

<p>Important Links:</p> <p>BIM Swim Website</p> <p>Swimcloud Meet Profile</p> <p>Volunteer Sign-Up Link</p>	<p><u>2025 BIM Super Bowl</u> <u>Invitational</u> February 8th, 2025</p> <p>The St. James: Sports, Wellness & Entertainment Complex</p>	<p>Hosted by: BASIS Independent McLean</p> 
---	--	--

Host Team:	<p>Swimming:</p> <ul style="list-style-type: none"> • BASIS Independent McLean • Opponents will be announced as we approach the meet deadline and will be available through Swimcloud soon. 	<p>Diving:</p> <ul style="list-style-type: none"> • N/A – <i>if you believe that there is a mistake for this box, please contact the Meet Director with the contact listed below.</i>
Location/Facility:	<p>The St. James: Sports, Wellness and Entertainment Complex in Springfield, VA Located on 6805 Industrial Road, Springfield, VA 22151 (703) 239-6870</p> <p>Facility Details:</p> <ul style="list-style-type: none"> • The pool at The St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 6-8 lanes, 25 yards, running from the west wall to the wall at the eastern end of the pool. • Water depth of 7’ 4” at the starting end and 7’ 4” at the turning end of the competition course. • The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA swimming should it be needed. 	
Entry Deadline:	<p>FINAL ENTRY FILE IS DUE BY 11:00 PM, WEDNESDAY, FEBRUARY 5TH, 2025.</p> <p>IMPORTANT: The above date is the deadline for schools/teams to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your coaches for this information on when you need to submit your entries.</p>	
Meet Director:	<p>Brayden Bagla: (571) 421-0956 bbagla@bimswim.com</p>	
Rules:	<p>This meet will be governed by the 2024-2025 National Federation High School <i>Swimming, Diving, and Water Polo</i> rules for championship meets.</p>	
Eligibility:	<ul style="list-style-type: none"> • The meet is open to all students who are in 6th grade through 12th grade. • A swimmer must be in good standing with the school that he/she is representing. • 5th grade and below swimmers are eligible to swim as “exhibition” non-scoring swimmers. • A swimmer must be no older than 19 years of age on the August 1st immediately prior to the meet. No post-graduates are permitted to swim in this meet. 	

Diving Warm-up and Competition Schedule (if applicable):	<ul style="list-style-type: none"> N/A unless a DIVE team is entered into the meet. 																																									
Meet Warm-up and competition Schedule:	Warm-Ups: 7:00 AM to 8:00 AM	Lane Assignments Published Separately																																								
	Officials Meeting: 7:15 AM	Near the Data Entry Table by the Starting Machine & Time Console.																																								
	Coaches' Meeting: 7:30 AM	Near the Starting Machine																																								
	Timers Meeting: 7:45 AM	Near the Data Entry Table by the Starting Machine & Time Console.																																								
	National Anthem: 8:00 AM	Disrespect in action or appearance will be grounds for disqualification.																																								
	First Event: 8:05 AM	24-event schedule begins!																																								
	<u>Breaks MAY be inserted after entries are received.</u>																																									
Meet Format/Seeding:	<ul style="list-style-type: none"> The meet will use a championship, timed finals format. All heats will be seeded based on entry times. 																																									
Order of Events:	<table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th style="width: 15%;">GIRLS</th> <th style="width: 60%;">EVENT</th> <th style="width: 25%;">BOYS</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>200 Medley Relay</td> <td>2</td> </tr> <tr> <td>3</td> <td>200 Freestyle</td> <td>4</td> </tr> <tr> <td>5</td> <td>200 Individual Medley</td> <td>6</td> </tr> <tr> <td>7</td> <td>50 Freestyle</td> <td>8</td> </tr> <tr> <td>9</td> <td><i>1M Diving (6 dives) – NOT USED</i></td> <td>10</td> </tr> <tr> <td>11</td> <td>100 Butterfly</td> <td>12</td> </tr> <tr> <td>13</td> <td>100 Freestyle</td> <td>14</td> </tr> <tr> <td>15</td> <td>500 Freestyle</td> <td>16</td> </tr> <tr> <td>17</td> <td>200 Freestyle Relay</td> <td>18</td> </tr> <tr> <td>19</td> <td>100 Backstroke</td> <td>20</td> </tr> <tr> <td>21</td> <td>100 Breaststroke</td> <td>22</td> </tr> <tr> <td>23</td> <td>400 Freestyle Relay</td> <td>24</td> </tr> </tbody> </table>			GIRLS	EVENT	BOYS	1	200 Medley Relay	2	3	200 Freestyle	4	5	200 Individual Medley	6	7	50 Freestyle	8	9	<i>1M Diving (6 dives) – NOT USED</i>	10	11	100 Butterfly	12	13	100 Freestyle	14	15	500 Freestyle	16	17	200 Freestyle Relay	18	19	100 Backstroke	20	21	100 Breaststroke	22	23	400 Freestyle Relay	24
	GIRLS	EVENT	BOYS																																							
	1	200 Medley Relay	2																																							
	3	200 Freestyle	4																																							
	5	200 Individual Medley	6																																							
	7	50 Freestyle	8																																							
	9	<i>1M Diving (6 dives) – NOT USED</i>	10																																							
	11	100 Butterfly	12																																							
	13	100 Freestyle	14																																							
	15	500 Freestyle	16																																							
	17	200 Freestyle Relay	18																																							
	19	100 Backstroke	20																																							
	21	100 Breaststroke	22																																							
	23	400 Freestyle Relay	24																																							

