

# 2018 FALL SWIMMING & DIVING FORMAT



## Sport Specific Information 2018 – 2019 Swim Committee Members

Dist. A	Mr. Josh Blagg, A.P. Chelmsford H.S.	Dist. F	Ms. Susan North, Principal Palmer High School
	Mr. Jack Owens, A.C. Boston Latin School		Mr. Peter Farr, A.D. Palmer High School
Dist. B		Dist. G	
	Mr. Jim Davis, A.D. Belmont High School		Mr. Jim Abel, A.D. Pittsfield High School
Dist. C	Mr. Thomas Flanagan, A.P. Oliver Ames HS (No.Easton)	Dist. H	Ms. Eileen McLaughlin, Principal Mt. Alvernia HS (Newton)
	Mr. Ryan Quigley, A.D. Norwell High School		Mr. Ted Curre, A.D. Xaverian Brothers HS (Westwood)
Dist. D	Mr. Jeff Longo, A.P. New Bedford High School		Coaches' Representatives Mr. Michael Foley Ms. Melissa Harms
	Mr. Robert Duquette, A.D. Sacred Heart HS(Kingston)		At-Large Mr. Sam DePina, Boston Public Schools
Dist. E	Mr. Eric Dawley, A.D. Oakmont Regional (Ashburnham)		MASC Representative Ms. Nancy Farrell
	Mr. Jame Scanlon, A.D. Grafton High School		Officials' Representatives Mr. Rob Garon Mr. William Walker, Jr. Mr. Peter Snedecor
			MASS Representative Mr. Steve Hiersche

MIAA Staff Liaison  
Ms. Rachel Moo, Assistant Director

2018 FALL SWIMMING AND DIVING TOURNAMENTS

ENTRY REQUIREMENTS INFORMATION	DATE	TOURNAMENT DIRECTORS
SWIMMING AND DIVING Season Schedule Commitment Due	September 30, 2018	<p align="center">Tournament Director contact information is available in the "Members Only" section of the MIAA website</p> <p align="center"><b>Sectionals</b></p> <p align="center">Peter Foley</p> <p align="center"><b>States</b></p> <p align="center">Kim Whitworth</p>
Cut-off Date	November 4, 2018	
Swimming Sectional Tournament Entry Due	Must be completed on or before: Monday, November 5, 2018 by 4pm <u><b>MUST BE RECEIVED ELECTRONICALLY VIA DIRECT ATHLETICS ONLY</b></u>	
Diving Sectional Tournament Entry Due	Must be completed on or before: Monday, November 5, 2018 by 4pm Boys & Girls Sectional Dive sheets must be emailed to: Ms. Kim Whitworth at <a href="mailto:7465@msn.com">7465@msn.com</a>	
Swimming State Tournament Entry Due:	Must be completed on or before: Monday, November 12, 2018 by 4pm <u><b>MUST BE RECEIVED ELECTRONICALLY VIA DIRECT ATHLETICS ONLY</b></u>	
Diving State Tournament Entry Due:	Must be completed on or before: Monday, November 12, 2018 by 4pm Boys & Girls State Dive sheets must be emailed to: Ms. Kim Whitworth: <a href="mailto:7465@msn.com">7465@msn.com</a>	
Sportsmanship Award Due (Boys and Girls)	Friday, November 2, 2018	
<p align="center">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.</p>		

**The following must be committed by the dates indicated:**

<b>Season Schedule Commitment</b>	<b>September 30, 2018</b>
Team Sportsmanship Nomination	November 2, 2018
Swimming Entry (Sectional)	November 5, 2018 by 4PM
Diving Entry (Sectional)	November 5, 2018 by 4PM
Swimming Entry (State)	November 12, 2018 by 4PM

**2018 SECTIONAL TOURNAMENTS**

<p>SECTIONAL: <b>SWIMMING &amp; DIVING @ MIT</b></p>	<p>Sunday, November 11, 2018  GIRLS' &amp; BOYS' NORTH</p>	<p>Facility doors open for check in: 7:00 am Warm-up begins: 7:30 am Spectator balcony opens: 8:00 am Meet begins: 8:45 am</p>
<p>SECTIONAL: <b>SWIMMING &amp; DIVING @ MIT</b></p>	<p>Sunday, November 11, 2018  GIRLS' &amp; BOYS' SOUTH</p>	<p>Facility doors open for check in: 3:00 pm Warm-ups: 3:30 pm Spectator balcony opens: 3:45 pm Meet begins: 4:15 pm</p>

