sasha B (LN) 12
45.90 (A) Nagarajan, Sasha B (LN) 12	33.72 (A) Bies, Jackie (GL) 12
46.71 (A) Niland, Avery R (HW) 11	34.44 (A) Snell, Emy (LA) 12
46.96 (A) Carbajal, Sophia (AN) 11	34.88 (A) Hamilton, Claire (AN) 11
47.43 (A) Manuszak, Gracie (RH) 12	35.56 (A) Gray, Caroline (AW) 12
47.44 (A) Williams, Josephine O (RH) 11	36.08 (A) Williams, Josephine O (RH) 11
49.12 (A) Robinson, Kate (LA) 12	36.31 (A) Niland, Avery R (HW) 11
49.91 (A) Snell, Emy (LA) 12	36.54 (A) Robinson, Kate (LA) 12
50.41 (A) Mills, Georgia G (RH) 12	37.46 (A) Branham, Maeve E (LA) 11
50.45 (A) Clark, Jamie (GL) 12	37.50 (A) Kowalczyk, Sammie (AN) 12
50.48 (A) Vlcek, Nelli (HW) 11	37.97 (A) Manuszak, Gracie (RH) 12
50.69 (A) Kowalczyk, Sammie (AN) 12	38.22 (A) Basney, Alanna (RH) 11
50.74 (A) Branham, Maeve E (LA) 11	38.38 (A) Miller, Layla R (NH) 11
51.33 (A) Spigarelli, Briella (LA) 11	38.60 (A) Bud, Marla (NH) 12
51.57 (A) Martinez, Lila K (GL) 11	38.65 (A) Carbajal, Sophia (AN) 11
51.68 (A) Hamilton, Claire (AN) 11	38.93 (A) McFarland, Maddy (NH) 12
52.01 (B) Joyner, Inga (NH) 11	38.93 (A) Stella, Lindy E (AN) 11
52.28 (B) Zolotareva, Uliana A (AN) 11	39.19 (B) Howard, Grace E (LN) 12

2024 TOP IN THE LEAGUE

Boys 13-14

50 Butterfly	50 Backstroke
31.38 (A) Bertoni, William J (AN) 14	32.17 (A) Bertoni, William J (AN) 14
31.51 (A) Kerr, Daniel J (AW) 13	33.83 (A) Xu, Timothy R (HW) 14
32.37 (A) Pierce, Matthew (RH) 14	34.73 (A) Schmitz, Henry O (LN) 13
33.62 (A) Schmitz, Henry O (LN) 13	36.39 (A) Xie, Grant Y (AW) 13
34.02 (A) Xu, Timothy R (HW) 14	36.59 (A) Pierce, Matthew (RH) 14
34.59 (A) Xie, Grant Y (AW) 13	36.87 (A) Damm, Johan (RH) 14
35.03 (B) Landeryou, David L (GL) 13	37.13 (A) Clarke, Joseph A (GL) 13
35.41 (B) Gao, Deniel (HW) 14	38.04 (B) Delaney, John R (LA) 13
35.98 (B) Raikes, Andrew T (AW) 14	38.06 (B) Gray, Austen (AW) 14
35.99 (B) Delaney, John R (LA) 13	38.95 (B) Kerr, Daniel J (AW) 13
36.07 (B) Hamilton, Lachlan (AN) 13	39.13 (B) Guo, Lucas (HW) 14
36.12 (B) Jain, Bhavya (NH) 14	39.43 (B) Gao, Deniel (HW) 14
36.90 (B) Guo, Lucas (HW) 14	39.46 (B) Schopp, Ryan M (LN) 13
37.42 (B) Howard, John C (LN) 13	39.54 (B) Cohen, Eli (AW) 13
38.22 (B) Gaslightwala, Zayyan (RH) 14	39.96 (B) Gaslightwala, Zayyan (RH) 14
38.27 (B) Nandurdikar, Arin N (NH) 14	40.71 (B) Crombie, Max (AN) 13
38.94 (B) Schopp, Ryan M (LN) 13	41.42 (B) Hamilton, Lachlan (AN) 13
39.03 (B) Cohen, Eli (AW) 13	41.49 (B) Pattison, Chili (LA) 13
39.34 (B) Gray, Austen (AW) 14	41.79 (B) Howard, John C (LN) 13
39.72 (B) Choueiri, Danny (LN) 13	42.37 (B) Raikes, Andrew T (AW) 14
50 Breaststroke	50 Freestyle
38.17 (A) Jain, Bhavya (NH) 14	27.99 (A) Bertoni, William J (AN) 14
38.26 (A) Guo, Lucas (HW) 14	28.96 (A) Schmitz, Henry O (LN) 13
40.06 (A) Gao, Deniel (HW) 14	29.14 (A) Xu, Timothy R (HW) 14
40.37 (A) Xie, Grant Y (AW) 13	29.37 (A) Gao, Deniel (HW) 14
40.55 (A) Xu, Timothy R (HW) 14	30.06 (A) Howard, John C (LN) 13
40.91 (A) Pierce, Matthew (RH) 14	30.13 (A) Landeryou, David L (GL) 13
41.26 (A) Kowalczyk, Will (AN) 14	30.31 (A) Guo, Lucas (HW) 14
41.36 (A) Bertoni, William J (AN) 14	30.62 (A) Pierce, Matthew (RH) 14
41.59 (A) Gaslightwala, Zayyan (RH) 14	30.81 (A) Kerr, Daniel J (AW) 13
42.77 (B) Schmitz, Henry O (LN) 13	31.28 (A) Raikes, Andrew T (AW) 14
42.96 (B) Tchumanov, Mark (LA) 13	31.36 (A) Xie, Grant Y (AW) 13
43.64 (B) Cohen, Eli (AW) 13	31.55 (A) Schopp, Ryan M (LN) 13
43.66 (B) Damm, Johan (RH) 14	31.72 (A) Jain, Bhavya (NH) 14
43.97 (B) Davis, Charles (NH) 13	31.93 (A) Delaney, John R (LA) 13
44.93 (B) Howard, John C (LN) 13	32.23 (B) Cohen, Eli (AW) 13
44.97 (B) Nandurdikar, Arin N (NH) 14	32.55 (B) Damm, Johan (RH) 14
45.29 (B) Wiemer, Shawn D (GL) 13	32.97 (B) Choueiri, Danny (LN) 13
46.13 (B) Morais, Vincent H (LN) 13	33.22 (B) Pattison, Chili (LA) 13
46.44 (B) Gillingham, Cameron (LN) 13	34.14 (B) Hamilton, Lachlan (AN) 13
46.73 (B) Delaney, John R (LA) 13	34.31 (B) Kowalczyk, Will (AN) 14

2024 TOP IN THE LEAGUE

Girls 13-14

50 Butterfly	50 Backstroke
34.76 (A) Elster, Fiona (HW) 14	35.44 (A) Martin, Camille A (GL) 13
35.62 (A) Rasmussen, Anna (RH) 14	37.34 (A) Elster, Fiona (HW) 14
36.63 (A) McFarland, Lily (NH) 14	37.38 (A) Rasmussen, Anna (RH) 14
36.79 (A) Martin, Camille A (GL) 13	37.94 (A) McFarland, Lily (NH) 14
36.94 (A) Bud, Michelle (NH) 14	38.69 (A) Shelley, Ella (NH) 14
37.18 (A) Dougherty, Erin R (RH) 13	39.37 (A) Whyte, Brooklyn (RH) 14
37.29 (A) Swartzbaugh, Ella R (GL) 13	40.42 (B) Dougherty, Maggie (RH) 13
37.50 (A) Kramer, Renee M (GL) 13	40.62 (B) Parcell, Taryn E (HW) 14
37.92 (A) Amirshahi, Lillie (HW) 13	40.75 (B) Amirshahi, Lillie (HW) 13
38.15 (A) Harris, Josie (GL) 13	40.79 (B) Vlcek, Sophie (HW) 14
38.23 (A) Whyte, Brooklyn (RH) 14	40.83 (B) Munro, Charlotte (AN) 14
38.78 (A) Vu, Emma A (LA) 14	41.02 (B) Dougherty, Erin R (RH) 13
39.28 (B) Dougherty, Maggie (RH) 13	41.25 (B) Pappageorge, Nicole C (AW) 13
39.46 (B) Steinmuller, Zoey R (AN) 13	41.44 (B) Grab, Abby (NH) 14
39.80 (B) Pappageorge, Nicole C (AW) 13	41.76 (B) Nicolaidis, Isla (GL) 14
40.14 (B) Bowen, Sylvie L (AN) 13	41.96 (B) Bowen, Sylvie L (AN) 13
40.73 (B) Shelley, Sophia (NH) 14	42.27 (B) Swartzbaugh, Ella R (GL) 13
41.12 (B) Munro, Charlotte (AN) 14	42.29 (B) Kramer, Renee M (GL) 13
41.17 (B) Parcell, Taryn E (HW) 14	42.63 (B) Shelley, Sophia (NH) 14
41.85 (B) Green, Ellie (GL) 13	42.87 (B) Vu, Emma A (LA) 14
50 Breaststroke	50 Freestyle
38.49 (A) Elster, Fiona (HW) 14	29.78 (A) Martin, Camille A (GL) 13
42.44 (A) Martin, Camille A (GL) 13	29.90 (A) Elster, Fiona (HW) 14
43.11 (A) Whyte, Brooklyn (RH) 14	30.31 (A) Rasmussen, Anna (RH) 14
43.12 (A) Shelley, Ella (NH) 14	31.40 (A) Swartzbaugh, Ella R (GL) 13
43.34 (A) Dougherty, Erin R (RH) 13	31.43 (A) Dougherty, Erin R (RH) 13
44.13 (A) Bud, Michelle (NH) 14	32.28 (A) Whyte, Brooklyn (RH) 14
44.38 (A) Hiller, Maika (LN) 13	32.58 (A) Shelley, Sophia (NH) 14
44.69 (A) Shelley, Sophia (NH) 14	33.29 (A) Vlcek, Sophie (HW) 14
45.83 (A) Spigarelli, Lina (LA) 14	33.44 (A) Dougherty, Maggie (RH) 13
46.25 (B) Swartzbaugh, Ella R (GL) 13	34.09 (B) Vu, Sophia A (LA) 13
46.25 (B) Steinmuller, Zoey R (AN) 13	34.29 (B) Shelley, Ella (NH) 14
46.45 (B) Nicolaidis, Isla (GL) 14	34.41 (B) McFarland, Lily (NH) 14
46.51 (B) Price, Lucy K (GL) 13	34.43 (B) Semanchik, Maggie (NH) 14
46.73 (B) O'Malley, Josephine (LN) 14	34.72 (B) Kramer, Renee M (GL) 13
46.81 (B) Rogers, Meli (AW) 13	35.01 (B) Bowen, Sylvie L (AN) 13
46.81 (B) Vu, Sophia A (LA) 13	35.04 (B) Amirshahi, Lillie (HW) 13
46.83 (B) Vu, Emma A (LA) 14	35.17 (B) Steinmuller, Zoey R (AN) 13
47.33 (B) Parcell, Taryn E (HW) 14	35.43 (B) Vu, Emma A (LA) 14
47.63 (B) Munro, Charlotte (AN) 14	35.46 (B) Mulkowsky, Briar R (HW) 13
48.08 (B) Semanchik, Maggie (NH) 14	35.56 (B) Green, Ellie (GL) 13

2024 TOP IN THE LEAGUE

Boys 15-18

50 Butterfly	50 Backstroke
27.37 (A) Zhou, Michael (LN) 16	27.80 (A) Zhou, Michael (LN) 16
27.92 (A) Leaman, Ryan P (AN) 16	28.81 (A) Harriot, Jackson A (AW) 17
28.12 (A) Ho, CJ (LN) 16	29.70 (A) Redican, Sean (LN) 18
28.63 (A) Fritz, Andrew S (LA) 17	30.12 (A) Ho, CJ (LN) 16
28.72 (A) Harriot, Jackson A (AW) 17	30.32 (A) Braynard, Rajin (AN) 17
28.72 (A) Vikhman, Nathan K (AN) 18	30.46 (A) Hejmo, Alex (AN) 16
28.82 (A) Braynard, Rajin (AN) 17	30.57 (A) Fritz, Andrew S (LA) 17
29.35 (A) Spurrier, Nathan J (AN) 18	31.07 (A) Kauffman, Matthew G (AN) 16
29.43 (A) Hejmo, Alex (AN) 16	31.13 (A) Spurrier, Nathan J (AN) 18
29.53 (A) Kauffman, Matthew G (AN) 16	31.25 (A) Vikhman, Nathan K (AN) 18
29.69 (A) Redican, Sean (LN) 18	31.47 (A) Xu, Raymond R (HW) 17
29.99 (A) Xu, Raymond R (HW) 17	32.83 (A) Bowen, Luke F (AN) 16
30.12 (A) Medler, Jonah (HW) 17	33.12 (A) Pierce, Connor (GL) 18
30.42 (A) McDermott, Luke (AW) 18	33.77 (A) Russell, Alex (RH) 16
31.31 (B) Redican, Joseph (LN) 18	33.87 (A) Leaman, Ryan P (AN) 16
31.44 (B) Anguizola, Marco T (GL) 17	33.96 (A) Medler, Jonah (HW) 17
31.47 (B) Jackson, Blake (AW) 16	34.07 (B) Harriot, Erik A (AW) 15
31.69 (B) Egge, David A (LN) 17	34.09 (B) Branham, Conor J (LA) 15
31.70 (B) Russell, Alex (RH) 16	34.32 (B) Pierce, Andrew (RH) 15
31.94 (B) Wagner, Cole (RH) 15	34.54 (B) Knowlton, Griffith (GL) 17
50 Breaststroke	50 Freestyle
31.18 (A) Harriot, Jackson A (AW) 17	25.03 (A) Zhou, Michael (LN) 16
31.87 (A) Fritz, Andrew S (LA) 17	25.06 (A) Leaman, Ryan P (AN) 16
32.72 (A) Zhou, Michael (LN) 16	25.50 (A) Harriot, Jackson A (AW) 17
33.81 (A) Kauffman, Matthew G (AN) 16	26.35 (A) Ho, CJ (LN) 16
34.99 (A) Spurrier, Nathan J (AN) 18	26.37 (A) Fritz, Andrew S (LA) 17
35.15 (A) Ho, CJ (LN) 16	26.51 (A) Vikhman, Nathan K (AN) 18
35.24 (A) Montgomery, Teddy (AW) 16	26.51 (A) Kauffman, Matthew G (AN) 16
35.80 (A) Parcell, Seth G (HW) 17	26.71 (A) McDermott, Luke (AW) 18
35.81 (A) Harriot, Erik A (AW) 15	27.06 (A) Redican, Sean (LN) 18
35.93 (A) Anguizola, Marco T (GL) 17	27.13 (A) Spurrier, Nathan J (AN) 18
35.96 (A) Redican, Joseph (LN) 18	27.15 (A) Redican, Joseph (LN) 18
35.97 (A) Cramer, Aaron (AN) 15	27.21 (A) Xu, Raymond R (HW) 17
36.06 (A) Braynard, Rajin (AN) 17	27.22 (A) Braynard, Rajin (AN) 17
36.23 (A) Vikhman, Nathan K (AN) 18	27.62 (A) Tidd, Elias M (HW) 15
36.25 (A) Leaman, Ryan P (AN) 16	27.62 (A) Hejmo, Alex (AN) 16
36.36 (A) Egge, David A (LN) 17	28.13 (B) Medler, Jonah (HW) 17
36.43 (A) Knowlton, Griffith (GL) 17	28.19 (B) Lender, Aidan M (LA) 18
36.57 (A) Xu, Raymond R (HW) 17	28.27 (B) Jackson, Blake (AW) 16
37.07 (A) Hejmo, Alex (AN) 16	28.28 (B) Theis, Cameron R (AW) 18
37.15 (A) Kramer, Nathan R (GL) 15	28.33 (B) Cramer, Aaron (AN) 15

2024 TOP IN THE LEAGUE

Girls 15-18

50 Butterfly	50 Backstroke
30.35 (A) Landeryou, Clara (GL) 18	33.57 (A) Landeryou, Clara (GL) 18
32.47 (A) Caicedo, Haley (RH) 17	33.94 (A) Khan, Zariya T (NH) 16
32.75 (A) Wagner, Amanda G (GL) 15	34.44 (A) Swartzbaugh, Lilly (GL) 15
33.37 (A) Chaddock, Edie (GL) 18	34.81 (A) Wagner, Amanda G (GL) 15
33.55 (A) Pimentel, Aimee (GL) 18	34.93 (A) Kovacs, Valerie R (AN) 17
33.61 (A) Sciortino, Sarah (NH) 17	35.12 (A) Holmquist, Charlotte (AN) 15
34.18 (B) Grilliot, Ava G (HW) 15	35.31 (A) Lammers, Sarah (LA) 15
34.63 (B) Ramsey, Dani (NH) 16	35.36 (A) Ramsey, Dani (NH) 16
34.65 (B) DeAngelo, Abby (RH) 17	36.02 (B) Sciortino, Sarah (NH) 17
35.24 (B) Holmquist, Charlotte (AN) 15	36.05 (B) Caicedo, Haley (RH) 17
35.31 (B) Stoops, Anna (AN) 18	36.26 (B) Larne, Greta (LN) 18
35.38 (B) Khan, Zariya T (NH) 16	36.48 (B) Randerson, Lucy J (AN) 17
35.43 (B) Houck, Anna E (AW) 17	37.04 (B) Chaddock, Edie (GL) 18
35.50 (B) Randerson, Lucy J (AN) 17	37.69 (B) Birkland, Kelsey R (GL) 16
35.84 (B) Kovacs, Valerie R (AN) 17	37.76 (B) Fiske, Emilie B (GL) 16
36.04 (B) Lammers, Sarah (LA) 15	38.18 (B) Grilliot, Ava G (HW) 15
36.28 (B) Quaresima, Gina (AN) 15	38.44 (B) Pimentel, Aimee (GL) 18
36.31 (B) Wagner, Evelyn G (HW) 17	38.69 (B) Cramer, Allie (AN) 17
36.56 (B) Semanchik, Katie (NH) 17	38.75 (B) Pattison, Emma (LA) 16
36.74 (B) Cramer, Allie (AN) 17	38.96 (B) Ramsey, Isabella K (NH) 18
50 Breaststroke	50 Freestyle
37.64 (A) Ramsey, Dani (NH) 16	28.27 (A) Landeryou, Clara (GL) 18
38.15 (A) Wagner, Amanda G (GL) 15	29.18 (A) Swartzbaugh, Lilly (GL) 15
38.60 (A) Houck, Anna E (AW) 17	29.89 (A) Khan, Zariya T (NH) 16
39.09 (A) Pimentel, Aimee (GL) 18	30.10 (A) Caicedo, Haley (RH) 17
40.13 (A) Holmquist, Charlotte (AN) 15	30.45 (A) Pimentel, Aimee (GL) 18
41.52 (A) Caicedo, Haley (RH) 17	30.47 (A) Chaddock, Edie (GL) 18
41.56 (A) Ramsey, Isabella K (NH) 18	30.50 (A) Randerson, Lucy J (AN) 17
41.94 (A) Sciortino, Sarah (NH) 17	30.62 (A) Sciortino, Sarah (NH) 17
42.68 (B) Stoops, Anna (AN) 18	30.74 (A) Ramsey, Dani (NH) 16
42.77 (B) Swartzbaugh, Lilly (GL) 15	30.82 (A) Holmquist, Charlotte (AN) 15
42.85 (B) DeAngelo, Abby (RH) 17	30.89 (A) Wagner, Amanda G (GL) 15
42.89 (B) Fiske, Emilie B (GL) 16	31.08 (B) Kovacs, Valerie R (AN) 17
43.07 (B) Kovacs, Valerie R (AN) 17	31.53 (B) Fiske, Emilie B (GL) 16
43.33 (B) Khan, Zariya T (NH) 16	31.56 (B) Larne, Greta (LN) 18
43.53 (B) Birkland, Kelsey R (GL) 16	31.60 (B) DeAngelo, Abby (RH) 17
43.73 (B) Chaddock, Edie (GL) 18	31.76 (B) Lammers, Sarah (LA) 15
44.67 (B) Briceno, Eliana J (LN) 17	31.94 (B) Semanchik, Katie (NH) 17
45.52 (B) Randerson, Lucy J (AN) 17	32.17 (B) Wagner, Evelyn G (HW) 17
45.53 (B) Clist, Grace A (AW) 16	32.77 (B) Grilliot, Ava G (HW) 15
45.95 (B) Novoa, Valeria (LA) 16	32.98 (B) Cramer, Allie (AN) 17

RSTA AWARDS

Kevin Coffey Spirit Award

The Kevin Coffey Spirit Award is given to a swimmer on each team who participates regularly in practices and meets and who has exhibited exceptional team spirit, good sporting behavior, reliability and dedication to RSTA's goal of providing a positive swim team experience for all swimmers. The award is given in memory of Kevin Coffey, who for 15 years was part of RSTA as a swimmer and a coach and personified the criteria on which his memorial is based.

2023 Recipients

Miles Jackson, Madison Raikes	Autumnwood
Joseph Clarke	Glade
Bella Ham	Hunters Woods
Lucy Randerson	Lake Anne
Aiden Lender	Lake Audubon
Vincent Morais	Lake Newport
Dani Ramsey	North Hills
Haley Caicedo	Ridge Heights

Kim Klarman Award

In 2012, RSTA established an award in memory and honor of Kim Klarman. Kim held many important positions for RSTA during her fifteen years of service to the organization: President of the Board, Autumnwood Team Manager, Board member, volunteer, coach and manager mentor. She also was involved in other charity organizations. Kim had a large impact throughout the league and the community. This annual award is given to an individual who truly makes a difference to RSTA and to the community at large with a commitment to long-term service. In the recipient's honor the league will donate a check for \$250 to a charity of the recipient's choice.

2024 Recipient: Karen Hawley, Autumnwood

2023 Recipient: Katy Slater, Hunters Woods

2022 Recipient: Ken Viera, Autumnwood

2021 Recipient: Cyndy Norford, Autumnwood

2020 Recipient: *No award given

2019 Recipient: Lyn Cordts, Lake Audubon

2018 Recipient: Lisa Groves, Lake Audubon

2017 Recipient: Leslie & Frank Sogandares, Ridge Heights

2016 Recipient: *No award given

2015 Recipient: Judy Minogue, Lake Newport

2014 Recipient: Chuck Najjourn, North Hills

2013 Recipient: Janie Odlen, Lake Audubon

2012 Recipient: Gail Romansky, Autumnwood

NEW WAVE PROGRAM

RSTA's New Wave program develops swimmers who are not quite ready for swim team but are interested in joining an RSTA team. In both summer and winter swim, RSTA Coaches work with swimmers to improve their technique and build their endurance to prepare them to join an RSTA summer team. During the summer season, New Wave swimmers can transfer to one of the RSTA teams if they demonstrate water safety and readiness. The program is open to all swimmers between the ages of 5 to 12 years old. Basic swimming skills are a prerequisite. Placement for the New Wave program is determined during the New Swimmer Evaluations which are usually held in April and May.

