



TO: SWIMMING & DIVING HEAD COACH, ATHLETIC DIRECTORS

FROM: JERRY SCHNIEPP, COMMISSIONER
JOHN LABETA, ASSISTANT COMMISSIONER

DATE: April 24, 2017

RE: 2017 CIF SAN DIEGO SWIMMING AND DIVING CHAMPIONSHIPS

IMPORTANT - STOP - READ

All Athletes

No shaving and no deck changing allowed. Competitive attire Clarifications.

California State CIF Rules Clarification and Emphasis:

Penalty for Deck Changing See Rule 3.6.1 (p. 31) and 3.6.1 Situation F (p. 33 of the NFHS Rules Book)

This violation is considered to be unsporting conduct, resulting in disqualification from further participation in the meet – see Rule 3-6-1 PENALTY (p. 31) Coaches should fully cover the expectations of this rule as well as the provisions of Rule 3-3-1, which requires that suits be of decent appearance. **The wearing of female suits to create a “thong effect,” as well as the lowering of male suits, is prohibited.**

National Federation Rules Clarification and Emphasis:

Point of Clarification – Women’s swimsuit. National Federation Rule Book.

A swimmer is observed wearing a tie-back swimsuit during warm-ups. The meet referee notifies the swimmer’s coach that she may not compete wearing this suit. **RULING:** Correct procedure. Swimsuits that use a fastening system for closure, such as the tie-back suit, are not permitted during competition. (Points of Emphasis 2, page 90, 3-3-3b(4))

Entries – Deadline 10AM May 7, 2017

INSTRUCTIONS FOR ENTERING CHAMPIONSHIPS MEET SWIMMING AND DIVING

Coaches must enter athletes and team electronically. Include your phone number in the email submitting school entries. It is the coaches responsibility that athlete and team entries are submitted by the 10AM entry deadline.

Coaches, for both **Swimming and Diving**, are required to bring official meet results from qualifying events to the championships to respond to entry, eligibility and administrative questions.

Best efforts will be made to post the 32nd cutoff times/scores on the CIFSDS web site at noon on Monday, May 8, 2017.

Diving Entries

Divers **MUST** be in the School’s Swimming and Diving Electronic Entry File and submitted by the 10 AM deadline.

Signed score cards for each diver from the qualifying meet used for entry into Championship **MUST** accompany team electronic entries & be received by the 10AM entry deadline. Scan or picture to cifentry@att.net. Fax 619 445 7670.

Each Diver, by the 10AM entry deadline, MUST submit their initial dive card for the championship at divemeets.com. This applies to each diver, both automatic and consideration qualifies. Changes can be made on site until 1 hour before start time.

1. BOYS' AND GIRLS' SWIMMING & DIVING CHAMPIONSHIP DATES, TIMES, AND SITES

Swimming Prelims: Division II - Wednesday, May 10, 2017 at Granite Hills High School

- Open Warm-ups @ 1:00 p.m.
- Competition @ 3:00 p.m.

Swimming Prelims – Division I -Thursday, May 11, 2017 at Granite Hills High School

- Open Warm-ups @ 1:00 p.m.
- Competition @ 3:00 p.m.

Diving Championship Divisions I & II - Friday, May 12, 2017 at San Diego Mesa College

- Girls' - DI & DII Combined; Warm-ups at 8:30 a.m.; Competition start @ 10:00 a.m.
- Boys' – DI& DII Combined: Warm-ups at 12:30 p.m.; Competition start @ 2:00p.m.
Or approximately 90 minutes after the girls' dive event is completed

2. **Swimming Finals - Division I and II - Saturday, May 13, 2017 at Granite Hills High School**

	<u>Division II</u>	<u>Division I</u>
Open Warm-ups	7:30 a.m.	1:30 p.m.
Competition	9:00 a.m.	3:00 p.m.

