

2009-2010 WINTER SWIMMING & DIVING FORMAT



Sport Specific Information

2009 – 2010 Swim Committee Members

Dist. A		Dist. F	Mr. John Derosia, A.P. Minnechaug Reg. HS (Wilbraham)
			Mr. Edward Doyle, 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	Ms. Patricia Connors, Principal Plymouth South HS	Dist. H	
	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 Ms. Priscilla Davis Mr. William Walker, Jr.
	Ms. Jennifer Lynch, A.D. Wachusett Regional HS (Holden)		MASS Representative Mr. Patrice Dardenne

MIAA Staff Liaison
Mr. Brian Halloran
Assistant Director

2009 – 2010 WINTER SWIMMING AND DIVING TOURNAMENTS

ENTRY REQUIREMENTS & INFORMATION	DATE	TOURNAMENT DIRECTORS
SWIMMING AND DIVING Season Schedule & Commitment Form Due	January 15, 2010	Tournament Director contact information is available in the "Members Only" section of the MIAA website
Swimming Sectional Tournament Entry Form	Monday, February 8, 2010 - 4:00 pm MUST BE RECEIVED ELECTRONICALLY VIA MIAA MEMBERS ONLY WEBSITE	
Diving Sectional Tournament Entry Form Due	Must be received by Sectional Tournament Director on or before: Monday, February 8, 2010 - 4:00 pm Boys & Girls Dive sheets must be faxed/emailed to: TBA	<p align="center">North (B) Richard Lennon</p> <p align="center">North (G) Pete Foley</p> <p align="center">Central/South (B) Richard Lennon</p> <p align="center">Central/South (G) Pete Foley</p> <p align="center">West (B & G) Patricia McDiarmid</p> <p align="center">State (G) Richard Lennon</p> <p align="center">State (B) Pete Foley</p> <p align="center">Dive Email: Kim Whitworth 7465@msn.com</p>
Swimming State Tournament Entry Form Due:	Must be received by State Tournament Director on or before: Monday, February 15, 2010 - 4:00 pm MUST BE RECEIVED ELECTRONICALLY VIA MIAA MEMBERS ONLY WEBSITE	
Diving State Tournament Entry Form Due:	Must be received by State Tournament Director on or before: Monday, February 15, 2010 - 4:00 pm Boys & Girls Dive sheets must be faxed/emailed to: TBA	
Sportsmanship Award Deadline Boys and Girls	February 2, 2010	
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.		

2009-2010 PROGRAM OF EVENTS

<p><u>SECTIONAL DIVING/SWIMMING</u> @MIT</p> <p>Across the street from the Zesiger Sports & Fitness Center is a garage with \$5 parking.</p>	<p>Saturday, February 13, 2010 GIRLS' CENTRAL/SOUTH</p>	<p>Facility doors open for check in: 7:00 am Swimmers & Divers access to pool deck: 7:15 am Spectator balcony open, warm-up begins: 7:30 am Meet begins – Swim & Dive: 9:00 am</p>
	<p>Saturday, February 13, 2010 GIRLS' NORTH</p>	<p>Facility doors open for check in: 2:30 pm Swimmers & Divers access to pool deck: 2:45 pm Spectator balcony open, warm-up begins: 3:00 pm Meet begins – Swim & Dive: 4:15 pm</p>
<p><u>SECTIONAL DIVING/SWIMMING</u> @MIT</p> <p>Across the street from the Zesiger Sports & Fitness Center is a garage with \$5 parking.</p>	<p>Sunday, February 14, 2010 BOYS' CENTRAL/SOUTH</p>	<p>Facility doors open for check in: 7:00 am Swimmers & Divers access to pool deck: 7:15 am Spectator balcony open, warm-up begins: 7:30 am Meet begins – Swim & Dive: 9:00 am</p>
	<p>Sunday, February 14, 2010 BOYS' NORTH</p>	<p>Facility doors open for check in: 2:30 pm Swimmers & Divers access to pool deck: 2:45 pm Spectator balcony open, warm-up begins: 3:00 pm Meet begins – Swim & Dive: 4:15 pm</p>
<p><u>SECTIONAL DIVING</u> BOYS' & GIRLS' WEST At Springfield College- The Art Linkletter Natatorium</p> <p>* SEE IMPORTANT PARKING INFORMATION BELOW</p>	<p>Thursday (Evening) February 11, 2010</p>	<p>Student check-in 5:30 p.m. Warm-up begins 6:00 p.m. Meet begins 7:00 p.m.</p> <p>* SEE IMPORTANT PARKING INFORMATION BELOW</p>
<p><u>SECTIONAL SWIMMING</u> BOYS' & GIRLS' WEST At Springfield College*</p> <p>The Art Linkletter Natatorium</p> <p>** SEE IMPORTANT PARKING INFORMATION BELOW</p>	<p>Saturday February 13, 2010</p>	<p>Girls check-in 7:30 a.m. Warm-up begins 8:00 a.m. Meet begins 9:00 a.m.</p> <p>Boys check-in 2:30 p.m. Warm-up begins 3:00 p.m. Meet begins 4:00 p.m.</p> <p>* SEE IMPORTANT PARKING INFORMATION BELOW</p>

