

	BEN HAIR MEMORIAL SWIM MEET Wednesday, January 7, 2026 (Make Up Date: January 8, 2026)	Hosted by  Albemarle High School
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LOCATION	AQUATIC AND FITNESS CENTER, The University of Virginia, Charlottesville, VA
FACILITY	• 50 M pool with bulkheads set to provide the following: - o Pool 1 (Competition Pool): Diving end. 8 lanes, 25 yards. Swum wall to Bulkhead. Start end is 14' deep sloping the bulkhead where the depth is 7'. - o Pool 2 (Warm-up/Warm-down Pool): Designated lanes, 25 yards. Swum wall to wall. The depth of this portion of the pool runs 7 feet deep from the bulkhead sloping to 4 feet deep to the opposite end. FEET FIRST ENTRY ONLY into the warmup/warm down pool. • Colorado Automatic Timing System with 10 lane scoreboard. • The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4).
MEET DIRECTOR	Name: Gordon Hair Email: grhair311@gmail.com Phone: 434-960-0849 Name: Kristen Wells Email: kw2fm@virginia.edu Phone: 804-363-8645 ATHLETIC DIRECTOR: Lisa Bendall, AHS lbendall@k12albemarle.org
ELIGIBILITY	• This meet is open to students in grades 9-12 who meet VHSL eligibility rules. • No on deck athlete registration is permitted.
DISABILITY ATHLETES	• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the meet director. • The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
FORMAT	• Events will be swum in VHSL meet format with girls' events being odd numbers and boys' being even numbers.
WARM-UP	• Lane assignment and warmup times for individual teams will be emailed to the contact person of the participating schools.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS 11:59 P.M. ON FRIDAY, JANUARY 2, 2026. • Entries must be submitted in a Hy-Tek Team Manager Commlink file. • Teams submit entries via email to Jessica Simons at jrsimons@comcast.net. Questions may be directed to Jessica at this e-mail or by phone at 434-962-0443. • "No Time" (NT) entries <i>will</i> be accepted for all events except the 500 freestyle. • Entries for the 500 freestyle must have times 6:05.90Y for girls and 5:52.48Y for boys or faster. Coaches' times <i>will not</i> be accepted. Entry times must be official VHSL times, and the time must have been achieved after November 10, 2024. • Each swimmer may enter a maximum of 2 individual events and 2 relay events. <i>Relay only swimmers must be entered as such in the commlink file. There will be NO EXHIBITION SWIMS allowed.</i>

	- Schools are limited to 2 relay teams in the 200-yard medley and 200-yard freestyle relay events. Teams must be designated A; B. Schools are limited to 1 relay team in the 400 yard relay event with a time of 4:27.09Y for girls or 3:58.54Y for boys. - Schools are limited to three (3) entries per individual event. - There is a limit of 4 heats per event. The meet director reserves the right to limit entries in any event, if necessary, to avoid exceeding this limit. - The meet will be observed for USA purposes. If times are to be observed, under the entries section you must enter the swimmer's legal first name and last name, preferred name if used, birth date, and USA number. No USA numbers will be generated at the meet. All USA swimmers must be submitted with all the information with which they are registered with Virginia swimming. Deck entries will not be permitted.
SEEDING:	- The meet will be pre-seeded by entry times. All swimmers with no official record of time must be entered as a NT. Coaches' times will not be accepted. - Entry times must be official VHSL times achieved after November 10, 2024.
SCORING:	- RELAYS: 36, 30, 28, 26, 24, 22, 20, 16, 12, 10, 8, 6, 4, 2 - INDIVIDUAL EVENTS: 18, 15, 14, 13, 12, 11, 10, 8, 6, 5, 4, 3, 2, 1 - The diving scores from The Ben Hair Memorial Diving Meet will be included in the overall score.
MEET SCHEDULE	4:00 PM – 9:00 PM - A coaches Zoom meeting will be held on Monday, January 5, 2026 7pm Ben Hair Coaches Meeting 3:30 PM – Aquatic Center opens for teams, coaches, and spectators to enter. 4:00 – 5:00 PM - Warmups (lanes and times will be e-mailed to coaches) 5:15 PM – National Anthem 5:20 PM – Competition Begins 2:30pm January 10, 2026 - Woodberry Forest site opens 3pm - 4:15pm Diving Warmups 4:30pm competition begins. 6 Dives, and can be extended to 11. - Site Director: Helen Dixon. helen_dixon@woodberry.org
TEAM ENTRANCE AND BUS PARKING	- Teams traveling by bus should drop off athletes at the main entrance to the AFC on Whitehead Road. - Buses should then turn south on Alderman Road and then take the second entrance to the S6 parking lot. Once in the parking lot, turn toward the stadium and travel toward the first entrance from Alderman Road. Buses should park along the drive closest to Scott Stadium which will allow easy access back to the AFC to pick up athletes at the end of the meet.
SPECTATORS	SPECTATORS WILL NOT BE ALLOWED PAST THE AFC ENTRANCE DESK OR ON THE POOL DECK LEVEL. - All spectators will enter through the main entrance to the Aquatic and Fitness Center on Whitehead Drive. Seating is in the spectator bleachers only. ADMISSION: \$10.00 per person (children under 5 free) . Tickets may be purchased at GoFan.co. Electronic payment at the door will be accepted. Ticket Link - Gold cards will be honored (Seniors 62 and over free) - VHSL Pass will be honored. - No season passes, or punch passes accepted - An electronic heat sheet for the meet will be provided on site.