<p>Entry Rules:</p>	<ul style="list-style-type: none"> • Individual Events: <ul style="list-style-type: none"> ○ An eligible swimmer may swim NO more than FOUR (4) individual events. ○ Each team is allowed unlimited entries into individual events, but only a team’s top FOUR (4) swimmers are eligible to score points. ○ All non-scoring entries should be designated in Team Manager/MM as “exhibition.” • Relays: <ul style="list-style-type: none"> ○ An eligible swimmer may swim up to THREE (3) relay events. ○ Each team may enter any number of relays, but only relays that are designated relay “A” and relay “B” will be eligible to score. ○ Non-scoring entries should be designated as “exhibition.” ○ Relays may be entered without swimmer(s) names, but the meet host would appreciate a projected relay line up with all entries. ○ 200 Medley Relay Cards specifying the actual relay lineup shall be submitted to the designated official THIRTY (30) minutes prior to the start of the Meet. ○ 200 and 400 Relay Cards specifying the actual relay line-up shall be submitted to the designated official or meet director prior to the conclusion of the Men’s 500 Freestyle individual event. ○ Swimmers whose names are submitted on the relay cards must swim that event, in the order listed on the card, unless the referee allows for a substitution because of an injury or illness.
<p>Disability Swimmers:</p>	<ul style="list-style-type: none"> • NFHS and host clubs along with their meet directors are committed to the NFHS inclusion policy as adopted by the NFHS BOD. Athletes with a disability are welcome and asked to provide an advance notice of desired accommodations to the Meet Director. The athlete (or athlete’s coach) is responsible for notifying the session referee of any disability prior to competition. • Such information should be communicated in-advance of the meet, or during the coaches’ meeting.

