



2020

CENTENNIAL BANK

SWIMMING & DIVING CHAMPIONSHIPS

ADMISSION:

General Admission - \$6.00 PER DAY. All AAA pass cards for the current school year, including Corporate Sponsorship passes, will be honored. **Coaches: Please inform your team members & their families of admission fees to prevent problems at the gate.**

AWARDS:

All awards are sponsored by Farm Bureau Insurance. Medals will be given to the first six (6) places in each event in each of the three classifications; team trophies will be given for state champion and team trophy for state runner-up in each of the three classifications.

BANNERS, FLAGS AND NOISE MAKERS:

No bands of any size or nature, no noise makers (including megaphones) and no banners, emblems, balloons or placards will be permitted.

CHECK-IN:

- A. The head coach or school representative must check-in for the team, at which time information and materials pertaining to the championships will be distributed.

CONDUCT:

- A. No team personnel/competitor shall act in an unsportsmanlike manner. This includes any act the referee deems unsportsmanlike, including but not limited to, the following:
 - 1. making insulting or derogatory remarks, gestures or acts including taunting;
 - 2. trying to influence or showing disgust with official's decisions;
 - 3. interfering with meet officials in the performance of their duties.
- B. No team personnel/competitor shall enter the water without the referee's approval.
- C. No competitor shall contact the bottom of the pool for the purpose of gaining an advantage during a race.
- D. Competitors shall leave the pool promptly when requested to do so by the referee.
- E. No team personnel/competitor shall perform any on-site shaving before, during or after the meet.

CONTACT:

6A Meet Director	6A Meet Coordinator
Emily Tong 479-877-9854 EmTong@yahoo.com	Tracy Thompson 479-366-4768 Tlthompson219@yahoo.com

5A Meet Director	5A Meet Manager Operator
Gary Knudsen garydknudsen@gmail.com	Laura Griffin Dlgriffin5@suddenlink.net

4A-1A Meet Director	4A-1A Meet Coordinator
Emily Tong 479-877-9854 EmTong@yahoo.com	Tracy Thompson 479-366-4768 Tlthompson219@yahoo.com

DATES:

February 28th – February 29th, 2020

DECK:

Only officials, coaches, athletes and qualified personnel are allowed in **designated areas**. Qualified personnel includes; referee, a starter, stroke inspectors, turn, takeoff and finish judges, timers, a scorer, a recorder, an announcer, a meet committee, and meet director. Team personnel includes, coaches, manager (1), and participating competitors. **No team members will be permitted that have not qualified for an individual event, relay or has been designated as a potential swimming on a relay. Press must have credentials issued through the AAA office.**

DIVING:

To be eligible for certification to the State Swimming and Diving Meets (**in all classifications**), a diver must have successfully performed the 11 dives that they will dive at the state meet at a high school invitational meet or at the district meet during the current season and meet all other participation requirements. (The rationale for this rule is that the diver should be able to successfully complete the 11 dives that they will dive in the state meet.)

NOTE: ALL DIVING COMPETITION WILL BE CONDUCTED ON FRIDAY. SWIMMING WARM-UP WILL BE PERMITTED DURING THE DIVING WARM-UP ON FRIDAY. ONCE DIVING COMPETITION BEGINS, THE POOL WILL BE CLOSED TO ALL SWIMMERS!

DIVE SHEETS:

Official dive sheets must be received by email or fax to:

6A

Name: Ta-Neisha Marshall
Email: tmarshall@bentonvillek12.org
Phone:
Deadline: 4 PM Friday, February 21st

5A

Name: Gary Knudsen
Email: garydknudsen@gmail.com
Phone: 479-970-5574
Deadline: 4 PM Friday, February 21st

4A-1A

Name: Ta-Neisha Marshall
Email: tmarshall@bentonvillek12.org
Phone:
Deadline: 4 PM Friday, February 21st

ENTRIES & DEADLINES:

- A. Entries will open on **FRIDAY, JANUARY 31st**. All entries must be completed no later than **10 PM TUESDAY, FEBRUARY 18th**. Entries that arrive late will not be accepted. **(Refer to page 7 for the Entry Process.)**
- B. **Entries by Teams** – Each team shall be permitted a maximum of four (4) entries in an individual event and one (1) team in a relay event after scratch down deadline.
- C. **Entries by Individuals** – A competitor shall be permitted to enter a maximum of five (5) individual events pre-scratch, however, **he/she shall not be permitted to compete in more than FOUR (4) EVENTS, NO MORE THAN TWO (2) OF WHICH MAY BE INDIVIDUAL EVENTS***.