Springfield College Parking info: [THE SPRINGFIELD COLLEGE CAMPUS](#) (click link for directions)

*Although onsite parking will be available, attendees are encouraged to carpool. Lot information is as follows:

1. Lot #15 (next to the pool) ~ should be some spaces but will not accommodate everyone attending for the whole day
2. Lot #4 (corner of Alden and Wilbraham and opposite Locklin Hall) ~ this is the commuter lot and there should be LOTS of availability. Short walk to the pool. Suggest driver drops off passengers.
3. Lot #2 (behind Locklin Hall) ~ should have a fair amount of availability as well. Slightly longer walk to the pool.
4. Lot #7 (across the street from the pool) ~ not available this weekend. This is a small dorm lot next to the President's home.
5. Lot #10 (behind the PE Complex) ~ parking here is restricted for two campus events and a guard will be posted who will only allow designated names and Handicapped stickers.

2009-2010 PROGRAM OF EVENTS (continued)

<p align="center">BOYS' DIVISION I STATE SWIMMING & DIVING HARVARD UNIVERSITY Blogett Pool (Corner of North Harvard St. and Soldiers Field Road)</p>	<p align="center">Friday, February 19, 2010 A PARKING FEE OF \$10 WILL BE CHARGED AT HARVARD UNIVERSITY PER VEHICLE PER DAY.</p>	<p align="center">Student check-in 6:00 p.m. Warm-up begins 6:30 p.m. Meet begins 7:30 p.m.</p>
<p align="center">BOYS' DIVISION II STATE SWIMMING & DIVING HARVARD UNIVERSITY Blogett Pool (Corner of North Harvard St. and Soldiers Field Road)</p>	<p align="center">Saturday, February 20, 2010 A PARKING FEE OF \$10 WILL BE CHARGED AT HARVARD UNIVERSITY PER VEHICLE PER DAY.</p>	<p align="center">Student check-in 12:30 p.m. Warm-up begins 1:00 p.m. Meet begins 2:00 p.m.</p>

<p align="center">GIRLS' DIVISION I STATE SWIMMING & DIVING HARVARD UNIVERSITY Blogett Pool (Corner of North Harvard St. and Soldiers Field Road)</p>	<p align="center">Sunday, February 21, 2010 A PARKING FEE OF \$10 WILL BE CHARGED AT HARVARD UNIVERSITY PER VEHICLE PER DAY.</p>	<p align="center">Student check-in 9:30 a.m. Warm-up begins 10:00 a.m. Meet begins 11:00 a.m.</p>
<p align="center">GIRLS' DIVISION II STATE SWIMMING & DIVING HARVARD UNIVERSITY Blogett Pool (Corner of North Harvard St. and Soldiers Field Road)</p>	<p align="center">Sunday, February 21, 2010 A PARKING FEE OF \$10 WILL BE CHARGED AT HARVARD UNIVERSITY PER VEHICLE PER DAY.</p>	<p align="center">Student check-in 2:30 p.m. Warm-up begins 3:00 p.m. Meet begins 4:00 p.m.</p>

The following forms must be submitted:

Form	Deadline
Season Schedule & Commitment Form—Swimming and Diving	January 15, 2010
Winter Sectional Swimming, Boys and Girls, all divisions, Entry Form	February 8, 2010 @ 4:00 p.m.
Winter Sectional Diving, Boys and Girls, Entry Form	February 8, 2010 @ 4:00 p.m.
Winter State Swimming and Diving, Boys and Girls	February 15, 2010 @ 4:00 p.m.
Boys' Winter Swimming & Diving Team Sportsmanship Nomination Form	February 2, 2010
Girls' Winter Swimming & Diving Team Sportsmanship Nomination Form	February 2, 2010
Tournament Code of Conduct Form	February 8, 2010 @ 4:00 p.m.
Officials Recommendation Form	February 8, 2010

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

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. *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.
 - 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.
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.

