
2018-2019 WINTER 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 Currie, A.D. Xaverian Brothers (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 (Kingston)		At-Large Mr. Sam DePina, Boston Public Schools
Dist. E	Mr. Eric Dawley, A.D. Oakmont Reg. (Ashburnham)		MASC Representative Ms. Nancy Farrell
	Mr. James Scanlon, A.D. Grafton High School		MASS Representative Mr. Steven Hiersche
			Officials' Representatives Mr. Rob Garon Mr. William Walker, Jr. Mr. Peter Snedecor

MIAA Staff Liaison
Ms. Rachel Moo
Assistant Director

2018 – 2019 WINTER SWIMMING AND DIVING TOURNAMENTS

ENTRY REQUIREMENTS & INFORMATION	DATE	TOURNAMENT DIRECTORS
SWIMMING AND DIVING Season Schedule Commitment Due	January 15, 2019	Tournament Director contact information is available in the "Members Only" section of the MIAA website
MIAA Rule 95 - Cut-off date	February 3, 2019	
Swimming Sectional Tournament Entry	Must be committed on or before: Monday, February 4, 2019 by 4:00 PM <u>MUST BE RECEIVED ELECTRONICALLY VIA DIRECT ATHLETICS ONLY</u>	<p align="center">North (B) Kim Whitworth</p> <p align="center">North (G) Pete Foley</p>
Diving Sectional Tournament Entry Due	ALL Boys & Girls Dive sheets must be emailed to: Kim Whitworth at 7465@msn.com on or before: Monday, February 4, 2019 by 4:00pm	<p align="center">South (B) Kim Whitworth</p> <p align="center">South (G) Pete Foley</p>
Swimming State Tournament Entry Due:	Must be committed on or before: Monday, February 11, 2019 - 4:00 pm <u>MUST BE RECEIVED ELECTRONICALLY VIA DIRECT ATHLETICS ONLY</u>	<p align="center">Central/West (B & G) Patricia McDiarmid</p>
Diving State Tournament Entry Due:	ALL Boys & Girls State Dive sheets must be emailed to: Kim Whitworth at 7465@msn.com on or before: Monday, February 11, 2019 - 4:00 pm	<p align="center">State (G) Kim Whitworth</p>
Sportsmanship Award Deadline Boys and Girls	February 1, 2019	<p align="center">State (B) Pete Foley</p>

Late Entries will be seeded with no time in the first heat.

2018-2019 PROGRAM OF EVENTS

<p align="center">SECTIONAL SWIMMING & DIVING @ MIT</p> <p>Click here for school bus drop-off & parking info.</p> <p>Click here for MIT Guest Parking Info</p>	<p>Saturday, February 9, 2019 GIRLS' NORTH</p>	<p>Facility doors open for check in: 7:00 am Warm-up begins: 7:30 am Spectator balcony opens: 7:45 am Meet begins: 8:45 am</p>
	<p>Saturday, February 9, 2019 GIRLS' SOUTH</p>	<p>Facility doors open for check in: 2:45 pm Warm-up begins: 3:15 pm Spectator balcony opens: 3:45 pm Meet begins: 4:30 pm</p>
<p align="center">SECTIONAL SWIMMING & DIVING @ MIT</p> <p>Click here for school bus drop-off & parking info.</p> <p>Click here for MIT Guest Parking Info</p>	<p>Sunday, February 10, 2019 BOYS' NORTH</p>	<p>Facility doors open for check in: 7:00 am Warm-up begins: 7:30 am Spectator balcony opens: 7:45 am Meet begins: 8:45 am</p>
	<p>Sunday, February 10, 2019 BOYS' SOUTH</p>	<p>Facility doors open for check in: 2:45 pm Warm-up begins: 3:15 pm Spectator balcony opens: 3:45 pm Meet begins: 4:30 pm</p>
<p align="center">SECTIONAL SWIMMING & DIVING At Springfield College*** The Art Linkletter Natatorium</p> <p align="center">Parking Info</p>	<p>February 10, 2019 BOYS' & GIRLS' CENTRAL/WEST</p>	<p>BOYS: Facility doors open for check in: 7:00 am Warm-up begins: 7:30 am Spectator balcony opens: 7:45 am Meet begins: 8:45 am</p> <p>GIRLS: <i>Facility doors open for check in: 2:00 pm Warm-up begins: 2:30 pm Spectator balcony opens: 2:45 pm Meet begins: 3:30 pm</i></p>

***PARKING WILL NOT BE AVAILABLE AT SPRINGFIELD COLLEGE -
[CLICK HERE FOR PARKING INFORMATION - Both bus & spectator information](#)

2018-2019 PROGRAM OF EVENTS (continued)

<p align="center">GIRLS' DIVISION I STATE SWIMMING & DIVING @ Boston University</p> <p align="center">New Parking Information – Click here</p>	<p align="center">Saturday, February 16, 2019</p>	<table> <tr><td>Facility doors open for check in:</td><td align="right">12:15 pm</td></tr> <tr><td>Warm-up begins:</td><td align="right">12:30 pm</td></tr> <tr><td>Spectator balcony opens:</td><td align="right">1 :30 pm</td></tr> <tr><td>Meet begins:</td><td align="right">2:00 pm</td></tr> </table>	Facility doors open for check in:	12:15 pm	Warm-up begins:	12:30 pm	Spectator balcony opens:	1 :30 pm	Meet begins:	2:00 pm
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The following must be submitted:

	Deadline
Season Schedule Commitment —Swimming and Diving (on MIAA website)	January 15, 2019
Boys' & Girls' Winter Swimming & Diving Team Sportsmanship Nomination	February 1, 2019
Winter Sectional Swimming & Diving, Boys & Girls Entries (on Direct Athletics)	February 4, 2019 @ 4:00 p.m.
Winter State Swimming and Diving, Boys & Girls Entries (on Direct Athletics)	February 11, 2019 @ 4:00 p.m.

