

# 2011-2012 WINTER SWIMMING & DIVING FORMAT



## Sport Specific Information

### 2011 – 2012 Swim Committee Members

Dist. A	Mr. Josh Blagg, A.P. Chelmsford H.S.	Dist. F	Mr. John Derosia, V.P. Minnechaug Reg. HS (Wilbraham)
	Mr. Christopher Bergeron, A.D. Andover High School		Mr. Mike Roy, A.D. Minnechaug Reg. HS (Wilbraham)
Dist. B		Dist. G	Mr. James Conro, Principal Wahconah Reg. (Dalton)
	Mr. Jim Davis, A.D. Belmont High School		Mr. James Abel, A.D. Pittsfield and Taconic HS
Dist. C	Mrs. Patricia Fry, Principal Plymouth South HS	Dist. H	Br. Raymond Hoyt, A.P. Xaverian Brothers HS (Westwood)
	Mr. Brian McDonough, A.D. Norwood Senior H.S.		Ms. Pat Gonzalez, A.D. Austin Prep (Reading)
Dist. D	Mr. Bob Dutch, Principal Upper Cape Cod RVTHS (Bourne)		Coaches' Representatives Mr. Michael Foley Mr. James Hirtle
	Mr. Raymond Grant, A.D. Seekonk HS		At-Large Mr. Sam DePina, Boston Public Schools MASC Representative VACANT
Dist. E	Mr. Rich Piergustavo, A.D. Milford H.S.		Officials' Representatives Mr. Rob Garon Mr. William Walker, Jr.
	Ms. Jennifer Lynch, A.D. Wachusett Regional HS (Holden)		MASS Representative Mr. Patrice Dardenne
	Mr. Rich Riley, A.D. St. Peter-Marian (Worcester)		

MIAA Staff Liaison  
Mr. Ned Doyle  
Assistant Director

2011 – 2012 WINTER SWIMMING AND DIVING TOURNAMENTS

ENTRY REQUIREMENTS & INFORMATION	DATE	TOURNAMENT DIRECTORS
SWIMMING AND DIVING Season Schedule & Commitment Form Due	January 15, 2012	Tournament Director contact information is available in the "Members Only" section of the MIAA website
Swimming Sectional Tournament Entry Form	Monday, February 6, 2012 - 4:00 pm  <b>MUST BE RECEIVED ELECTRONICALLY VIA MIAA MEMBERS ONLY WEBSITE</b>	
Diving Sectional Tournament Entry Form Due	Must be received by Sectional Tournament Director on or before:  Monday, February 6, 2012 - 4:00 pm  North & South-Central - Boys & Girls Dive sheets must be emailed to: Kim Whitworth at <a href="mailto:7465@msn.com">7465@msn.com</a>	North (B) Richard Lennon  North (G) Pete Foley  Central/South (B) Richard Lennon  Central/South (G) Pete Foley
Swimming State Tournament Entry Form Due:	Must be received by State Tournament Director on or before:  Monday, February 13, 2012 - 4:00 pm  <b>MUST BE RECEIVED ELECTRONICALLY VIA MIAA MEMBERS ONLY WEBSITE</b>	West (B & G) Patricia McDiarmid
Diving State Tournament Entry Form Due:	Must be received by State Tournament Director on or before:  Monday, February 13, 2012 - 4:00 pm  Boys & Girls State Dive sheets must be emailed to: Kim Whitworth: <a href="mailto:7465@msn.com">7465@msn.com</a>	State (G) Richard Lennon  State (B) Pete Foley
Sportsmanship Award Deadline Boys and Girls	February 1, 2012	
Late Entries will be seeded with no time in the first heat and must be accompanied by a \$300 late fee per team in the form of a purchase order or check.		