New Wave swimmers should have knowledge of two (2) strokes (e.g. freestyle and backstroke). Swimmers should be able to swim for 10 meters independently and unassisted without a coach holding the swimmer during both freestyle and on their back. They should have the ability to listen to coaches and follow directions. Although not required to swim continuously, participants should have the stamina to be engaged in practices that last up to one (1) hour.



Highlights

- Improve stroke mechanics with low swimmer-coach ratio
- Learn from RSTA Coaches
- Have fun!
- Swimmers who meet swim team criteria mid-season can elevate to an RSTA team (with open slots) of their choosing!

Proficiency Thresholds for New Wave

- Able to kick on kickboard without assistance
- Able to swim 10m freestyle continuously without assistance
- Able to swim on back without assistance
- Able to tread water for 30 seconds
- Willingness and ability to follow coaching direction
- Ages 9 and up -- unable to swim a full 50 meters freestyle and backstroke

Evenings: June 2-11
Mornings: June 13-July 18

Location
Lake Newport Pool, Reston, VA
Possible additional pools/schedules to
be announced at a later date

Monday/Wednesday/Friday		
Group 1	June 2-11	7:15pm-8:00pm
	June 13-July 18	8:15am-9:00am
Group 2	June 2-11	8:05pm-8:50pm
	June 13-July 18	9:05am-9:50am

Tuesday/Thursday		
Group 3	June 3-10	7:15pm-8:00pm
	June 12-July 17	8:15am-9:00am
Session 4	June 3-10	8:05pm-8:50pm
	June 12-July 17	9:05am-9:50am

Pool Locations and Phone Numbers

Autumnwood (AW)	11950 Walnut Branch Road	(703) 467-0903
Glade (GL)	11550 Glade Drive	(703) 476-5732
Golf Course Island (GCI)	11301 Links Drive	(703) 435-8397
Hunters Woods (HW)	2501 Reston Parkway	(703) 391-2187
Lake Audubon (LA)	2070 Twin Branches Road	(703) 860-3080
Lake Newport (LN)	11601 Lake Newport Road	(703) 467-0694
Ridge Heights (RH)	11400 Ridge Heights Road	(703) 476-7084

Parking

Parking is only allowed in designated parking spaces. Parking along yellow curbs, in ADA parking spaces (when not displaying an ADA parking sign or plate), on grass areas or blocking emergency gates will result in the possible towing of the vehicle. Illegally parking outside of the facility area may result in being ticketed or towed by Fairfax County Police. Please pay attention to all posted signage inside and outside of the facility. Please respect the neighborhoods surrounding the facility. Do not park on grass or block driveways.



RSTA Organization & General Rules

The objective and primary purpose of the Reston Swim Team Association shall be the education (i.e. instruction and training) of all individuals ages 5–18 for the purpose of developing and improving their capabilities and competitive skills in the sport of swimming. Additionally, RSTA shall promote the virtues of good conduct and good sporting behavior.

Rules

All interpretations of rules contained in this handbook will be made by the Rules of Competition and Officiating Committee. Protests regarding conduct of the meet and/or violations of the RSTA Rules of Competition shall be made to the Referee immediately. As the senior meet official, the Referee's review and decision regarding any protests at the meet are final. The protestor(s) may appeal the Referee's decision by filing a written protest with the RSTA Board of Directors within twenty-four (24) hours of the meet's conclusion. Written protests will be heard by the Rules of Competition Officiating Committee as set forth in Article VII Section 2 (m) of the bylaws.

League Structure and Competition

RSTA shall consist of eight (8) teams. Each team shall compete in dual meets in accordance with the RSTA schedule. The RSTA teams shall be:

Autumnwood (AW)	Glade (GL)
Hunters Woods (HW)	Lake Anne (AN)
Lake Audubon (LA)	Lake Newport (LN)
North Hills (NH)	Ridge Heights (RH)

The following RSTA Championship Teams shall be determined by the best win-loss percent- age with any ties being considered co-champions:

- Overall League Championship Team
- Five Age Group Championship Teams (8 & Under, 9–10, 11–12, 13–14 and 15–18)
- Three Class Championship Teams ("A", "B" and "C")

Swimmer Placement and Team Assignment

To qualify for participation in RSTA, a swimmer must:

- Be registered in accordance with the policies of RSTA.
- Be five (5) years of age by June 15 of the current year.

All new swimmers aged 10 years and under are required to participate in a new swimmer placement (NSP) session in order to be eligible for summer swimming. Swimmers under the age of 10 with recorded legal stroke times from other team competitions are exempt from new swimmer placement. At these sessions, RSTA personnel assess the overall safety of each swimmer. Each swimmer has the opportunity to demonstrate their endurance, willingness to swim safely while in the water as well as readiness for the team environment. RSTA will then recommend swimmer placement on a team, participation on the New Wave Program or additional lessons.

During the evaluation, RSTA coaches will conduct a practice that incorporates the skills detailed below. New swimmers will be assessed by RSTA evaluators, who are representative of RSTA teams. Final decisions will be communicated to parents (usually via email) within a reasonable time after the end of the evaluation.

Although not required to participate in a New Swimmer Placement, new swimmers aged 11 or older MUST be able to meet the 9-10 swimmer proficiency requirements (detailed below). RSTA reserves the right to revoke participation if a swimmer joins a team but cannot meet these requirements. If you are unsure of your 11+ child's readiness, please email evaluations@rsta.org to schedule a placement evaluation once registration opens. Placement sessions are usually scheduled between mid-April and mid-May and are posted on the RSTA website (RSTA.org).

Evaluations will be based on performance in the following categories:

- **Swim Team Readiness:** comfort level in water, as well as willingness and interest to practice developmental swimming with teammates in the pool.
- **Water Readiness:** ability to function safely in shallow and deep water while swimming, diving, bobbing and treading water.
- **Stroke Readiness:** ability to complete an age appropriate distance of front crawl stroke and backstroke (25 meters for 8 and under, 50 meters for older ages) as well as willingness to learn, practice and improve the four competitive strokes through drills and instruction.

The criteria for Water Readiness and Stroke Readiness are based upon a combination of published American Red Cross Level 3 and Level 4 swimming skills. Swim Team Readiness criteria is based upon RSTA new swimmer development standards.

Ages 8 and under

- Warm-up 2 x 25m free kick on a kickboard
- 2 x 25m free swim
- 2 x 25m back kick
- 2 x 25m back swim
- 2 x 25m cool down, any stroke
- Tread water for 1 minute in lane
- Willingness to follow directions & any social distancing guidelines, should they be required
- Able to remain engaged and swim continuously for the full session

Ages 9 and 10

- Warm-up 2 x 25m free kick on a kickboard
- 2 x 50m free swim
- 2 x 50m back kick
- 2 x 50m back swim
- 2 x 25m cool down, any stroke
- Tread water for 1 minute in lane
- Willingness to follow directions & any social distancing guidelines, should they be required
- Able to remain engaged and swim continuously for the full session

Registration

Registration dates are published on the RSTA website (RSTA.org). Team placement is prioritized as follows:

- Returning families: Returning families whose children swam on an RSTA team the previous summer and who participated in at least three (3) dual meets will be given first priority in team assignments. They can register new siblings at that time but must also register for and participate in a new swimmer placement if the new swimmer is aged 10 years or younger (see below for proficiency requirements for new swimmers aged 11 or older). During registration, returning swimmers who wish to swim for a different team may select the new team as their preferred team. Requests to change teams will be accommodated if openings are available.
- RSTA Winter Swim: Team assignments are extended to RSTA Winter Swim participants at the same time as returning families.
- New families: Registration for new families opens on the same date and time as returning family/winter swim families. New swimmers are assigned to teams based on available space.

New children aged 10 years or younger are **required** to participate in new swimmer placement prior to being assigned to a team. This includes new siblings in returning families but excludes swimmers who have successfully completed the RSTA winter swim program. Swimmers under the age of 10 with recorded legal stroke times from other team competitions are exempt from new swimmer placement.

The league may determine to cap teams below the maximum based on safety, demand and in the interest of balancing teams. Initially, new families may be placed on a waitlist pending availability on preferred teams. If preferred teams fill, new families may be offered placement on an alternative team. Once the league is filled, additional families will not be added to the waitlist.

Swimmers must pay all fees as requested. **Financial assistance with registration fees can be requested. See RSTA.org for eligibility and email registrar@rsta.org to request.**

Full refunds will only be considered in the case of failure to place on a team, team limits, moves greater than 50 miles and major medical emergencies prior to the third dual meet of the season. A 50% refund will be granted if a swimmer withdraws for other reasons prior to the first practice. Refunds will be subject to a \$25 administration fee. Refund requests must be sent in writing to registrar@rsta.org.

If a new swimmer aged 11 years or older does not participate in a new swimmer placement and joins a team but is unable to meet the age 9/10 swimmer proficiency requirements as assessed by an RSTA evaluator, RSTA reserves the right to revoke participation. A full refund will be given, subject to a \$25 administration fee.

RSTA also reserves the right to revoke the registration or participation of any swimmer if unreasonable demands are placed on the time and attention of coaching staff and/or team managers or the swimmer does not adhere to the League Code of Conduct. These cases will be reviewed and acted upon by the RSTA Executive Committee.

Safety Rules

These safety rules apply to all RSTA events (practices, warm-ups and meets):

- No breakable containers are allowed on deck
- No running on deck
- No dunking, tripping, pushing or other rough play is allowed
- No one is allowed on the diving boards or in baby pools
- Only lifeguard-certified coaching staff are permitted on lifeguard towers
- RSTA follows all RA pool safety protocols for swim teams. All head-first entry during any practice or meet must be supervised by an RSTA coach or official.
- Only feet-first entry is allowed into general warm-up lanes during warm-ups
- Only feet-first entry is allowed in preparation for starting backstroke events
- Sprint lanes (one direction swimming only) will be used to practice racing starts
- Swimmers should stay to the right when swimming in practices or warm-ups
- At least four coaches shall be present

Alcohol

No alcoholic beverages shall be permitted in the pool area during meets or practices.

Smoking/Vaping

Smoking and/or vaping are prohibited on all RA property and within 50 feet of facility entrances.

Photography

Photographs behind the start end during a race or while swimmers are practicing dives are prohibited. Photographs in locker rooms, restrooms and changing areas are prohibited. No flash photography.

General Rules of Competition

Except as modified herein, the rules governing the conduct of swimming meets are the “2024 United States Swimming Rules and Regulations.”

Only those swimmers on a team’s official roster in compliance with RSTA rules shall be eligible to compete in a dual meet.

A swimmer may enter a maximum of three (3) individual events and two (2) relays in any dual meet. Regular attendance at meets is important! **A swimmer must attend at least three (3) dual meets during the Summer Season in order to register as a Returning Swimmer for the next Summer Season.**

Swimmers shall swim their age as of June 15 for the entire season.

A swimmer for RSTA is allowed to participate in accordance with their gender identity, irrespective of the sex listed on the swimmer’s birth certificate. A swimmer who is biologically female but identifies as male may participate in boys events and a swimmer who is biologically male but identifies as female may participate in girls events. During the registration process, swimmers will declare whether they plan to swim in boys events or girls events for the upcoming season.

In a dual meet, if an age group relay has insufficient age group swimmers to field a relay team, they may “swim up” a younger swimmer(s) in order to create an eligible relay team(s) for competition, **so long as no age group swimmer is denied participation** and they adhere to the following structure:

- If they have 1–3 eligible age group swimmers, only one relay team may compete, and swim ups are allowed
- If they have 4 eligible age group swimmers, only one relay team may compete with no swim ups
- If they have 5–7 eligible age group swimmers, up to two relay teams may compete, and swim ups are allowed
- If they have 8 eligible age group swimmers, up to two relay teams may compete with no swim ups
- If they have 9 or more eligible age group swimmers, up to three relay teams can compete- and swim ups are allowed

Relay team(s) may be constructed without regard to individual swimmer classifications. Any swimmer who “swims up” in one relay may still swim with their age group relay. However, the “maximum two (2) relays per dual meet” rule still applies. A violation of relay swim up rules will result in a disqualification of all relays of the violating team in that event.

Entry Sheets shall be submitted by both teams to their respective Team Managers no later than Tuesday evening prior to the meet. Each entry shall note the swimmer’s age and “best time” in the event. Deck changes will be allowed prior to the start of each stroke.

The Referee at a meet and/or Manager(s) at a practice or team event may bar, suspend or expel from an RSTA event any swimmer, coach, manager, official, members of the RSTA or any person (including spectators) who has violated any of its rules or regulations, or who encourages another to violate or who has acted in an unsporting-like manner that brings disrepute upon the RSTA or upon the sport of swimming.

Starting blocks will not be used in any RSTA dual meet, IM Finals Meet or the All Star Meet. RSTA will operate under a “No False Starts Allowed” rule, except for 8 & under swimmers who are allowed one false start.

When an official discovers a competitor wearing illegal attire as described prior to the start of the heat, the official shall notify the competitor to make the attire legal by removing the device to become eligible to compete. If the competitor cannot comply without delaying the start of the heat the competitor is disqualified from the event and shall not be eligible for further competition until attire is legal.

Due to RSTA liability insurance, no RSTA swimmers, coaches, officials, parents, siblings, spectators, etc. may enter the water after the last event.

Changes to the Published Meet Program

The published meet program is posted on the RSTA website on the Friday before the meet. The host team cannot make changes to the meet manager database created for the meet by the League Computer Coordinator. **Changes to the published meet program, “deck changes,” must be presented to the Clerk of Course at the meet before the event begins. See ‘Deck Changes’.**

RSTA Deck Change Slip Procedures: The Deck Change Slip will be reviewed and initialed by requesting Team Manager and the opposing Team Manager. The Deck Change Slip is presented to the Clerk of Course and attached to the Lane Time Sheet. The slip summarizes the additions, changes and scratches in swimmer entries as well as the approvals for them.

Official Times

Official RSTA times shall be expressed to the 100th-of-a-second (e.g., 36.94; 1:04.93) To the best of our ability, each swimmer shall be timed with three (3) digital electronic stop- watches and the official time shall be either:

- The “middle time” (e.g., 36.54, 36.56, 36.51— the official time will be 36.54)
- The time appearing on two (2) watches in agreement (e.g., 36.55, 36.56, 36.56 — the official time will be 36.56)

Where circumstances (missed start, watch malfunctions, etc.) prevent the use of three (3) watches and the time appearing on two (2) watches is in disagreement, the official time shall be determined by the Scorers as follows: Average the two (2) times. Round up the average to the next highest 1/100th of a second. Examples: 36.51, 36.49-official time is 36.50, 36.50, 36.51-official time is 36.51.

Unless limited due to pool capacity restrictions, no time from just one (1) watch shall be deemed an official time. In the event a swimmer who has finished a race legally can not be given an official time, the entire heat will be repeated (after at least a one heat break) and the times in this heat will be official.

A disqualified swimmer shall not receive an official time. Any disqualified swimmer shall abide by the decision of the Referee, whose decision shall be final. No official judgment shall be rendered by another meet official (e.g., Timers, Starter, etc.).

Time Records

Time records must exceed the prior time achieved to be considered records, provided all other rules have been followed.

1. A record time can be achieved only by a swimmer swimming in their own age group. Times achieved by swimmers swimming in an older age group are not eligible.
2. The lane in which the record time is achieved must have three timers.

Time records will be based on the gender specified during the registration process for the swimmer.

Protests

Protests against official judgment decisions must be made immediately to the Referee by a Manager. Spectators may not challenge officials or rulings. Video shall not be used to review an official's decision. Once a Referee's decision has been handed down, it shall become final. A meet protest can be made if and only if the outcome of the meet would be reversed. A written protest (e-mail) must be made to the Rules of Competition and

Officiating Committee within 24 hours of completion of the meet. The Rules of Competition and Officiating Committee would have 72 hours to either uphold or reverse the Referee's decision. During a meet protest, neither the meet results nor those of a specific heat or event under protest shall become official and no awards or points will be granted. A grievance could be filed by a Manager to the Rules of Competition and Officiating Committee whereby the committee would work to find a solution to prevent the issue from repeating itself in the future.

Written protests will be heard by the Rules of Competition & Officiating Committee as set forth in Article VII 2(m) of the bylaws.

Competition and Scoring

Individual Events—Competition and scoring in each individual event shall be based upon the points scored by each team's classification of swimmers' times competing against the other team's same classification of swimmers' times ("A," "B," "C"). To the extent possible, heats shall be organized to fairly reflect the different time classifications of the swimmers competing in the event and shall be run in order of descending time ("C," "B," "A"). Place shall be determined solely by official time.

First through third places shall be scored in each swimmer time category for each event and weighted accordingly:

1st = 5 points 2nd = 3 points 3rd = 1 point

Relay Events—Competition and scoring of relays shall be organized without regard to individual swimmer classifications and scored as follows:

1st = 8 points 2nd = 4 points 3rd = 2 points

In case of ties, the points of the places involved shall be split by the competitors. A two-way tie for first place would equally share first and second place combined points, with no second place awarded. A three-way tie for first place would equally share first, second and third place combined points, with no second or third place awarded. A two-way tie for second place would equally share second and third place combined points with no third place awarded. Points for any tie for third place would be split equally among the third place winners. Ribbons shall be awarded to first through third place in each stroke and class.

Results

Total points as computed by the Hy-Tek Meet Manager Program at the conclusion of the meet shall determine the winning team. Results are official at the end of the meet unless the meet is under protest. A Team Manager from each team and the Chief Scorer will verify the validity of the final scores at the conclusion of the meet. After the Managers and Chief Scorer have verified the scores, the Referee will certify the results by signing the official score sheet. No meets will be re-scored after the meet. In the event of an equipment failure that prevents the computation of the final meet results during the meet, the official score will be manually computed during the meet.

Postponement or Delay of Meet

The decision to delay a meet shall be by the sole decision of the most senior Reston Association (RA) employee at the pool who is not a coach of either team involved in the meet. The designated RA employee has the sole authority to close the pool. The decision to postpone a delayed meet shall be made by the Referee at the request of both Team Managers.

NOTE: If lightning bolts or heat lightning is sighted, the pool is required to be closed for 30 minutes after the last lightning is sighted.

Rain Date Rules for Dual Meets

In the event a meet must be postponed prior to completion of all events, it will be declared completed if the age group relays have been swum, and the team leading in the results will be declared the winner, except that the meet will be declared a draw under the following conditions:

- If the age group relays have been swum and the point differential is less than 50 points.
- If the breaststroke events have been completed and the point differential is less than 25 points.
- If the freestyle events have been completed and the point differential is less than 10 points.
- If the meet is swum through backstroke, a make-up will be scheduled to complete the meet. If the make-up meet is rained out, the meet will be considered completed and the team leading in the results will be declared the winner except that the meet will be declared a draw if the point differential is less than 50 points.
- If the meet is not swum through backstroke and if the make-up date is rained out, the meet will not be rescheduled and a score will not count toward championship standings. Individual times for all events swum, however, will be considered for All Star ranking.
- If the meet is stopped in the middle of a stroke (all age groups of stroke not swum) and that stroke is not completed on a make-up date, team points for that stroke will not be scored. However, individual times will be considered for All Star ranking.

There will be no make-up dates for meets not swum or not completed on or before Saturday, July 19, 2025.

Other Meets*

IM MEET

An Individual Medley (IM) Meet is usually held every year at Lake Newport Pool. If a rain date is used, only those swimmers entered for the original date may swim in the make-up meet. Awards will be given for places 1–12. For 2023 DQs; 10&U swimmers will receive a participation rosette/11+ will be given the option of a participation ribbon.

The meet will begin with the 15–18 age group and then will be swum by age group from youngest to oldest (8 & Under to 13–14). Swimmers need to be on time and swim with their own age group. All DQs are final. The false start rules will apply at this meet except that the swimmer will be allowed to swim the event unofficially.

Any RSTA swimmers who wish to compete in this event and who are deemed capable of doing so by their team coaches may do so. Swimmers must be able to swim four legal strokes and (ideally) should have a legal time from this season in each of the four strokes. Please note the 100-meter IM is a long and strenuous event and may not be suited to the stamina of all swimmers, especially younger and/or less experienced swimmers.

ALL STAR MEET

An All Star Meet is usually held on the last Saturday of the season at the Lake Newport Pool. Team warmup times will be assigned prior to the All Star Meet.

To the extent possible, the top 12 swimmers in each stroke by gender and age group, as determined by the final RSTA ranking, shall be invited to compete in this meet with no swimmer competing in more than two (2) of the four (4) individual events (Free, Back, Breast, Fly). A swimmer also will be able to swim in the age group and mixed age relays should they be selected.

A list of the fastest swimmers in each age, gender and stroke will be maintained during the season with a list of these swimmers being published weekly. Swimmers may still qualify up to and including the last dual meet of the season. Due to the limit on the number of strokes (2) a swimmer is allowed to swim in the meet and the fact that some swimmers will be unavailable for the meet, swimmers ranked beyond #12 are frequently invited to swim in the meet. It's important for swimmers to let Coaches and Managers know if they will not be available to swim in the All Star Meet.

After the last dual meet, a list of the top 12 available swimmers in each age, gender and stroke will be drawn up with each eligible swimmer being allowed to swim in two of the four strokes. Any swimmers qualifying as #1 in all four strokes will be asked to choose the two strokes they wish to swim; all others will be placed using an automated software process to manage the seeding in a fair, equitable and repeatable manner (specifically the two strokes where they rank the highest).

The order of events at the All Star Meet shall be:

Strokes: Fly, Back, Age Group Relays, Breast, Free, Mixed Age Relays

Age Groups: 8 & Under, 9–10, 11–12, 13–14, 15–18

Gender: Boys then Girls

Note: This follows the same order as the regular season dual meets.

Special awards shall be given for the All Star Meet. For individual events, swimmers placing 1–3 shall receive medals; those placing 4–12 shall receive rosette ribbons. In the relay events, the top three teams shall receive medals and places 4–9 shall receive rosette ribbons.

The false start rules will apply at this meet except that the swimmer will be allowed to swim the event for a participation ribbon.

Officials shall be selected by the All Star Committee. Except as noted above, the All Star Meet shall be conducted in accordance with the RSTA Rules of Competition.

Souvenir programs listing each swimmer's name, team and qualifying time will be available on the RSTA website for downloading and printing at home prior to the meet. Food and non-alcoholic beverages will be available for purchase.

