



# Valparaiso High School



## Athletic Department

2727 North Campbell Street  
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Phone (219) 531-3080

**Stacy Adams**  
Athletic Director

**Don Clark**  
Assist. Athletic Director

**Kathy Danzi**  
Secretary

**Adam Nellesen**  
Aquatic Director

**TO:** Athletic Directors and Boys Swimming and Diving Coaches  
**FROM:** Stacy Adams & Adam Nellesen –Athletic Director & Aquatic Director, Valparaiso High School  
**RE:** 2023-24 IHSAA GIRLS SWIMMING AND DIVING SECTIONAL (50<sup>th</sup> Season)  
**DATE:** Thursday, February 1<sup>st</sup>, 2024 & Saturday, February 3<sup>rd</sup> 2024  
**LOCATION:** Valparaiso Aquatic Center @ Valparaiso High School. Athletes will be dropped off at the main Aquatic Center entrance at Door # 16. Buses will park in the far north parking lot after unloading swimmers.

**TEAMS COMPETING: (13)** Boone Grove  
Calumet  
Chesterton  
Hobart  
Kankakee Valley  
Knox  
LaPorte  
Merrillville  
Michigan City  
North Judson-San Pierre  
Portage  
Valparaiso  
Wheeler

**TIMES:** Thursday, February 1<sup>st</sup>, 2024 SWIMMING PRELIMINARIES  
4:15 PM Locker Rooms Open  
4:30 Pool Opens  
5:00 Doors Open to Spectators  
5:00 Coaches Scratch Meeting  
5:45 Pool Closes  
6:00 Swimming Preliminaries begin

Saturday, February 3<sup>rd</sup>, 2024 DIVING PRELIMINARIES AND SEMI-FINALS  
7:15 AM Locker Rooms Open  
7:30 Pool Opens  
8:00 Doors Open to Spectators  
8:00 AM Coaches Scratch Meeting  
8:45 Warm-Ups End  
9:00 Diving Preliminary Round Begins

**All Times are CST**

Saturday, February 3<sup>rd</sup>, 2024 CONSOLATION and FINALS IN ALL EVENTS  
11:15 AM Locker Rooms Open  
11:30 Pool Opens  
12:00 Coaches Scratch Meeting  
12:00 Doors Open to Spectators  
12:45 Warm-Ups End  
1:00 PM Consolation and Finals Begin

**ADMISSION:**                      **Single Sessions**                      **\$7.00/session (2 Sessions)**  
   **Season Ticket**                      **\$12.00**  
**TICKET LINK:**                      <https://ih saa.eventlink.com/Tickets> (available starting 10 days before event)

**LOCKER ROOM ASSIGNMENTS:**              Locker rooms will be assigned upon arrival. Please bring your own locks to secure your belongings in a locker. Schools will be sharing locker room facilities. Please do not bring glass items into the locker rooms or pool area.

**POOL ENTRANCE:**

- Athletes, coaches, and support staff should enter the school at the Valparaiso Aquatic Center at Door 16. Door 16 is located on the backside of Valparaiso High School around the fieldhouse/Aquatic Center parking area.
- Coaches will pick up their coaches' packets at the pool deck entry doors
- Athletes will pick up their deck passes and take a quick individual picture as they enter.
- Buses should park in the adjacent parking lot north of the Aquatic Center in the Fieldhouse parking area.

**ENTRIES:**                      **ENTRY LIST DEADLINE. Member Schools entering the girls' swimming and diving tournament series must submit their entries to the IHSAA electronically at myIHSAA. The official Entry List must be completed and filed with the IHSAA NO LATER THAN 4:00 PM on Thursday, January 25<sup>th</sup>, 2024 (Please see IHSAA 2023-2024 Winter Bulletin, pages 50 - 78 for additional information). Valparaiso High School will return a copy of the official seeding to each school by 4:00 PM on Monday, January 29<sup>th</sup>, 2024.**

**DIVING UPDATE:**

**1. Diving Score Sheets should be submitted electronically in myIHSAA.net by Wednesday, January 31st, 2024, by 12:00 PM (ET).**

**METHOD OF ADVANCEMENT:**

Please refer to *IHSAA 2023 - 2024 Winter Bulletin* page 59.