**2011-2012 PROGRAM OF EVENTS**

<p align="center"><u>SECTIONAL DIVING/SWIMMING</u> @MIT</p> <p>Across the street from the Zesiger Sports &amp; Fitness Center is a garage with \$5 parking.</p>	<p align="center">Saturday, February 11, 2012 GIRLS' CENTRAL/SOUTH</p>	<p>Facility doors open for check in: 7:00 am Swimmers &amp; Divers access to pool deck: 7:15 am Warm-up begins: 7:30 am Spectator balcony opens: 7:45 am Meet begins – Swim &amp; Dive: 9:00 am</p>
	<p align="center">Saturday, February 11, 2012 GIRLS' NORTH</p>	<p>Facility doors open for check in: 2:30 pm Swimmers &amp; Divers access to pool deck: 2:45 pm Warm-up begins: 3:00 pm Spectator balcony opens: 3:15 pm Meet begins – Swim &amp; Dive: 4:15 pm</p>
<p align="center"><u>SECTIONAL DIVING/SWIMMING</u> @MIT</p> <p>Across the street from the Zesiger Sports &amp; Fitness Center is a garage with \$5 parking.</p>	<p align="center">Sunday, February 12, 2012 BOYS' CENTRAL/SOUTH</p>	<p>Facility doors open for check in: 7:00 am Swimmers &amp; Divers access to pool deck: 7:15 am Warm-up begins: 7:30 am Spectator balcony opens: 7:45 am Meet begins – Swim &amp; Dive: 9:00 am</p>
	<p align="center">Sunday, February 12, 2012 BOYS' NORTH</p>	<p>Facility doors open for check in: 2:30 pm Swimmers &amp; Divers access to pool deck: 2:45 pm Warm-up begins: 3:00 pm Spectator balcony opens: 3:15 pm Meet begins – Swim &amp; Dive: 4:15 pm</p>
<p align="center"><u>SECTIONAL DIVING</u> BOYS' &amp; GIRLS' WEST At Springfield College** - The Art Linkletter Natatorium</p>	<p align="center">Friday (Evening) February 10, 2012</p>	<p><b>Student check-in 4:30 p.m.</b> <b>Warm-ups 5:00 – 6:15p.m.</b> <b>Meet begins 6:30 p.m.</b></p> <p><i>See parking info link below</i></p>
<p align="center"><u>SECTIONAL SWIMMING</u> BOYS' &amp; GIRLS' WEST At Springfield College**  The Art Linkletter Natatorium</p>	<p align="center">Sunday February 12, 2012</p>	<p><b>Girls check-in: 7:30 a.m.</b> <b>Warm-ups: 7:45 - 8:45 a.m.</b> <b>Spectator balcony opens: 8:00 a.m.</b> <b>Meet begins: 9:00 a.m.</b></p> <p><b>Boys check-in: 2:00 p.m.</b> <b>Warm-up begins: 2:15 – 3:13 p.m.</b> <b>Spectator balcony opens: 2:30 p.m.</b> <b>Meet begins: 3:30 p.m.</b></p> <p><i>See parking info link below</i></p>

**\*\* IMPORTANT PARKING INFORMATION - PARKING WILL NOT BE AVAILABLE AT SPRINGFIELD COLLEGE - [click here for Springfield College Parking Information](#)**

*2011-2012 PROGRAM OF EVENTS (continued)*

<p align="center">BOYS' DIVISION I STATE SWIMMING &amp; DIVING HARVARD UNIVERSITY Blogett Pool (Corner of North Harvard St. and Soldiers Field Road)</p>	<p align="center"><b>Friday, February 17, 2012</b> A PARKING FEE OF \$10 WILL BE CHARGED AT HARVARD UNIVERSITY PER VEHICLE PER DAY.</p> <p align="center"><b>Meet times have changed!</b></p>	<p align="center">Student check-in 7:15 p.m. Warm-up begins 7:45 p.m. Spectator balcony opens 7:45 p.m. Meet begins 8:30 p.m.</p>
<p align="center">BOYS' DIVISION II STATE SWIMMING &amp; DIVING HARVARD UNIVERSITY Blogett Pool (Corner of North Harvard St. and Soldiers Field Road)</p>	<p align="center"><b>Saturday, February 18, 2012</b> A PARKING FEE OF \$10 WILL BE CHARGED AT HARVARD UNIVERSITY PER VEHICLE PER DAY.</p> <p align="center"><b>Meet times have changed!</b></p>	<p align="center">Student check-in 5:30 p.m. Warm-up begins 6:00 p.m. Spectator balcony opens 6:00 p.m. Meet begins 7:00 p.m.</p>