D. OFFICIALS

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

E. MEET RULES

2009 – 2010 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 coaches. The names of coaches and manager must appear on the entry form. Relay only swimmers must also be listed on the team roster. Only the individuals listed 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. *Swimmers on Mixed Gender teams will only be admitted, free of charge, to the tournament to which they have qualified.*

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

H. REQUIRED SCHOOL TIMERS

If you enter from 1-5 swimmers you will be asked to provide 1 timer, from 6-10 swimmers 2 timers, from 11-15 swimmers 3 timers, and 16 & over swimmers 4 timers. This is necessary for proper conduct at the swimming meet. Please be sure that timers from your team are in the appropriate lanes at the designated times.

I. ATTENTION

Coolers, 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. This coverage will be provided/compensated by the Host School in tournament rounds at the site of the higher seeded team. The MIAA will compensate for this coverage at MIAA designated neutral sites.

2009 – 2010 WINTER QUALIFYING STANDARDS – BOYS'

EVENT	Boys' North	Boys' Central/South	Boys' West	Boys' Div I State	Boys' Div II State
200 Yd. Medley Relay	1:57.44	1:53.44	One Entry Per School	1:52.20	1:52.03
200 Yd. Freestyle	1:54.07	2:00.00	2:03.19	1:55.00	1:56.58
200 Yd. Individual Medley	2:14.56	2:17.30	2:22.24	2:11.90	2:15.50
50 Yd. Freestyle	23.58	24.03	25.01	23.13	23.90
One Meter Diving	165 – 2 times	160 – 2 times	140 – 2 times	178 – 2 times*	180 – 2 times*
100 Yd. Butterfly	58.88	1:00.46	1:03.78	59.00	59.98
100 Yd. Freestyle	52.42	53.80	55.30	51.83	52.50
500 Yd. Freestyle	5:20.30	5:25.11	5:42.78	5:17.70	5:20.94
200 Yd. Freestyle Relay	1:41.21	1:41.00	One Entry Per School	1:38.50	1:39.50
100 Yd. Backstroke	1:00.99	1:02.41	1:05.52	59.51	1:00.87
100 Yd. Breaststroke	1:07.66	1:10.88	1:13.07	1:05.55	1:08.29
400 Yd. Freestyle Relay	3:52.93	3:47.17	One Entry Per School	3:36.36	3:45.00

THERE WILL BE ABSOLUTELY NO SHAVING PERMITTED AT ANY TOURNAMENT SITE!

2009-2010 WINTER QUALIFYING STANDARDS – GIRLS’

EVENT	Girls’ North	Girls’ Central/South	Girls’ West	Girls’ State Div I	Girls’ State Div II
200 Yd. Medley Relay	2:21.70	2:11.63	One Entry Per School	2:05.00	2:06.00
200 Yd. Freestyle	2:13.00	2:12.32	2:15.19	2:08.00	2:08.79
200 Yd. Indiv. Medley	2:30.10	2:30.80	2:31.95	2:26.00	2:26.88
50 Yd. Freestyle	27.30	27.72	27.84	26.62	27.82
One Meter Diving	165 – 2 times	158 – 2 times	140 – 2 times	178 – 2 times*	172 – 2 times*
100 Yd. Butterfly	1:09.00	1:09.72	1:10.09	1:05.53	1:06.26
100 Yd. Freestyle	1:00.33	1:01.95	1:00.95	58.89	59.00
500 Yd. Freestyle	5:57.73	6:08.65	6:08.56	5:47.21	5:53.00
200 Yd. Freestyle Relay	2:02.59	1:57.48	One Entry Per School	1:51.69	1:52.50
100 Yd. Backstroke	1:10.78	1:09.06	1:11.32	1:07.00	1:08.25
100 Yd. Breaststroke	1:19.00	1:17.24	1:19.43	1:16.00	1:17.08
400 Yd. Freestyle Relay	4:35.00	4:19.00	One Entry Per School	4:06.21	4:09.00

Diving Form Instructions

Coach: Check that the following items have been completed as defined and Bring copies of your diving sheets, showing two (2) meets with the qualifying score attained

Bring copies of your diving sheets, highlighting for each entered dives, that show scores of 4.0 or higher from all three judges

NFHS Rule 9- Section 4 – Article 1

... 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 FORM FOLLOWS – PLEASE COPY, FILL OUT, AND EMAIL TO THE APPROPRIATE TOURNAMENT DIRECTOR

DIVING FORMS FOR NORTH, SOUTH/CENTRAL, AND STATE DIVING FOR BOTH BOYS AND GIRLS ARE EMAILED TO 7465@msn.com

DIVING CHAMPIONSHIP 11 DIVE FORMAT __Sectional __State

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!

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 2, 2010



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 2, 2010