Note: Every effort must be made to let your Coaches or Managers know if a swimmer will be unavailable to swim in the All Star Meet. It is important to fill all 12 slots for every event and it is very disheartening to have “no-shows.” This consideration also applies to relays. Swimmers must swim in their designated age groups. Swimmers may not swim up in relays at the All Star Meet, nor may Coaches (or older swimmers) fill in for the 8 & Under age group if a team is short swimmers.

***Please review the RSTA website (RSTA.org) for the most up-to-date information about meet schedules, awards, changes, rain dates (if applicable) and other information. If a rain date is provided, only swimmers registered in the original meet will be permitted to compete in the make-up meet.**

Referee Oversight Timeline and Guide

6:15 AM — Be at the pool at least an hour prior to the meet starting.

- Make sure the pool gets set-up in a timely manner
- Welcome and introduce yourself to the Coaches and Managers
- Identify and meet with the following personnel to review their responsibilities:

6:40 AM—Meet with Pool Lifeguard

Introduce and make sure they are in their chair for the 7:00 AM to 7:30 AM warm-ups. Make sure pool is set-up properly to include: lane lines, backstroke flags, chairs with lane markers indicated at the start/turn ends of the pool, announcer equipment, starter equipment, 15-meter marks, officials' areas marked with ribbon to allow free access during competition and removal of ladders if necessary.

6:45 AM—Meet with Announcer

Review announcement timing protocol and have them call-up Meet Marshals prior to the last heat of individual competition prior to each set of relays.

6:50 AM—Pool ready for warm-ups.

6:50 AM—Meet with Marshals

Discuss oversight presence during warm-ups.

For relay takeoffs the combinations of the officials are as follows for Dual Confirmation of False Start Calls:

- Starter opposite of Home Team Marshal @ start position end of pool
- Referee opposite of Visiting Team Marshal @ opposite end of pool

7:00 AM—Marshals and Lifeguard must be in position for warm-ups to start

(Warm-ups Home Team 7:00 AM / warm-ups for Visiting Team 7:15 AM)

7:05 AM—Meet with Clerk of Course

Introduce and confirm dual coverage.

7:10 AM—Meet with Chief Timer and Starter

Review heat queuing procedures and signals to be given prior to each heat.

7:15 AM—Chief Timer meets with Assistant Chief Timer and Lane Timers

Lane assignments and roles review. Chief Timer gives Timers briefing.

7:20 AM—Meet with Stroke and Turn Judges

Review pool assignments, rotation procedures, positioning for turns, DQ Slips and high-level strokes review.

7:30 AM—Starter/Timers Time Check (After Visiting Team clears the pool).

7:35 AM—National Anthem (Optional)

7:40 AM—Meet Starts with Event 1/Heat 1

End of Meet

After each meet, thank each of the coaches, managers and meet officials/volunteers.

Discuss lessons learned with Chief Timer and Starter. Sign-off on final meet scoring sheets.

The Referee has full authority over all officials. The Referee shall enforce all of the rules and decisions of RSTA and shall decide all questions relating to the actual conduct of the meet. The Referee can overrule any meet official on a point of rules' interpretation or on a judgment decision (pertaining to an action which the Referee has personally observed) and shall also disqualify swimmers for any violations of the rules that the Referee has personally observed. The Referee has the right to bar anyone from the premises if they are behaving in an unsafe and/or unsporting like manner.

On any point where the opinions of other officials differ, the Referee shall give a decision. The Referee has the authority to intercede in a competition at any stage to ensure the maintenance of fair and equal conditions for all swimmers.

Note: The decision to delay a meet shall be by the sole decision of the most senior Reston Association (RA) employee at the pool who is not a coach of either team involved in the meet. The designated RA employee has the sole authority to close the pool. The decision to postpone a delayed meet shall be made by the Referee at the request of both Team Managers.

Starter Guide

The Starter should arrive at least one-half hour prior to the start of the meet and be prepared to meet with the Referee at 7:10 AM. The Starter, in conjunction with the Referee, determines the fairness of the beginning of each heat. The Starter is the official in complete control from the time the Referee signals with outstretched arm until the swimmers start the competition or event.

- **Equipment**—The Starter shall be equipped with a starting device to sufficiently conduct the entire meet, a listing of the order of events and a megaphone/microphone for issuing directions to the swimmers. The strobe on the starting device will face toward the timers unless a hearing-impaired swimmer requests the starting device to face the swimmers. The Starter should make sure the starting device is charged.
- **Position**—Positioned within ten feet of the starting end of the pool. The Starter may be on either side of the pool, whichever is most convenient. Note: The Referee and Starter must be at the same end of the pool for the start in case there is a false start for dual confirmation.
- **Protocol**—
 1. Referee sounds a series of short whistles (not less than 4) indicating the field is clear and the next group should prepare to swim.
 2. Starter announces the event number, girls or boys, distance and stroke. For medley relays, the Starter should also announce the sequence of strokes (i.e., backstroke, breaststroke, butterfly and a stroke not previously swum in this event). Subsequent heats may be announced simply as “Heat X.”
 3. Referee sounds a long whistle indicating swimmers should step forward to deck edge or should enter the pool feet first to prepare for backstroke. For backstroke, the Referee sounds a second long whistle after the last swimmer has popped up after entering the pool. That whistle signals swimmers should prepare by grasping the pool edge or the ankles of a volunteer (ensure the volunteer is not wearing flip-flops and their heels do not extend over the edge of the deck).
 4. When ready the Referee turns control over to the Starter by extending an arm in the Starter’s direction.
 5. The Starter then instructs the swimmers to “TAKE YOUR MARKS” using a calm invitational voice. Swimmers are given sufficient time to assume a starting position without motion (or wobbling) and then the race is started. No swimmer shall be in motion immediately before the start. If it takes an inordinately long time for all swimmers to assume a motionless starting position the Starter instructs the swimmers to “PLEASE STAND” or, “RELAX SWIMMERS.” After issues are resolved the starting procedure is begun again.
 6. A possible false start occurs if a swimmer enters the pool without a starting signal, or if a swimmer begins a forward motion after “take your marks” and prior to the starting signal. Possible false starts must be confirmed by both Starter and Referee in order to be charged to a swimmer. **Note:** the Starter may decide to charge themselves with the false start if it was

caused by a mistake in protocol.

If a false start occurs without the race being started the swimmer should be immediately notified they are ineligible to swim in the event (except 8-and-under swimmers who will be permitted one false start), after which the starting protocol can begin again. If, however, the false start was followed by the starting signal, then the race should be allowed to proceed without recall and the swimmer being charged should be disqualified by noting “false start” on a DQ slip.

In certain unusual circumstances the race may need to be recalled. For example, if an 8-and-under swimmer false starts for the first time followed by the starting signal. The recall can be accomplished by sounding multiple starting signals and may be aided (only if requested by Referee) by an assistant who enters the pool at the far end to alert swimmers as they approach. Note that a swimmer shall not be disqualified for a start before the Starter instructs “TAKE YOUR MARKS.”

7. The Starter performs the duty of a Relay/Take-off Judge for dual meets and may be asked to do so at All Star meets. The Starter should prepare as needed by reviewing the “Relay Take-off Judge Guide” located in this handbook.

Announcer Guide

- Arrive prior to the start of warm-ups in time for meeting with the Referee at 6:45 AM. The Announcer may be needed to make announcements regarding proper usage of the pool, check-in times, etc. Check with the Referee and Host Manager for time schedules (warm- ups, meet start time, etc.) and any special instructions regarding announcements.
- Ensure all equipment is in working order (microphone and all speakers working, volume adjusted properly, etc.). Adjust the start of the national anthem recording, when appropriate.
- It is the responsibility of the Announcer to call the swimmers for each event so the swimmers are in place before the event, thus avoiding unnecessary delays. This should be coordinated with the Clerk of Course since an event should not be called so early that an unnecessary number of swimmers will be crowded into the area behind the Timers or into the Clerk of Course area.
- Never make an announcement between the time the Referee blows the whistle and the Starter starts an event, except if requested by the Referee to ask for “Quiet for the start, please.”
- The Announcer should be alert to excessive spectator noise during the start of the events and then remind the spectators that quiet is necessary for every start. The Announcer should also announce the score of the meet after the completion of each series of events of a single stroke.
- No swimmer should be allowed the use of the P.A. system during the meet.
- All announcements should only occur when no swimmers are actively competing. Wait for the last swimmer in the heat to finish swimming.
- Remind spectators as needed that everyone needs to remain away from the edge of the pool to allow the officials free movement.
- Speak clearly, talk slowly and distinctly, and pronounce names correctly! If possible, find time prior to the session to meet with coaches or athletes to learn proper pronunciation of names.
- Don’t over announce. A few pertinent announcements are far more effective than too many.
- Please stop talking when the Referee blows their whistle.
- At the conclusion of the meet please remind everyone to help cleanup and thank those who volunteered and helped make the meet a success.

Meet Marshal Guide

- Each team will provide one Meet Marshal to be at the pool by 6:50 AM the morning of the meet.
- The Meet Marshal should check-in with the Referee to receive instructions, e.g., where they will be positioned, special safety concerns for the meet, etc.
- Marshal(s) shall wear a brightly colored safety vest (provided at meet by host team) thus identifying them and shall enforce warm-up procedures and maintain a safe environment in the swimming venue.
- Each team gets a 15-minute warm up period. The home team warms-up first. Coaches will determine how they want to run their warm-ups but, typically, the first 10 minutes are
- general warm-up, with swimmers staying to the right of the lane in both directions. The last five (5) minutes are typically used for sprinting and practicing racing starts.
- During general warm-ups, make sure swimmers enter the water feet first from the starting end only and ease into the water. Swimmers should **NOT** enter from the opposite end or sides of the pool during warm-ups.
- **ABSOLUTELY NO DIVING!** Be alert to dangerously overcrowded warm-ups and alert the meet Referee or Manager(s).
- Marshals shall make sure the lanes are clear of all swimmers before opening lane(s) for sprinting and racing starts. All sprint lanes are one-way only and the swimmer must exit at the opposite end of the pool.
- The Marshal shall have full authority to warn and/or order to cease and desist any unsafe or any unsporting-like conduct. The Marshal will notify the Referee, Team Manager(s) and/ or Coaches of any unsafe behavior or use of profane/abusive language, or a swimmer whose actions are disrupting the orderly conduct of the meet.
- Should it be necessary, the Referee will then make the determination as to whether the behavior warrants removal of participant and/or spectator from the swimming venue.
- If available such as in Championships; warm-down areas must be Marshaled throughout the meet. Marshals must not leave the area until coverage is provided or until excused by the Referee.
- At the discretion of the Referee, the Meet Marshal(s) may serve as Relay Take-Off Judges during age group relays (events 21 through 30), and the mixed-age relays (events 51 and 52). The Referee will provide guidance if Marshals are used in this capacity.

Relay Take-Off Judge

RSTA has adopted dual confirmation by officials for judging relay take-off(s); similar to that used by high school, PVS and USA swimming. This provides the “benefit of the doubt” going to the swimmers. The Relay Take-off Judge should be in position to clearly see the incoming swimmer touch the wall. Side Relay Take-off Judges should take a position on the side just far enough from the end of the pool to clearly see all the lanes for which they are responsible.

Four judges are needed to officiate relay takeoffs; in dual meets they include the Starter, Referee, Home Team Marshal and Visiting Team Marshal. Following the start, the Starter and Home Team Marshal are positioned on opposite sides of the start end of the pool; the Referee and Visiting Team Marshal are positioned at opposite sides on the turn end of the pool. Each is watching their 6 lanes for possible early take-offs.

Note: The Referee and Starter need to be at the starters end of the pool for the start, before the Referee moves to their take-off position at the turn end of the pool.

This combination pairs volunteers who are somewhat experienced and, more importantly, have gone through the officials training with other parent volunteers. Take-off Judges should stand up straight and position themselves to observe the toes of the departing swimmer.

Once the swimmer’s toes have lost contact with the wall, the Relay Take-off Judge should look down for the touch of the incoming swimmer. Relay Take-off Judges will not raise their hands if they see an early take-off. (Note: Stroke & Turn Judges still raise their hands if they see a stroke or touch violation.)

If Relay take-off slips are used during a meet, after each and every exchange of swimmers, judges must mark their relay take-off slips—with an “O” if the exchange was good or an “X” if it was early. Judges must make sure to mark the correct row, the number corresponding to the swimmer who is taking off and verify the preprinted event number on the slip.

At the conclusion of the heat, if the Starter or Referee have an early take off they will check with the appropriate Marshal; if that Marshal does not independently concur then there is no dual confirmation, thus no DQ for early take-off. Dual confirmation is required for DQ, meaning both Relay Take-off Judges must independently observe early take-off, annotate it and confer and confirm following the heat. If confirmed, the Referee (or designated official) will fill out a DQ slip signed by the Referee for submission to the scorers.

Note: A swimmer may be in motion before the touch of the in-coming competitor as long as their feet have not completely left the starting platform (ground/deck) before the touch. A take-off violation only occurs if the incoming swimmer touches after the departing swimmer has completely broken contact with the pool deck. When judging a take-off it is important to concentrate on the departing swimmer’s toes, not on the incoming swimmer. When the departing swimmer completely leaves the starting platform (deck), glance down immediately. By refocusing the eyes in this manner you will see more clearly: if the hand of the incoming swimmer has not yet touched, an early take-off has occurred.

Clerk of Course & Assistant Clerk of Course

The Clerk of Course (Host Team) and Assistant Clerk of Course (Visiting Team) should arrive at the pool by 7:00 AM and be prepared to meet with the Referee at 7:05 AM for a short briefing.

Entry List and Meet Program

The Clerk of Course for the host team receives the Entry Lists and Meet Program from the Host Manager. These two documents will become the “Master Entry List” and “Master Meet Program.” The Clerk of Course will record any swimmer or event changes on the Master Meet Program and the Master Entry List.

Lane Timer Sheets

The Clerk of Course will receive the Lane Timer Sheets from the Meet Host. The Clerk of Course will ensure the Lane Timer Sheets are updated with any swimmer or event changes. The Clerk of Course will ensure the Lane Timer Sheets are presented to the Lane Timers in a timely manner.

Swimmer Check In

All Swimmers must check in with the Clerk of Course prior to their event. The Clerk of Course confirms the events, heats, lanes, and, for 8 & Under swimmers, lines the swimmers up in their heats.

The Clerk of Course is responsible for directing the swimmers to their proper location for the start of each heat. Relay teams are the coaches’ responsibility and the team members will not report to the Clerk.

The Assistant Clerk of Course is provided by the visiting team and assists the Clerk of Course in their duties.

Deck Changes

All changes to the published Meet Program (referred to as “Deck Changes”) will be processed by the Clerk of Course and must be accompanied by a Deck Change Slip. The Deck Change slip must be presented with a Deck Change Request. The Deck Change Request must be completed by the Head Coach or Senior Assistant Coach. The Deck Change Slip will be reviewed and initialed by the requesting and opposing team manager.

No deck changes are permitted once the first heat of that stroke has begun in the 8 & Under Boys event. However, the Clerk of Course will make every effort to allow a swimmer to swim in an eligible event.

The Clerk of Course will check the validity of the proposed change and, if accepted, the Clerk of Course will update the Master Meet Program, the Master Entry List and the Lane Timer sheet affected by the change. The Deck Change Slip must be attached to the Lane Time Sheet.

Lane assignments shall not be adjusted for no-shows except in the case of solo swimmers, in which case the Clerk of Course will need to notify the Chief Scorer who can make adjustments to the heats so that no swimmer EVER swims alone.

Changes to the Published Meet Program:

The Published Meet program refers to the Meet Program that is posted on the RSTA Website on the Friday before the Meet.

The Host Team cannot make changes to the Meet Manager database created for the Meet by the League Computer Coordinator.

Changes to the Published Meet Program, i.e. “Deck Changes,” must be presented to the Clerk of Course at the Meet before the event begins.

8 & Under Aide:

The 8 & Under Aide is assigned the task of getting the younger swimmers to the end of the pool opposite from the Timers.

Note: *Relay teams are the coaches’ responsibility and will not report to the Clerk of Course during dual meets.*

Chief Timer/Assistant Chief Timer

The Chief Timer and Assistant Chief Timer should arrive at least one-half hour prior to the start of the meet and be prepared to meet with the Referee at 7:10 AM.

- The Chief Timer should assign the Timers to their respective lanes and instruct them in the proper use of their watch.
- The Chief Timer should designate a Head Lane Timer (recorder) for each lane.
- Before any meet starts, conduct a time check with the Starter to eliminate any defective watches.
- Prior to the Referee blowing the whistle to turn over control of an event to the Starter, the Chief Timer ensures all Timers are prepared (i.e. watches cleared, event cards in hand) by issuing a “Timers, clear your watches” request and then provide a signal to the Referee when ready.
- During the competition, observe whether the Timers are watching the flash at the start, looking over the edge of the pool at the finish, reading the watches correctly, not clearing their watches before you or a runner has picked up their card and inspected it, etc. In all competitions, the Chief Timer’s decision as to the correctness of each Timer’s recorded watch reading, the exact time of each watch and the official time of each swimmer shall be final and absolute.
- Timers should be instructed to start watches at the sound of a horn on 25-meter events when the strobe light is facing the swimmers.

Lane Timers

The Lane Timers should arrive at least twenty minutes prior to the start of the meet and be prepared to meet with the Chief Timer at 7:15 AM for assignments and briefing.

There will be three (3) Timers for each lane, not all of whom are from the same team. These Timers are the official Lane Timers and their times must be recorded as the official times on the lane.

- The Chief Timer or Assistant Chief Timer may substitute for a Lane Timer if either a watch fails or a Timer misses the start.
- The Chief Timer designates one Timer on each lane as the Head Lane Timer (recorder). The Head Lane Timer shall be responsible for determining the proper swimmer is in their lane, recording the watch times of all Timers in that lane, and computing the “official time” of each swimmer. See section under Official Times.
- At the end of all heats that begin at the opposite end of the pool from where Timers are stationed (all 8 and Under events, and 9/10 Butterfly), check with the swimmer to ensure the correct card with that swimmer’s name on it is in hand. If not, ask Chief Timer for help in obtaining the correct card. Due to classification and best time at top of card, **DO NOT CHANGE A NAME.**
- Each Timer should look at the starting device at the beginning of each race and activate

their watch when they see the starting flash. On 25-meter events, this may not be possible, in which case watches should be started at the sound of the horn. The watch should be stopped when, in the Timer's opinion, any part of the swimmer's body touches the end of the pool at, above or below the surface of the water. **DO NOT JUDGE THE LEGALITY OF THE TOUCH**; that is the job of the Stroke and Turn Judges.

Official Times:

Official RSTA times shall be expressed to the 100th-of-a-second (e.g., 36.94; 1:04.93). In the instance where a stopwatch displays time to the 1000th of a second, elapsed times should be truncated to the 100th of a second, not rounded.

To the best of the Timers' ability, each swimmer shall be timed with three (3) digital electronic stopwatches and the official time shall be either:

- The "middle time" (e.g., 36.54, 36.56, 36.51 —the official time will be 36.54)
- The time appearing on two (2) watches in agreement (e.g., 36.55, 36.56, 36.56 —the official time will be 36.56)

Where circumstances (missed start, watch malfunctions, etc.) prevent the use of three (3) watches and the time appearing on two (2) watches is in disagreement, the official time shall be determined as follows:

Average the two times. Round up the average to the next highest 1/100th of a second.

Examples:

- 36.51, 36.49—official time is 36.50
- 36.50, 36.51—official time is 36.51
- 36.50, 36.55—official time is 36.53

Note: *Unless limited due to pool capacity restrictions, no time from just one (1) watch shall be deemed an official time. In the event a swimmer who has finished a race legally cannot be given an official time, the entire heat will be repeated, after a heat break, and the times in this heat will be official.*

A disqualified swimmer shall not receive an official time. Any disqualified swimmer shall abide by the decision of the Referee, whose decision shall be final. No official judgment shall be rendered by another meet official (e.g., Timers, Starter, etc.).

Timers Briefing Guide

- Timing is one of the most important functions at the meet as every Timer's input is needed to determine the swimmer's official time.
- The Chief Timer will assign each Timer a specific lane and designate one Timer per lane as the Head Lane Timer.
- Timers should familiarize themselves with the watch they will be using and know which button starts, stops and clears the watch. Always start and stop the watch with the same finger.
- The Head Lane Timer should check each swimmer's name, preferably by asking for the swimmer's name. For relays, the team and order in which the swimmers compete also should be checked.
- Do not engage in conversation with the swimmers prior to the race unless the swimmer initiates the conversation.
- Prior to the race, Timers should be sitting or standing far enough back so they will not distract the Starter or competing swimmers.
- At the start, Timers should focus on the strobe light on the starting unit and start the watch on the flash rather than on the sound.
- Once the heat has started, check to ensure the watch is running. If it is not, or a Timer thinks they started it late, they should signal the Chief Timer by raising their hand with the watch showing.
- Stand directly over the edge of the pool at the finish and stop the watch when any part of the swimmer's body touches any part of the wall. Timers are not responsible for the legality of the finish.
- Times should be recorded to the hundredths of a second (two decimal places). If the watch records to the thousandths of a second, drop the last digit without rounding. Always record the times in the same timer order and please write legibly.
- If the swimmer does not finish their race, record, "Did Not Finish" or "DNF".
- If the swimmer does not swim record, "no show" or "NS".
- If, for whatever reason, a swimmer does not swim because of a mistake a Timer made (they tell the swimmer the wrong heat number, interfere with the swimmer getting to the blocks, etc.), please bring this to the attention of the Referee. RSTA does not penalize swimmers for mistakes made by officials (and Timers are officials).
- Timers provide their event or timers sheet to the scoring table following each event, via a runner.

Stroke and Turn Judge Guide

“Be Fair and Consistent; Always Give the Swimmer the Benefit of Any Doubt.”

Except as modified herein, the rules governing the conduct of RSTA swimming meets are the United States Swimming Rules and Regulations

<http://www.usaswimming.org/rulebook>

Stroke & Turn Judges should arrive at least 30 minutes prior (7:00 AM) to the start of a dual meet in preparation for the Officials Briefing by the Referee.

All officials should conduct themselves with professionalism and good humor, while also ensuring safe, fair and equitable conditions for the competitions. Officials should be somewhat invisible or transparent. All meet officials are urged to maintain neutrality by refraining from jumping, screaming or cheering for individual swimmers or teams. Please do not use cellular phones while officiating.

All deck officials (Referee, Starter, Stroke & Turn) are expected to wear white or blue shorts, pants, or skirt and a white top. At a minimum, no deck official shall wear or display any team colors or logos.

The swimmers worked hard to achieve their successes and deserve a safe, fair and equitable competition. Officials must apply the rules intelligently at all times, using common sense and good judgment.

The primary objective and purpose of RSTA is the education (i.e. instruction and training) of all individuals aged 5-18 for the purpose of developing and improving their capabilities in the sport of swimming.