- Only coaches wearing CIFSDS issued wristbands may sit at deck tables or be in coaching/athlete area(s).
- At the conclusion of the Division II Swimming Finals, the pool area will be cleared.

3. MEET MANAGEMENT

Swimming and Diving Meet Director - Dick Draz, Mike Saltzstein, Brian Wilbur

4. ENTERING MEET– 2017 – IMPORTANT - SWIMMING AND DIVING

Coaches must enter athletes and team electronically. Check that your email and phone number are correct. It is the coaches responsibility that athlete & team entries are submitted by the entry deadline.

Instructions for electronically entering Championship are posted at www.ciflds.com (sports/swimming & diving)

Entries for Swimming & Diving must be submitted electronically BY 10:00 a.m., Sunday, May 7, 2017 - NO EXCEPTIONS.

5. ENTRIES

Each school is permitted a maximum of four entries in an individual event, and one relay team entry (with up to 8 members submitted in the event in the electronic entry file). A competitor shall be permitted to enter a maximum of four events, no more than two of which shall be individual events. A competitor's name may be listed five times (two individual events and three relay events) but may be a participant in only four events. If a competitor appears in more than two individual events, he or she will be automatically entered only in the first two individual events. The fastest 32 qualified entries in each event will be entered into the competition.

- *Requirements- Athlete must meet the swimming/diving time standard/score to be entered*
- An athlete must have participated for his/her school of enrollment in more than one half of the CIFSDS permissible maximum individual points of the sport in order to participate in the CIFSDS championships.
- Athletes meeting or bettering an "Automatic" standard at any level of competition during the season may be entered in the CIFSDS prelims. Athletes whose seasonal marks fall within the "consideration" zone of the standards will be considered for entry in to the prelims.
- Event Credentials - Each school will receive one pass per entered athlete plus two coaches passes.

6. DIVING MEET CONDUCT: The Diving Score Sheet must be updated (if any changes), signed, and turned in to the

Meet Referee one hour prior to the start of competition.

Reminder: Coach must accompany diver(s) at check in time. A diver cannot practice or compete unless the coach is in attendance. Attached is the swim and dive certification of authorized personnel form, which must be presented at check in.

7. SWIMMING MEET CONDUCT

A. SWIMMING WARM-UP PROCEDURES

- The meet manager will designate a warm-up supervisor whose responsibility is to observe that warm-up procedures are followed and make adjustments to lane assignments/usage as s/he may deem necessary.
- Swimmers shall enter the water feet first, except for racing starts (limited to specified lanes).
- All warm-ups must at the start end of the pool, and be under the direct supervision by the coach who must also be at the start end of the pool.
- 45 minutes after the start of the warm-up period, lane 2 of the competition pool will be opened for one-way dive sprints under the direct supervision of the swimmer's coach.
- One hour after, warm-up lane 7 will be opened for one-way dive sprints under the direct supervision of the swimmer's coach.
- One hour after the start of the warm-up, lane 1 will be opened for push pace swimming under the direct supervision of the swimmer's coach.
- Swimmers are not allowed on a starting platform when a backstroker is executing a start in that lane.
- Meet management may remove a swimmer, coach, and/or team from the deck for violation of these procedures.

B. COACHES MEETING: A coaches' mandatory meeting will be conducted 20 minutes prior to the start of both Swimming Prelims and Finals

C. ALTERNATES, WITHDRAWAL, AND FAILURE TO SHOW /COMPETE

- a) Athletes who withdraw or fail to show shall be subject to the provisions and restrictions as outlined in the National Federation Swimming and Diving Rules Book.
- b) Preliminary Heats: There are no alternates for Prelims
- c) Final: The next two athletes from the Prelims will serve as alternates in the Finals.

8. DRESS CODE SWIMMING AND DIVING

Coaches and athletes are accountable to follow NFHS rules requiring that competitors not be permitted to participate wearing a suit that is not of decent appearance. Any competitor found in violation of this rule will not be permitted to participate. See page 1 for additional information.