	PARKING: <i>Please adhere to all posted parking signs.</i> <i>Please ALLOW TIME FOR PARKING to avoid missing your swimmer's event!</i> • Before 5:00 PM: Parking for spectators will be in the S6 parking lot, south on Alderman Road to the second entrance to Scott Stadium. • After 5:00 PM: Parking in all lots surrounding the AFC, including the Scott Stadium lots are open to spectators. • Handicapped Parking: Drivers with a valid handicapped permit may park in spaces available on the west side (Alderman Road) parking lot of the AFC.
COMPETITION RULES	• The 2025-2026 VHSL Swimming and Diving Rules will be in effect.
OFFICIALS	Meet Referee: Locke Boyer. Email: FLB4J@comcast.net • VHSL and/or USS-certified officials will be needed at all positions. • Interested Officials should contact Locke Boyer at flb4j@comcast.net
VOLUNTEERS	There is a need for volunteers to ensure the meet runs smoothly. Please sign up using the link below or email our Meet Director, Kristen Wells, at kw2fm@virginia.edu VOLUNTEER SIGN UP
SAFETY	Virginia High School League Swimming Meet Safety Procedures will be in effect.
TIMERS	• Please consider signing up to volunteer as a timer for the meet. Timer Sign Up Sheet • Swimmers in the 500 freestyle events are required to provide their own counter.
GENERAL	• ACCESS TO POOL DECK IS RESTRICTED: Only swimmers competing in the meet, 2 coaches per team, meet workers, and officials will be allowed access to the pool deck. The on-deck limit is restricted by AFC contract. • Teams will be responsible for providing volunteers to assist in the timing of the meet. Please check the sign up sheet above. • Hospitality will be available to all officials and meet volunteers.
FACILITY RULES	• No coaches or swimmers on the bulkhead. • No food or coolers on the deck. Only plastic bottles on the deck – absolutely no glass containers on the deck! • No gummy foods (energy chews, gummy fruit snacks, etc.) are permitted on deck. • If swimmers leave the deck, they must towel off and wear shirt and shoes. • No one is allowed in the sauna, hot tub, or warm water pool. • Team areas MUST be cleaned before leaving the facility; trash bags will be provided for each team to fill before leaving the team area. • No items should be left in the locker rooms. • No balloons are allowed anywhere in the facility. • Spectators and non-participating swimmers must stay in the observation deck and are not allowed on the pool deck. • No one is allowed into the fitness areas of the facility. • No shaving in the locker rooms • Marshals will be on deck in orange vests – please follow their directions.
ENTRY FEES	• Each school will be asked to contribute to the cost of hosting this meet. Entry fees for each school will be \$400 (if bringing both boy and girl athletes) or \$250 per team (if only bringing boy or girl athletes). Divers are included in this fee.
LOST AND FOUND	• Any lost and found items will be taken to Albemarle High School after the meet. • Please contact Kristen Wells at kw2fm@virginia.edu to inquire about missing items.

- Please instruct all swimmers to take all belongings when they leave at the end of the meet.

BEN HAIR MEMORIAL SWIM MEET

Order of Events

Wednesday, January 7, 2026 Warm-up: 4 PM.; Start: 5:15 PM.		
Girls	Events	Boys
1	Open 200 Yard Medley Relay	2
3	Open 200 Yard Freestyle	4
5	Open 200 Yard Individual Medley	6
7	Open 50 Yard Freestyle	8
10 Minute Break		
9	1 meter diving 1/10/26 at WFS	10
11	Open 100 Yard Butterfly	12
13	Open 100 Yard Freestyle	14
15	Open 500 Yard Freestyle	16
17	Open 200 Yard Freestyle Relay	18
19	Open 100 Yard Backstroke	20
21	Open 100 Yard Breaststroke	22

23	Open 400 Yard Freestyle Relay	24
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