A. TOURNAMENT QUALIFICATION –

1. Girls'/Boys' swimming and diving in the Fall season are ineligible to swim in the Winter season.
2. The Boys' state tournament will include qualifiers from all districts, who qualified during the Winter Season only.
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. DIRECT ATHLETICS ENTRY INFORMATION

1. All Sectional and State Championship qualifying entries will be entered on-line via Direct Athletics.

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 semi final 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)

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- 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 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.

F. OFFICIALS

Officials in Sectional or State meets must be enrolled with the MIAA. Officials will be assigned by the Tournament Director.

G. MEET RULES

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

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

Tickets for **ALL** Sectional and State Championship Meets will be allocated. Allocation procedures will be emailed to all MIAA Winter Swim Athletic Directors in early January 2019.

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. **Also, please note, neither folding chairs nor saving of seats will be permitted in the balcony areas of post season competition sites.***

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 per NFHS 3-6-9.

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) 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.

2018 – 2019 WINTER QUALIFYING STANDARDS – BOYS'

EVENT	Boys' North	Boys' South	Boys' Central/West	Boys' State Division I	Boys' State Division II
200 Yd. Medley Relay	1:53.71	1:53.89	2:03.19	1:48.99	1:53.14
200 Yd. Freestyle	1:56.57	1:57.85	2:03.11	1:53.89	1:56.44
200 Yd. Individual Medley	2:12.90	2:12.94	2:20.68	2:06.89	2:12.88
50 Yd. Freestyle	23.73	23.77	24.11	23.46	23.75
One Meter Diving	185 – 2 times	180 – 2 times	165 – 2 times	200 – 2 times	193 – 2 times
100 Yd. Butterfly	58.96	58.96	1:01.30	57.01	58.89
100 Yd. Freestyle	52.76	52.76	54.16	51.56	52.68
500 Yd. Freestyle	5:22.00	5:22.00	5:36.13	5:12.27	5:21.98
200 Yd. Freestyle Relay	1:41.25	1:41.25	1:46.23	1:37.84	1:41.15
100 Yd. Backstroke	59.97	1:00.34	1:04.55	58.63	59.96
100 Yd. Breaststroke	1:07.00	1:07.00	1:12.09	1:05.23	1:06.98
400 Yd. Freestyle Relay	3:44.36	3:42.27	4:15.90	3:38.31	3:41.55

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. (Sectional qualifiers who achieve a State Qualifying Standard at the Sectional Meet, will be allowed to enter the State Meet).

NFHS Rule 7.1.3a 16 Place Scoring will be used for all MIAA Championship Meets (See Rule for Individual and Relay point values)

2018-2019 WINTER QUALIFYING STANDARDS – GIRLS’

EVENT	Girls’ North	Girls’ South	Girls’ Central/West	Girls’ State Division I	Girls’ State Division II
200 Yd. Medley Relay	2:13.22	2:05.97	2:10.80	2:05.00	2:02.20
200 Yd. Freestyle	2:10.85	2:10.54	2:11.18	2:05.16	2:05.27
200 Yd. Indiv. Medley	2:28.65	2:27.67	2:30.47	2:22.65	2:23.00
50 Yd. Freestyle	26.91	26.93	27.50	26.32	26.01
One Meter Diving	180 – 2 times	180 – 2 times	165 – 2 times	193 – 2 times	193 – 2 times
100 Yd. Butterfly	1:06.26	1:06.47	1:09.00	1:03.69	1:03.72
100 Yd. Freestyle	59.67	59.38	1:00.16	58.42	57.56
500 Yd. Freestyle	5:53.04	5:51.04	5:54.52	5:40.03	5:39.11
200 Yd. Freestyle Relay	1:58.84	1:54.26	1:55.47	1:51.82	1:50.75
100 Yd. Backstroke	1:07.96	1:07.94	1:08.01	1:06.08	1:06.51
100 Yd. Breaststroke	1:17.31	1:17.83	1:18.73	1:14.50	1:14.36
400 Yd. Freestyle Relay	4:28.84	4:13.24	4:25.83	4:04.50	4:01.68

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)

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 in a dual meet and the 3 scoring judges if a panel of 5 or more are employed.
- 3) Follow the guidelines NFHS Rule 9- Section 4 – Article 1 in completing your diving entry sheet. **North & South: Boys & Girls Dive sheets AND ALL State Dive sheets** must be submitted to Kim Whitworth @ 7465@msn.com Please refer to the instructions for submitting dive lists link on the MIAA web page.

... 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 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!

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 February 1, 2019

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.



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: 508-541-9838

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