<p align="center">GIRLS' DIVISION I STATE SWIMMING &amp; DIVING HARVARD UNIVERSITY Blogett Pool (Corner of North Harvard St. and Soldiers Field Road)</p>	<p align="center"><b>Sunday, February 19, 2012</b> A PARKING FEE OF \$10 WILL BE CHARGED AT HARVARD UNIVERSITY PER VEHICLE PER DAY.</p> <p align="center"><b>Meet times have changed!</b></p>	<p align="center">Student check-in 1:00 p.m. Warm-up begins 1:30 p.m. Spectator balcony opens 1:30 p.m. Meet begins 2:30 p.m.</p>
<p align="center">GIRLS' DIVISION II STATE SWIMMING &amp; DIVING HARVARD UNIVERSITY Blogett Pool (Corner of North Harvard St. and Soldiers Field Road)</p>	<p align="center"><b>Sunday, February 19, 2012</b> A PARKING FEE OF \$10 WILL BE CHARGED AT HARVARD UNIVERSITY PER VEHICLE PER DAY.</p> <p align="center"><b>Meet times have changed!</b></p>	<p align="center">Student check-in 6:00 p.m. Warm-up begins 6:30 p.m. Spectator balcony opens 6:30 p.m. Meet begins 7:30 p.m.</p>

*The following forms must be submitted:*

Form	Deadline
Season Schedule & Commitment Form—Swimming and Diving	January 15, 2012
Officials Recommendation Form	January 15, 2012
Winter Sectional Swimming, Boys and Girls, all divisions, Entry Form	February 6, 2012 @ 4:00 p.m.
Winter Sectional Diving, Boys and Girls, Entry Form	February 6, 2012 @ 4:00 p.m.
Winter State Swimming and Diving, Boys and Girls	February 13, 2012 @ 4:00 p.m.
Boys' Winter Swimming & Diving Team Sportsmanship Nomination Form	February 1, 2012
Girls' Winter Swimming & Diving Team Sportsmanship Nomination Form	February 1, 2012

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## A. TOURNAMENT QUALIFICATION –

1. Girls electing to swim in the Fall sectional and state tournaments are ineligible to swim in the Winter. Boys swimming on mixed gender teams in the Fall are **ineligible** to swim in the winter.
2. The boys' state tournament will include qualifiers from all districts.
3. The girls Winter State Tournament will include qualifiers from all districts, who qualified during the Winter Season only.
4. A two divisional format will be used at the boys and girls state championship meets.

For divisional alignments refer to the MIAA website at [www.miaa.net](http://www.miaa.net)