**2018 STATE SWIMMING & DIVING**

<p><b>STATE SWIMMING &amp; DIVING (Diving concurrent with swimming) @ Harvard University</b></p>	<p>Sunday November 18, 2018  STATE DIVISION I GIRLS' &amp; BOYS'</p>	<p>Facility doors open for check in: 7:00 am Warm-up begins: 7:30 am Spectator balcony opens: 8:00 am Meet begins: 8:45 am</p>
<p><b>STATE SWIMMING &amp; DIVING (Diving concurrent with swimming) @ Harvard University</b></p>	<p>Sunday November 18, 2018  STATE DIVISION II GIRLS' &amp; BOYS'</p>	<p>Facility doors open for check in: 1:30 pm Warm-ups: 2:00 pm Spectator balcony opens: 2:30 pm Meet begins: 3:00 pm</p>

## 2018 FALL QUALIFYING STANDARDS

EVENT	2018 South Girls & Boys	2018 North Girls & Boys	2018 Girls State Division I	2018 Girls State Division II	2018 Boys State Division I	2018 Boys State Division II
One Meter Diving	*180 (2 times)	*175 (2 times)	*185 (2 times)	*185 (2 times)	*192 (2 times)	*192 (2 times)
200 Yd. Medley Relay	2:15.55	2:16.78	2:06.67	2:11.19	2:03.90	2:03.90
200 Yd. Freestyle	2:15.01	2:12.51	2:10.28	2:11.20	1:57.09	1:57.09
200 Yd. Individual Medley	2:32.23	2:31.87	2:25.05	2:30.75	2:13.00	2:13.00
50 Yd. Freestyle	:27.62	:27.54	:26.70	:26.91	:23.22	:24.00
100 Yd. Butterfly	1:09.01	1:09.02	1:06.62	1:08.83	:59.00	:59.00
100 Yd. Freestyle	1:00.40	1:00.32	:58.96	:59.63	:52.67	:52.67
500 Yd. Freestyle	6:02.04	6:03.14	5:48.37	5:53.74	5:23.09	5:23.09
200 Yd. Freestyle Relay	1:59.03	1:59.03	1:54.00	1:56.44	1:38.93	1:38.93
100 Yd. Backstroke	1:09.28	1:08.99	1:07.64	1:08.54	1:01.47	1:01.47
100 Yd. Breaststroke	1:19.99	1:19.03	1:14.72	1:16.95	1:08.21	1:08.21
400 Yd. Freestyle Relay	4:24.53	4:25.59	4:13.00	4:13.51	3:49.90	3:49.90

\* Minimum Points in two (2) dual meets.

Verification of dives must be presented prior to competition at each tournament site.

### 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 16 Place Scoring will be used for all MIAA Championship Meets (See Rule for Individual and Relay point values)

## A. TOURNAMENT QUALIFICATION

1. A two divisional format will be used at the girls' and boys' state championship meets.

*For divisional alignments refer to the MIAA website:*

[http://miaa.net/contentm/easy\\_pages/view.php?page\\_id=21&sid=38&menu\\_id=170](http://miaa.net/contentm/easy_pages/view.php?page_id=21&sid=38&menu_id=170)

## B. DIRECT ATHLETICS ENTRY INFORMATION

1. All Sectional and State Championship qualifying entries will be entered on-line via Direct Athletics. Information on how to submit your entries will follow later.

## C. ADAPTIVE SPORTS

The following events will be available to our adaptive athletes:

- a. 50 yard Freestyle
- b. 100 yard Freestyle
- c. 100 yard Breaststroke

[Click here for the 2018-19 MIAA Para Swimming Format with Qualifying Times.](#)

Point of contact at Adaptive Sports New England: Joe Walsh, 617-690-9103.

## D. 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, in the current season, as published in this format.
2. Qualifying times must be obtained from swimming/diving 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 meet, including any prior performances during the meet.
  - d. Coaches must be able to verify times from sanctioned MIAA Meet Results.
5. Divers
  - a. A diver during the regular season must have scored **5 points or higher** from each judge (in a dual meet & the 3 scoring judges if a panel of 5 or more judges are employed) on each dive in order to qualify it for tournament entry.
  - 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 sheet must be submitted for each diver and committed with the official entry 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 & state meets divers will be seeded **initially** by lot. **After the completion of the semifinal round (8 dives), the finalists will be reseeded with the lowest scoring contestant performing first through the highest scorer diving last over the final 3 rounds.** (NFHS 9-2-2)
  - f. *The MIAA Swimming and Diving Committee has authorized the modification of NFHS Diving Rule 9-4-1d due to facility constraints and associated meet timelines. When more than twenty four contestants have qualified for the 1 meter event, the field will be reduced to 24 divers after the completion of three rounds. With the field thus reduced, the remaining two dives of the preliminaries are performed, followed by the semifinal and final rounds. To allow for the appropriate placement of dives in a contestant's program, the Meet Director will notify the coaches of the participating divers at least 24 hours in advance of the meet.*
6. A violation of qualifying criteria may involve a hearing before the swim committee.