<p>Entry Submission and Procedures:</p>	<ul style="list-style-type: none"> • <i>As previously stated</i>, the FINAL entry file is due by 11:00 PM on Wednesday, February 5th, 2025. • No manual or hardcopy entries will be accepted for this meet. • All entries MUST include first and last name, gender, grade, and seed times. Seed times can include actual seed times or converted short-course yard (SCY) times. Because this meet is in the time frame that it is in, coach’s times (i.e., estimates or practice times) are not only acceptable, however encouraged if no other time is available for that swimmer so that that respective swimmer can get into competitive heats. • <u>Except for RELAYS</u>, all entries are final at 6:00 PM on February 7th, 2025. <ul style="list-style-type: none"> ○ For all individual events, only scratches or additions will be accepted after the date above. ○ Text the Meet Director Brayden Bagla at (571) 421-0956 with last minute changes—<i>NOTE</i>: not all last-minute changes can be accommodated for. • Team(s) should submit their entries using a Team Manager entry file or using the Swimcloud interface via the Swimcloud Meet Profile (linked BELOW). • <i>Note</i>: Entries that are submitted from an individual team member will NOT be accepted for this meet. • Entries by phone or fax will also NOT be accepted. • Deck entries are prohibited during this meet. • The Meet Director will acknowledge the submission of entries via email within 24 hours. The contents of that email will contain the team’s official entries. It should be clear that it is the responsibility of the person submitting the entries to verify that the entries were received and received accurately. • <u>All Teams/Schools should SUBMIT (on Swim Cloud or via EMAIL) their Entry Files to</u> the Meet Director at bbagla@bimswim.com (Brayden Bagla & Michael Philipov). • There are NO fees for entries for this meet. (in other words, the fees are \$0.00). • Links for this Meet: <ul style="list-style-type: none"> ○ SwimCloud Meet Profile ○ Main Meet Website 																					
<p>Seeding:</p>	<ul style="list-style-type: none"> • All events will be seeded prior to the start of the meet and lanes will be assigned based on the entry times provided in the submission of entries from the coaches. • Heats will be seeded from slowest to fastest. • Swimmers entered without a seed time (i.e., NT or no time) will automatically be seeded into the slowest heat – so please put a time on EVERY entry possible, even if that time you can put is a “coach’s time.” • If every team submits their entries on time, a preliminary Psych Sheet and Meet Program will be sent via e-mail prior to the day of the meet. <ul style="list-style-type: none"> ○ Meet Programs and Meet Data will also be streamlined to the Hy-Tek Meet Mobile application. 																					
<p>Scoring:</p>	<p>This meet is being swum in a 3+ double-dual format with the scoring chart below:</p> <table border="1" data-bbox="428 1654 1464 1789"> <thead> <tr> <th>Place/Finish</th> <th>1</th> <th>2</th> <th>3</th> <th>4</th> <th>5</th> <th>6</th> </tr> </thead> <tbody> <tr> <td>Individual</td> <td>6</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> <td>0</td> </tr> <tr> <td>Relay</td> <td>8</td> <td>4</td> <td>2</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Place/Finish	1	2	3	4	5	6	Individual	6	4	3	2	1	0	Relay	8	4	2			
Place/Finish	1	2	3	4	5	6																
Individual	6	4	3	2	1	0																
Relay	8	4	2																			

<p>Warm-Up:</p>	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of the warm-up, including times/lane assignments. • <i>The Meet Director reserves the right to change warm-up assignments AFTER all entries have been received by teams/schools.</i> • Lane Assignments will be published HERE (the meet website) and on many walls throughout the meet facility (The St. James) near assigned team areas. • Warm-Ups may be <i>together</i> where both teams will swim at the same time and <i>SPLIT</i> the lanes so that maximum efficiency can be achieved. Details uploaded to the Main Meet Website (linked above).
<p>Supervision:</p>	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. • Teams and swimmers should treat this facility (The St. James Sports Complex: Springfield) with respect as they would with their own facility.
<p>Meet Officials/Volunteers:</p>	<p>Data Entry/CTS Timing System Operator: Brayden Bagla Team Representatives (BIM Swim Team): Lori Bagla & Gergana Jostova Starter: Lori Bagla Chief Timer: TBD Referee: TBD</p> <p>Each team will be assigned to a specific lane to time, lane/timer assignments will be published separately. Each team will provide volunteers are posted to the Sign-Up Genius link.</p>
<p>Stroke and Turn Officials:</p>	<ul style="list-style-type: none"> • Each team is responsible for providing AT LEAST ONE (1) certified stroke and turn judges. The larger teams should plan to provide more. • If more officials volunteer, the meet director/referee will relieve officials at the break. • Stroke and Turn Judges from ALL Teams Should Sign-Up HERE (Sign-Up Genius).
<p>Timing:</p>	<ul style="list-style-type: none"> • Timing will be recorded using the Colorado Timing System with touchpads (primary). • To back-up the CTS touchpads, two timers will use the CTS back-up buttons. • Each lane will have a manual digital stopwatch as a tertiary backup to the CTS system. • We will run the meet with TWO (2) timers per lane. Timing responsibilities for each lane will be assigned to a specific team/school. Lane assignments will be published separately with the warm-up schedule on the Meet Website (linked HERE). • Timers from all teams should sign-up HERE (Sign-Up Genius Link).