## B. QUALIFYING CRITERIA - TEAM MEMBERS

1. Individuals must be bona-fide members of their high school swim team as recognized by the MIAA and must achieve qualifying standards as published in this format.
2. Qualifying times must be obtained from swimming in a bona fide MIAA High School Swim Meet officiated by certified swimming officials.
3. Relay teams must have met the listed qualifying time in the Swim Format during the regular season. **Relay times must be achieved by all members of the same gender to qualify for the appropriate post season championship meet.** *Teams can only enter one relay team at the sectional and state tournaments.*
4. The coach or official school representative must be able to verify the swimmer or diver's time or standard at the meet.
  - a. Any times that do not meet minimum qualifying times will be challenged by the meet director.
  - b. Other times can be challenged throughout the meet.
  - c. Any swimmer or diver found not to have met submitted standards shall be disqualified from the event in question.
5. Divers
  - a. A diver *during the regular season must have scored 4 points from each judge on each dive* in order to qualify it for tournament entry. Coaches must be able to verify this with dual meet diving sheets.
  - b. The dive as qualified in season will be the only dive accepted (i.e., 1 ½ tuck ≠ 1 ½ pike).
  - c. *No diver may perform a dive in the Sectional or State tournament that has not been performed and qualified during the regular season*
  - d. An official diving form must be submitted for each diver and sent with the official entry form by the deadline. Divers will be allowed to change dives up to 1 hour before the start of each session containing diving.
  - e. ***At the sectional meets divers will be seeded by lot. At the state meets, divers will be seeded according to their best 11 dive performance for the fall season. Divers without an 11 dive score will be seeded by lot at the beginning of the diving order. (NFHS 9-2-2)***
6. A violation of qualifying criteria may involve a hearing before the swim committee.

## C. ADULT REPRESENTATION

1. *The coach or official school representative (as designated by the principal in writing on the entry blank) must remain at the championship site throughout the meet or the swimmer/diver will not be accepted by tournament directors for warm-up sessions or to compete in the meet.*
2. Last minute changes must be verified in writing by the principal before the swimmer/diver is allowed to compete or warm-up.

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#### D. OFFICIALS

Officials in Sectional or State meets must be enrolled with the MIAA.

#### E. MEET RULES

2010 – 2011 National Federation Swimming Rules shall be the official rules for championship meets.

#### F. TEAM ROSTER

*Team rosters shall include only those swimmers and divers who have met qualifying standards, plus one (1) manager and all LEGITIMATE SCHOOL coaches.* The names of the approved school coaches and manager must appear on the entry form. No ancillary staff (i.e. team photographers, masseuses etc) will be allowed on deck. Relay only swimmers must also be listed on the team roster. Only the individuals listed on the entry form and approved by the school's athletic director will be allowed on the pool deck. All others will be subject to the admission fees.

#### G. TICKET INFORMATION

1. *The Boys' and the Girls' meets are separate tournaments. Admission will be charged for entry to each one.*
2. *Athletes will only be admitted, free of charge, to the tournament to which they have qualified and entered.*

*For information about admission prices, go to: <http://www.miaa.net>*

#### H. REQUIRED SCHOOL TIMERS

Teams will be notified in advance by the Meet Director as to the number of timers with watches that they will be required to provide. This is essential for the proper operation of the swimming meet. Please be sure that timers from your team are in the appropriate lanes at the designated times.

#### I. ATTENTION

*Coolers, hand held signs, shakers, balloons, and noisemakers of any kind are not allowed at tournament sites. School banners, approved by the Tournament Director, will be allowed but must be hung where directed to do so by tournament personnel.*

#### J. RESPONSIBILITY OF PARTICIPATING SCHOOLS

All schools are responsible before, during and after a contest for the proper conduct of their coaches, athletes and spectators and, when requested, a school must complete a report regarding the contest in which a problem occurred.

#### K. SHAVING

*There will be absolutely no shaving permitted at any tournament site.*

#### M. MEDICAL COVERAGE

A licensed athletic trainer, physician, physician's assistant, certified EMT, or nurse practitioner will be available at all contests.