“Always give the benefit of the doubt, in every instance, to the swimmer.”

Disqualifications

Upon observing an infraction in their jurisdiction, the Stroke & Turn Judge or Referee shall immediately raise one hand overhead with open palm. Please be prepared to accurately answer “Three Questions” from the Referee, if asked, with the language of the rulebook:

“Where were you? (Jurisdiction)”

“What did you see? (Description)”

“What rule was broken? (Infraction)”

If asked and/or if a call by an official is in question, the decision to accept or reject a disqualification is the responsibility of the Referee. Stroke & Turn Judges should fill out the disqualification (DQ) slip and verify all the information is correct and legibly initial the disqualification slip, and then turn over the slip to the Referee or Lane Timers if it is a Championship or Dual Meet respectively.

DQ slips should be sent to the Scorer’s table to be recorded and then distributed to the Coaches following the meet. Coaches will notify 8 and under swimmers of their disqualification before the end of the meet. The Coach(es) and/or Manager(s) have the right to talk with the Referee about a call that was made should it be contested and/or questioned. Video shall not be used to review an official’s decision.

False Starts

RSTA has adopted dual confirmation by officials for judging starts and early relay takeoff(s); similar to that used by high school, PVS and USA swimming. This provides the “benefit of the doubt” going to the swimmers. A swimmer can be charged with a false start only if the Referee also has observed the violation and confirms the violation occurred with the Starter at the start of an event/heat. A false start on a swimmer must be charged to the swimmer immediately and the swimmer so notified they are ineligible to swim in the event, except 8 and under swimmers who will be permitted one false start. A Starter may charge a false start to themselves. Any 9 and over swimmer charged with a false start or 8 and under swimmer charged with a second false start is automatically disqualified and ineligible to swim the event. A swimmer shall not be disqualified for an illegal starting position if the Starter has permitted the race to proceed without recall.

Unusual Starting Habits

Swimmer who takes no position at all. Swimmers need not assume a crouch; they must merely be motionless (legal start).

In case a swimmer needs to be stopped after a false start is called, only the Referee may authorize someone to enter the pool and stop the swimmer.

Jurisdiction

STROKE & TURN JUDGES will be positioned at the turn and start ends of the pool with three lanes each as their jurisdiction observing half the pool for assigned lanes.

REFEREE has full control and authority over all officials.

BENEFIT OF THE DOUBT GOES TO THE SWIMMER

Call what you see and see what you call.

Chief Scorer Guide

The Chief Scorer is in charge of scoring the dual meet. It is the responsibility of the Chief Scorer to review the entry cards for each event, match disqualification slips with the entry cards of the appropriate swimmers and call any discrepancies to the attention of the Host Manager(s) or other appropriate official.

If there are no discrepancies, it is the responsibility of the Chief Scorer to record the results using the RSTA Dual Meet Scorer program. After each stroke, the Chief Scorer may print meet results for posting. At the end of the meet, the Chief Scorer will print out the official score sheet and verify the results. At the end of the meet the Chief Scorer will make available to each team the meet results, meet publicity and ribbon label files.

The Chief Scorer performs these functions with the support of an Assistant Chief Scorer and two Assistant Scorers. It is important the Chief Scorer and Assistant Chief Scorer be present during dual meet scoring in order to ensure the integrity of the scoring process.

If there is an equipment failure preventing the use of the RSTA Dual Meet Scorer program, the Chief Scorer will manually score the meet and record the results on the RSTA Backup Score Sheet available for this purpose. To do this, the Chief Scorer must manually class any results not already classed, separate results by class, determine order of finish solely on official time within each class and then score the results according to place.

Assistant Chief Scorer

The Assistant Chief Scorer is responsible for assisting the Chief Scorer in entering the official times into the Dual Meet Scorer program. In the event of equipment failure, the Assistant Chief Scorer will also assist the Chief Scorer in manually classifying, scoring, and recording of meet results.

Order of Meet Events for Dual Meets

		BOYS EVENT	GIRLS EVENT
AGE GROUP	EVENT	#	#
8 & Under	25 Meter Butterfly	1	2
9 & 10	25 Meter Butterfly	3	4
11 & 12	50 Meter Butterfly	5	6
13 & 14	50 Meter Butterfly	7	8
15 – 18	50 Meter Butterfly	9	1
8 & Under	25 Meter Backstroke	11	12
9 & 10	50 Meter Backstroke	13	14
11 & 12	50 Meter Backstroke	15	16
13 & 14	50 Meter Backstroke	17	18
15 – 18	50 Meter Backstroke	19	20
8 & Under	100 Meter Freestyle Relay	21	22
9 & 10	100 Meter Medley Relay	23	24
11 & 12	100 Meter Medley Relay	25	26
13 & 14	200 Meter Medley Relay	27	28
15 – 18	200 Meter Medley Relay	29	30
8 & Under	25 Meter Breaststroke	31	32
9 & 10	50 Meter Breaststroke	33	34
11 & 12	50 Meter Breaststroke	35	36
13 & 14	50 Meter Breaststroke	37	38
15 – 18	50 Meter Breaststroke	39	40
8 & Under	25 Meter Freestyle	41	42
9 & 10	50 Meter Freestyle	43	44
11 & 12	50 Meter Freestyle	45	46
13 & 14	50 Meter Freestyle	47	48
15 – 18	50 Meter Freestyle	49	50
Mixed Age	200 Meter Freestyle Relay	51	52

The Age-Group Medley Relay is a 4-person relay whereby each person swims a different stroke for one-fourth of the prescribed distance in the following order: backstroke, breaststroke, butterfly and freestyle (a stroke not previously swum).

The Mixed Age 200 Meter Freestyle Relay is a 5-person relay comprised of one swimmer from each of the five age groups; 10 & under swim 25M each, 11 & up swim 50M each.

Breaststroke

Start—Forward start.

Stroke— The swimmer must remain on the breast (shoulders at or past vertical towards the breast). The cycle is one arm pull and one leg kick in that order. The arm pull cannot bring the hands past the hipline, except for the first arm pull after the start and after each turn. The recovery of the hands can be on, under or above the water. The elbows must remain under water except for the last stroke before the turn or finish. All arm movements must be simultaneous. The head must break the surface by the widest point of the second stroke and must break the surface during each complete cycle.

Kick— Breaststroke kick - The feet must be turned out during the propulsive part of the kick and all leg movements must be simultaneous. No alternating, scissors or butterfly kick is allowed, except after the start and after each turn, a single butterfly kick is permitted prior to the first breaststroke kick.

Turn/Finish—After each turn, the swimmer must be on the breast when the feet leave the wall. The touch must be made with both hands separated and simultaneously at, above or below the water surface. The last stroke before the turn or at the finish may be an arm stroke only. The head may be submerged after the last arm pull prior to the touch, but it must break the surface at some point during the last complete or incomplete stroke cycle preceding the touch.

Butterfly

Start—Forward start.

Stroke—The swimmer must remain on the breast (shoulders at or past vertical towards the breast). Multiple kicks are permitted, but the first arm pull must bring the swimmer to the surface. The arms (shoulder to wrist) must be brought forward over the water and pulled back under the water. All arm movements must be simultaneous. Throughout the race, some part of the body must break the surface, except for the start and after each turn, where the swimmer may be submerged for not more than 15 meters. At that point, the head must break the surface.

Kick—Butterfly kick - All leg movements must be simultaneous up and down. No alternating, scissors or breaststroke kick is allowed.

Turn/Finish—After each turn, the swimmer must be on the breast when the feet leave the wall. The touch must be made with both hands separated and simultaneously at, above or below the water surface.

Finish— At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

Backstroke

Start—The swimmers shall line up in the water facing the starting end, with both hands

placed on the wall ledge or on the ankles of a volunteer. Placing the toes above the lip of the wall, or bending the toes over the lip of the wall, before or after the start, is prohibited.

Stroke/Kick—The swimmer must remain on the back (shoulders at or past vertical towards the back). Any stroke or kick may be used. Throughout the race, some part of the body must break the surface, except for the start and after each turn, where the swimmer may be submerged for not more than 15 meters. At that point, the head must break the surface.

Turns—During the turn, the swimmer may rotate past vertical toward the breast and may use a continuous single or continuous simultaneous double arm pull to initiate the turn. Some part of swimmer must touch the wall at the completion of each length, and the swimmer must be on the back when the feet leave the wall.

Finish—At the finish of the race, the touch can be made with any part of the body and the swimmer must be on the back. Once some part of the head of the swimmer has passed the flags, the swimmer **MAY** be completely submerged.

Freestyle

Start—Forward start.

Stroke—Any stroke or kick may be used. Throughout the race, some part of the body must break the surface, except for at the start and after each turn, where the swimmer may be submerged for not more than 15 meters. At that point, the head must break the surface.

Turn/Finish—At the completion of each length and at the finish of the race, the touch can be made with any part of the body.

Individual Medley

The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

Start—Forward start.

Stroke—The swimmer must swim all four strokes in this order: Butterfly, Backstroke, Breaststroke and Freestyle. The rules for each stroke apply. During the freestyle leg, the swimmer cannot swim in the style of the previous three strokes and the swimmer must remain on the breast.

Kick—The rules for each stroke apply.

Turns/Finish—Transition turns between strokes must follow finish and start rules for each stroke. During the breaststroke to freestyle turn, the swimmer must return to the breast prior to any kick or stroke.

Relays

Relay Starts - A running start during the relay is not permitted. A swimmer may take one (1) forward step during the start motion; however, this only applies to swimmer number 2, 3

and 4 of the relay team.

Freestyle Relay—Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

Medley Relay—Four swimmers on each team, each to swim one-fourth of the prescribed distance continuously in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. During the freestyle leg, the swimmer cannot swim in the style of the previous three strokes and the swimmer must remain on the breast. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

Mixed Age Freestyle Relay—Five swimmers on each team, consisting of one swimmer from each of the five age groups: 10 & under swimmers shall swim 25 meters each; 11 & over swimmers shall swim 50 meters each. Freestyle rules apply. It shall be the responsibility of the swimmers in the mixed age freestyle relay to swim in the following order: 8 & Under swimmer, 9–10 swimmer, 11–12 swimmer, 13–14 swimmer and 15–18 swimmer. If a team is unable to create a mixed age relay because they do not have an available swimmer from each of the five age groups, swimmers may age up to create relays and participate in the event.

A swimmer may “swim up” only in team relay events provided no swimmer from that age group is displaced or otherwise denied participation. Any swimmer who “swims up” in one relay may still swim with their age group relay.

Rules Pertaining to Relay Races

- For all age group relays at least one swimmer must be of that age group. No swimmer shall swim more than one leg in any relay event.
- In relay races a swimmer other than the first swimmer shall not start until their teammate has concluded their leg. Swimmers cannot run when making a relay takeoff.
- Any relay team member and their relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg shall jump into or enter the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.
- Each relay team member shall leave the water immediately upon finishing their leg, except the last member.
- In relay races, the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before their preceding teammate touches the wall shall be disqualified.
- Relay lanes for the home team shall be 2, 4, and 6 and for the away team shall be 1, 3 and 5.
- At no time during relays are running starts permitted. A swimmer during a relay exchange may only take one step forward as part of the relay take-off process

Swimwear Rules

A.) Swimwear shall include only a swimsuit, cap and goggles.

B.) All swimsuits shall be made from textile materials (non compression materials). A swim shirt or other covering may be worn as long as it does not help with speed or buoyancy. Tie-back suits are prohibited.

C.) No swimmer is permitted to wear or use any device, substance or swimsuit to help their speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, power bands, adhesive substances, etc.). Goggles may be worn and rubdown oil applied if not considered excessive by the Referee. Therapeutic elastic tape is prohibited.

D.) Watches and jewelry will be permitted.

E.) No Technical Suit may be worn by any swimmer at any RSTA practice or meet, including IM and All Stars.

F.) Gender-transitioning swimmers who don't yet want to transition swim categories, but don't feel comfortable in a traditional suit for that gender, are free to wear what is comfortable provided it meets all other swimwear requirements for the league.

G.) Insignia — Swimmers shall not be allowed to wear the insignia and/or name of any outside (non-RSTA) club or organization. Swimmers may wear an RSTA team or league suit and cap or may wear a suit and cap with no team or league affiliation.

H.) Deviations from above swimsuit guidelines should be brought to the attention of the meet Referee or Rules Committee. The meet Referee or Rules Committee will assess and approve swimsuit modifications on a case by case basis.

Duties and Qualifications of Coaches

RSTA endeavors to hire the best-qualified coaching staff possible following the guidelines established by the RSTA bylaws and those of the Personnel Committee. The Personnel Committee and Team Personnel Reps supervise the coaching staff. Coaching staff members are contracted to refine swimmers' skills and to teach competitive swimming.

The coaching staff's duties include but are not limited to:

- Attendance at all meets and practices of the team to which they are assigned
- Maintaining current American Red Cross Lifeguarding certifications
- Attending one session of the "Rusty Guard" training conducted by Reston Association (RA) each year
- Maintaining safe practice, warm up and competition conditions for all swimmers
- Knowing and applying all rules and regulations as adopted by RSTA
- Taking attendance at practices
- Planning meet strategy and completing entry sheets for their own team for each meet
- Posting a Team Entry List at each meet so swimmers and parents know in which events each swimmer is entered in the meet
- Ensuring supervision of all team members during practices and meets, with constant direct supervision of swimmers
- Setting up and cleaning up of team areas and pools for both practices, meets, Individual Medley (IM) meet, All Star meets and any special meets (e.g. anniversary meets)
- Promoting team spirit
- Completing two Performance Reviews (mid-season & end-season) on coaches on their team
- Recognizing and responding to emergencies within the scope of their training
- Participating in emergency rescues/care as required
- Providing first aid for any injuries sustained during practice and fully documenting incident for reporting to RA
- Ensuring proper use and care of equipment
- Abiding by and enforcing Fairfax County Health Department and RA rules
- Communicating concerns to Team Managers and RA staff
- Other duties as assigned by the Personnel Committee/Personnel Rep.

Questions, compliments, comments or concerns about the coaching staff should be directed to your Team Personnel Rep who will discuss with Team Managers with issues escalated to the Personnel Committee and/or RSTA Board as required.

Coach Absence Policy

It is the expectation of the RSTA Board and Personnel Committee that **coaches attend all meets (including IMs and All Stars) and practices**. Coaches will be granted excused absences for school commitments, graduations and other pre-arranged absences. **You must receive approval for all absences, except for illnesses, from the Team Personnel Rep and Personnel Chair prior to the start of the season. Coaches may be absent no more than a total of seven (7) days during the season, including days absent for illness and injury.**

Excessive absences will be brought to the attention of the Personnel Committee and may also impact end of year bonuses. All effort should be made to ensure that Head and Senior Assistant Coaches are present at all meets, including IMs and All Stars.

Job Descriptions

Each position on an RSTA team coaching staff has specific responsibilities as follows:

Head Coach

Qualifications

- Must be 18 by May 18 of the current year.
- American Red Cross Lifeguard/CPR/AED certification
- Pool Operations License
- Water Safety Instruction certification
- All required credentials current as of May 18 through July 31 of the current year

Practice and Swim Meet Responsibilities

- Provide a safe and fun swimming environment for all team members
- Demonstrate and promote good sporting behavior at all times
- Perform pool operations prior to the beginning of each practice and record all necessary information for RA
- Develop activities for each practice
- Train all coaches & direct activities and actions of other coaches
- Provide swim technique coaching to other coaches when needed if strokes are not being taught correctly
- Encourage all swimmers during practice and offer developmental feedback to swimmers as appropriate
- Ensure all swimmers and coaching staff are treated with respect and fairness
- Delegate tasks to other coaching team members
- Schedule the weekly meet stroke selection meeting (seeding meeting) at a time when the entire coaching staff is available and enter selections into Team Unify
- Lead the weekly meet stroke selection meeting (seeding meeting) with the team's coaching staff
- Participate in selecting the weekly meet theme
- Cheer for all swimmers during the weekly meet
- Lead team cheers during the swim meet
- Organize set-up for all home swim meets
- Ensure all chairs are returned to an orderly arrangement; all trash around the pool is collected and removed at the end of practice and after swim meets
- Complete assigned responsibilities for IM's and All Stars assigned by the Personnel Chair- person/Team Personnel Rep

Administrative Responsibilities

- Submit new league employee and tax paperwork to Team Personnel Rep no later than the date determined by the league
- Submit all coaches' timesheets to Team Personnel Rep and the Personnel Chairperson no later than 12 noon on the day they are due

- Identify and request subs to backfill if coaches are absent
- Notify the Team Personnel Rep and/or Team Managers immediately if late or unable to attend practice for whatever reason
- Keep a daily record of all coach attendance
- Develop a rotation schedule for the CITs for practices and meets
- Attend the preseason coaches' meeting
- Attend Team Unify Training and ensure all data entered timely
- Attend the "Rusty Guard Training" conducted by the RA
- Attend the mid-season coaches' meeting
- Escalate coaching team performance issues and parent-coach or parent-swimmer issues to Personnel Rep
- Escalate parent or swimmer behavior issues (including breaches of Parent and Swimmer Codes of Conduct) to Team Managers
- Submit an early-season and end of season evaluation of each coaching team member to the Team Personnel Representative by the date determined by the league
- Facilitate the end-of-season awards preparation for their team

Senior Assistant Coach

Qualifications

- Must be at least 18 years of age as of May 18 of the current year
- American Red Cross Lifeguard/CPR/AED certification
- Pool Operations License
- All required credentials current as of May 18 through July 31 of the current year

Practice and Swim Meet Responsibilities

- Provide a safe and fun swimming environment for all team members
- Demonstrate and promote good sporting behavior at all times
- Perform pool operations in the absence of the Head Coach and record all necessary information as required by RA
- Assist the Head Coach in developing activities for each practice
- Act up if Head Coach is absent and ensure coach attendance is recorded & lead practice
- Assist Head Coach to train other coaches if strokes are being taught incorrectly
- Direct actions/delegate tasks to other coaches
- Encourage all swimmers during practice and offer developmental feedback to swimmers, as appropriate
- Ensure all swimmers and coaching staff are treated with respect and fairness
- Assist the Head Coach at the weekly meet stroke selection meeting (seeding meeting) with the team's coaching staff & ensure selections entered in Team Unify. Lead seeding meeting in absence of Head Coach.
- Participate in selecting the weekly meet theme
- Cheer for all swimmers during the weekly meet
- Lead team cheers during swim meets
- Assist in organizing the set-up for all home meets

- Ensure all chairs are returned to an orderly arrangement; all trash around the pool is collected and removed at the end of practices & meets
- Complete assigned responsibilities for IMs and All Stars assigned by the Personnel Chairperson/Team Personnel Rep

Administrative Responsibilities

- Submit new league employee and tax paperwork to Team Personnel Rep no later than the date determined by the league
- Submit all coaches' timesheets to Team Personnel Rep and the Personnel Chairperson no later than 12 noon on the day they are due
- Notify the Head Coach, Team Personnel Rep and/or Team Managers immediately if late or unable to attend practice for whatever reason
- Assist Head Coach identify and request subs to cover absence
- Attend Team Unify Training and ensure all data entered timely
- Attend the preseason coaches' meeting
- Attend the "Rusty Guard Training" conducted by the RA
- Attend the mid-season coaches' meeting
- Submit timesheets on time to the Head Coach on the date/time it is due
- Escalate coaching team performance issues and parent-coach or parent-swimmer issues to Head Coach
- Escalate parent or swimmer behavior issues (including breaches of Parent and Swimmer Codes of Conduct) to Head Coach and/or Team Managers
- Submit an early-season and end of season evaluation of each coaching team member to Team Personnel Representative by the date determined by the league
- Partner with Head Coach to facilitate the end-of-season awards preparation for the team

Assistant Coach

Qualifications

- Must be 16 by May 18 of the current year
- American Red Cross Lifeguard/CPR/AED certification
- All required credentials current as of May 18 through July 31 of the current year

Practice and Swim Meet Responsibilities

- Provide a safe and fun swimming environment for all team members
- Demonstrate and promote good sporting behavior at all times
- Help set up lane lines prior to practice and take lane lines down after practice
- Expected to assist swimmers assigned to their lane with stroke corrections and/or technique during both practices in whatever fashion deemed appropriate by the Head Coach
- Encourage all swimmers during practice
- Ensure all swimmers and coaching staff are treated with respect and fairness
- Participate in the weekly meet stroke selection meeting
- Participate in selecting the weekly meet theme
- Ensure members of relay teams are on time for their event(s) during the weekly meet
- Cheer for all swimmers during weekly meets
- Participate in team cheers during swim meets
- Assist in setting up for home swim meets

- Ensure all chairs are returned to an orderly arrangement; all trash around the pool is collected and removed at the end of practice and after swim meets
- Complete responsibilities for IMs and All Stars as assigned by the Personnel Chairperson & Team Personnel Rep

Administrative Responsibilities

- Submit new league employee and tax paperwork to Team Personnel Rep no later than the date determined by the league
- Notify the Head Coach, Team Personnel Rep and/or Team Managers immediately if late or unable to attend practice for whatever reason
- Attend the preseason coaches' meeting
- Attend the "Rusty Guard Training" conducted by the RA
- Attend the mid-season coaches' meeting
- Submit an early-season and end of season evaluation of each coaching team member to Team Personnel Representative by the date determined by the league
- Submit timesheet to the Head Coach by 11 AM on the date it is due
- Escalate coaching team performance issues and parent-coach or parent-swimmer issues to Head Coach
- Escalate parent or swimmer behavior issues (including breaches of Parent and Swimmer Codes of Conduct) to Head Coach and/or Team Managers
- Participate in the end-of-season paper plate awards preparation for their team

Age Group Coaches

Qualifications

- Must be 16 by May 18 of the current year
- American Red Cross Lifeguard/CPR/AED certification
- All required credentials current as of May 18 through July 31 of the current year

Practice and Swim Meet Responsibilities

- Provide a safe and fun swimming environment for all team members
- Demonstrate and promote good sporting behavior at all times
- Help set up lane lines prior to practice and take lane lines down after practice
- Assist swimmers assigned to their lane with implementing practice and stroke corrections during the first practice and participating as a swimmer during the second practice
- Encourage all swimmers during practice
- Ensure all swimmers and coaching staff are treated with respect and fairness
- Participate in the weekly meet stroke selection meeting
- Participate in selecting the weekly meet theme
- Ensure members of relay teams are on time for their event(s) during the weekly meet
- Cheer for all swimmers during weekly meets
- Participate in team cheers during swim meets
- Assist in setting up for home swim meets
- Ensure all chairs are returned to an orderly arrangement; all trash around the pool is collected and removed at the end of practice and after swim meets
- Complete responsibilities for IMs and All Stars as assigned by the Personnel Chairperson &

Team Personnel Rep

Administrative Responsibilities

- Submit new league employee and tax paperwork to your Team Personnel Rep no later than the date determined by the league
- Notify the Head Coach, Team Personnel Rep and/or Team Managers immediately if late or unable to attend practice for whatever reason
- Attend the preseason coaches' meeting
- Attend the "Rusty Guard Training" conducted by the RA
- Attend the mid-season coaches' meeting
- Submit an early-season and end of season evaluation of each coaching team member to Team Personnel Representative by the date determined by the league
- Submit timesheet to the head coach by 11 AM on the date it is due
- Participate in the end-of-season paper plate awards preparation for their team

Coach in Training

Qualifications

- Must be 15 by May 18 of the current year
- American Red Cross Lifeguard/CPR/AED certification
- If applicant is 15 years of age, they must have obtained Virginia Working Papers dated by May 18 of the current year
- All required credentials current as of May 18 through July 31 of the current year

Practice and Swim Meet Responsibilities

- The following duties will be completed with a full-time Coach:
- Provide a safe and fun swimming environment for all team members
- Demonstrate and promote good sporting behavior at all times
- Help set up lane lines prior to practice and take lane lines down after practice
- Expected to assist swimmers assigned to their lane with implementing practice and stroke corrections during the first practice as established by the Head Coach and participating as a swimmer during the second practice
- Encourage all swimmers during practice
- Ensure that all swimmers and coaching staff are treated with respect and fairness
- Participate in selecting the weekly meet theme

Administrative Responsibilities

- Submit new league employee and tax paperwork to Team Personnel Rep no later than the date determined by the league
- Notify the Head Coach, Team Personnel Rep and/or Team Managers immediately if late or unable to attend practice for whatever reason
- Attend the preseason coaches' meeting
- Attend the "Rusty Guard Training" conducted by the RA
- Attend the mid-season coaches' meeting
- Submit an early-season and end of season evaluation of each coaching team member to Team Personnel Representative by the date determined by the league
- Submit timesheet to the head coach by 11 AM on the date it is due

Coaches Code of Conduct

RSTA employees are employees of the league; they are not employees of a specific team. As such, they will work to promote friendly competition and good sporting behavior amongst RSTA teams.

