



2023-24

Winter Swimming And Diving Information

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2023-24 Swimming & Diving Tournament

Qualifying standards for North and South Sectionals and State Meets are based on the availability of an 8 - 10 lane pool. If this type of facility is not available, some of these times may be adjusted. Final qualifying standards will be posted early in the season.

2023 – 2024 WINTER QUALIFYING STANDARDS – BOYS'

EVENT	Boys' North	Boys' South	Boys' Central/West	Boys' State Division I	Boys' State Division II
One Meter Diving	*185 (2 times)	*180 (2 times)	*150 (2 times)	*198 (2 times)	*198 (2 times)
200 Yd. Medley Relay	1:52.11	1:52.89	1:59.59	1:47.75	1:49.80
200 Yd. Freestyle	1:57.29	1:58.30	2:04.75	1:53.02	1:56.88
200 Yd. Individual Medley	2:12.67	2:14.87	2:22.18	2:08.13	2:12.37
50 Yd. Freestyle	23.93	23.98	24.98	23.02	23.75
100 Yd. Butterfly	58.70	58.75	1:02.69	56.13	58.03
100 Yd. Freestyle	52.65	52.89	54.88	51.13	52.29
500 Yd. Freestyle	5:23.10	5:28.79	5:45.82	5:13.27	5:22.66
200 Yd. Freestyle Relay	1:39.92	1:40.54	1:45.93	1:35.57	1:38.03
100 Yd. Backstroke	1:00.10	1:01.99	1:06.18	58.46	59.96
100 Yd. Breaststroke	1:07.20	1:08.57	1:10.72	1:04.96	1:06.98
400 Yd. Freestyle Relay	3:42.46	3:42.02	4:10.48	3:34.42	3:41.55

* Minimum Points in two (2) dual meets.

- In championship meets each team is permitted a maximum of four (4) entries in each individual event and one (1) team in a relay event. (NFHS Rule 3-1-1).
- Individuals are permitted to enter a maximum of four (4) events comprising individual and relay events, with a maximum of two (2) individual events (NFHS Rule 3-2-1).
- Dive sheets must consist of 11 dives containing five (5) voluntaries with a DD of no more than 9.0 total (NFHS Rule 9-4-1).



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Qualifying standards are based on the availability of an 8 - 10 lane pool. If this type of facility is not available, some of these times may be adjusted. Final qualifying standards will be posted early in the season.

2023-2024 WINTER QUALIFYING STANDARDS – GIRLS'

EVENT	Girls' North	Girls' South	Girls' Central/West	Girls' State Division I	Girls' State Division II
One Meter Diving	*185 (2 times)	*185 (2 times)	*155 (2 times)	*190 (2 times)	*195 (2 times)
200 Yd. Medley Relay	2:13.22	2:05.65	2:10.81	2:05.30	2:02.50
200 Yd. Freestyle	2:10.76	2:10.54	2:14.68	2:08.95	2:07.54
200 Yd. Indiv. Medley	2:28.59	2:28.67	2:33.76	2:26.46	2:25.53
50 Yd. Freestyle	26.88	26.89	27.83	26.84	26.52
100 Yd. Butterfly	1:07.32	1:06.77	1:08.24	1:06.05	1:05.83
100 Yd. Freestyle	59.51	59.64	1:00.33	58.81	58.63
500 Yd. Freestyle	5:57.66	5:55.73	6:03.67	5:45.07	5:42.61
200 Yd. Freestyle Relay	1:58.71	1:53.83	1:56.72	1:51.53	1:50.82
100 Yd. Backstroke	1:06.96	1:07.81	1:09.16	1:06.38	1:06.68
100 Yd. Breaststroke	1:17.84	1:17.86	1:18.91	1:16.48	1:16.06
400 Yd. Freestyle Relay	4:26.48	4:13.24	4:23.53	4:05.80	4:04.05

* Minimum Points in two (2) dual meets.

- In championship meets each team is permitted a maximum of four (4) entries in each individual event and one (1) team in a relay event. (NFHS Rule 3-1-1).
- Individuals are permitted to enter a maximum of four (4) events comprising individual and relay events, with a maximum of two (2) individual events (NFHS Rule 3-2-1).
- Dive sheets must consist of 11 dives containing five (5) voluntaries with a DD of no more than 9.0 total (NFHS Rule 9-4-1).