**2011 – 2012 WINTER QUALIFYING STANDARDS – BOYS'**

EVENT	Boys' North	Boys' Central/South	Boys' West	Boys' Div I State	Boys' Div II State
200 Yd. Medley Relay	1:54.47	1:52.41	One Entry Per School	1:51.50	1:52.02
200 Yd. Freestyle	1:57.09	1:58.68	2:03.85	1:55.09	1:56.99
200 Yd. Individual Medley	2:12.45	2:13.05	2:22.50	2:11.90	2:12.10
50 Yd. Freestyle	23.71	23.94	24.99	23.57	23.67
One Meter Diving	160 – 2 times	160 – 2 times	140 – 2 times	178 – 2 times	178 – 2 times
100 Yd. Butterfly	59.00	1:00.00	1:04.21	58.95	58.67
100 Yd. Freestyle	52.77	52.93	55.41	52.03	52.50
500 Yd. Freestyle	5:23.09	5:21.42	5:47.17	5:12.55	5:20.94
200 Yd. Freestyle Relay	1:38.93	1:39.55	One Entry Per School	1:38.04	1:38.46
100 Yd. Backstroke	1:01.47	1:02.41	1:05.69	:59.93	1:00.16
100 Yd. Breaststroke	1:08.21	1:08.67	1:14.04	1:06.55	1:07.55
400 Yd. Freestyle Relay	3:49.90	3:41.50	One Entry Per School	3:37.39	3:36.46

**NOTES:**

NFHS Rule 3.1.1 In championship meets each team shall be permitted a maximum of four entries in an individual event and one team in a relay event.

NFHS Rule 7.1.3a Commencing with the 2011 Fall Sectional Meets 16 Place Scoring will be used for all MIAA Championship Meets (See Rule for Individual and Relay point values)

NFHS Rule 9-2-2 The order of divers in meets conducted under championship format is determined by lot (Sectionals) or by seeding based on the divers previous best 11 dive score (States)

**2011-2012 WINTER QUALIFYING STANDARDS – GIRLS’**

EVENT	Girls’ North	Girls’ Central/South	Girls’ West	Girls’ State Div I	Girls’ State Div II
200 Yd. Medley Relay	2:17.32	2:08.45	One Entry Per School	2:05.75	2:05.63
200 Yd. Freestyle	2:12.95	2:12.59	2:14.07	2:08.00	2:10.00
200 Yd. Indiv. Medley	2:30.48	2:28.93	2:31.64	2:22.62	2:28.00
50 Yd. Freestyle	27.45	27.21	27.75	26.73	26.67
One Meter Diving	165 – 2 times	160 – 2 times	140 – 2 times	175 – 2 times	170 – 2 times
100 Yd. Butterfly	1:09.50	1:08.42	1:09.49	1:04.35	1:05.91
100 Yd. Freestyle	:59.97	1:00.12	1:00.91	58.89	58.89
500 Yd. Freestyle	5:54.48	5:55.26	6:05.37	5:44.65	5:50.27
200 Yd. Freestyle Relay	2:01.12	1:55.51	One Entry Per School	1:52.00	1:53.00
100 Yd. Backstroke	1:09.67	1:09.06	1:11.19	1:07.31	1:06.86
100 Yd. Breaststroke	1:18.81	1:18.94	1:19.12	1:15.14	1:16.02
400 Yd. Freestyle Relay	4:33.88	4:19.00	One Entry Per School	4:08.00	4:10.00

**NOTES:**

NFHS Rule 3.1.1 In championship meets each team shall be permitted a maximum of four entries in an individual event and one team in a relay event.

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Coach: Check that the following three items have been completed per MIAA and NFHS (9.4.1) rules

- 1) **Bring** copies of your diving sheets, showing the two (2) meets with the qualifying score attained
- 2) Provide copies of your dual, invitational and/or championship meet diving sheets, highlighted for each entered dive, total of 11, that a score of 4.0 or higher has been received from all judges
- 3) Follow the guidelines NFHS Rule 9- Section 4 – Article 1 in completing your diving entry form

... In championship meets, the competition shall consist of five voluntary dives and six optional dives

- a. The five voluntary dives shall come from each of the five groups, with their assigned DD and have a sum total of 9.0 or less
- b. The six optional dives shall include at least one chosen from each of the five groups. No more than one optional dive from the same group is permitted through the semifinal round.
- c. All five groups must be represented in the first eight rounds

DIVING CHAMPIONSHIP 11 DIVE FORMAT \_\_Sectional \_\_State

*The signature of the coach & diver on score sheet indicates that the diver is capable of performing the dives listed.*