RSTA employees may not work or attend any RSTA function or event under the influence of alcohol or any illegal substance.

RSTA employees may not physically possess alcohol or any illegal substance at any RSTA function or event.

RSTA employees may not use tobacco/vaping products at any of its meets, practices or functions.

RSTA employees will not engage in, condone or be involved in any manner with hazing or bullying while representing RSTA and will intervene to stop it if observed.

RSTA employees will avoid using inappropriate language, profanity, humiliating or intimidating remarks or behavior (including through social media), verbal or physical assault toward any athlete, coach, Team Representative, official, RSTA leadership representative or spectator.

RSTA employees will follow applicable management, pool and facility rules, respecting others' property at all times.

RSTA employees will adhere to the RSTA social media guidelines. RSTA employees will adhere to the guidelines of the SafeKids Program.

**Violation of these rules may result in disciplinary action,
including termination of employment by RSTA.**

RSTA Social Media Guidelines

While the RSTA team structure makes it difficult to draw clear lines of distinction between coaches and team members, the RSTA Board expects coaches to use discretion in their interactions with swimmers on social media. Please adhere to the following guidelines:

Assume nothing is private, ever. When posting something on the Internet, there is no “invasion of privacy.” There is no control over who sees it after it is posted and it can live on in cyberspace forever. It cannot be taken back.

Update privacy settings for personal social media sites to “private” to prevent swimmers from accessing your personal information. Please be aware: there are limitations to privacy settings.

Remember coaches are role models to the swimmers on their team. They should conduct themselves accordingly by not posting anything that relates to any of the following:

- trash talk or poor sporting behavior toward other teams
- drugs or alcohol use
- sexually oriented conversation, sexually explicit language, sexual activity
- relationship or family issues, or personal problems

Never post identifiable youth athlete information, including photographs, without the permission of both the swimmer(s) and the parent(s). Do not ‘tag’ photos of other coaches, parents, athletes or league administrators without their prior permission. Even when permission has been given from swimmers and parents to post team photos to personal sites, never post a child’s first and last name—use only first names. **Note:** photographs behind the start end during a race or while swimmers are practicing dives are prohibited. Photographs in locker rooms, restrooms and changing areas are prohibited.

Texting from coaches to team members only shall be used for the purpose of communicating information directly related to team activities.

Complaining about fellow coaches or teammates through social media will not solve anything. Speaking with them directly will solve problems and will make both you and the team better.

RSTA has official Facebook and Twitter accounts that swimmers and their parents can follow for information and updates on league-related matters. Many teams also have their own social media accounts as well. Encourage swimmers to follow these accounts rather than personal accounts.

Keep up with RSTA news in the following ways:

Website: www.rsta.org

Facebook: www.facebook.com/swimRSTA

Twitter: <https://twitter.com/SwimRSTA>

RA Operational Policies

These policies have been developed by RA and RSTA with consideration to the Fairfax County Health Code, Fire Code, Department of Labor and aquatics industry standards and practices.

Pool use

- Use of wading pools, spas and their surrounding areas is prohibited
- Use of pool features not typically required for swim team practice; slides, diving boards, and splash pad areas require prior arrangements with one week notice to RA so that any operational training or safety considerations can be shared
- A sign indicating the pool is closed for RSTA practice should be placed at the entrance
- RSTA practice is only open to swimmers and their accompaniment – please ask any other people to leave
- All swimmers, parents, coaches and event attendees must enter through the bathhouse – the emergency gate is only to be used for meet setup
- Set up and clean-up are the responsibility of RSTA – a checklist is provided herein
- Any/all vandalism or graffiti must be reported to RA at time of discovery
- Amplified sound/announcing cannot begin until 7 a.m and must conclude by 11 p.m.
- In cases of thunder and or lightning, the pool must be cleared for 30 minutes after the last sighting
- In cases of rain, practice may continue so long as the main drain grates are visible
- If the pool phone is not operational the facility cannot be used for any purpose
- All locks must be stored in a locked position on their respective door and display 0000 during practice
- The pool combination is for Managers and Coaches only

Operators

- A licensed Pool Operator must be present before swimmers/parents may enter the facility and must remain present for the duration of practice.
- Should a Health Inspector or Fire Marshall visit the facility during practice the Pool Operator on duty must cease their coaching responsibilities to accompany this person around the pool and must contact the RA on-call staff upon arrival of the official
- Only operators age 18 and older may administer chemicals
- Only persons 16 and older may enter the pump room or any chemical storage areas
- All required Personal Protective Equipment (PPE) must be worn when handling chemicals
- Hourly water tests must be conducted and recorded for every body of water, regardless of use
- System levels (pressure, flow) must also be checked hourly and documented throughout practice
- Any out-of-range chemical or system levels are to be remedied by RSTA staff – contact RA on-call staff for assistance if necessary
- Failure to conduct water tests and accurately document hourly test results could result in suspension of operator responsibilities, termination of employment and may impact the agreement between RA and RSTA up to and including termination.

Cancellation

In all cases of a pool closure by RA due to mechanical failure, water contamination or weather, an RA staff member will contact the RSTA President and Executive Committee, via email and phone to explain the situation. RSTA is encouraged to share these closures with swimmers and families through whatever means they have available.

Practices

In the event of pool closure and subsequent cancellation of RSTA practice, RA will follow the notification and relocation guidelines stated below:

- Advance notice (more than 24 hours): Every effort will be made to identify alternate locations for practice;
- Short notice (less than 24 hours): With short notice an alternate location is not always an option although efforts will still be made to relocate rather than cancel. RA staff will also try to place signage in short-notice situations, however, this may not be possible.
- NOTE: For cancellation of one practice, due to mechanical problems or water contamination, RA will most likely not relocate. If approved by RA, RSTA is welcome to conduct a land practice at their home pool. All chemical readings must still be documented for all bodies of water at the facility.

Meets

In the event of pool closure and subsequent cancellation of an RSTA swim meet (including Specialty Meets), RA will follow the notification and relocation guidelines stated below:

- Advance notice (before 5 p.m. the preceding Wednesday): RA staff will develop a list of options to allow for the meet to happen – although not necessarily on the originally scheduled date. The options will be shared with the RSTA President who can discuss with Team Representatives and Managers prior to selecting.
- Short notice (after 5 p.m. the preceding Wednesday): The meet will be canceled pending development of available options which will be shared by 5 p.m. on the Tuesday after the missed meet.

Health Matter

In the event a swimmer vomits on deck, that immediate area needs to be cleaned, hosed down and sanitized. This can happen while an event is ongoing but it's difficult to navigate on deck and a 10 minute pause to allow space for RA staff to access and clean the area should be sufficient. The meet will resume once the area is sufficiently cleaned. No cancellation will result.

In the event a swimmer vomits in the pool, the pool will be immediately cleared and the meet will be canceled. RA will be responsible for cleaning the pool.

Equipment/Facility

General use

If you discover vandalism in the form of graffiti, broken equipment or items in the pool water you must;

- Report occurrence to RA on-call staff and begin documenting – including pictures
- Wait for permission from RA staff to remove items from pool
- Wait for permission from RA staff to hold practice (which depends on severity of damage)
- RA staff will determine if the occurrence requires involvement of law enforcement

Permanent fixtures

- Ladders, diving boards and access chairs are to remain installed and useable during practices
- Ladders, diving boards and access chairs will be removed by RA staff for meets

Rescue equipment

- Rescue tubes should be placed at each lifeguard station during practice
- The backboard and First Aid kit must be on deck in designated locations during practice.
- The Head Coach on each team must wear a hip pack with a mask inside and one hip pack should also be available at a dedicated location near the edge of the pool
- Rescue tubes, backboards and First Aid kit must be stored in a secure location outside practice times

Facility equipment

- Trash cans and recycling cans must be on deck and available during practice
- PM practice – these may be on deck when an RSTA team arrives, ensure they are locked up when teams leave
- AM practice – please move all of these to the deck upon arrival
- Clocks may not be moved

Bathhouse Cleanliness

RA regularly maintains and cleans pool bathhouses. If RSTA coaches/personnel arrive at a pool for practice or a meet and there is a cleanliness issue with a bathhouse, coaches should refer to the RA checklist and escalate the issue to RA. This topic will be discussed at Operator/Coach Training on an annual basis. Please refer to the RA Checklist below.

RA Personnel on Site During Practices/Meets/RSTA events

RA Facility/Maintenance staff may, from time to time, be present on pool premises during scheduled RSTA practices, meets and/or other RSTA related events (such as pool parties). RA staff should be readily identifiable in RA work attire or have an RA ID badge when on pool premises. To ensure the safety of swimmers and in accordance with SafeSport guidelines, RSTA coaches, managers and/or parents may ask to see an RA ID badge if there are any concerns with the identity of a specific individual and contact the on-call RA staff member as needed.

Parking

Parking is only allowed in designated parking spaces. Parking along yellow curbs, in ADA parking spaces (when not displaying an ADA parking sign or plate), on grass areas or blocking emergency gates will result in the possible towing of the vehicle. Illegally parking outside of the facility area may result in being ticketed or towed by Fairfax County Police. Please pay attention to all posted signage inside and outside of the facility. Please respect the neighbor- hoods surrounding the facility. Do not park on grass or block driveways.

RA Daily Checklist

This checklist is provided by RA to assist coaches on a daily basis in the operational needs of the pool and safety needs of the swimmers in RSTA. There is a digital version in Digiquatics that must be filled out and submitted before and after each event.

** = operator's responsibility

Prior to Practice

- Arrive at the pool at least 15 minutes early in readiness for practice. Note: access to the pool may not be granted until the practice start time..
- Enter through front gate/bathhouse
- Access the online checklist for "RSTA Opening" and complete all tasks therein**
- Place a-frame sign outside gate indicating that the pool is closed for RSTA practice
- Confirm that locks are secured to gates and set to 0000**
- Ensure deck, bathhouse, and underwater lights are at proper setting
 - For evening practice, make sure they're all ON before swimmers get in
 - For morning practice, make sure they're all OFF before swimmers get in
- Ensure rescue equipment is in proper place on deck
- Set trash cans where they are most convenient for the team
- Install lane lines as needed for practice
- Access the online Chemical Records for your pool and submit initial readings.**
- NOTE: If any readings are outside acceptable code corrections must be made and a new reading must be entered PRIOR to start of practice – even if these readings are only 10 minutes apart**

During Practices/Events

- Remind swimmers to gather their trash and take all belongings with them
- Access the online Chemical Records for your pool and submit a reading each hour**

After Practice/Event

- Access the online checklist for "RSTA Opening" and complete all tasks therein**
- Pick up all trash and recycling left on deck and in bathhouse
- Gather all lost items and place in designated bin
- Straighten deck furniture
- Secure all rescue equipment and trash cans inside bath house - if last user of the day
- Close and lock all gates with combination set to 0000 - if last user of the day**
- Remove lane lines back to default for your pool
- Ensure deck and bathhouse lights are at proper setting
- Evening practice = make sure they're all OFF before leaving (except AW and GL)
- Morning practice = make sure they're all OFF before leaving
- Ensure underwater lights are at proper setting
- Evening practice = leave one set ON overnight for security
- Morning practice = double check that you turned them OFF when you arrived!

Suggestions for Effective Practice

Arrive “on-time” means 15 minutes early

- Arrive 7:45 am for 8:00 am in-water start time
- Arrive 8:00 am for 8:15 am in-water start time

Prepare pool—Install lane lines before in-water start time

Start on Time—Swimming by 8:00 am all pools or 8:15 am at Lake Newport Pool

Be Organized:

- Know what you are doing each day
- Keep things moving
- Focus on stroke development

Safety First—Maintain control

First Day of Practice

- Be prepared before practice starts:
- Meet with your staff early and discuss swim drills for both practices
- Keep it light
- Be upbeat
- Show spirit
- Welcome all swimmers to the team
- Introduce the coaching staff to the swimmers (can do this when they are in the water before you start)
- Be aware the water may be cold—keep them moving & coaches should be in the water too
- Consider some land drills
- Do a cheer or two (a “must-do”)
- Complete EAP Practice

First Week of Practice

- Stress the importance of safety on deck and in the pool, especially regarding diving into the pool
- Demonstrate proper diving techniques to all swimmers
- Assess each swimmer with his or her diving technique where the coach is standing beside them on the deck
- Work with all swimmers who need additional assistance with their diving
- Conduct safety drill

Daily Practice

A good practice is important because it sets the foundation for a solid team and provides the framework for teaching proper stroke technique. While the pool is being set up each day by the assistant and age group coaches, the head and senior assistant coach should work with swimmers on team cheers and dry land drills.

Components of a good practice

Determining what to work on and when—plan ahead, don’t figure it out on the fly
Planning exercises (split into groups)

For younger swimmers (8 & Under)

- Have dry land exercises available as back-up for especially cold days
- Pick a specific stroke to work on but consider including all strokes at each practice as most children have a favorite
- Have your coaches demonstrate their strongest stroke
- Implement the Training Triangle (Explain – Demonstrate – Hold Accountable)

To keep older swimmers engaged:

- Have a structured plan for the older swimmer practice
- Use time trials, longer distances, detailed stroke refinement

Remember, Team Managers can be your best allies in controlling the deck and managing parents. **HAVE FUN!** If your swimmers see you enjoying practice, they will be more likely to enjoy practice.

Handling DQs

Inevitably, there will be swimmers who are disqualified during a swim meet. Coaches should help these swimmers learn from the DQ by following these steps at practice:

- After each meet, coaches should obtain DQ slips for team (see “Deck Changes”)
- Review DQ slips prior to Monday’s practice
- Develop a strategy for discussing DQ slips with swimmers—speak generally in a group setting, do not single out swimmers
- Review stroke requirements so all swimmers understand disqualifications
- Break swimmers into groups to work on stroke techniques
 - Explain
 - Demonstrate
 - Observe
 - Correct

Job responsibilities at practice

During practice every member of the coaching staff should be working with the swimmers, with as many coaches in the water as possible.

Head & Senior Assistant Coach

- On deck at all times
- Call out drills and starts
- Demonstrate strokes
- Observe swimmer performance
- Manage the deck
- Deal with any conflict

Assistant & Age Group Coach

- Provide stroke instruction / in-water
- Build swimmer confidence
- Swimmer development
- Demonstrate strokes

Seeding Meets

Coaches are responsible for seeding all six dual meets. Preparation for a meet begins early in the week and all swimmers will be entered in the meet unless they have notified the coach and managers otherwise. Swimmers may swim in no more than three individual events and two relays. There is a strategy involved in creating a meet sheet. Take into consideration each swimmer's skill level, attendance, performance and best times in meets—both your own swimmers' times and those of the opponents—when making the determination of which events swimmers should be entered in. Keep the big picture in mind and put swimmers in positions to best help the TEAM—you may want to ask swimmers to swim events that are not their fastest or favorite stroke for the good of the team. Also keep in mind that swimmers who want to participate in the IM meet will need to have legal times in all four strokes, so be sure to have them swim everything at some point.

Steps involved in seeding an RSTA meet include:

Saturday (during meet), Monday & Tuesday (during practice)

- Determine which strokes your swimmers are able to safely swim and are qualified to swim at next week's meet

Tuesday Afternoon/Evening

- Work with Team Computer Coordinator to get the “Best Times” report for your team and for next week's opponent
- Check absence sheets
- Strategize using swimmer abilities and “Best Times” reports
- Decide who will be swimming what strokes and relays
- Create swimmers list detailing individual events & relays
- Get list to Team Computer Coordinator for input of entries

Wednesday through Friday (during practice)

- Work with swimmers on their events for the next meet
- Be aware of absentee list for meets as well as who will replace them

Saturday Morning (before the meet)

- Submit deck changes
- Confirm/change relay lineups as well
- Post Event Lists so swimmers can see what events they're swimming

Saturday Morning (during the meet)

- Help your 8&Under and 9–10 swimmers keep track of their events
- All swimmers must check in with the Clerk of Course for each event they are swimming
- Enjoy the meet!

Deck Changes

Despite best laid plans made at seeding meetings, sometimes a team will need to change its entries for a meet—someone gets sick, or they forgot to tell you about a soccer tournament they're in or they just don't show up. In this scenario, coaches need to submit a Deck Change to the Clerk of Course. Not submitting a deck change (including scratches) causes confusion for the meet officials who are expecting a specific swimmer in a lane and slows the meet down. If a coach needs to make a change to the submitted entries, this procedure must be followed:

- Coach of the requesting team must initiate a deck change on a Deck Change Slip (see sample below)
- The Deck Change Slip must be signed by a manager from each team
- The Deck Change Slip must be turned into the Clerk of Course, who will verify the swimmer can swim in the event
- Deck changes are not permitted once the first heat of that stroke has begun in the 8&Under Boys event.

Deck Change Request Slip

Event # _____

Heat # _____

Lane # _____

Purpose of this change: _____



Add New Swimmer(s)



Change Swimmer(s)



Scratch Swimmer(s)

Reason for change: _____

Current Swimmer(s) _____

New Swimmers(2)

Requesting Team Review: _____

Opposing Team Review: _____

Clerk of Course Review: _____

One of the fun things about summer swim teams is the spirit themes selected by each team for the meets. Dressing up helps swimmers feel a part of the team and get their spirits psyched for the meet. Coaches are required to set an example by dressing up for the selected themes. You will get more participation from swimmers if you keep these points in mind:

- Give swimmers and their parents advance notice of the theme so they can find things to wear. Letting them know late in the week doesn't give them much time to assemble costumes
- Talk about the theme and give ideas of things people could do to dress up
- Select themes that are appropriate for all the ages on your team
- Select themes that are easy for lots of people to participate in or that have lots of options within the overall theme
- Consider ramping things up by awarding prizes or just giving recognition to the best interpretation of the theme or the most spirited

Theme Ideas

In addition to the familiar team color day, pajama day, or Hawaiian day, some ideas for spirit themes include:

Celebrity Day—dress like your favorite celebrity or celebrity look-alike

Decade Day—pick a decade (50s, 60s, 70s, 80s, 90s) and dress in clothing styles from that decade

Extreme Weather/Weather Disaster Day—wear raincoats, boots, etc.

Fashion Disaster Day—dress in deliberately unfashionable clothes or mismatched clothes

Flower Power—dress as a hippy

Meme Day—dress up as your favorite Internet meme

Multi-Color Day—wear as many different colors as possible
Multiplicity Day—like twin day, but match as many people as you can
Neon Day—wear brightly colored neon clothing

Safari Day—everything from low-key khakis to more creative safari gear with hats, binoculars, etc.

Spots and Stripes Day—wear spotted or striped clothing or a combination of spots and stripes

Superhero—dress like your favorite Marvel and DC superheroes

Villain Day—dress up as your favorite villain from a movie or book

Vs. Day—pick any rivalry and have team members pick a side: Country vs. Country Club, Marvel vs. DC Comics, Good Guys vs. Bad Guys, Beach Boys vs. Kiss, etc.

Wacky Hair Day—dress up with wacky hairstyles

Wild Wild West—dress in western gear

Coaches Responsibility at Meets

All the hard work during the week with swimmers culminates on Saturdays at the meets. Coaches' responsibilities at meets include:

Head & Senior Assistant Coach

- On-deck all of the time
- Dress according to the theme and lead cheers
- Ensure smooth and organized swimmer participation
- Observe swimmer performance
- Cheer on swimmers while they are swimming
- Touch base with swimmers after they swim to encourage them and give tips for next time
- Deal with any controversy (Head Coach)
- Ensure things are going smoothly behind the scenes (Senior Assistant Coach)

Assistant & Age Group Coach

- Collect and organize 8&under and 9–10yr swimmers
- Collect swimmers for relays
- Have a presence on deck
- Cheer on swimmers while they are swimming
- Touch base with swimmers after they swim to encourage them and give tips for next time

General Points to Remember

- All Swimmers **MUST** check in with the Clerk of Course regardless of their age
- 8 & Under Aide will line up all 8 and under swimmers for their heats at the Clerk of Course station
- Relay Teams will **NOT** need to check in with the Clerk of Course, however, it is the responsibility of the coaches to have their relay teams in place
- Coaches need to be at both ends of the pool during relay races
- Coaches at the shallow takeoff area need to ensure swimmers are not diving in deep
- Remind swimmers of deck etiquette—swimmers-stay in pool until end of heat and shake hands with the swimmer to their left and right
- ***All coaches need to cheer and encourage all swimmers!***
- At the end of the meet, coaches should shake hands with opposing coaches, the meet Referee, Starters and Stroke/Turn officials

Personnel Representatives' Responsibilities

The Personnel Representative is an important role on every RSTA team. Each team should appoint one person as their representative. This person works directly with the League Personnel Chairperson, Personnel Committee, Board Reps, Team Managers and Coaches. They interact with Coaches on a regular basis both before and during the summer swim season. Personnel Reps focus on **coach-related hiring and personnel** issues and are **not** swimmer/ parent/general team HR reps unless coach-swimmer or coach-parent issues arise.