#### E. ADULT REPRESENTATION

1. The coach or official school representative (as designated by the principal on the entry) 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.

#### F. OFFICIALS

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

#### G. MEET RULES

2018-2019 National Federation Swimming Rules shall be the official rules for championship meets.

The meet will be conducted in event order, girls' heats preceding boys' heats (i.e. Girls' 200 MR, Boys' 200 MR, Girls' 200 Free, Boys' 200 Free etc.).

For team championship awards to be presented, a minimum of 10 schools (per gender) must be entered into the championship. 16 Place Scoring will be utilized in all events.

#### H. 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 be emailed to the appropriate Tournament Director. 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 and approved by the school's athletic director will be allowed on the pool deck.** All others will be subject to the admission fees.

#### I. TICKET INFORMATION

1. The Boys' and the Girls' meets are run concurrently, therefore, only 1 admission will be charged at the State Tournament. Only qualified athletes will be admitted free of charge. Tickets can **ONLY** be purchased on-line.

**For information about State Tournament admission prices, go to:**

**[http://www.miaa.net/contentm/easy\\_pages/view.php?page\\_id=25&sid=38&menu\\_id=178](http://www.miaa.net/contentm/easy_pages/view.php?page_id=25&sid=38&menu_id=178)**

#### J. 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.

#### K. 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. Only credentialed and MIAA approved media personnel will be allowed on deck. No photography behind the blocks.

#### L. 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.

#### M. SHAVING

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

#### N. MEDICAL COVERAGE

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

#### O. [When there is the possibility of a conflict with SAT/SAT Subject Tests:](#)

- Please tell all coaches & student-athletes in advance so alternative plans may be made. A listing of all dates and sports that may take place on scheduled College Board exam dates can be found on the MIAA website.
- The **College Board** offers a *SAT® Program Alternate Test Date Policy*. As stated in their published material:
- "The SAT Program will consider granting an alternate test date when the following criteria are met:
  1. The conflicting event must be unexpected. Regularly scheduled sporting events or previously scheduled school activities, such as a prom, are not considered unexpected. An event such as an academic or athletic competition, in which students have advanced through the competition or into post-regular season competition, can be considered an unexpected event.
- **SAT School Day:** Allows high schools to administer the SAT to students during the school day, thus avoiding weekend athletic conflicts. To date, the MA school districts that participate are Plymouth, Springfield, Revere, and Fitchburg. SAT School Day is contracted through the College Board with participating districts.

#### P. INCLEMENT WEATHER

In the event of a potential weather postponement/cancelation, a timely decision will be made. [Please click here for Postponement or Cancelation of Tournament Championship Meets Policy.](#)

#### Q. ALL AMERICA DIVING FILMING AT SECTIONAL AND STATE MEETS

To be considered for All-American status in diving, athletes must score a minimum of 375 points and D.D. of Optional Dives 13.0 or higher for girls (13.3 or higher for boys), and submit a film of their 11-dive performance at a championship meet. In order to perform this, **approved** individuals are allowed on deck to film the performance of **legitimate** All-American candidates.

In order for these individuals filming to be approved, the following protocol **MUST** be followed:

- Name and contact information (address, phone number) must be submitted to Rachel Moo via email ([rmoo@miaa.net](mailto:rmoo@miaa.net)) from school administration **at least 3 days** prior to the date of the meet
- Person recording must sign-in at the same entrance as the media (General Release Form sheet) and **MUST** provide valid photo ID
- Identifying name badge will be provided and must be worn on deck at all times

## Diving Sheet Instructions

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 **5.0** or higher has been received from all judges
- 3) Follow the guidelines NFHS Rule 9- Section 4 – Article 1 in completing your diving entry sheet and submit to Kim Whitworth @ [7465@msn.com](mailto:7465@msn.com)

... 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
- 4) *The MIAA Swimming and Diving Committee has authorized the modification of NFHS Diving Rule 9-4-1d due to facility constraints and associated meet timelines. When more than twenty four contestants have qualified for the 1 meter event, the field will be reduced to 24 divers after the completion of three rounds. With the field thus reduced, the remaining two dives of the preliminaries are performed, followed by the semifinal and final rounds. To allow for the appropriate placement of dives in a contestant's program, the Meet Director will notify the coaches of the participating divers at least 24 hours in advance of the meet.*



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

*The signatures of the coach & diver on score sheet, confirms its accuracy, and 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



# 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 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: 508-541-9838

**APPLICATIONS MUST BE RECEIVED BY November 2, 2018**

MIAA does not discriminate in its educational programs or activities on the basis of race, color, national or ethnic origin, ancestry, age, religion or religious creed, disability or handicap, sex or gender, gender identity and/or expression, sexual orientation, military or veteran status, genetic information, or any other characteristic protected under applicable federal, state or local law. Retaliation is also prohibited.