9. SUPERVISION

A coach authorized by the school in writing (FORMS ATTACHED) must accompany all swimmers and divers before they will be permitted to enter the premises at Swimming and/or Diving Prelims and Finals.

10. SPECTATOR ADMISSION

Spectators: Adult –anyone over 18 years old, Student age 5 through 18, Senior anyone over 60. NO REENTRY.
Swimming Prelims - \$9.00 for adults; \$6.00 for students/seniors; no charge for children under 5 years of age.
Swimming Finals - \$10.00 for adults; \$7.00 for students/seniors; no charge for children under 5 years of age.
Diving Finals - \$10.00 for adults; \$7.00 for students/seniors; no charge for children under 5 years of age.

11. AWARDS

Team trophies will be awarded to the boys and girls team champion and runner-up each division. Individual medals will be awarded in individual and relay events.

12. ATHLETE OF THE YEAR NOMINATIONS

If any school coach has a viable nominee, fill out the appropriate gender nomination form and submit it to your league representative no later than **May 14, 2017** (Male and Female Athlete-of-the-Year nomination forms are posted on the website www.ciflds.org; click on Sports; then click on Swimming & Diving.)

13. NON- FOOD CONCESSION

The non-food concession (T-shirts, sweatshirts, visors, etc.) has been awarded to The Kukulski Brothers. If you have any special requests, contact Dave Kukulski at (480) 921-1975. Coaches are asked to remind athletes and parents that personalized souvenir items are available.

14. PASSES

- a) Scouting Cards are not valid for admission to the San Diego CIF Swimming and Diving Prelims or Finals.
- b) CIFSDS Courtesy Cards, State CIF Courtesy Cards, CIFSDS Media Passes, life pass and CIFSDS Playoff Passes will be honored.

15. ENTRY FEES

Entry fee is \$10.00 per athlete; \$50.00 per team will be assessed to each school. The school finance office will be invoiced per entries that are entered into meet prelims.

16. CIFSDS RECORD BOOK

Information may be updated by school personnel through the CIF Home under New CIFSDS Records tab. Please visit our website at www.ciflds.org to log in. Please contact Vanessa Fowlkes at vanessaciflds@gmail.com

17. PLAYOFF PARTICIPATION PATCHES

Playoff participation patches can be purchased for **\$11.00** each. School personnel orders can be placed on the CIF HOME website and accessing the Forms link, and patch orders. Non-school personnel can place an order on: www.ciflds.org/awards.html, under patch order form.

18. RUNNER-UP PATCHES

Championship/runner-up patches are special order items. School personnel orders can be placed on the CIF HOME website and accessing the forms link, and patch orders. The cost is **\$11.00** each. Special order items may take up to (3) three weeks to arrive. Non-school personnel can place an order on: www.ciflds.org/awards.html under patch order form.

19. OFFICIAL CIF-SAN DIEGO SECTION CHAMPIONSHIP RINGS

Official CIF-San Diego Section Championship rings are now available from Jostens. Rings are available for participants, finalists, and champions. For information/orders, contact Mark Fitzner at 858-486-2020 or via e-mail at mark.fitzner@jostens.com

20. OFFICIAL CIF-SAN DIEGO PHOTOGRAPHY INFORMATION- Max Preps

SCHOOL PHOTOGRAPHERS. TEAM MEMBERS, SCHOOL STAFF, PARENTS, ETC. WILL NOT BE ALLOWED ACCESS TO POOL DECK

Distribution:

