



2022 Fall Swimming & Diving Information

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2022 Fall Swimming & Diving Tournament

2022 FALL QUALIFYING STANDARDS

| EVENT | 2021 South Girls & Boys | 2021 North Girls & Boys | 2021 Girls State <i>Division I</i> | 2021 Girls State <i>Division II</i> | 2021 Boys State <i>Division I</i> | 2021 Boys State <i>Division II</i> |
|------------------------------|----------------------------|----------------------------|--|---|---|--|
| One Meter Diving | *180 (2 times) | *175 (2 times) | *190 (2 times) | *190 (2 times) | *192 (2 times) | *192 (2 times) |
| 200 Yd. Medley Relay | 2:15.55 | 2:16.78 | 2:07.50 | 2:11.19 | 2:03.90 | 2:03.90 |
| 200 Yd. Freestyle | 2:11.65 | 2:11.20 | 2:10.50 | 2:10.66 | 1:57.09 | 1:57.09 |
| 200 Yd. Individual Medley | 2:30.89 | 2:30.69 | 2:26.40 | 2:30.15 | 2:13.00 | 2:13.00 |
| 50 Yd. Freestyle | :27.22 | :27.02 | :26.70 | :27.00 | :23.22 | :24.00 |
| 100 Yd. Butterfly | 1:09.01 | 1:08.40 | 1:06.90 | 1:08.33 | :59.00 | :59.00 |
| 100 Yd. Freestyle | 1:00.53 | :59.93 | :59.00 | :59.80 | :52.67 | :52.67 |
| 500 Yd. Freestyle | 5:59.97 | 6:01.73 | 5:48.37 | 5:53.74 | 5:23.09 | 5:23.09 |
| 200 Yd. Freestyle Relay | 1:59.03 | 1:59.03 | 1:56.00 | 1:56.44 | 1:38.93 | 1:38.93 |
| 100 Yd. Backstroke | 1:08.80 | 1:08.01 | 1:07.40 | 1:07.85 | 1:01.47 | 1:01.47 |
| 100 Yd. Breaststroke | 1:19.76 | 1:17.70 | 1:14.72 | 1:17.51 | 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)



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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

B. DIRECT ATHLETICS ENTRY INFORMATION

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

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's times or diver's ~~time~~ standards **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. Head Coaches must have results from the appropriate sanctioned MIAA Meet available on site to verify times and dive standards when requested by the Tournament Director
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. ***Dive numbers and position are the official description of a dive. Responsibility for accuracy rests with the diver and coach. PENALTY: Failed Dive.***



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- 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.*
 - g. *Per NFHS Rule 9-2-2, once the meet has started the diving boards will be open for warm-ups only during the break between the semi-final and final rounds.*
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

2022-2023 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.

Teams will be admitted to the facility based on their previous year's order of finish at that 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.



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I. TICKET INFORMATION

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

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 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 from any seating spaces located directly behind or above the starting end of the pool.

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:
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,



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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 Rob Pearl via email (rpearl@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 Dick Whitworth: 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



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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 warmups 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 | |



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Non-Discrimination Statement

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.