***Example: (1) individual event & (3) relay events or (2) individual events & (2) relays.**

- D. **Pre-Scratch Psych Sheet Entries** - A competitor shall be permitted to enter a maximum of five (5) individual events through the declarations deadline. Any individuals that remain over entered after the declarations deadline will be scratched from all individual events after the first five. If the competitor's last event is their best event, it is important you pay close attention to the number of events your competitor is declared for. Relays will not count against the (5) individual total. A Pre-Psych Sheet Exceptions Report will be run.

***Example: John Doe is entered in event numbers: #4-200 Freestyle, #8-50 Freestyle, #14-100 Freestyle, #16-500 Freestyle, #20-100 Backstroke and #22-100 Breaststroke. In this scenario the competitor would be removed from the 100 Breaststroke to be in line with the (5) individual max entries.**

E. SCRATCHES:

Although teams will be permitted to over enter swimmers (up to five individual events), individuals will **not** be permitted to compete in more than four (4) events, of which no more than two (2) may be individual events. See example above. A **"Scratch Deadline"** for those individuals who are over entered is set for no later than **6:00 PM FRIDAY, FEBRUARY 21st**. Any individuals that remain over entered after the scratch deadline will be scratched from all individual events after the first two. To scratch individuals from their events, email the highlighted information below, **in this exact format** to the appropriate contact (listed below) for your classification meet:

6A

Name: Laura Fox
Email: BHSswimdiv1@gmail.com

5A

Name: Gary Knudsen
Email: garydknudsen@gmail.com

4A-1A

Name: Laura Fox
Email: BHSswimdiv1@gmail.com

Each coach may submit one email listing **ALL** scratches for the boys team and a separate email listing **ALL** scratches for the girls team.

COACHES: PLEASE INCLUDE TWO METHODS OF CONTACT INFORMATION THAT WILL BE CHECKED REGULARLY DURING THE SCRATCH DOWN PERIOD IN CASE QUESTIONS ARISE.

Ex. Email, text or both.

Name:	John Doe
Gender:	Male
School:	EFG High School
School Classification:	4A
Event# and Event:	#8 – Boys 50 Free, #12 100 Fly, #22 100 Breast

ENTRY PROCESS:

- The AAA will now be using the MaxPreps state qualifier system to help make it easier for coaches to declare their state qualifiers and for the seeding of the state meet.
- All state declarations will be done through MaxPreps in your coach admin. When the process is opened for coaches on **FRIDAY, JANUARY 31st**, you will see a notice at the top of your coach admin as shown below.

- To begin the process, simply click on the “Get Started” button. That will take you to a screen that displays all the events as shown below.

MAXPREPS Chatfield (Littleton, CO)
Boys Varsity Swimming Spring 11-12 - Team Administration

HOME Roster Schedule Scores/Stats Post to Wall Team Calendar Utilities Links Support Change Season

Manage Qualifying Athletes

The **Colorado High School Activities Association** is using MaxPreps to collect the names of all athletes who have qualified to compete in state championships. You must designate your qualifying athletes between **4/24** and **5/5**. You do not need to send your selections to the association office; they will run a report after the deadline has passed.

Manage Nominations Roster View Menu

Diving Events	Nominated Athletes	Add/Edit
One-Meter		
Three-Meter		
Platform 5-Meter		
Platform 7.5-Meter		
Platform 10-Meter		

Swimming Events	Nominated Athletes	Add/Edit
200 Medley Relay		
200 Free		
200 Individual Medley		

- D. To make a state declaration in an event, click on the green pencil icon next to that event. Your roster will display, along with the best qualified time your athlete achieved in that event, as shown below.

