



**SWIMMING
& DIVING**

Swimming & Diving Coaches Committee
(Listed By Districts)

(1) David Howat, Baker. (2) Debbie Hope, Enterprise. (3) None. (4) None.
(5) Terry Cooper, Mountain Brook. (6) Paula Reynolds, Gadsden City. (7) None.
(8) Marvin Chou, Randolph.

The Championship Program

First Practice—Aug. 4 First Contest—Aug. 28

New Online Requirements For All Sports

POSTING SCHEDULES

Schools must go online to the AHSAA website Member Section and enter season schedules for all sports by the deadline dates listed below for sports in each quarter. Failure to do so will result in a fine of \$100 assessed to the school. Schools should go online and make any changes immediately as they occur.

Deadlines for entering schedules:

March 1-- fall sports (football, volleyball, cross country, swimming)

Sept. 15 --winter sports (wrestling, basketball)

Jan 15 -- spring sports (baseball, softball, outdoor track, soccer, golf and tennis)

POSTING SCORES

Schools are also required to post scores of contests ONLINE immediately following all contests in the regular season (and within 24 hours after regular season tournaments). Results must be posted no later than 30 minutes following a regular season contests. Failure to do so will result in a fine of \$25 assessed to the school.

In the post-season playoffs, failure to report scores in the same manner will result in a \$100 fine assessed to the school.

Instructions will be posted on the AHSAA website Member Section.

1. The swimming and diving program consists of a division for boys and a division for girls with competition in a state meet.
2. Swimming competition requires students to meet qualifying standards in order to participate in the State Meet. There are no qualifying standards for diving and swimming relay events.
3. Diving competition consists of five voluntary dives and six optional dives. The five voluntary dives shall come from each of the five groups with their assigned degree of difficulty having a sum total of 9.0 or less. The six optional dives shall include at least one from each of the five groups. No more than one optional dive from the same group is permitted through the semifinals. All five groups must be represented in the first eight rounds.
4. Each high school is limited to eight meets prior to the state meet.
5. All participants must be eligible under AHSAA rules. Only high school varsity teams and individuals representing high schools are eligible for the state meet.
6. All high school meets will be conducted under National Federation rules.
7. All participants in any meet must be accompanied by a faculty member from their school.
8. Schools that fail to participate in the state meet after submitting entry forms are subject to a monetary fine.

Special Rules

1. Participants must equal or exceed the established qualifying times for individual swimming events in order to be eligible for the State Meet. There are no qualifying standards for relay events and diving.
2. Qualifying times may be achieved anytime after Aug. 4, 2008, in sanctioned high school meets, USA-sanctioned meets, Parks and Recreation-sponsored meets and any other approved meet. (A seasonal membership fee may be involved with participation in the USA swimming meets.)
3. If a swimmer fails to achieve qualifying time in any State Meet event, the coach must provide Proof of Performance for the entered time (a copy of meet results). Otherwise, the swimmer will be disqualified from the State Meet. A Proof of Performance clerk will be available at the head table.

4. State Meet swimming qualifying times (based on the 2007 meet results):

Event	Girls	Boys
50 Freestyle	27.79	25.39
100 Freestyle	1:01.59	56.89
200 Freestyle	2:14.59	2:07.49
500 Freestyle	6:03.09	5:54.99
100 Backstroke	1:09.59	1:06.89
100 Breaststroke	1:19.59	1:14.09
100 Butterfly	1:10.09	1:06.59
200 Individual Medley	2:32.99	2:29.09

State Meet

DATE: Dec. 5-6

SITE: Tuscaloosa-The University of Alabama Aquatic Center

DIRECTOR: Ed Reed, Aquatic Center, 415 Bryant Dr., The University of Alabama, Tuscaloosa, AL 35401
Phone: 205-348-6156. **Email:** ereed@sa.ua.edu

ENTRIES: Must be received by the meet director by Nov. 28 at 5 p.m. Late entries will not be accepted. Use Form 47 (girls) and Form 47A (boys) from the AHSAA Entry Form and Supply Book.

Entries must be sent by express mail (DHL, Fed EX or UPS) and received at the **State Meet site by Nov. 28 at 5 p.m.** Hy-Tek entries will be accepted by disk or file attachment emailed to Ed Reed: ereed@sa.ua.edu.

NUMBER OF EVENTS: A team may enter only four individuals per event and one relay team per event. A participant may enter a maximum of four events (diving events included), no more than two of which may be individual events. Over-entries will be deleted from the fifth entry on.

Note: Schools may enter their relay teams without individual names. It shall not count as an entry unless the competitor actually competes in the event. Any individual on the team may swim in the prelims, swim-offs and/or finals provided he/she does not exceed the permitted entries for the meet. All students listed on the entry form may participate in the relays.

A relay alternate may be listed beside an entry's name, but any substitution must be made prior to the start of the meet.

An event may be deleted at any time. There will be no refunds for deleted events.

ENTRY FEES: \$20 per participant (Payable to: AHSAA)
Submit entry fees when mailing entries or upon check-in at the Aquatic Center.

CHECK-IN: Coaches may register and pick-up school team packets in the Aquatic Center Office from 11 a.m. to 8 p.m. Friday and beginning at 7 a.m. Saturday. Only the coach may register for a team.

AWARDS: (a) Trophies for winner and runner-up teams in each division
(b) Medals for first three places in each event

ADMISSION: \$5 Diving session
\$5 Preliminaries session
\$6 Finals session

MEET SCHEDULE:

Friday

Diving: 12:30 p.m.-Girls only warm-up
2:00 p.m.-Girls Competition
4:30 p.m.-Boys only warm-up
6:00 p.m.-Boys Competition

Saturday

Swimming-9 a.m. Preliminaries (7:30 a.m. warm-ups)
Swimming-6:00 p.m. Finals (4:30 p.m. warm-ups)

Order Of Swimming Events

200 yd. medley relay
200 yd. freestyle
200 yd. individual medley
50 yd. freestyle
100 yd. butterfly
100 yd. freestyle
500 yd. freestyle
200 yd. freestyle relay
100 yd. backstroke
100 yd. breaststroke
400 yd. freestyle relay