Personnel Reps do **not** have to be Board members. Parents who are non-Board members are welcome to apply to be the Personnel Rep for their team. However, as the recruitment for the summer season begins early in the calendar year, the Personnel Rep must be available to review applications, speak with/interview prospective coaches as needed and coordinate the collection and submission of employment paperwork in the spring of each year. Personnel Reps must also be available during the summer swim season to work with Coaches, Team Managers and the RSTA Board as needed. If the Personnel Rep is not a Board member, the Team should appoint a Team Board Rep to represent the Personnel Rep at Board meetings.

Personnel Reps are **not** expected to attend every practice. However, they should plan to attend to observe coaches at both first and second practice on a regular basis throughout the season. They are not expected to provide swim technique coaching, but may partner with the Head Coach to provide direct coach-the-coach training as/if needed. Personnel Reps are not expected to arrange seeding meetings or seed meets, however, they may opt to host/attend seeding meetings to observe.

It is preferred that Personnel Reps do not have age eligible swimmers who are interested in applying to be a coach to avoid a conflict of interest.

Personnel Representatives for each team are responsible for:

Before the summer season:

- identifying and encouraging eligible team members to apply
- reviewing Coach applications
- involving Team Managers as necessary in discussing applications and determining Coach roster as appropriate
- conducting phone/zoom interviews or meeting with prospective Coaches as/if needed to determine the most suitable applicants for each team role (Head Coach, Senior Assistant Coach, Assistant Coaches, Age Group Coaches and Coaches in Training)
- partnering with Personnel Chair/Committee to inform/follow up with successful applicants
- coordinating with Coaches to gather Federal, State and League employment paperwork before the summer season commences and submit all required documentation to the Personnel Chair/RSTA League

- ensuring 18 year old coaches complete any necessary background checks and/or outstanding coach certifications are submitted to Personnel Chair, including Rusty Guard training and Pool Operator certification.
- participating/developing content for Coach training prior to season start
- assisting Team Managers if coaches are unresponsive to requests for Team Unify content, e.g. coach bios
- confirming all coaches who are Pool Operators have their Digiquatics accounts and partner with Personnel Chair to set up via Reston Association before first practice if not

During the summer season:

- ensuring Coaches (and Team Managers) complete evaluations (usually two - early and end of season) and meet with Coaches to provide one-to-one feedback on performance
- acting as escalation point for Coaches to help resolve work related issues (such as peer relationships, performance or other issues)
- confirming Pool Ops are recording the pool log daily to RA through Digiquatics during season
- resolving coach-parent and coach-swimmer issues (in partnership with Team Managers)
- supporting Team Managers in resolution of parent or swimmer Code of Conduct issues if needed
- reviewing all time sheets submitted by the Head Coach prior to forwarding onto the Personnel Chair
- assisting Team Managers to ensure meets run smoothly i.e. coaches are in position, cheering, gathering team members for relays, etc. and having follow up performance conversations with coach(es) when/if needed

After the season:

- ensuring performance evaluations have been completed and documented to facilitate rehiring decisions for the following season
- at the end of the summer season, it is recommended to hold an interest meeting with age-eligible swimmers on the team who may be interested in applying to be a Coach for the next season

Team Managers' Responsibilities

Team Manager is the best job available within RSTA and it's never done alone! Team Managers are often the first RSTA members new families get to know. They are responsible for promoting the principles of cooperation, inclusion and civility that makes RSTA such a unique and welcoming league. Getting to know the swimmers and parents is one of the best perks of this position. Managers should be positive, energetic and flexible—after all, this is summer swim... it's supposed to be fun. To share responsibilities, most teams have up to three managers, but this is up to each individual team. Between them, managers oversee the day-to-day operations of the team. At least one manager must be present on deck **at all practices**.

Managers are responsible for:

- team communications, including creating and managing their team's Team Unify site and adding coach bios
- supervising coaches and providing feedback to Personnel Rep for mid and end of season coach evaluations
- escalating coach performance, behavior, coach-swimmer and coach-parent issues to Personnel Rep
- relaying parent coaching concerns to the Personnel Rep
- serving as an important layer of supervision for safety at the pool
- coordinating volunteers
- ensuring meets run smoothly including making sure coaches are in position, cheering, gathering team members for relays, etc.
- ensuring proper use and care of equipment
- addressing breaches of Parent or Swimmer Code of Conduct
- abiding by and enforcing Fairfax County Health Department and RA rules
- communicating concerns to Personnel Rep and RSTA Executive Committee (as needed)
- identifying and submitting the team's Kim Klarman and Kevin Coffey award nominees

Volunteer Coordination

The following volunteer positions are needed for all team meets.

HOME team is responsible to provide:

- 1 Referee
- 2 Stroke & Turn Judges
- 1 Announcer
- 1 Chief Timer
- 12 Timers
- 1 Clerk of Course
- 1 Chief Scorer
- 1 Assistant Scorer
- 3 8 & Under Aides
- 1 Meet Marshal
- 2 Time Sheet Runners

AWAY team is responsible to provide:

- 1 Starter
- 2 Stroke and Turn Judges
- 1 Assistant Chief Timer
- 12 Timers
- 1 Clerk of Course
- 1 Assistant Chief Scorer
- 1 Scoring Assistant
- 3 8 & Under Aides
- 1 Meet Marshal

Note: Many teams choose to add volunteer positions as needed. Jobs to consider: Equipment Manager, Meet Set Up, Meet Clean Up, Concessions, Ribbons, End-of-Year Party Planners, etc.

At the end of each meet, at least one Team Manager must stay until the final score is verified. The manager will sign the final score sheet and collect the team DQ slips for distribution to the Head Coach.

Communication with Parents

It is recommended Team Managers conduct a parent meeting either the first night of practice or sometime the first week. Topics to cover in this meeting include:

- Introduce Coaching Staff
 - Discuss Team Priorities
 - Safety First: Top priority is a safe environment
 - Competition: Swimmers should work hard at practice and swim their very best
 - Fun: Summer league should be rewarding and fun
- Discuss Expectations of Swimmers
 - Must show up to practice on time
 - Must swim in 3 of the 6 swim meets and 2 events in the meets to be eligible to come back next year as a returning swimmer
 - Be courteous and non-disruptive
 - Work on stroke and time improvement
 - Must adhere to the Swimmer Code of Conduct (see appropriate section in this Handbook)
- Discuss Expectations of Parents
 - When should parents notify Head or Senior Assistant Coach their child will not be able to compete in a meet?
 - What is the process for parents to talk to the coaches?
 - Expectation that either a parent or a responsible adult will be present for swimmers under the age of 10 during practice.
 - In what ways are parents expected to volunteer?
 - Adherence to Parent Code of Conduct (see appropriate section in this Handbook) Remind parents of RA Parking Rules at/near pools
- Discuss Ongoing Communication
 - Team website and social media as well as RSTA social media
 - How Team Managers will communicate practice cancellations and other messages

Contacting Team Managers

To reach managers of all teams: rstamanagers@rsta.org. Individual Team Managers:

AN: teammgrsan@rsta.org

LN: teammgrsln@rsta.org

AW: teammgrsaw@rsta.org

LA: teammgrsla@rsta.org

GL: teammgrsgl@rsta.org

NH: teammgrsnh@rsta.org

HW: teammgrshw@rsta.org

RH: teammgrsrh@rsta.org

Manager Retirement

Ideally, Team Managers will serve for about three (3) seasons and then pass the torch to another volunteer. Often, the best time to find potential manager recruits is during the current season. Typically, Team Managers work to find their own replacements in conjunction with the Board Representatives for each team.

Equipment Managers' Responsibilities

The Equipment Manager is the person responsible for organizing the equipment necessary for the successful operation of a meet.

Prior to Meet

- Arrange exchange of meet equipment with other team (if needed) including the PA System and the Starter
- Ensure meet equipment is charged prior to meet

Day of Meet

- Bring meet equipment:
- PA (with stand and accessories)
- Starter (with stand and accessories)
- Team box (see other list for contents)
- Set up the public address equipment, starter, and chairs for waiting swimmers.
- Take down all meet equipment, clear the pool area, and return the equipment to its non-meet storage space.

Inventory: Timers Box

The Timers Box should have the following items in the stated quantities. Complete the listed checks at pickup and to prepare for the next meet.

		<i>At Pickup</i>	<i>Prep for Meet</i>
Stopwatches	24	Count	Dry, test, count
Clipboards	12+	Count	Count
Philips Screwdriver	1		
Flat Screwdriver	1		
Crescent Wrench	1		
Tape Measure	1		
Lane Line Wrench	1	Make sure you get this!	Present?
Big Pliers	1		
Batteries	4		
Pencils	12		Sharpen?
Officials Patches	6	Count	Count, safety pins?

Inventory: PA System

		<i>At Pickup</i>	<i>Prep for Meet</i>
PA	1	Switch off	Charge; test
Microphone	1	Switch off	
Extra AA batteries	2		
Stand	1	Correct case?	
1/8" stereo extension cable	1	Included?	
1/8" to 1/4" stereo adapter	1	Included?	

Inventory: Starter

		<i>At Pickup</i>	<i>Prep for Meet</i>
Starter	1	Switch off	Charge; test
Charger	1	Present?	
Microphone	1	Present?	
Stand with adapter	1	Adapter included on stand	Adapter mates to starter housing

Inventory: Equipment Box

The Equipment Box should have the following items in the stated quantities:

		<i>At Pickup</i>	<i>Prep for Meet</i>
100 ft ext cord	1	Rewind	
50 ft ext cord	1	Rewind	
Backstroke flags	2	Collect both from venue!	Untangle, dry
Colored tape	2		Check quantity (enough?)
Duct tape	2		Check quantity (enough?)
Rope 50+ feet	1	Collect if used	Dry
Blue/yellow pinny	1	Collect	Dry
Red/blue pinny	1	Collect	Dry
Power strip	1	Collect	
Lane Numbers	12	Collect	Dry

Pool Setup Committee Responsibilities

A committee of volunteers to help with setup of the meet is a good idea. This committee partners with the Coaches on set up responsibilities and undertake the following tasks:

- Put up lane numbers and backstroke pennants
- Place a mark 15 meters from each end of the pool
- Remove and make safe diving boards
- Rope off officials, starters areas
- Return pool to original state

RSTA Parent Code of Conduct

I hereby pledge to provide positive support, care and encouragement for my child participating in RSTA by following this Parent Code of Conduct:

- I will encourage good sporting behavior by demonstrating positive support for all swimmers, coaches and officials.
- I will do my best to make RSTA fun for my child.
- I will ask my child to treat other swimmers, coaches, officials, parents and spectators with respect regardless of race, age, gender, creed or ability.
- I will treat officials, managers and coaches with respect and follow their instructions as requested. I understand they are there to ensure a safe and healthy environment. Officials, managers and coaches deserve the same type of environment from the parents and spectators.
- I will strive to be a good role model for my child and the other children in RSTA.
- I will encourage my child to learn to lose with dignity and win with grace.
- I will respect my child's coach and do my best to have my child at all practices and meets on time.
- I will avoid using inappropriate language, profanity, humiliating or intimidating remarks or behavior, (including through social media), verbal or physical assault toward any athlete, coach, team representative, official, RSTA leadership representative, RA employee or other spectator.
- I will follow applicable management, pool and facility rules, respecting others' property at all times.
- I will not take photographs or video behind the start end while swimmers are in the area, which is prohibited. I will not take photographs or video in locker rooms, restrooms or changing areas which is also prohibited.
- I will recognize the importance of young coaches. I realize they are important to the development of my child and the program. I also recognize that this league is a developmental opportunity for the coaches as well. I will support their decisions and provide constructive feedback to Managers, Officials and members of RSTA's Personnel Committee so they can help our coaches develop.

- I understand that if I violate this Code of Conduct, I may be asked to leave the pool area (or other location of any RSTA related events) by Managers, Meet Officials or Board Members. The decision to ask a spectator or parent to leave a meet is at the discretion of the Referee after consultation with the other Officials (Stroke and Turn Judges, Starter) for the meet.
- Furthermore, the RSTA Board reserves the right to prohibit parents who violate this Code of Conduct from participating in some or all future meets, practices or any RSTA related activity.

RSTA Swimmer Code of Conduct

I hereby pledge to follow this Swimmer Code of Conduct:

- I will demonstrate good sporting behavior at all practices, meets and RSTA related events such as team pool parties and other RSTA events.
- I will treat other swimmers, coaches, officials, parents and spectators with respect regardless of race, age, gender, creed or ability.
- I will treat officials, managers and coaches with respect. I will follow their direction and instructions. I understand they are there to ensure a safe and healthy environment. Officials, managers and coaches deserve the same type of environment from swimmers, parents and spectators.
- I will do my best to be at all practices and meets on time and participate to the best of my ability.
- I will avoid using inappropriate language, profanity, humiliating or intimidating remarks or behavior, (including through social media), verbal or physical assault toward any athlete, coach, Team Representative, official, RSTA leadership representative, RA employee or spectator.
- I will follow applicable management, pool and facility rules, respecting others' property at all times.

I understand that if I violate this Code of Conduct, I may be asked to leave the pool area (or other location of any RSTA related events) by Managers, Meet Officials or Board Members. The decision to ask a swimmer to leave a meet is at the discretion of the Referee after consultation with the other Officials (Stroke and Turn Judges, Starter) for the meet.

Furthermore, the RSTA Board reserves the right to prohibit swimmers who violate this Code of Conduct from participating in some or all future meets, practices or any RSTA related activity.

SafeKids Program

Reston Swim Team Association is committed to provide a safe environment and to prevent child abuse and sexual misconduct. The following constitute our policies with regard to awareness and prevention of abuse within the organization:

- RSTA will make every reasonable effort to ensure that every person involved in coaching/ training a sport activity in our organization will abide by the SafeKids guidelines
- RSTA will make every reasonable effort to exclude any adult with a legally documented history of child abuse/molestation or any other conviction or record that would bring unnecessary risk to the health and safety of the participants of this organization
- RSTA will perform a criminal background check on every person over the age of eighteen who is in a coaching or manager position
- RSTA will take appropriate action on all allegations of child abuse and/or sexual misconduct. All allegations will be reported immediately to the authorities for investigation and RSTA will cooperate fully with any such investigation

The following represent the preventive measures of our organization with regard to abuse:

- Physical, mental and/or verbal abuse of any of the participants, coaches, managers, employees or volunteers involved in RSTA sponsored activities is not permitted
- Inappropriate touching of any kind is forbidden
- Photographs behind the starting end during a race or while swimmers are practicing dives are prohibited
- Photographs in locker rooms, restrooms and changing areas are prohibited
- RSTA agrees to provide more than one adult to work at or oversee every activity. If a child needs special attention (one-on-one training or an individual meeting), it will be handled with the assistance or presence of another adult
- Coaches/Managers should not socialize with the participants outside of the sponsored activities of the organization
- Coaches/Managers should never ride alone with a child or participant in the car
- Managers are the last people on the deck after practice and remain until all swimmers are picked up
- Parents are encouraged to attend sponsored activities and are responsible for picking up their children in a timely manner after practice

Child Abuse

The Code of Virginia requires reporting of child abuse as follows:

§ 63.2-1509. Requirement that certain injuries to children be reported by physicians, nurses, teachers, etc.; penalty for failure to report.

A. The following persons who, in their professional or official capacity, have reason to suspect that a child is an abused or neglected child, shall report the matter immediately to the local department of the county or city wherein the child resides or wherein the abuse or neglect is believed to have occurred or to the Department's toll-free child abuse and neglect hotline.

16. Any athletic coach, director or other person 18 years of age or older employed by or volunteering with a private sports organization or team;

(<https://leg1.state.va.us/cgi-bin/legp504.exe?000+cod+63.2-1509>)

If potential child abuse is suspected, there is an expectation it is reported immediately to the Personnel Chairperson and the RSTA Board President.

On Deck Behavior

Swimmer safety includes:

- Safe from physical harm
- Safe from emotional harm
- Safe from mental harm

The Head Coach or Senior Assistant Coach must be on deck at all times. Maintain control of the pool, deck, bathhouse and parking lot at ALL times: No running. No wrestling. No pushing.

Progressive Diving

RSTA is aware some swimmers scratched their chins, face and knees by diving deep into the shallow end of the pool. All coaches need to be aware of swimmers' diving abilities and work with those swimmers who need assistance so they don't dive deep (downward) in the pool.

During the first week of practice, review diving with swimmers by demonstrating it properly to them and watching them practice. Have all swimmers first demonstrate the ability to do shallow head-first entries into deep water. Ensure swimmers can execute a shallow head first entry before attempting to teach racing starts. If swimmers are fearful or unable to complete a shallow head-first entry, teach or review the process. (Refer to "Coaching Starts" on the USA swimming website for tips on teaching this skill.)

Do not allow swimmers to practice any racing starts unsupervised. Use caution when practicing movements on a wet pool deck, which may be slippery. A coach must be near the swimmer when they are practicing diving or during a meet. Because both the Head Coach and Senior Assistant Coach have Water Safety Instructor certifications, one of those two individuals will supervise diving activities. Shallow-water racing dives are not unique to RSTA, which follows industry best practices.

Fun Day Activities

In the event that a Head Coach determines the team will have a Fun Day practice, at least one guard must be in the guard chair and the following guidelines must be followed:

Minimum lifeguard guidelines: (these are minimums—more is always better!)

1 – 24 people = 1 lifeguard

25-40 people = 2 lifeguards

41-65 people = 3 lifeguards

75 or more people = 4 or more lifeguards

Fun day activities are intended to be a reward for swimmers' hard work, but should not be a free-for-all. Plan fun day activities that are enjoyable but still strengthen swimming skills in some way—kickboard wars, funny relays, diving games, etc. Parents should not be watching the fun day practice thinking "this is a waste of time!"

Lifeguarding, Safety & Emergencies

This section contains important safety requirements and information from Reston Association. Safety must be maintained throughout the facility—in the water, on the deck and in the bath house. RSTA coaches with a lifeguard training certification are responsible for the safety of the facility during all RSTA practices, meets, meetings, parties and events. If a coach ever feels there is a need of more training, please contact RA.

Policies

Practice (Lifeguard Coaching Staff)

- Certified lifeguards must be on deck and actively supervising before any swimmer enters the water.
- Practices should be organized and closely supervised.
- During “free swim” a certified lifeguard must be in the lifeguard chair with appropriate equipment.
- Coaches should provide appropriate supervision based on the number of swimmers, age and abilities of the team, water depth and number of lifeguards available.
- Coaches must provide one-on-one training for head first entries and utilize the deepest entry point of the pool for beginners as they learn this skill.

Diving

- Coaches must provide close supervision whenever swimmers are diving into shallow water.

How can Managers help?

- Team Managers are an additional layer of supervision at the pool facilities.
- Managers should assist with rule enforcement of all participants.
- Managers are also the only people available to supervise those swimmers who must remain poolside until their siblings’ practice is complete should they not have the same practice time.
- Managers should ensure participants are not entering restricted areas during practice; wading pools, spas, lifeguard office, lifeguard stands, access chairs, and spray feature areas.
- Managers should also ensure everyone inside the facility is an RSTA participant—uninvited persons should be asked to leave.

RSTA Staffing

RSTA will provide a minimum of 4 lifeguard-certified coaches and 1 designated pool operator for all practices. The pool operator may be one of the 4 lifeguards.

Coach Certifications

RSTA staff are required to hold the following certifications/licenses*;

Head Coach:	Lifeguarding	Pool Operator	Swim Instructor
Senior Assistant Coach:	Lifeguarding	Pool Operator	Swim Instructor
Assistant Coach:	Lifeguarding		
Age Group Coach:	Lifeguarding		
Coach In Training (CIT):	Lifeguarding		

All Lifeguarding certifications must be valid, current versions from the American Red Cross. Lifeguarding and operator certifications must be current however swim instructor certification can be current or prior.

RA will provide one designated pool operator during all meets and parties with additional lifeguards as appropriate for specialty meets and parties. RSTA must provide a minimum of four lifeguard-certified lifeguards on deck at each swim meet (general or specialty). No RSTA staff ratios are required for parties as these are fully staffed by RA personnel.

Supervision

RSTA will provide two adult volunteers on the pool deck during all team functions to provide general supervision and enforce agreement terms. These can be the Team Managers, Board representatives or other designated volunteers.

Pre-Season Training

- All Team Managers and Coaches are required to attend their respective orientation and training meeting prior to the season start. Dates are set on an annual basis and participation is mandatory. Any exception to attendance must be pre-approved by RSTA and RA.
- All coaches will attend and participate in the RA ‘Rusty Guard’ training held Sunday - Thursday the week before the first week of practice. Each coach must only attend one evening. Efforts are made to keep teams together and attending on the same night as their home pool staff.
- All Head Coaches and Senior Assistant Coaches must attend an on-site operator training prior to the first practice at their home pool to receive an orientation to the physical system that operates the pool. These orientations are conducted by RA professional or leadership staff and are scheduled at the convenience of the coaches to ensure attendance.

Continued Training

RSTA staff will complete a training activity on the first day of practice to promote safety among swimmers, parents and staff. The activity should be repeated for each age group on the first day of evening practice and reviewed on the first day of evening practice.

The first day drill should be Emergency Action Plan (EAP) and Incident Basics, to include

- Where is safety equipment kept at the pool (rescue tubes, FA kit, backboard, AED, CPR mask, incident forms)
- Where to go if you (a swimmer) need help – AKA, where is ‘home base’ for the Managers
- Where should everyone go if told to “clear the pool”
- Where do you gather if you have to leave the pool facility

A mock emergency should be conducted every two weeks for each age group to ensure swimmers, parents/siblings, managers and coaches all know their role in an EAP. Mock emergency topics can include; Reaching Assists, Active Victims, First Aid or land injuries or suspected injuries to the head, neck or back. If a new coach joins a team, a make-up training must be provided for them. RA reserves the right to require additional training of RSTA personnel throughout the season as needed.

Emergency Action Plan

Accidents will occur during the summer. The goals of RSTA and RA are to minimize the number of accidents and incidents by taking preventative measures when possible by:

- Enforcing rules.
- Intervening if you see anyone or anything that could cause harm.
- Reporting all incidents.