200 Free Nominations

Current Roster

<input type="checkbox"/> Alex Montessoro	<input type="checkbox"/> Jacob Stier	<input type="checkbox"/> Ricky Huddleston
<input type="checkbox"/> Austin Layman	<input type="checkbox"/> Joey Graham	<input type="checkbox"/> Ryan Berg
<input type="checkbox"/> Ben Gleave	<input type="checkbox"/> Jordan Breen	<input type="checkbox"/> Sam Fuller
<input type="checkbox"/> Ben Bagby	<input type="checkbox"/> Justin Barwick (01:57.95)	<input type="checkbox"/> Sean Dimoff
<input type="checkbox"/> Bryce Carter	<input type="checkbox"/> Kelly Huddleston	<input type="checkbox"/> Stefan Leescu
<input type="checkbox"/> Christian Wert	<input type="checkbox"/> Matt Jagiello	<input checked="" type="checkbox"/> Travis Roundy (01:52.67)
<input type="checkbox"/> David Reisweber	<input type="checkbox"/> Nate Watts	<input type="checkbox"/> Triston Cloyd
<input type="checkbox"/> Graham Good	<input type="checkbox"/> Nathan Jensen	<input type="checkbox"/> Zach Kugler
<input type="checkbox"/> Jack Carlile	<input type="checkbox"/> Paxton Reisweber	<input type="checkbox"/> Zach Goodman

* Denotes Relay Split Time

Cancel Save

- E. Check the box next to that athlete's name and hit "Save" and that entry will be saved. Complete for all events in which you want to declare an athlete for state. You can edit the selections as needed through the **TUESDAY, FEBRUARY 18th**.
- F. Of note, if you declare a swimmer early in the process and they improve their time, you do NOT have to go back in and re-nominate them into the state meet. The MaxPreps database will automatically select the fastest time achieved.

REMINDER: You may declare only those athletes who have achieved a state-qualifying time in a respective event, with the exception of relays. Any potential swimmer that may swim on a relay must be entered in that relay as a potential or alternate. You must list up to 8 swimmers. HOWEVER; ANY SWIMMER DECLARED FOR THE SWIM MEET MAY SERVE AS AN ALTERNATE!!

- G. You can double check your declarations by clicking the “Roster View” link as shown below, and you can print out your declarations by clicking on the Menu button and choose Print.

Manage Qualifying Athletes

The **Colorado High School Activities Association** is using MaxPreps to collect the names of all athletes who have qualified to compete in state championships. You must designate your qualifying athletes between **4/24** and **5/5**. You do not need to send your selections to the association office; they will run a report after the deadline has passed.

Manage Nominations		Roster View	Menu ▾
Athlete	Nominated Events		
Alex Montessoro			
Austin Layman	200 Medley Relay - 1st Team (01:43.65)		
Ben Bagby	200 Medley Relay - Alternate		
Ben Gleave			
Bryce Carter			
Christian Wert			
David Reisweber			
Graham Good			
Jack Carlile			
Jacob Stier			
Joey Graham			

If you do not have your MaxPreps login information or need assistance with the process, please contact MaxPreps Arkansas rep Josh Taylor at joshua.taylor@cbsinteractive.com.

IMPORTANT NOTE:

THE 6A STATE CHAMPIONSHIP MEET WILL CONDUCT A MINIMUM OF TWO FULL HEATS (TOP 16 SWIMMERS) IN EACH EVENT REGARDLESS OF QUALIFYING TIMES STANDARDS.

THE 5A STATE CHAMPIONSHIP MEET WILL CONDUCT A MINIMUM OF TWO FULL HEATS (TOP 16 SWIMMERS) IN EACH EVENT REGARDLESS OF QUALIFYING TIMES STANDARDS.