<p>Starting Procedures:</p> <p>**These procedures depend on the officiating crew and will be announced soon. **</p>	<ul style="list-style-type: none"> • The Starter will <u>NOT</u> be using a whistle start procedure for this meet. • The start procedure will be as follows (for this meet): <ul style="list-style-type: none"> ○ For the next event(s), the swimmers will be lined up behind the blocks ready to go for their respective event as indicated on the Meet Program. ○ The scoreboard will read the correct event number (when it is time). ○ Once the swimmers indicate (through body language) that they are ready to begin—the starter will then announce the event, the heat, and who is swimming in each lane. ○ After that, there will be a brief pause—then the starter will give the START command (that includes “take your mark” and the buzzer to indicate “go”). A white <i>MAY</i> be used by the starter to get attention. ○ For backstroke events only, the starter will indicate when to step into the water if it is not clear in the first place. • Dive over starts will be used to increase the progression of the meet and to ensure that we finish the meet on-time (by 10:00 AM).
<p>USA Swimming Upload of Times:</p>	<ul style="list-style-type: none"> • Times that are obtained from this meet are <u>NOT</u> going to be uploaded to PVS or USA swimming as this is NOT a sanctioned meet by USA swimming/Potomac Valley Swimming (PVS). However, they will be posted to <i>SwimCloud</i>.
<p>Spectators and Live Streaming:</p>	<ul style="list-style-type: none"> • Spectators are ENCOURAGED to join us inside the St. James Poolhouse Stands. • We are excited to announce that the 2025 Super Bowl Invitational will be livestreamed on our BIM Swim Team YouTube Channel Page. The broadcast will begin at 7:30 AM.
<p>Meet Program/Heat Sheets:</p>	<ul style="list-style-type: none"> • Near real-time results will be made available on the Meet Mobile app which is available on both iPhone and Android Devices. • PDF copies of Meet Programs will be published to the Main Meet Website (linked HERE). • For an easier to read and streamlined version of the meet program, you may access that for free on the Meet Mobile application under this meet title (2025 BIM Super Bowl Invitational).
<p>Spirit:</p>	<ul style="list-style-type: none"> • All swimmers should remain in the pool area throughout the meet to cheer their fellow teammates on for their races. • Please tell your swimmers to remain on deck until after the completion of the Boys 400 Freestyle Relay. • We will have the traditional post-meet handshake after the conclusion of the Boys 400 Freestyle Relay (the last event of the swimming session).
<p>Pool Rules:</p>	<ul style="list-style-type: none"> • The Meet Director has the authority to remove any participant or spectator who is behaving in an inappropriate or unsafe manner. • Please be courteous and respectful of The St. James staff. We want to be welcome at this beautiful facility for future meets and events. We thank you for your cooperation!
<p>Pool Entry:</p>	<ul style="list-style-type: none"> • <u>Swimmers</u>: Please enter the St. James facility through the GUEST locker rooms at the St. James (that is through the main door, down the stairs and all the way to the right-hand side, please enter through the correct gender locker room). • <u>Coaches</u>: Coaches may enter through the back door of The St. James pool-house located on the right-hand side. However, for ALL <u>visiting team</u> coaches, we ask that you enter through the guest locker rooms—it will be easier this way. • <u>Spectators</u>: Spectators should enter through the main facility door located at the entrance of the parking lot to the St. James. Spectators may utilize the stands located within the pool-house to sit and watch races.

<p>Credentials and Parent Volunteers:</p>	<ul style="list-style-type: none"> • Parents that are not working the meet as a deck official, volunteer timer, or other volunteer position are not permitted on deck. Only athletes, team coaches, deck officials, and team representatives will be permitted on the deck. • The St. James facility has high quality stands for all other spectators to watch from with a view of the pool directly below the stands. The scoreboard is also visible from the designated spectator area (the stands). • The stands will only open once all of the TIMER positions are fulfilled for this meet.
<p>Medical Assistance:</p>	<ul style="list-style-type: none"> • Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
<p>Entry Fees:</p>	<ul style="list-style-type: none"> • There are NO Entry Fees for this meet hosted by The BIM Swim Team. • A \$0.00 fee for all teams/swimmers.
<p>Meet Documents:</p>	<ul style="list-style-type: none"> • All Meet Documents will be published to the document/resources library within the Swimcloud Meet Profile (linked HERE).
<p>Questions?</p>	<p>If you have any questions about this meet, please contact the Meet Director, Brayden Bagla at: bbagla@bimswim.com</p>