In the event of an emergency, follow the Emergency Action Plan (EAP) steps listed on the following page:

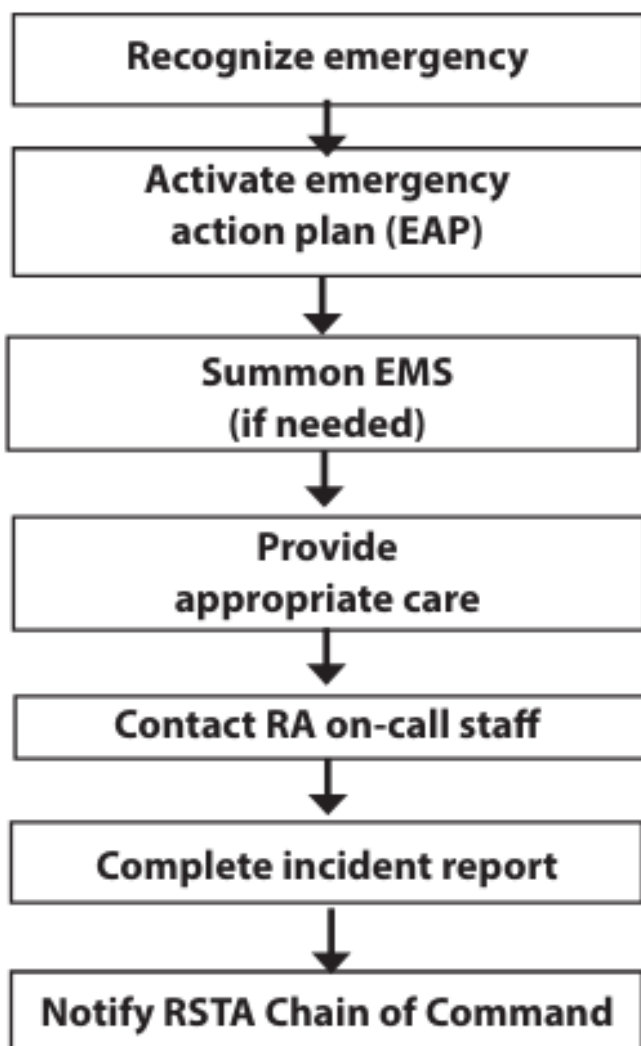
The Emergency Action Plan is required to be practiced during the first week of practice as well as reviewed during the first week of morning practice.

Incident Reports

Incident reports are required by RA as part of RSTA's pool-use agreement. They are submitted to RA, who keep these reports. EVERY incident must be documented, even minor incidents such as a stubbed toe that needed ice or a scraped knee.. If you open the First Aid kit you are required to complete a report. Training on how to complete the various incident and injury reports is provided at the Coach training and Rusty Guard training. This means that RSTA coaches should create an incident report during practices when no RA lifeguards are on duty and also create a report when RA lifeguards are on duty.

In the event of an accident or emergency, the Association shall be notified at the earliest possible time. Each party shall provide emergency contact phone numbers (including home and cell) and emails for their respective emergency contacts. An accident report form, provided by Reston Association, shall be completed immediately after such accident or emergency and submitted to the Association within 24 hours of the occurrence. In addition, if death or serious personal injury or serious damage is caused, the accident shall be immediately reported by telephone or messenger to the Association.

Emergency Plan



ARTICLE I - ORGANIZATION

SECTION 1. INCORPORATION—RESTON SWIM TEAM ASSOCIATION, INC.,

herein called RSTA or the association, is incorporated in the Commonwealth of Virginia under the Virginia non-profit corporation code to qualify as an exempt organization, and shall be managed at all times in such a manner as to qualify the corporation for such exemption. RSTA shall not be operated for pecuniary gain or profit, and shall have no capital stock and no stockholders.

SECTION 2. PURPOSE

The Reston Swim Team Association is a developmental and recreational program. The intent of this organization is to foster and promote the ideals of good sporting behavior, honesty and perseverance in the children of Reston, Virginia, and environs, so that they will grow into finer, stronger and healthier individuals; to encourage parental participation in the Association's activities so as to foster those benefits derived from the mutual involvement of parents/guardians and children in common endeavor; to provide a means for teaching and a forum for learning both the fundamentals and the finer points of swimming, so as to heighten appreciation of such activity as well as to encourage healthful, lifelong participation in swimming activities. The purpose of this organization will be accomplished by providing coaching to teach the fundamentals and finer points required in swimming activities, and by providing opportunities for supervised competitive swimming.

SECTION 3. GOVERNANCE AND MANAGEMENT

RSTA shall be managed by a Board of Directors, herein called the Board, acting in accordance with these Bylaws.

ARTICLE II -MEMBERSHIP

SECTION 1. MEMBERSHIP

Membership is available to any family registering a swimmer(s) upon payment of the RSTA summer or winter season registration fee(s) with the limit of one (1) membership per family.

SECTION 2. VOTING

Each member family in RSTA shall be entitled to one vote in the affairs of RSTA. Voting shall be in person.

SECTION 3. PROXIES

There shall be no proxies.

SECTION 4. MEMBERSHIP RIGHTS

1. A member in good standing shall be entitled to participate in any activity sponsored by RSTA.
2. The property rights and interests of all members shall be equal on a per family basis.

SECTION 5. TERMINATION

Membership shall terminate automatically if a family membership is not renewed during the next year's registration period, or if dues are more than thirty (30) days in arrears as determined by the Registrar.

ARTICLE III – FEES, SCHOLARSHIPS, AND PARTICIPATION

SECTION 1. MEMBERSHIP FEES

Registration Fees will be set by the Board of Directors, with the concurrence of a majority of the members present, to cover the projected expenses of the program. The Board of Directors shall, upon review of the financial position of the Association, recommend any fee adjustments necessary to maintain the financial health of the Association. Fees may not be adjusted retroactively.

SECTION 2. SCHOLARSHIPS

Scholarships may be made available. Any family participating under a scholarship shall have full membership in RSTA. All scholarship information shall be held in the strictest confidence.

SECTION 3. VOLUNTEER PARTICIPATION

A quality program as conducted by RSTA requires the active participation of all members in the operation of this league and the teams, in the operation and maintenance of the necessary facilities and equipment, and in other activities. Membership carries with it the obligation to participate in these activities to the extent and in accordance with such rules and regulations as the Board shall promulgate to assure that these obligations are fairly shared by all members.

ARTICLE IV – MEETINGS OF MEMBERS

SECTION 1. BI-ANNUAL MEMBERSHIP MEETINGS

- a. **Time and Place** – At least two (2) general meetings shall be held each year, one before the summer season on or before March 15 and one after the conclusion of the summer season on or before October 31.
- b. **Purpose** – The first general membership meeting of the calendar year shall be for the purposes of approving the annual operating budget of the association, receiving committee reports and transacting such other business as may be required. The second general membership meeting of the calendar year shall be for the purpose of electing Directors to take office at the beginning of the next term, receiving committee reports and transacting such other business as may be necessary.

SECTION 2. SPECIAL MEMBERSHIP MEETINGS

- a. **Call** – A special meeting of the membership shall be called upon the presentation of a petition to the Board of Directors containing the signatures of at least twenty-five (25) members or by vote of an absolute majority of the Board of Directors. Any special meeting shall be open to the general membership.
- b. **Time and Place** – Special meetings of RSTA shall be held at such reasonable time and place as the Board may designate.
- c. **Purpose** – The purpose of any special meeting shall be stated in the notice of the call, and no other business shall be transacted.

SECTION 3. NOTICE OF MEMBERSHIP MEETING

Written notice of any meeting of members shall be given to each member not less than 10 days or more than 45 days prior to such meeting.

- a. **Delivery** – Delivery of notice to each family shall be by email or by US mail.
- b. **Posting** – Notice of meetings shall be posted on the RSTA website.

SECTION 4. QUORUM

One-tenth (1/10) of members in good standing and eligible to vote or fifteen (15) members present, whichever is less, at any properly called meeting shall constitute a quorum. Each membership unit (hereinafter referred to as voter) shall be eligible to cast one (1) vote.

SECTION 5. MEETING ORGANIZATION AND AGENDA

- a. **Presiding Officer** – The RSTA President shall preside at any meeting of members and, if absent, a Vice President shall preside. If neither is present, the members present shall elect a presiding officer.
- b. **Secretary** – the RSTA Secretary shall serve as secretary for the meeting and, if absent, the presiding officer shall appoint an acting secretary.
- c. **Order of Business** – The order of business at any meeting, if applicable, shall be:
 - i. Call to Order;
 - ii. Proof of Notice of Meeting;
 - iii. Approval of Previous Minutes;
 - iv. Reports of Officers;
 - v. Reports of Committees and Task Groups;
 - vi. Old Business;
 - vii. New Business.
 - viii. Adjournment

SECTION 6. VOTING

- a. **Method** – Voting may be viva voca, but ten (10) members or the president shall have the right to demand voting by roll call.
- b. **Decision** – All matters coming before the meeting for vote shall be decided by majority vote of those voting, except where different requirements are given elsewhere in these Bylaws.

SECTION 7. MINUTES OF MEETING

Minutes of each meeting shall be available for inspection by any member desiring to do so as soon as practicable but no later than sixty days after completion of a general membership meeting.

ARTICLE V—BOARD OF DIRECTORS

SECTION 1. BOARD COMPOSITION

The Board of Directors shall be comprised of a maximum of 33 directors allocated as follows:

- a. Three (3) directors from each of the teams participating in the RSTA League
- b. Up to eight (8) directors-at-large, and
- c. The immediate past president.

The three directors from each team will be known as Team Representatives. The team representative's team affiliation is to be determined by the team on which the candidates' child or children swims.

SECTION 2. QUALIFICATIONS

Candidates for the Board of Directors must:

- a. Be members in good standing of RSTA and
- b. Be willing to work to advance the mission of RSTA.

SECTION 3. TERMS

- a. Directors shall be elected to serve a one-year term.
- b. Directors may serve terms in succession. Team Representatives shall not serve as Team Representatives more than five years in succession.
- c. The term of office shall be considered to begin upon election at the October General Membership meeting and continue until the following year's October General Membership meeting.

SECTION 4. ELECTION OF DIRECTORS

- a. **Nomination.** Directors from teams in the Association who will serve as Team Representatives may be nominated by the team they will represent, be self-nominated or be nominated from the floor at the General Membership meeting.
- b. **Election.**
 - i. **Team Representatives** shall be elected annually by a plurality vote of those members attending the General Membership meeting on or before October 31 of each year. The top three vote recipients from each team will be declared the Team Representatives for that team.
 - ii. **Directors-at-Large** shall be elected by a ballot cast by the newly elected Team Representatives and the immediate past president. Up to nine (8) directors-at-large shall be elected, with those receiving the greatest number of votes being elected.
- c. **Vacancies.** Should vacancies occur in the Board for any reason, they shall be filled by another member upon a majority vote of the Board. At the discretion of the Board, by

majority decision, a position may remain vacant until the next general election of the board of directors.

SECTION 5. REMOVAL OF DIRECTORS FROM OFFICE

- a. **Removal by Board Action.** Members of the Board of Directors may be removed from office for just cause. Just cause shall be determined by a quorum of the Board of Directors by three-fourths (3/4) vote, excluding such member. A Director missing three (3) consecutive meetings of the Board without an excused absence may be removed from office by majority vote of all the other Board members.
- b. **Automatic Removal.** A Director whose membership is terminated in accordance with ARTICLE II, SECTION 5, shall automatically be removed from the office.

SECTION 6. MEETINGS OF THE BOARD

- c. **Frequency of Meetings.** The Board of Directors shall hold monthly meetings, or as necessary with the exception of a recess in August.
- d. **Notice.** Seven (7) days' notice, by email or by telephone, shall be given all Directors of meetings called by the President or by the majority of Directors. Notice of meetings shall be distributed at each location where sponsored teams are practicing if time permits or by posting to the RSTA website and by email notification.
- e. **Open Meetings.** All meetings of the Board shall be open to any RSTA member except that executive sessions shall be permitted for the purpose of contract negotiations, employment issues and for administering the financial assistance fund.
- f. **Quorum.** A majority of the Directors shall constitute a quorum for the transaction of business and the act of a majority of the Directors present at a meeting at which a quorum is present shall be the act of the Board. If at any meeting of the Board there shall be less than a quorum present, a majority of those present may adjourn the meeting without further notice, until such quorum shall have been attained.
- g. **Special Meetings of the Board.** Special meetings of the Board of Directors shall be convened at the request of at least five (5) members of the Board or at the direction of the president. The request should be accommodated within 30 days of the request unless extenuating circumstances prevent it. The purpose of the special meeting shall be stated in the notification of the meeting to all Board members.
- h. **Meetings by Electronic Conference.** Any meeting, regular or special, may be held by electronic conference, webinar or similar communication method, so long as all directors participating in the meeting can communicate with one another and their identities can be confirmed.

SECTION 7. POWERS OF THE BOARD

The Board shall provide governance of the association, as well as regulate and supervise the management and operation of RSTA. It shall attend to all internal affairs of RSTA, shall make such arrangements for carrying on the business as it deems best and in addition to the powers by these bylaws expressly conferred upon the Board, it may exercise all the powers

of the association and to all such lawful acts and things as are not by statute or by the charter or by these bylaws required to be done or exercised by the members. The control of the Board over these affairs of RSTA shall be subject to any action from time to time taken by vote of the members of RSTA.

ARTICLE VI—OFFICERS

SECTION 1. SELECTION

- a. **Officers** – Only members of the Board of Directors are eligible to hold office in the Association. Officers of RSTA shall be President, two Vice Presidents, Secretary, Registrar and Treasurer; and shall be elected by the Board of Directors.
- b. **Election**— At the Board meeting which shall be held immediately after the adjournment of the fall general membership meeting, the Board of Directors Elect shall elect the officers of the association. Officers shall be elected by a plurality of the board of directors.
- c. **Terms** – The elected term of officers shall be from the date of election until October 31 of the following year. No officer, with the exception of treasurer and registrar, shall serve in the same position for more than two (2) consecutive years. No person shall serve as an officer in any capacity for more than four (4) full consecutive terms.
- d. **Vacancies** – Should vacancies occur in the officers of the Association due to any reason, the Board of Directors shall solicit and select a replacement for such vacancy from the remaining members of the Board of Directors, and such person selected shall be deemed elected to such office. Should a further vacancy be created by such process, the process would be repeated until all such vacancies are filled.

SECTION 2. REMOVAL OF OFFICERS

Any officer may be removed for “just cause.” The Board of Directors shall determine “just cause” by three-fourths (3/4) vote of the Board excluding such officer.

SECTION 3. POWERS AND DUTIES OF THE PRESIDENT

The President shall:

- a. Preside at all meetings of members of the Board, have general and active management of the business of RSTA and see that all orders and resolutions of the Board are carried into effect.
- b. Appoint standing and ad hoc committees, subject to approval of the Board, and serve as ex-officio member of such committees except for the nominating committee.
- c. Authorize, with the Treasurer, all checks and other instruments of payment by the treasury in excess of \$3,000.00.
- d. Be responsible for the timely sending of notices and calls of meetings and for keeping members informed of decisive actions by the Board and of issues to be brought before the membership.
- e. Perform such other duties as the Board may direct.

SECTION 4. POWERS AND DUTIES OF THE VICE-PRESIDENTS

The Vice-Presidents shall:

- a. In the absence of the President, or in case of his failure to act, in conjunction with the Secretary, have all the powers of the President, and the two of them acting together shall see that all orders and resolutions of the Board are carried into effect.
- b. Perform such other duties as the Board may direct or the president may delegate.

SECTION 5. POWERS AND DUTIES OF THE SECRETARY

The Secretary shall:

- a. Have charge of the records and of the Corporation, and perform all the duties inherent to the office of the Secretary of the Corporation subject at all times to the direction and control of the Board.
- b. Record and the minutes of all general membership meetings.
- c. Record the minutes of all meetings of the Board of Directors, which minutes shall be presented to the next meeting of Directors for approval.
- d. Keep a copy of the Charter of the Corporation, together with a dated copy of the current bylaws and amendments.
- e. Maintain a current list of members with addresses, and prior to any meeting of members, with the assistance of the treasurer update this list in accordance with ARTICLE II, SECTION 6.
- f. Conduct the general correspondence of RSTA.

SECTION 6. POWERS AND DUTIES OF THE TREASURER

The Treasurer shall supervise the bookkeeper in the following:

- a. Keep accurate and full accounts of receipts and disbursements, collect and deposit all monies and other properties and effects in the name of and to the credit of RSTA in such depositories as the Board may direct.
- b. Disburse the funds of RSTA as may be ordered by the Board, taking proper vouchers for such disbursements.
- c. Render to the Board, upon its request, an account of any and all transactions as Treasurer and of the financial condition of RSTA, and at the annual meeting of members present a like report for the preceding year.
- d. Authorize disbursement and payment by the bookkeeper of \$3,000.00 or less.
- e. Perform such other duties as are inherent in the office of treasurer or as directed by the Board.

SECTION 7. POWERS AND DUTIES OF THE REGISTRAR

The Registrar shall:

- a. Chair the registration committee.
- b. Manage the annual registration process.

- c. Manage the annual new swimmer evaluation process.
- d. Supervise the registration administrative assistant in processing registrations.
- e. Make final assignments of swimmers to teams.

ARTICLE VII – COMMITTEES

SECTION 1. COMMITTEE STRUCTURE

To facilitate the business and management of RSTA, work shall be accomplished through standing and ad hoc committees with duties and responsibilities as established and enumerated by these bylaws.

- a. **Powers.** All powers assigned to standing committees are subject to the authority of the Board.
- b. **Membership.** Membership in standing committees may be comprised of both board members and general members. The president of RSTA may be an ex officio member of all committees.
- c. **Chair.** Standing Committees shall be chaired by a director who is elected by the members of the committee at the start of each term of office following the October election. Co-chairs may be elected at the discretion of the committee, as needed.
- d. **Size.** Committee size will vary depending on the number of members needed to accomplish the work of the committee and shall be not smaller than three nor more than fifteen.

SECTION 2. STANDING COMMITTEES

Standing Committees shall be as follows: All Stars, Audit, Awards, Computer, Equipment, Executive, Fundraising, Handbook, Managers, Personnel, Registration, Rules of Competition and Officiating, Schedule & Meet Management and Winter Swim.

- a. **All Stars & IMs Committee** shall be responsible for organizing and conducting the IM Meet and the All Star Meet to be held at the end of the season. This will include (but is not limited to) ranking and invitation of swimmers, establishing meet rules and order of events, coordination of volunteers, distribution of awards, choosing of officials, publication of results, recording of records and coordination with fundraising committee on the sale of any items deemed worthy (e.g., food, programs, shirts, caps, etc.)
- b. **Audit Committee** shall be responsible for validating the bank accounts and other accounts of RSTA, and for auditing the treasurer's records of income, expenses and bank balances at least once per year and no later than 31 March of their term.
- c. **Awards Committee** shall be responsible for the development and recommendation of an achievement awards program for participants in RSTA, the design and purchase of all materials needed to implement the achievement awards program and the distribution of RSTA records awards.

- d. **Computer Committee** shall be responsible for compiling times for each meet, producing labels for meet cards, updating records, maintaining all individual and relay team and league records, authorizing RSTA record awards and publishing results of meets.
- e. **Equipment Committee** shall be responsible for the maintenance and repair of all equipment, the recommendation and purchase of new or replacement equipment and making equipment required for the conduct of swim meets available to Team Managers.
- f. **Executive Committee** of RSTA shall be the elected officers and the immediate past president. A quorum of the Executive Committee for any meeting shall be at least three members of the Executive Committee. The Executive Committee shall conduct such business as is deemed necessary by the president or the officers. The Executive Committee is authorized to conduct urgent business of the association when there is not time or it is not feasible to wait for a regularly scheduled meeting of the Board of Directors.
- g. **Sponsorship & Fundraising Committee** shall be responsible for identifying, contacting and soliciting potential corporate and individual sponsors and organizing events (such as Spirit Nights/Dining for Dollars) to raise funds for league-wide needs. The Committee is also responsible for sending acknowledgement letters for sponsorships received and ensuring good stewardship by honoring sponsor recognition opportunities (as agreed by the Board). RSTA's sponsorship goal is to support all teams; therefore teams should not solicit team-specific sponsors and adhere to league-wide sponsor commitments. Fundraising opportunities for specific meets (e.g. All Stars and IMs apparel and concessions sales) are managed within those separate Committees.
- h. **Handbook Committee** shall be responsible for updating and publishing the handbook.
- i. **Managers Committee** shall be responsible for the training of Team Managers and the distribution of all materials and information to Team Managers prior to the season.
- j. **Personnel Committee** shall consist of one Team Representative from each team.
 - It shall be responsible for the recommendation and implementation of RSTA personnel policies governing the duties, salary, recruitment, hiring, dismissal and performance evaluation of the RSTA coaching staff. The Personnel Committee Representatives shall select the coaches with consideration for age, swimming background, maturity, temperament and past employment (including RSTA tenure) from the pool of available candidates. The Committee shall provide direction and guidance to all coaches in personnel matters and shall provide counseling and support for Team Managers in their daily activities with the coaching staff. Personnel Representatives do not have to be Board Members (and are represented at Board meetings by a Team Representative in this scenario). It is preferred, whenever possible, that Personnel Reps do not have a coach age-eligible swimmer to avoid a conflict of interest.
- k. **Publicity and Marketing Committee** shall be responsible for communicating to

the general public to raise awareness of the association, promote a positive image of the league and publicize events and programs through such means as the RSTA website, social media, email and traditional media.

- l. **Registration Committee** shall be responsible for the design, implementation and administration of a summer season registration program, including the assignment of swimmers to teams in accordance with the approved guidelines. The committee recommends registration tiers and dates, fees and team cap levels for Board approval.
- m. **Rules of Competition & Officiating Committee** shall be responsible for the development and recommendation of policies governing competition in the RSTA, the technical implementation of Board policies governing League competition and the conduct of meets, the training of officials and the establishment and implementation of safety policies and procedures for practices and meets (including warm-ups). They shall also be responsible for hearing and acting upon any and all disputes regarding interpretation of the rules in accordance with Board policy. Any member of this committee who has a personal interest in any party involved in a dispute (e.g. parent of swimmer or coach, Team Representative, Team Manager or spouse of Manager, etc., of the team or teams involved) shall disqualify themselves from the committee until the matter has been settled. In the event the committee is reduced to fewer than three (3) members by the application of this rule, the dispute shall be referred to the Board for immediate consideration.
- n. **Schedule & Meet Management Committee** shall be responsible for the recommendation and implementation of the RSTA competition schedule to include the times and locations for all regular and special meets, rain dates, pool parties and any other items deemed necessary by the Board. In preparing the schedule, the Committee shall coordinate with Reston Association (RA) and, upon Board approval, conclude all arrangements with RA to implement the schedule. This committee shall be responsible for developing the forms required prior, during and after a meet to make a meet run smoothly and efficiently (e.g., meet sheets, swimmers individual times, entry cards, etc.).
- o. **Winter Swim Committee** shall be responsible for providing swimmers eligible to swim with RSTA an opportunity to improve their swimming skills during the off-season. The committee shall define each of the winter swim programs (e.g., number & age range of swimmers; swimming prerequisites and fees), handle registration, staffing and provide on-going oversight for the duration of all programs.