- YOU MAY ENTER INDIVIDUALS WHO HAVE NOT ACHIEVED A QUALIFYING TIME IF YOU BELIEVE THEY MAY BE AMONG THE TOP 16 SWIMMERS IN ANY EVENT.

THE 4A-1A STATE CHAMPIONSHIP MEET WILL CONDUCT A MINIMUM OF ONE FULL HEAT (TOP 12 SWIMMERS) IN EACH EVENT REGARDLESS OF QUALIFYING TIMES STANDARDS.

- YOU MAY ENTER INDIVIDUALS WHO HAVE NOT ACHIEVED A QUALIFYING TIME IF YOU BELIEVE THEY MAY BE AMONG THE TOP 12 SWIMMERS IN ANY EVENT.

IMPORTANT DEADLINES:

<u>ENTRY DEADLINE:</u>	TUESDAY, FEB. 18, 2020	10:00 PM
	PSYCH SHEET POSTED ON AAA WEB SITE (www.ahsaa.org)	Noon – Feb 19th
<u>SCRATCH DEADLINE:</u>	FRIDAY, FEB. 21, 2020	6:00 PM

FALSE START:

The swimmer or relay team is disqualified from the event. In championship meets, when there is dual confirmation of false start by the referee and starter, the swimmer or relay team is disqualified.

LOCKER ROOMS:

The facility will provide the use of locker rooms for the championship. Teams will not have assigned lockers and locks will not be issued. Competitors, coaches and officials must assume responsibility for securing their own valuables. The facility will accept no responsibility for articles which are lost or stolen.

MEDICAL PROFESSIONALS:

It is the responsibility of the host team to have trained medical assistance available at the meet.

MEET COMMITTEE:

The meet committee will consist of:

- A. Meet Manager
- B. Referee (ex-officio)
- C. Diving Referee (ex-officio)
- D. Other knowledgeable swimming and diving persons to comprise an off number of committee members.

NOTE: The referee or diving referee should not serve as a member of the committee if the committee is acting on the referee's or diving referee's decision. The committee's decision is final.

PROTEST:

No protests are allowed on the decisions of swimming and diving officials.

QUALIFYING

In order for a contestant to be entered in any event in the state meet, he/she must have met the established qualifying time or performance in the event in a certified state qualifying meet with the results uploaded to www.maxpreps.com. The time entered at the state meet in an event is to be the best time swum in that event during this season.

RULES:

The Arkansas Activities Association state high school swimming and diving championships will be conducted under the rules established by the National Federation of State High School Association's Rule and Case book.

RULES (ON SITE):

Fifteen meters (16.4 yards) will be marked so referees can adequately judge the underwater distance of a butterfly, backstroke or freestyle swimmer. The use of a visual lap counting system is optional although a visual lap counting system must be provided. A lap counter is positioned at the end of the pool opposite the start. The lap counter changes the visual counter as the competitor makes each turn at the starting end. The solid fluorescent orange card is shown to indicate the final turn of the race.

SCHEDULE: **The 6A and the 4A-1A Championship Meets will be held at the Bentonville Community Center**

FRIDAY, FEBRUARY 28, 2020:

SWIM: (8:00 am – 12:30 pm swim teams can use the pool to practice. *Please see AAA website for warmup scheduling procedures.*

8:00-8:45 11 Lanes

8:45-9:30 11 Lanes

9:30-10:15	11 Lanes
10:15-11:00	11 Lanes
11:00-11:45	11 Lanes
11:45-12:30	11 Lanes

DIVE:

1:30 PM	Pool opens for warm ups
2:00 PM	Coaches Meeting
2:30 PM	Final changes to diving sheets due
3:30 PM	Diving Competition begins

AWARDS PRESENTATION – 1-METER DIVING EVENTS**SATURDAY, FEBRUARY 29, 2020:****6A-State Swim Meet:**

6:00 AM	6A teams can enter the Event Center
7:00 AM	Pool opens for First warm up
7:30 AM	Pool Opens for Second warm up
8:00 AM	Pool opens for Third warm up
8:30 AM	Starts
8:45 AM	Swim coaches Meeting – On Site
9:00 AM	6A Classification Swimming Competition begins