2023-24 Swimming & Diving Tournament

A. Tournament Entry, Requirements and Deadlines

1. All tournament entries are done using **MaxPreps HyTek**. At the beginning of the season, all athletic directors and coaches must verify their **MaxPreps HyTek** password and access. This should be completed by Dec. 30.
2. In championship meets each team is permitted a maximum of four (4) entries in each individual event and one (1) team in a relay event. (NFHS Rule 3-1-1).
3. Individuals are permitted to enter a maximum of four (4) events comprising of individual and relay events, with a maximum of two (2) individual events (NFHS Rule 3-2-1).
4. Changes to entries may not be made after the entry deadline other than secretary error or psych sheet administrative corrections.
5. Relay participants may be changed until the event before the relay.
6. Divers and coaches should develop a seasonal plan that leads to a meaningful progression of qualifying all 11 dives for post season competition that meets all requirements.

Important Deadlines

- | | |
|---|---|
| • Sectional Meet Entry Deadline: | 4:00pm, Monday, Feb. 5, 2024 |
| • Psych sheets posting, review | Tues. morning, Feb. 6, 2024 |
| • State Meet Entry Deadline: | 4:00pm, Monday, Feb. 12, 2024 |
| • Psych sheets posting, review | Tues. morning, Feb. 13, 2024 |
| • Entry/Secretary error correction deadline | 12:00 Noon, Weds Feb. 7 (sectional)
12:00 Noon, Weds Feb. 14 (state) |

B. Tournament Divisions

A two divisional alignment will be used at the girls' and boys' state championship meets. For divisional alignments refer to the MIAA website.

C. **MaxPreps HyTek** Entry (all entries must adhere to the above deadlines)

1. All Sectional and State Championship qualifying entries will be entered on-line via **MaxPreps HyTek**. Roster must include:
 - relay only swimmers entered with a relay time.
 - divers entered with their best score.For information on how to submit entries in **MaxPreps HyTek** visit the MIAA Swimming and Diving page at miaa.net.
2. Divers' sheets/information must be entered additionally through eDive. eDive instructions can be found on the MIAA Swimming and Diving page at miaa.net.

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 the qualifying standards, during the current season, as published in this format.
2. Qualifying times/diving standards must be obtained during the dual meet season, invitational meets, or post season championships officiated by certified MIAA swimming officials.
3. Relay times must be achieved by team members of the same gender to qualify for the appropriate post season championship meet. Teams can only enter one relay team in each event at the sectional and state tournaments.



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4. The coach or official school representative must be able to verify the swimmer's times or diver's scores at the meet by providing documentation.
 - a. Any times that do not meet minimum qualifying times will be challenged by the Tournament Director.
 - b. Other times can be challenged during a meet.
 - c. Any swimmer or diver found not to have met qualifying standards shall be disqualified from the meet, including any prior meet performances.
5. A violation of qualifying criteria may involve a hearing before the swim committee.

E. Team Roster

- Team members attending a meet can only be those swimmers and divers who have met qualifying standards, reasonable relay alternates, plus one (1) manager and all approved school coaches.
- The names of the approved school coaches and manager must be emailed to the appropriate Tournament Director prior to the meet.
- No ancillary staff (i.e., team photographers, masseuses etc.) will be allowed on deck.
- Relay only swimmers must be listed on the team roster that is entered in **MaxPreps HyTek**.
- Only the individuals listed on the entry and approved by the school's athletic director will be allowed on the pool deck.

F. Coaches/Adult Representation

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

G. Adaptive Athlete Participation

The following events will be available to adaptive athletes:

- 50-yard Freestyle
- 100-yard Freestyle
- 100-yard Breaststroke

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

H. Meet Rules, Scoring, Team Championship

1. National Federation Swimming Rules shall be the official rules for championship meets.
2. 16 Place Scoring will be used for all MIAA Championship Meets (NFHS Rule 7-1-3a & 3b - for Individual and Relay point values).
3. Medals will be awarded to the top 8 finishers.
4. For team championship awards to be presented, a minimum of 10 schools (per gender) must be entered into the championship.