SECTION 3. AD HOC COMMITTEES

Ad Hoc committees shall be formed as deemed necessary by the Board of Directors. To form an ad hoc committee, the committee must be approved by a simple majority of the Directors present and voting at any regular meeting or at a special meeting called for this purpose. Upon approval of an ad hoc committee, members shall be selected from among the Directors and general membership. The committee shall designate its own chair and will disband upon completion of the purpose of the committee.

ARTICLE VIII – ACCOUNTING, BUDGET FINANCE

SECTION 1. AUDITS

- a. **Annual Audit** – the Books of the association shall be closed on the last day of the fiscal year to be audited by a qualified individual or individuals other than the Treasurer and approved by the Board. The audit shall encompass a review of the bank accounts, financial assets, cash flow and deposits/expenditures. The written report of the audit shall be prepared in time to be presented to the members at the first general membership meeting following the completion of the audit.
- b. **Special Audits** – An audit similar to the annual audit shall be prepared at any time there is a change in the office of Treasurer during the fiscal year.

SECTION 2. FISCAL YEAR

The fiscal year of RSTA for reporting and filing purposes shall be from October 1 to the following September 30. The operational year will run from January 1 to the following December 31.

SECTION 3. BUDGET

An annual operating budget year shall be prepared by the Treasurer with the assistance of the executive committee with input from all standing committees for presentation and approval at the first general membership meeting of the calendar year. A copy of this budget shall be posted on the RSTA website not later than ten (10) days prior to this meeting.

SECTION 4. CONTRACTS

Contracts for personal services shall require approval of two-thirds (2/3) of the full Board of Directors. Contracts involving loans, leases or other obligations of more than twelve (12) months' duration shall have to be ratified by a majority of all members of the association. Contracts with the Reston Association shall be signed by the President or the President's delegated representative.

SECTION 5. REIMBURSEMENT

Officers and Directors may be reimbursed for reasonable out of pocket expenses made on behalf of RSTA, but shall not otherwise be compensated.

SECTION 6. INDEMNIFICATION

RSTA shall indemnify and save harmless any individual against the expense of any action, suit or proceedings in which they are made a part by reason of being, or having been, a Director, Officer or duly authorized agent of RSTA, except in relation as to matters to which they shall be adjudged in such action, suit or proceedings to be liable for gross negligence or willful misconduct in the performance of their duties. This right shall extend to all such persons, their successors, heirs and legal representatives.

SECTION 7. INSURANCE

The Board shall obtain sufficient insurance from commercial carriers to manage the financial and legal risks to the association, to provide "directors and officers" liability insurance and to meet any reasonable insurance requirements stipulated by the Reston Association.

SECTION 8. DISSOLUTION

In the event this organization dissolves, splits or otherwise ceases to legally exist under the terms and conditions of these bylaws, the remaining assets of RSTA, after all just debts have been discharged, shall be disbursed to any non-profit organization or organizations. These other organizations shall be determined by the individual members and their pro rata share of the assets shall be sent to that non-profit organization.

ARTICLE IX – BYLAWS AND RULES OF ORDER

SECTION 1. BYLAWS

These bylaws, duly revised and adopted on the 11th day of February, 2008, succeed any and all previous bylaws and amendments thereto, which are declared null and void.

SECTION 2. INTERPRETATION

Any question as to the proper interpretation of any provision of these bylaws shall be determined by the Board.

SECTION 3. AMENDMENTS

These Bylaws may be amended by two-thirds (2/3) majority vote of those eligible voters present at any general meeting of the Association duly constituted in accordance with Article IV, provided that fifteen (15) days prior notice has been given to all eligible members of the nature of the proposed amendment.

Adopted September 25, 1979, Amended November 11, 1981

Amended October 13, 1982, Amended October 12, 1983

Amended October 15, 1984, Amended February 25, 1985

Amended October 7, 1985, Amended February 10, 1986

Amended October 20, 1986, Amended February 8, 1987

Amended October 11, 1988, Amended February 13, 1989

Amended October 7, 1991, Amended October 19, 1992

Amended March 14, 1994, Amended March 20, 1995

Amended October 4, 1999, Amended October 10, 2000

Revised and reissued February 11, 2008, Amended April 13, 2015

Amended March 12, 2018, Amended April 11, 2021

Amended July 11, 2022, Amended February 12, 2024

Amended January 13, 2025

SECTION 4. RULES OF ORDER

Roberts Revised Rules of Order shall be the parliamentary guide for all meetings of the general membership, the Board of Directors or of Committees, but shall not take precedence over these bylaws.

Relay Take-Off Form

RELAY TAKE OFF JUDGE

Event # 21

Boys 8 & Under 100 m Freestyle Relay

Swimmer Number			
Lane 1	2	3	4
Lane 2	2	3	4
Lane 3	2	3	4
Lane 4	2	3	4
Lane 5	2	3	4
Lane 6	2	3	4

Signature: _____

O=Good X=Early Take Off

RELAY TAKE OFF JUDGE

Event # 23

Boys 9-10 100 m Freestyle Relay

Swimmer Number			
Lane 1	2	3	4
Lane 2	2	3	4
Lane 3	2	3	4
Lane 4	2	3	4
Lane 5	2	3	4
Lane 6	2	3	4

Signature: _____

O=Good X=Early Take Off

RELAY TAKE OFF JUDGE

Event # 25

Boys 11-12 100 m Medley Relay

Swimmer Number			
Lane 1	2	3	4
Lane 2	2	3	4
Lane 3	2	3	4
Lane 4	2	3	4
Lane 5	2	3	4
Lane 6	2	3	4

Signature: _____

O=Good X=Early Take Off

RELAY TAKE OFF JUDGE

Event # 22

Girls 8 & Under 100 m Freestyle Relay

Swimmer Number			
Lane 1	2	3	4
Lane 2	2	3	4
Lane 3	2	3	4
Lane 4	2	3	4
Lane 5	2	3	4
Lane 6	2	3	4

Signature: _____

O=Good X=Early Take Off

RELAY TAKE OFF JUDGE

Event # 24

Girls 9-10 100 m Freestyle Relay

Swimmer Number			
Lane 1	2	3	4
Lane 2	2	3	4
Lane 3	2	3	4
Lane 4	2	3	4
Lane 5	2	3	4
Lane 6	2	3	4

Signature: _____

O=Good X=Early Take Off

RELAY TAKE OFF JUDGE

Event # 26

Girls 11-12 100 m Medley Relay

Swimmer Number			
Lane 1	2	3	4
Lane 2	2	3	4
Lane 3	2	3	4
Lane 4	2	3	4
Lane 5	2	3	4
Lane 6	2	3	4

Signature: _____

O=Good X=Early Take Off

RELAY TAKE OFF JUDGE

Event # 27

Boys 13-14 200 m Medley Relay

Swimmer Number					
Lane 1	2	3	4		
Lane 2	2	3	4		
Lane 3	2	3	4		
Lane 4	2	3	4		
Lane 5	2	3	4		
Lane 6	2	3	4		

Signature:

O=Good X=Early Take Off

RELAY TAKE OFF JUDGE

Event # 29

Boys 15-18 200 m Medley Relay

Swimmer Number					
Lane 1	2	3	4		
Lane 2	2	3	4		
Lane 3	2	3	4		
Lane 4	2	3	4		
Lane 5	2	3	4		
Lane 6	2	3	4		

Signature:

O=Good X=Early Take Off

RELAY TAKE OFF JUDGE

Event # 51

Boys Mixed Age 200 m Freestyle Relay

Swimmer Number					
Lane 1	2	3	4	5	
Lane 2	2	3	4	5	
Lane 3	2	3	4	5	
Lane 4	2	3	4	5	
Lane 5	2	3	4	5	
Lane 6	2	3	4	5	

Signature:

O=Good X=Early Take Off

RELAY TAKE OFF JUDGE

Event # 28

Girls 13-14 200 m Medley Relay

Swimmer Number					
Lane 1	2	3	4		
Lane 2	2	3	4		
Lane 3	2	3	4		
Lane 4	2	3	4		
Lane 5	2	3	4		
Lane 6	2	3	4		

Signature:

O=Good X=Early Take Off

RELAY TAKE OFF JUDGE

Event # 30

Girls 15-18 200 m Medley Relay

Swimmer Number					
Lane 1	2	3	4		
Lane 2	2	3	4		
Lane 3	2	3	4		
Lane 4	2	3	4		
Lane 5	2	3	4		
Lane 6	2	3	4		

Signature:

O=Good X=Early Take Off

RELAY TAKE OFF JUDGE

Event # 52

Girls Mixed Age 200 m Freestyle Relay

Swimmer Number					
Lane 1	2	3	4	5	
Lane 2	2	3	4	5	
Lane 3	2	3	4	5	
Lane 4	2	3	4	5	
Lane 5	2	3	4	5	
Lane 6	2	3	4	5	

Signature:

O=Good X=Early Take Off

Deck Change Request Slip

Coaches should submit a Deck Change to the Clerk of Course to add new swimmers, change a swimmer or scratch a swimmer. Not submitting deck changes causes confusion for the meet officials who are expecting a specific swimmer in a lane and slows the meet down. If a coach needs to make a change to the submitted entries, this procedure **must** be followed:

- Coach of the requesting team **must** initiate a deck change on a Deck Change Slip (see sample below)
- The Deck Change Slip **must** be signed by a manager from each team
- The Deck Change Slip **must** be turned into the Clerk of Course, who will verify the swimmer can swim in the event
- Deck changes are not permitted once the first heat of that stroke has begun in the 8 & Under Boys event.

Deck Change Request Slip

Event # _____

Heat # _____

Lane # _____

Purpose of this change: _____

☐ Add New Swimmer(s)

☐ Change Swimmer(s)

☐ Scratch Swimmer(s)

Reason for change: _____

Current Swimmer(s) _____

New Swimmers(2)

Requesting Team Review: _____

Opposing Team Review: _____

Clerk of Course Review: _____

RSTA Disqualification Form



Event #	Heat #	Lane #	Swimmer Name	Judge
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Stroke and Reason for Disqualification

Check

Butterfly	
After start/turn, shoulders not past vertical towards breast	
After start/turn, first pull does not bring to surface	
After start/turn head does not break water surface prior to 15m.	
Arm recovery alternating and/or underwater	
Alternated position of feet or executed scissors or breaststroke kick	
No simultaneous two-hand touch at turn/finish	
Backstroke	
After start/turn head does not break water surface prior to 15m.	
After start/turn or at finish, shoulders past vertical towards breast	
No touch at turn or finish	
Delay initiating turn	
During turning motion executed more than 1 single/double arm pull	
Breaststroke	
Hand past hip line during stroke after first pull at start/turn	
Head submerged as hands turned inward at widest part of 2nd pull	
Head remains submerged through a complete stroke cycle	
Arm pull and kick are non-sequential during stroke cycle	
Executed fly/flutter/scissors kick (except a single butterfly kick is permitted during or at completion of first arm pull after the start and each turn, which must be followed by a breaststroke kick)	
Arms not simultaneous	
Either foot turned inward during propulsive part of kick	
No simultaneous two-hand touch at turn/finish	
Not on breast at beginning of first arm pull at start/turn	
Shoulders not past vertical towards breast when feet leave wall	
Freestyle	
After start/turn head does not break water surface prior to 15m	
Walk or pushed off the bottom or used lane line for forward motion	
No touch at turn or finish	
False start or relay take-off before touch	
Other	

Frequently Asked Questions

When and how often are summer practices?

Practices are scheduled every day during the week. Until school gets out, practices are in the evenings: 10 and under swimmers practice from 7:00 pm – 7:45 pm and 11 and older swimmers practice from 7:45 pm – 8:30 pm. Once school gets out, practices are every morning during the week: 10 and under swimmers practice from 8:00 am – 8:45 am and 11 and older swimmers practice from 8:45 am – 9:45 am. **(Note: some teams have logistical issues that may cause their practice times to be adjusted slightly. Please check team information pages for the exact times.)**

Are swimmers required to wear an official team suit?

No. Each team selects an official suit each year and Sport Fair comes to the pool one night early in the season for swimmers to buy the suit. However, a previous year's team suit or any competition swim suit is acceptable for meets and practices as long as it meets the requirements outlined in the Swimwear Rules section on page (73) of this handbook. Swimmers are encouraged to wear suits in their team colors to show their team spirit.

Are swimmers allowed to wear a swim shirt or other coverings?

Yes, as long as the covering adheres meets the requirements outlined in the Swimwear Rules section on page (73) of this handbook.

Are watches and other jewelry allowed?

While not recommended, watches and jewelry are permitted.

Are swimmers required to swim in every meet?

No. While we encourage swimmers to swim in every meet, **swimmers must swim in at least three regular season dual meets** to retain their eligibility to be on the team again next year. It's very important to let one of the Team Managers know if a swimmer will not be at a meet or will be arriving late or leaving early. It's very frustrating and wastes time when coaches and managers spend time looking for someone who isn't there.

If it is raining, who will make a decision where meets will be held?

Reston Association (RA) makes a decision whether or not the pools will be opened.

How are meets seeded?

Coaches seed the meets (that means they determine which swimmers are swimming in which events) during the week before a meet, so it is very important to let one of the managers know as soon as possible if a swimmer will not be at a meet. Each event has several heats, with up to six swimmers in each heat. The number of heats will be determined by how many swimmers are entered in the event. The slower heats are run first, and the fastest swimmers are in the last heat. Within each heat, the swimmers with the fastest times will be in lanes 3 and 4, and the swimmers with the slower times will be in lanes 1 and 6.

How do I know what my swimmer is swimming?

Meet sheets (a guide to all the heats in all the events) are posted on the RSTA website (www.rsta.org) on Friday nights. It's a good idea to print one out to bring to the meet to follow along and know who's swimming. Especially for younger swimmers, it's a good idea to write the swimmer's events on their arm with a sharpie. For example, if the swimmer is swimming backstroke in heat three, lane three, write BK H3L3 on their arm.

Why do all swimmers need to check in with the Clerk of Course?

The Clerk of Course (usually located under a big umbrella at the pool) is charged with confirming swimmers in each event (heats and lanes) and for lining up the 8 & Under swimmers in their heats. By checking in with the Clerk of Course meet delays can be avoided.

How many events can a swimmer be entered in during a meet, and who decides what events a swimmer is entered in?

A swimmer may enter a maximum of three (3) individual events and two (2) relays in any dual meet. Coaches make the determination of what events a swimmer will be entered in, based on their knowledge of the swimmer's skills.

What is the process for a 'deck change'?

A Team Coach wishing to have a swimmer swim an event the swimmer is not scheduled to swim must submit a deck change form to both a manager from their team and the opposing team to sign. The form is then taken to the Clerk of Course prior to the first heat of the Boy's 8 and under for the stroke the swimmer is going to swim.

What is the order of events at a meet?

Events are swum from youngest to oldest (8 & under first, then 9–10, 11–12, 13–14, 15–18) with boys swimming first, in the following order:

Butterfly

Backstroke

Freestyle

Relay

Breaststroke

Freestyle

Age group medley relay

How are meets scored?

Swimmers are divided into A, B or C classes based on how fast their times are relative to the RSTA Time Standards (available on the RSTA website and the handbook). First, second and third place points are awarded in each class for each event (so C class swimmers can earn as many points for the team as A class swimmers) and weighted accordingly:

- 1st = 5 points
- 2nd = 3 points
- 3rd = 1 point

Relay Events—Competition and scoring of relays shall be organized without regard to individual swimmer classifications and scored as follows:

- 1st = 8 points
- 2nd = 4 points
- 3rd = 2 points

Where can I find meet results?

Event results are posted as soon as possible at the meets. Final results can be found on the RSTA website a day or two after the meets. If you have the Meet Mobile app, results are also posted during the meet shortly after each event is completed.

My child finished first in their heat: why didn't they get a first place award?

RSTA dual meets may include multiple heats for a given stroke and age group. If your child swam in a heat and placed first in that heat, they may have a time that qualifies them to be in an A, B or C swim category. All swimmers in a particular category compete against each other. For example, your child swam in heat 2 against other Category B swimmers and placed first in that heat. However, their time ended up being an "A" time according to RSTA rules. If the swimmer's time placed first through third within the "A" group swimmers, they will receive a ribbon; if not, they will not receive a ribbon. On some teams, a heat winner ribbon may also be given.

My child didn't finish first in their heat, yet they received a first place award; why is that?

Awards are given based on final times for each stroke and age group in A, B and C swim categories (see "Time Standards" elsewhere in this handbook). Sometimes, a swimmer swims in a heat with swimmers from different categories so, for example, a swimmer could earn a first place award in C category if they "lost" to B category swimmers in the same heat.

My child finished first in their heat, why didn't they get a heat winner ribbon?

In RSTA dual meets, if your child swam in a heat AND they had a time that qualifies them for a first through third place ribbon, they may not receive a heat ribbon as well. This may differ among teams. If you have a question about your team's practice, please contact one of your Team Managers.

What is an Individual Medley (IM)?

In RSTA, the Individual Medley (IM) is a 100-meter event. Each swimmer swims 25 meter butterfly, 25 meter backstroke, 25 meter breaststroke and 25 meter freestyle, in that order.

What is the IM Meet?

The Individual Medley (IM) Meet is a special RSTA-wide event held once each summer. The IM Meet is usually held on the second Wednesday in July at 6:00 p.m. at Lake Newport Pool. The rain date is usually the following Wednesday at the same time at Lake Newport Pool. Check the League Schedule every year for specific dates.

Who can participate in the IM Meet?

Any RSTA swimmers who wish to compete in this event and who are deemed capable of doing so by their team coaches may do so. Swimmers must be able to swim four legal strokes and (ideally) should have a legal time from this season in each of the four strokes.

Please note: the 100-meter IM is a long and strenuous event and may not be suited to the stamina of all swimmers, especially younger and/or less experienced swimmers.

How is the IM Meet seeded?

If a swimmer has a 100 IM time from any previous RSTA meet, the swimmer's best time will be used to seed the current year's IM Meet. If a swimmer has no IM time from a previous RSTA meet, the swimmer will be seeded as NT (No Time).

What awards are given for the IM Meet?

Special IM Finals rosette ribbons will be awarded to swimmers placing 1st through 12th.

What is the All Star Meet?

The All Star Meet is a league-wide event held once each summer and marks the end of the RSTA season. The All Star meet is usually held on the last Saturday in July at Lake Newport Pool. The rain date is usually the next day at the same time and pool. This may vary from year-to-year, so check the League Schedule for specific dates.

Who can participate in the All Star Meet?

To the extent possible, the top 12 swimmers in each stroke by gender and age group are invited to compete in the All Star Meet, with the caveat that no swimmer will compete in more than two (2) of the four (4) individual events. This caveat is designed to allow for maximum participation in this league-wide meet. Swimmers may qualify for All Stars up to and including the last dual meet of the season. League-wide top times are posted on the RSTA website after each weekend of dual meets, so swimmers can check where they are in the rankings for their age group.

How is the All Star Meet seeded?

RSTA uses an automated software process to manage the seeding in a fair, equitable and repeatable manner and to place swimmers according to their best advantage (specifically the two strokes where they rank the highest). Swimmers who are ranked #1 in all four strokes are the only swimmers given the option of expressing a preference.

Why can't my child choose which events they want to swim at All Stars?

Allowing swimmers to choose their events complicates the seeding process immensely. Following a standard, automated seeding process ensures the seeding process is fair and equitable for all swimmers and also simplifies and streamlines what in the past was a very complex, error-prone and labor-intensive method.

Why does my Team Manager keep asking me if my child will be available for All Stars?

In concert with RSTA's desire for maximum participation in this special event, we want to see every lane filled at the All Star Meet. If for some reason a swimmer who is ranked in the top twelve is not able to swim, that opens up a spot for another participant. Swimmers ranked beyond #12 are frequently invited to swim at All Stars. Please, don't wait until the last minute to let coaches or managers know your swimmer WON'T be available for All Stars— re-seeding the meet is very complicated and time consuming.

My swimmer was unavailable for IM/All Stars but it was rescheduled to a rain date, can they participate?

No, when a rain date is provided only swimmers scheduled to participate in the original event may participate.

Are there relays at All Stars?

Yes, there are relays at All Stars. There are Age-Group Relays as well as Mixed-Age Relays. Swimmers may swim in two individual events and two relays if they are selected by their coaches for the relays. Note: some swimmers may only be selected for relays and might not swim in individual events.

My child was disqualified in the Individual Medley or the All Stars Meet. Will they receive a participant ribbon?

For 2024: IM DQs -10&U swimmers will receive a participation rosette/11+ will be given the option of a participation ribbon. All Stars - all swimmers who DQ will receive a participation rosette. **Note:** this may vary from year to year.

What volunteer opportunities are available for parents?

RSTA teams depend on parent volunteers—it really does take a village to run a swim meet!

Parents are expected to volunteer to work at a minimum of three meets. Volunteer positions include such things as Lane Timer (three per lane), Stroke & Turn Judge, Clerk of Course, concessions, 8 & under aide, etc. In addition to volunteering at meets, teams also need parent volunteers for such tasks as organizing the end of season party, handling spirit wear orders, updating the website, organizing pasta parties and more! Teams handle sign-ups for volunteers in a variety of ways, so check with Team Managers to see how you can help.

Why do swimmers dive into the shallow end of the pool to start RSTA events when RA has a no diving rule for that end of the pool?

RSTA takes the safety of swimmers very seriously. That is why older swimmers start from the shallow end of the pool. Allowing them to perform flip turns in the deeper end of the pool avoids scrapes that would occur if they were trying to flip in the shallow end. At the beginning of the season, coaches have all swimmers first demonstrate the ability to do shallow head-first entries into deep water. They ensure swimmers can execute a shallow head-first entry before attempting to teach racing starts. Swimmers are not allowed to practice any racing starts unsupervised; a coach must be near the swimmer when they are practicing diving or during a meet. Because both the Head Coach and the Senior Assistant Coach have Water Safety Instructor (WSI) certifications, one of those two individuals will supervise diving activities. Reston Association makes an exception to the diving rule during RSTA practice and meets based on the direct supervision and knowledge of the certified Water Safety Instructors who teach the skill.

How do I know if the New Wave program is the right one for my swimmer?

RSTA has new swimmer placement sessions prior to the season when the overall safety of each swimmer is assessed. Each swimmer has the opportunity to demonstrate their willingness to swim, safety while in the water, show endurance and readiness for the team environment. RSTA evaluators then recommend placement on a team, the New Wave program or additional lessons.

Can a swimmer transfer to a team from the New Wave program during the season?

Yes. If a swimmer demonstrates water safety and readiness for swim team, swimmers can move mid-season to an RSTA team that has open slots. Parents can choose any swim team with open slots.

Is there a maximum age for New Wave?

The program is open to all swimmers between the ages 5-12. Basic swimming skills are a prerequisite.