**INTRODUCTIONS OF TEAMS:** All teams and coaches will be announced prior to the start of the meet on Thursday and at Saturday's Finals. We will do a walkout for the championship finals heat of each event. The "Ready Room" will be located in the cut-out of the bleachers in the under-bleacher storage. There will be no walkout for the consolation finals. They will report to the blocks for their swim. We will announce their names before they swim. We will review this in the coaches' meeting.

**TRAINERS:** Valparaiso Athletics will have an athletic trainer on-site for the entirety of the meet on Thursday and Saturday. They will be located in the cut-out of the bleachers in the under-bleacher storage area by the "Ready Room."

**RESULTS:** Each team and all media representatives in attendance will be provided a copy of the results as soon as possible following each session's completion. This information will be sent out directly to coaches and media via email.

**AWARDS:** After each event's championship final heat, the athletes will receive a 5-minute timed cool-down period. **Ribbons will be presented to the top eight (8) finalists in each event on the awards podium underneath the scoreboard on the south end of the VAC.** Please instruct your swimmers/divers to arrive promptly at the awards location when the 5-minute time has concluded. We will start awards right after that cool-down period. We will not hold awards for any athlete. Awards will move forward as soon as we have the results tallied. A trophy will be presented to the IHSAA Sectional Championship team. We will review this in the coaches' meeting.

**DIVING JUDGES:**

Each sectional is responsible for providing one diving judge for the regional. We will take care of this at Saturday's diving scratch meeting.

**IHSAA OFFICIALS:**

**Mark Terry Sr.  
Peter Kopercinski  
Michelle Caldwell  
Kellee Goetschel**

**Starter  
Asst. Starter  
Stroke & Turn Judge  
Stroke & Turn Judge**

**Doung Galinsky  
Kristy Galinsky**

**USA Swimming Observer  
USA Swimming Observer**

## Diving Coaches

**The Valparaiso Aquatic Center will open to all divers on Wednesday, 1-31-24, from 3:00 to 5:15 PM. If you plan on utilizing this time, Please email Aquatic Director Boomer Nellessen to confirm that you will attend. We will also allow diving practice on Thursday, 2-1-24, during the swim prelims from 5:30 PM to 7:00 PM. No confirmation is needed to practice during that time.**

**Adam Nellessen~[adamnellessen@valpo.k12.in.us](mailto:adamnellessen@valpo.k12.in.us)**

# STATE QUALIFYING STANDARDS

State time standards must be achieved in the championship finals or consolation finals of the sectionals in order to qualify an individual for the state meet. Preliminary times may not be used for time qualifications. Sectional results must be given to the hundredths of a second. Times will not be rounded off.

<b><u>Event</u></b>	<b><u>Girls Standard</u></b>
200 Yard Medley Relay	1:49.12
200 Yard Freestyle	1:54.10
200 Yard Individual Medley	2:08.34
50 Yard Freestyle	:24.19
100 Yard Butterfly	:57.19
100 Yard Freestyle	:52.62
500 Yard Freestyle	5:08.30
200 Yard Freestyle Relay	1:39.13
100 Yard Backstroke	57.39
100 Yard Breaststroke	1:05.91
400 Yard Freestyle Relay	3:36.46

## VAC POOL RECORDS

<u>Event</u>	<u>Records</u>
200 Yard Medley Relay	1:44.33
200 Yard Freestyle	1:49.61
200 Yard Individual Medley	2:05.65
50 Yard Freestyle	:23.20
1 Meter Diving	514.30
100 Yard Butterfly	:55.64
100 Yard Freestyle	:50.05
500 Yard Freestyle	4:53.88
200 Yard Freestyle Relay	1:35.82
100 Yard Backstroke	56.39
100 Yard Breaststroke	1:03.71
400 Yard Freestyle Relay	3:27.13

## SECTIONAL RECORDS

<u>Event</u>	<u>Records</u>
200 Yard Medley Relay	1:44.33
200 Yard Freestyle	1:49.61
200 Yard Individual Medley	2:01.79
50 Yard Freestyle	:23.20
1 Meter Diving	536.05
100 Yard Butterfly	:54.95
100 Yard Freestyle	:50.00
500 Yard Freestyle	4:53.88
200 Yard Freestyle Relay	1:35.31
100 Yard Backstroke	55.38
100 Yard Breaststroke	1:03.28
400 Yard Freestyle Relay	3:27.13