I. Officials

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



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J. Order of Facility Entry

Teams will be admitted to the facility based on their order of finish at that previous year's meet. Full teams need to be in line a minimum of 20 minutes prior to the designated check in time. If a full team is not present, their place in line may be skipped until all are present.

K. Ticket Information

Only qualified athletes will be admitted free of charge. All tickets will be managed through GoFan digital ticketing.

When ticket allocation is necessary (venue capacity):

- After tournament psych sheets have been posted, athletic directors will receive ticket codes to be distributed to parents.
- Each ticket code is valid for one ticket.
- One ticket code will be allotted for each individual qualifier and one for each qualifying relay (ex: 1 swimmer in 100 free and 200 free relay = 2 ticket codes).
- If the ticket codes are not redeemed by Thursday (before the competition weekend) at 12:00 pm they will become inactive.
- The remaining tickets will be available to the general public Thursday evening.

L. Requested School Timers

- Teams will be notified, in advance, by the Tournament Director as to the number of timers with watches they will be required to provide.
- Coaches will be asked to confirm the names of the timers in advance of the meet.
- Timers will check in with the coaches upon entry and do not have to pay the entry fee.
- Athletes competing in the meet are not to be designated as timers.
- Timers are expected to be in the appropriate lanes at the designated times and remain there for the entire meet.

M. Signs, Banners, and Photography

- Coolers, handheld 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 by tournament personnel.
- Only credentialed and MIAA approved media personnel will be allowed on deck.
- No photography or videography of any type is allowed behind the starting blocks during the warm-up sessions or actual meet. This includes the deck area as well as any seating spaces located directly behind or above the starting end of the pool. (per NFHS Rules)

N. Conduct

All schools are responsible before, during and after a contest for the proper conduct of their coaches, athletes, and spectators. When requested, a school must complete an incident report if a problem occurs.

O. Unsporting Conduct (NFHS rules)

- Shaving - Shaving is not permitted at any tournament sites (NFHS Rule 3-6-1).
- Deck changing before, during or after a meet is not permitted (NFHS Rule 3-6-1). Additional clarification for 3-6-1: Removal of all or part of a primary swimming suit (next to the



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swimmer's skin), is prohibited on the deck and in any space around the pool not specifically designated for changing purposes. (NFHS Rule(s) 1-3-2, 3-6-1d)

P. Medical Coverage

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

Q. Inclement Weather

In the event of a potential weather postponement/cancellation, a timely decision will be made. The postponement policy can be found on the MIAA Swimming and Diving page at miaa.net.

Diving Information and Requirements

Divers must be entered with swimmers in ~~MaxPreps~~ **HyTek**. Divers must also be entered additionally through eDive. eDive instructions can be found on the MIAA Swimming and Diving page at miaa.net.

**** Careful attention should be paid to this diving information as there are specific MIAA requirements and procedures for MIAA Championship meets detailed in this format****

A. MIAA Qualifying Requirements

1. A score of 5 or higher must be awarded on a dive by each scoring judge during regular season dual meets or invitational meets. If 5 or more judges are present, the 3 scoring judges must have awarded 5's or higher on a dive for it to qualify for tournament entry.
2. The dive as qualified in season will be the only dive accepted (i.e., 1 ½ tuck ≠ 1 ½ pike).
3. No diver may perform a dive in the Sectional or State Tournament that has not been performed and qualified during the regular season.
4. An official diving sheet must be submitted for each diver by the entry deadline.
 - Divers will be allowed to change dives up to 15 minutes before the start of the diving competition.
 - Dive numbers and position are the official description of a dive (ex: 103B). Responsibility for accuracy rests with the diver and coach. PENALTY: Failed Dive.

B. Diving Proof Instructions

Check that the following three items have been completed with proper documentation per MIAA and NFHS rules.