PRINT NAME	SCHOOL	DATE
REQUIRED SIGNATURES: DIVER		<i>DIVING ORDER</i>
COACH		

	NO.	DIVE	POS.	DD	JUDGES AWARDS					TOTAL	SCORE
1.											_____
2.											_____
3.											_____
4.											_____
5.											_____
2 Voluntary – 3 Optional from Different Groups											SCORE AFTER PRELIMINARIES

	NO.	DIVE	POS.	DD	JUDGES AWARDS					TOTAL	SCORE
6.											_____
7.											_____
8.											_____
2 Voluntary – 1 Optional Different Group											SCORE AFTER SEMI-FINALS

	NO.	DIVE	POS.	DD	JUDGES AWARDS					TOTAL	SCORE
9.											_____
10.											_____
11.											_____
1 Voluntary – 2 Optional											FINAL SCORE



## Boys' Winter Swimming & Diving Team Sportsmanship Award

The MIAA Tournament Management Committee has approved an Annual Sportsmanship Award to be presented to a school in every sport at the MIAA State Championship.

We would like to encourage you to nominate a swimming & diving team for consideration by the MIAA Swim Committee for recognition at the MIAA Boys' Winter Swimming & Diving State Meet. Nominated teams do not have to be tournament teams but should exemplify the tenets of good sportsmanship to the highest degree. Self nominations are acceptable.

**I would like to nominate the following team for consideration of the MIAA Swimming & Diving Sportsmanship Award:**

School: \_\_\_\_\_ Division: \_\_\_\_\_

City/Town: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Principal: \_\_\_\_\_

Athletic Director: \_\_\_\_\_ School Phone: \_\_\_\_\_

\_\_\_\_\_ Home Phone: \_\_\_\_\_

Coach: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Captain(s) names: \_\_\_\_\_

# of Games Played \_\_\_\_\_ # of Exclusions \_\_\_\_\_

Please provide a brief statement with regard to the reasons for this nomination below!

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Your Name \_\_\_\_\_ Signature \_\_\_\_\_

Position \_\_\_\_\_ School \_\_\_\_\_

Date: \_\_\_\_\_ Phone : \_\_\_\_\_

Send to: MIAA, Attn: Swimming & Diving Committee  
33 Forge Parkway  
Franklin, MA 02038

Fax: 508-541-9888

APPLICATIONS MUST BE RECEIVED BY February 1, 2012



## Girls' Winter Swimming & Diving Team Sportsmanship Award

*The MIAA Tournament Management Committee has approved an Annual Sportsmanship Award to be presented to a school in every sport at the MIAA State Championship.*

*We would like to encourage you to nominate a swimming & diving team for consideration by the MIAA Swim Committee for recognition at the MIAA Girls' Winter Swimming & Diving State Meet. Nominated teams do not have to be tournament teams but should exemplify the tenets of good sportsmanship to the highest degree. Self nominations are acceptable.*

*I would like to nominate the following team for consideration of the MIAA Swimming & Diving Sportsmanship Award:*

School: \_\_\_\_\_ Division: \_\_\_\_\_

City/Town: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Principal: \_\_\_\_\_

Athletic Director: \_\_\_\_\_ School Phone: \_\_\_\_\_

\_\_\_\_\_ Home Phone: \_\_\_\_\_

Coach: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Captain(s) names: \_\_\_\_\_

# of Games Played \_\_\_\_\_ # of Exclusions \_\_\_\_\_

*Please provide a brief statement with regard to the reasons for this nomination below!*

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Your Name \_\_\_\_\_ Signature \_\_\_\_\_

Position \_\_\_\_\_ School \_\_\_\_\_

Date	Phone

Send to: MIAA, Attn: Swimming & Diving Committee  
 33 Forge Parkway  
 Franklin, MA 02038

Fax: 508-541-9888

**APPLICATIONS MUST BE RECEIVED BY February 1, 2012**