AWARDS PRESENTATION – 6A STATE SWIM MEET EVENTS**Clear Event Center****4A-1A State Swim Meet:**

1:30 PM	4A-1A teams can enter the Event Center
2:00 PM	Pool opens for first warm ups
2:30 PM	Pool opens for second warm ups
3:00 PM	Starts
3:15 PM	Swim coaches Meeting – On Site
3:30 PM	4A-1A Classification Swimming Competition begins

AWARDS PRESENTATION – 4A-1A STATE SWIM MEET EVENTS

SCHEDULE: The 5A Championship Meets will be held at Russellville Aquatic Center

FRIDAY, FEBRUARY 28, 2020:

SWIM: (8:00 am – 12:30 pm swim teams can use the pool to practice. *Please see AAA website for warmup scheduling procedures.*

8:00-8:45	11 Lanes
8:45-9:30	11 Lanes
9:30-10:15	11 Lanes
10:15-11:00	11 Lanes
11:00-11:45	11 Lanes
11:45-12:30	11 Lanes

DIVE:

1:30 PM	Pool opens for warm ups
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2:00 PM Coaches Meeting
2:30 PM Final changes to diving sheets due
3:30 PM Diving Competition begins
AWARDS PRESENTATION – 1-METER DIVING EVENTS

SATURDAY, FEBRUARY 29, 2020:

5A State Swim Meet:

6:00 AM 5A teams can enter the Event Center
7:00 AM Pool opens for First warm up
7:30 AM Pool Opens for Second warm up
8:00 AM Pool opens for Third warm up
8:30 AM Starts
8:45 AM Swim coaches Meeting – On Site
9:00 AM 5A Classification Swimming Competition begins

AWARDS PRESENTATION – 5A STATE SWIM MEET EVENTS

Schedule and Qualifying Times for 6A Championship
(Qualifying Times based on 2019 State Meet – 16th place)

Event#	Event	Qualifying Time
1	Girls 200 Medley Relay	2:03.91
2	Boys 200 Medley Relay	1:53.04
5 MINUTE BREAK		
3	Girls 200 Freestyle	2:08.42
4	Boys 200 Freestyle	1:56.67
AWARDS PRESENTATION – 200 MEDLEY RELAY EVENTS		
5	Girls 200 IM	2:27.50
6	Boys 200 IM	2:10.21
AWARDS PRESENTATION – 200 FREESTYLE EVENTS		
7	Girls 50 Freestyle	26.04
8	Boys 50 Freestyle	23.50
15 MINUTE BREAK		
AWARDS PRESENTATION – 200 IM EVENTS		
11	Girls 100 Butterfly	1:04.42
12	Boys 100 Butterfly	56.10
AWARDS PRESENTATION – 50 FREESTYLE EVENTS		
13	Girls 100 Freestyle	58.39
14	Boys 100 Freestyle	52.95
AWARDS PRESENTATION – 100 BUTTERFLY EVENTS		
15	Girls 500 Freestyle	5:46.90
16	Boys 500 Freestyle	5:13.48
AWARDS PRESENTATION – 100 FREESTYLE EVENTS		
17	Girls 200 Freestyle Relay	1:51.54
18	Boys 200 Freestyle Relay	1:38.75
AWARDS PRESENTATION – 500 FREESTYLE EVENTS		
19	Girls 100 Backstroke	1:06.67
20	Boys 100 Backstroke	59.13
AWARDS PRESENTATION – 200 FREESTYLE EVENTS		
21	Girls 100 Breaststroke	1:16.13
22	Boys 100 Breaststroke	1:05.92
AWARDS PRESENTATION – 100 BACKSTROKE EVENTS		
23	Girls 400 Freestyle Relay	4:17.62
24	Boys 400 Freestyle Relay	3:43.59
AWARDS PRESENTATION – 100 BREASTSTROKE EVENTS		
AWARDS PRESENTATION – 400 FREESTYLE EVENTS		
AWARDS PRESENTATION –		
CHAMPIONSHIP TEAM TROPHIES		