Boys' and Girls' Swimming and Diving Coaches

Athletic Directors

Conference Presidents/Schedulers

Media

Bob Eisele-SDSDOA

Brian Wilbur, Mike Saltzstein- Tournament Directors

Roger Blake, Ron Nocetti-State CI

**CIF - San Diego Section - Swimming & Diving
2016-2017**

Cons	Auto	Division I & II	Auto	Cons
	Women	Event	Men	
2:21.00	2:03.00	200 Medley Relay	1:51.00	2:07.00
2:15.00	2:04.00	200 Freestyle	1:52.00	2:01.00
2:35.00	2:21.00	200 IM	2:08.00	2:20.00
28.00	26.00	50 Freestyle	22.50	24.00
145.00	185.00	6 Dive	185.00	145.00
250.00	250.00	11 Dive	250.00	250.00
1:12.00	1:03.00	100 Butterfly	57.00	1:02.00
1:01.00	56.00	100 Freestyle	51.50	54.50
6:00.00	5:38.00	500 Freestyle	5:06.00	5:31.00
2:05.00	1:50.00	200 Free Relay	1:36.00	1:53.00
1:11.00	1:05.00	100 Backstroke	59.00	1:05.00
1:20.00	1:15.00	100 Breaststroke	1:05.00	1:10.00
4:40.00	4:02.00	400 Free Relay	3:33.00	4:05.00

**CIF - San Diego Section - Swimming & Diving
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	Women	Event	Men	
2:21.00	2:03.00	200 Medley Relay	1:51.00	2:07.00
2:15.00	2:04.00	200 Freestyle	1:52.00	2:01.00
2:35.00	2:21.00	200 IM	2:08.00	2:20.00
28.00	26.00	50 Freestyle	22.50	24.00
145.00	185.00	6 Dive	185.00	145.00
250.00	250.00	11 Dive	250.00	250.00
1:12.00	1:03.00	100 Butterfly	57.00	1:02.00
1:01.00	56.00	100 Freestyle	51.50	54.50
6:00.00	5:38.00	500 Freestyle	5:06.00	5:31.00
2:05.00	1:50.00	200 Free Relay	1:36.00	1:53.00
1:11.00	1:05.00	100 Backstroke	59.00	1:05.00
1:20.00	1:15.00	100 Breaststroke	1:05.00	1:10.00
4:40.00	4:02.00	400 Free Relay	3:33.00	4:05.00

**CIF-San Diego Section
2131 Pan American Plaza, San Diego, CA 92101
858-292-8165**

Swimming and Diving Certification of Authorized Coach

**Please present this completed form to the tournament desk and administration
in charge of checking in entrants.**

State CIF Bylaws

Article 506 A. and B. – Who May Coach

- A. All public school teams must be coached by a person who meets the requirements of the California Education Code and the California Administrative Code Title V. **NOTE: A parent may not supervise his/her athlete or the team unless employed as a coach by the school.**

- B. In the case of a non-public school, a person engaged by that school on a yearly contract basis as a regular member of the school teaching staff and certified by the administrator of that school as competent for the position held.

School _____

Employee's Name _____

Employee's Home Phone _____ Work Phone _____

Employee's Address _____

City _____

Driver's License Number _____

I hereby assert and verify that the person named above is employed by

_____ High School and meets the requirements of the

above bylaw as of this date.

Signature of Principal

Date

Print Name

PLEASE MAKE SEPARATE COPIES FOR EACH CERTIFIED COACH

**CIFSDS SWIM & DIVE
COACH VERIFICATION FORM**

(MUST BE TURNED IN AT SWIM PRELIMS OR DIVE FINALS TO RECEIVE WRISTBANDS)

SCHOOL _____ DIVISION I II BOYS GIRLS
(please check one) (please check one)

HEAD COACH _____

ASSISTANT COACHES

NOTE 1: COACH WRIST-BANDS WILL NOT BE ISSUED UNTIL THIS FORM IS SUBMITTED.

NOTE 2: IF MORE THAN FOUR ASSISTANT COACHES ARE LISTED, SCHOOL PRINCIPAL OR ATHLETIC DIRECTOR MAY BE CALLED TO VERIFY.

**PRINCIPALS SIGNATURE CONFIRMING THE INDIVIDUALS LISTED ABOVE
COACH AT YOUR SCHOOL. _____**
Principal signature

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