1. Verification of all dives and compliance with the maximum DD for voluntary dives must be presented prior to competition at each tournament site.
2. Provide copies of diving sheets, showing the two (2) meets with the qualifying total score standard attained.
3. Provide copies of dual, invitational and/or championship meet diving sheets, highlighted for each entered dive (a total of 11) that a score of 5.0 or higher has been received from all scoring judges.

C. Meet Diving Requirements

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

1. The 5 voluntary dives must cover all 5 categories. The total DD can be no more than 9.0.



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Two voluntary dives must be in the preliminary rounds (1-5), two in the semifinal rounds (6-8) and one in the final rounds (9-11).

2. The 6 optional dives must cover all 5 categories (one category will be repeated). Optional dive categories cannot be repeated through the semifinal rounds (1-8).
3. All 5 categories must be represented through the semifinal rounds (1-8).
4. Preliminaries shall have 2 voluntary & 3 optional; Semifinals shall have 2 voluntary & 1 optional; Finals shall have 1 voluntary and 2 optional.
5. Only Dives listed on the NFHS Diving Table can be performed.
6. Refer to NFHS Rule 9-4-1 as well as the sample dive sheet that follows for dive placement.

D. Diving Specific Meet Details

1. 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)
2. When more than 32 contestants have qualified for the 1-meter diving event, the field will be reduced to 32 divers after the completion of 3 rounds. With the field reduced, the remaining 2 dives of the preliminaries will be performed followed by the semifinal and final rounds. To allow for the appropriate placement of individual dives in a contestant's program, the Tournament Director will notify the coaches of the participating divers in advance of the start of the meet if the field is going to be reduced after 3 dives.
3. Warm up will be provided prior to the 11-dive session for all contestants. (NFHS Rule 9-2-1) After the completion of the eighth round, the boards will be available for those who have qualified for the finals. An administrative break will take place after the fifth round (and third round if more than 32 contestants are entered). There will be no on board diving warm-ups during designated administrative breaks.
4. Coaches are responsible for picking up signed diving result sheets before departing the facility at the conclusion of the meet. Meet directors and/or diving referees are not responsible for providing copies of these sheets after the facility has been vacated.

E. All-American Diving Requirements

To be considered for All-American status in diving, athletes must:

1. Score a minimum of 375 points.
2. Have a total Degree of Difficulty for Optional Dives of 13.0 or higher for girls, 13.3 or higher for boys.
3. Submit a film of their 11-dive performance at a championship meet.
4. Submit All-American forms signed by the Tournament Director and the Diving Referee

Permission to Film:

- Only approved individuals are allowed on deck to film the performance of legitimate All-American candidates.
- The following protocol must be followed to gain access to pool deck for photographers:
 - a. School Administration must submit the name and contact information of the proposed videographer (address, phone number) to Richard Pearson via email (rpearson@miaa.net) on letterhead at least 3 days prior to the date of the meet.
 - b. A request to film will be valid for both sectional and state meets.
 - c. The approved videographer must sign-in at the same entrance as the media (sign, General Release Form) and must provide a valid photo ID.
 - d. An identifying name badge may be provided and must be worn on deck at all times.



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SAT/SAT Subject Tests

1. Games may be on a weekend date - the same date as an anticipated SAT Test Date. Schools are encouraged to be aware of this date and collaborative if scheduling a game on this date. A listing of all dates and sports that may take place on scheduled College Board exam dates can be found on the MIAA website. College Board dates can be found here - <https://www.collegeboard.org/>
2. The College Board offers an 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:
 - 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.
3. 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 most recently Fitchburg. SAT School Day is contracted through the College Board with participating districts.

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.



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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. Dive numbers and position are the official description of a dive.

Responsibility for accuracy rests with the diver and coach. PENALTY: Failed Dive.

PRINT NAME	SCHOOL	DATE
REQUIRED SIGNATURES: DIVER		DIVING ORDER
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 on board warmup allowed during the break between the preliminary and semi-final round)											

	NO.	DIVE	POS	DD	JUDGES AWARDS					TOTAL	SCORE
6.											_____
7.											_____
8.											_____
2 Voluntary – 1 Optional Different Group SCORE AFTER SEMI-FINALS (Dive Boards Open for warm-up for participants who have qualified for the Final Round)											

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