*Additional BREAKS may be added as necessary

Schedule and Qualifying Times for 5A Championship
(Qualifying Times based on 2019 State Meet – 12th place)

(The Qualifying Times for the 2020 State Meet will be based on the 12th place time from the 2019 State Meet)

Event#	Event	Qualifying Time
1	Girls 200 Medley Relay	2:21.77
2	Boys 200 Medley Relay	2:12.13
5 MINUTE BREAK		
3	Girls 200 Freestyle	2:28.13
4	Boys 200 Freestyle	2:17.99
AWARDS PRESENTATION – 200 MEDLEY RELAY EVENTS		
5	Girls 200 IM	2:44.60
6	Boys 200 IM	2:45.62
AWARDS PRESENTATION – 200 FREESTYLE EVENTS		
7	Girls 50 Freestyle	27.92
8	Boys 50 Freestyle	25.95
15 MINUTE BREAK		
AWARDS PRESENTATION – 200 IM EVENTS		
11	Girls 100 Butterfly	1:11.45
12	Boys 100 Butterfly	1:03.81
AWARDS PRESENTATION – 50 FREESTYLE EVENTS		
13	Girls 100 Freestyle	1:02.78
14	Boys 100 Freestyle	58.58
AWARDS PRESENTATION – 100 BUTTERFLY EVENTS		
15	Girls 500 Freestyle	6:36.83
16	Boys 500 Freestyle	6:24.77
AWARDS PRESENTATION – 100 FREESTYLE EVENTS		
17	Girls 200 Freestyle Relay	2:05.64
18	Boys 200 Freestyle Relay	1:53.00
AWARDS PRESENTATION – 500 FREESTYLE EVENTS		
19	Girls 100 Backstroke	1:15.74
20	Boys 100 Backstroke	1:13.44
AWARDS PRESENTATION – 200 FREESTYLE EVENTS		
21	Girls 100 Breaststroke	1:18.16
22	Boys 100 Breaststroke	1:17.08
AWARDS PRESENTATION – 100 BACKSTROKE EVENTS		
23	Girls 400 Freestyle Relay	4:56.11
24	Boys 400 Freestyle Relay	4:13.82
AWARDS PRESENTATION – 100 BREASTSTROKE EVENTS		
AWARDS PRESENTATION – 400 FREESTYLE EVENTS		
AWARDS PRESENTATION –		
CHAMPIONSHIP TEAM TROPHIES		

*Additional BREAKS may be added as necessary

**Schedule and Qualifying Times for 4A-1A Championship
(Qualifying Times based on 2019 State Meet – 12th place)**

(The Qualifying Times for the 2020 State Meet will be based on the 8th place time from the 2019 State Meet)

Event#	Event	Qualifying Time
1	Girls 200 Medley Relay	2:21.77
2	Boys 200 Medley Relay	2:12.64
5 MINUTE BREAK		
3	Girls 200 Freestyle	2:28.13
4	Boys 200 Freestyle	2:11.70
AWARDS PRESENTATION – 200 MEDLEY RELAY EVENTS		
5	Girls 200 IM	2:53.92
6	Boys 200 IM	2:37.01
AWARDS PRESENTATION – 200 FREESTYLE EVENTS		
7	Girls 50 Freestyle	27.92
8	Boys 50 Freestyle	25.51
15 MINUTE BREAK		
AWARDS PRESENTATION – 200 IM EVENTS		
11	Girls 100 Butterfly	1:11.45
12	Boys 100 Butterfly	1:03.81
AWARDS PRESENTATION – 50 FREESTYLE EVENTS		
13	Girls 100 Freestyle	1:02.78
14	Boys 100 Freestyle	57.16
AWARDS PRESENTATION – 100 BUTTERFLY EVENTS		
15	Girls 500 Freestyle	6:36.83
16	Boys 500 Freestyle	5:45.69
AWARDS PRESENTATION – 100 FREESTYLE EVENTS		
17	Girls 200 Freestyle Relay	2:05.64
18	Boys 200 Freestyle Relay	1:47.20
AWARDS PRESENTATION – 500 FREESTYLE EVENTS		
19	Girls 100 Backstroke	1:15.74
20	Boys 100 Backstroke	1:09.39
AWARDS PRESENTATION – 200 FREESTYLE EVENTS		
21	Girls 100 Breaststroke	1:18.16
22	Boys 100 Breaststroke	1:17.07
AWARDS PRESENTATION – 100 BACKSTROKE EVENTS		
23	Girls 400 Freestyle Relay	4:56.11
24	Boys 400 Freestyle Relay	4:13.82
AWARDS PRESENTATION – 100 BREASTSTROKE EVENTS		
AWARDS PRESENTATION – 400 FREESTYLE EVENTS		
AWARDS PRESENTATION – CHAMPIONSHIP TEAM TROPHIES		

