



2022-2023

# Winter Swimming & Diving Information

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- Tournament Dates



## 2022-23 Swimming & Diving Tournament Format

### 2022 - 2023 WINTER QUALIFYING STANDARDS - BOYS'

EVENT	Boys' North	Boys' South	Boys' Central/West	Boys' State Division I	Boys' State Division II
200 Yd. Medley Relay	1:52.11	1:52.89	1:59.59	1:48.18	1:49.80
200 Yd. Freestyle	1:56.99	1:58.15	2:03.25	1:53.89	1:56.88
200 Yd. Individual Medley	2:12.47	2:14.77	2:20.90	2:08.13	2:12.37
50 Yd. Freestyle	23.79	23.79	24.51	23.19	23.75
One Meter Diving	185 x 2	185 x 2	155 x 2	198 x 2	198 x 2
100 Yd. Butterfly	58.61	58.65	1:02.69	56.63	58.40
100 Yd. Freestyle	52.48	52.79	53.98	51.13	52.10
500 Yd. Freestyle	5:23.10	5:27.10	5:42.23	5:13.27	5:22.66
200 Yd. Freestyle Relay	1:39.83	1:40.44	1:45.93	1:36.86	1:38.03
100 Yd. Backstroke	59.97	1:01.69	1:06.18	58.46	59.96
100 Yd. Breaststroke	1:07.10	1:08.37	1:10.72	1:05.12	1:06.98
400 Yd. Freestyle Relay	3:42.36	3:41.72	4:10.48	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)

Verification of all dives and compliance with the maximum DD for voluntary dives must be presented prior to competition at each tournament site. (see Section D5 and NFHS Rule Book for additional specifics)



## 2022-23 Swimming & Diving Tournament Format

### 2022-2023 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	2:05.65	2:10.81	2:05.00	2:02.00
200 Yd. Freestyle	2:10.76	2:09.75	2:13.19	2:07.65	2:05.98
200 Yd. Indiv. Medley	2:28.59	2:27.67	2:33.76	2:24.56	2:24.33
50 Yd. Freestyle	26.88	27.15	27.24	26.80	26.32
One Meter Diving	180 x 2	185 x 2	160 x 2	195 x 2	195 x 2
100 Yd. Butterfly	1:07.32	1:05.89	1:07.99	1:05.75	1:05.13
100 Yd. Freestyle	59.51	59.64	1:00.33	58.21	58.03
500 Yd. Freestyle	5:54.51	5:55.73	6:00.42	5:43.87	5:41.41
200 Yd. Freestyle Relay	1:58.71	1:52.42	1:56.72	1:50.23	1:49.82
100 Yd. Backstroke	1:06.96	1:07.44	1:08.42	1:05.68	1:05.98
100 Yd. Breaststroke	1:17.21	1:17.27	1:18.91	1:16.00	1:14.76
400 Yd. Freestyle Relay	4:26.48	4:13.24	4:23.53	4:04.50	4:02.75

**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)

Verification of all dives and compliance with the maximum DD for voluntary dives must be presented prior to competition at each tournament site. (see Section D5 and NFHS Rule Book for additional specifics)



## 2022-23 Swimming & Diving Tournament Format

### A. TOURNAMENT QUALIFICATION

1. Student-athletes swimming and diving in the Fall season are ineligible to swim in the Winter season.
2. The Winter State Swimming & Diving Tournament will include qualifiers from all districts, who qualified during the 2022-23 Winter Season only.
3. A two divisional format will be used at the state championship meets.

For divisional alignments refer to the MIAA website at [www.miaa.net](http://www.miaa.net)

### B. DIRECT ATHLETICS ENTRY INFORMATION

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 2022-23 MIAA Para Swimming Format with Qualifying Times. (link to be corrected)**

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 during the 2022 – 23 Winter season.
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 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***



## 2022-23 Swimming & Diving Tournament Format

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

- 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 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 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

2022-23 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 LEGITIMATE SCHOOL coaches.** The names of the approved school coaches and manager must be *emailed to the appropriate Tournament Director.* Legitimate relay alternate(s) also must also be designated on the entry form. Due to deck space restrictions at championship sites, excessive/inappropriate relay alternates may be challenged by Meet Directors with school administration. 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 finish at that meet. Full teams need to be in line a minimum of 20 minutes prior to the designated check in time. If full team is not present, their place in line may be skipped until all are present.

### I. TICKET INFORMATION

TBD



## 2022-23 Swimming & Diving Tournament Format

### 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 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 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 Test(s):

- 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. \(link to be corrected\)](#)



## 2022-23 Swimming & Diving Tournament Format

### 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 MIAA Swimming & Diving Liaison, Richard Pearson via email ([rpearson@miaa.net](mailto:rpearson@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.

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### 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. **North & South: Boys & Girls Dive sheets AND ALL State Dive sheets** must be submitted via email to Kim Whitworth ([7465@msn.com](mailto: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) Clarification for NFHS 9.2.1, diving warm –ups will be provided prior to the 11 dive session and after the completion of the eighth round. An ADMIN Break will take place after the fifth round and third round if required. There will be no on board diving warm-ups during designated ADMIN breaks.
  - 5) Coaches are responsible to pick 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.



# 2022-23 Swimming & Diving Tournament Format

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. 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										
(ADMIN Break only after this session - No Diving Warm -Ups)										

	NO.	DIVE	POS	DD	JUDGES AWARDS				TOTAL	SCORE
6.										_____
7.										_____
8.										_____
2 Voluntary - 1 Optional Different Group    SCORE AFTER SEMI-FINALS										
(Divers Qualifying for the Final 3 Rounds are allowed to warm -up after this session)										

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