*Additional BREAKS may be added as necessary

SCORING:

6A

Scoring will be to 16 places as follows:**RELAYS:** 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2**INDIVIDUAL:** 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

5A

Scoring will be to 16 places as follows:**RELAYS:** 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2**INDIVIDUAL:** 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

4A-1A

Scoring will be to 12 places as follows:

RELAYS: 40-34-32-30-28-26-24-22-18-14-12-10**INDIVIDUAL:** 20-17-16-15-14-13-12-11-9-7-6**UNIFORMS:**

- A. It is **recommended** all swimmers and divers on the team wear suits of identical coloring and pattern. A competitor shall not be permitted to participate wearing a suit that is not of decent appearance. Boys shall wear suits which cover the buttocks. Girls shall wear suits which cover the buttocks and breasts.
- B. Competitors shall not be permitted to compete in attire which includes advertising or a name other than the name of the competitor, school or mascot except a visible logo/trade name not exceeding 2 ¼ square inches and not exceeding 2 ¼ inches in any dimension and one American flag not exceeding 2 x 3 inches are permissible on each item of uniform apparel.
- C. Competitors shall not wear or use any device to aid their speed or buoyancy. Goggles are permitted and a foreign substance may be applied to the body. The referee shall require a competitor using an excessive amount of a foreign substance to remove it before competing.
- D. A competitor with a disability may use equipment provided, in the judgement of the state association, no advantage is gained. The written approval of the state association must be made available to the meet referee.

VIDEO:

- A. Filmers or videotapers will be permitted in the spectator area and must have a AAA issued camera tag.
- B. Videotape or film will not be used in judging any swimming/diving event.

WARM UP PROCEDURES:

The following warm-up procedures will be followed:

- A. The Meet Director and/or Meet Coordinator shall be on deck during the entire warm-up period.
- B. Swimmers shall enter the water feet-first except for starts which are limited to specified lanes.
- C. With 15 minutes remaining in the warm-up period, lanes 2 through 7 will be one way sprint lanes with racing starts permitted at the competition end of the pool.
- D. Outside lanes (1 & 8) will be designated as pace lanes (swimmers swim one or two lengths from an in-water push-off position from the starting end of the pool).
- E. The lanes at the far end of the pool will be for general warm-up and circle swimming.
- F. With 5 minutes remaining in the warm-up period, the meet director may designate specific lanes for relay exchanges if requested.

- G. Coaches should stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
- H. Swimmers will not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.
- I. Swimmers shall not swim in the area where the diving warm-up is occurring.
- J. **Meet management or a designated official may remove a swimmer, coach and/or team from the deck for violations of these warm-up procedures.**

WATER CONDITIONS:

- A. Water conditions will be such that the bottom and end lane line markings can be clearly seen while standing at the midpoint on either side of the pool.
- B. It is recommended that the water temperature be no less than 78⁰ Fahrenheit and no more than 82⁰ Fahrenheit. The level of the water will be at the overflow rim of the pool.
- C. All state and local rules and regulations will be followed.
- D. When the water conditions do not meet the rule specifications, the referee may declare the meet not be conducted.