



TO: CIF-SS ATHLETIC DIRECTORS, SWIMMING/DIVING COACHES
FROM: KRISTINE PALLE, ASSISTANT COMMISSIONER
SUBJECT: 2016 CIF SOUTHERN SECTION SWIMMING/DIVING SEASON
DATE: JANUARY 2016 updated 12/18/2015

WELCOME TO THE 2016 SWIMMING/DIVING SEASON!

The CIF-SS Office is continuing its concept of compiling a preview booklet for each sport with the hope that the overall content will prove informative and will serve as a meaningful reference point. We feel the contents of this bulletin will answer many questions and be useful throughout the upcoming season.

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Swimming & Diving rule books, as well as Swim cards were distributed to a league representative from your league at the CIF Council Meeting on January 27.



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TO: ATHLETIC DIRECTORS
BOYS/GIRLS SWIMMING/DIVING COACHES

FROM: KRISTINE PALLE, ASSISTANT COMMISSIONER

SUBJECT: Location & Format for CIF Swimming and Diving Championships

DATE: JANUARY, 2016

I am pleased to announce the continuation of last year's format and location for our 2016 CIF Southern Section FORD Swimming and Diving Championships. We are truly fortunate to be hosting our event at the Riverside Aquatics Complex on the campus of Riverside Community College. This facility was a recent renovation project on campus and a joint project with the city of Riverside. It is one of the most state of the art facilities in the country. A 65 meter pool, Riverside boasts an Olympic style venue complete with an Olympic dive tower and 2 additional 25 yard pools on site. If you'd like to see the layout, visit <http://riversideaquaticscomplex.com/>.

We accept 36 qualifiers into the preliminary events with the top 18 returning for consolation and final heats (9 in each). We will award points for the top 18 swimmers and divers (top 8 will receive medals). The format of Championship Finals will be the following:

- 200 Medley Relay
- 200 Free
- 200 IM
- 50 Freestyle
- 100 Butterfly
- 100 Freestyle
- 500 Freestyle
- 200 Freestyle Relay
- 100 Backstroke
- 100 Breaststroke
- 400 Freestyle Relay

Please note the dates for all divisions of swimming/diving located in your preview. The City of Riverside will be helping with hotel "group rates" to assist those coming from out of town. More information will follow.

SWIMMING/DIVING CALENDAR DATES FOR 2016

The following is a capsule of the CIF-SS Swimming/Diving Calendar for the upcoming season:

FIRST CONTEST

The initial date on which a school may schedule an interscholastic contest is Saturday, February 27, 2016.

LAST CONTEST

All league competition must end on or before Friday, May 6, 2016. Schools may compete until May 7 for non-league contests. **NOTE:** Saturday, May 7 competition may **NOT** be used for CIF-SS qualifying.

CIF SOUTHERN SECTION SWIMMING & DIVING FORD CHAMPIONSHIPS AT RIVERSIDE AQUATICS COMPLEX 4800 Magnolia Avenue, Riverside

SWIMMING

NOTE: Athletes and coaches will be admitted to all sessions an hour and a half prior to competition, Spectators will be admitted 30 minutes prior to competition.

<u>Division</u>	<u>Prelims</u>	<u>Finals</u>
1	Thursday May 12 th ; 9am	Saturday May 14 th ; 5:00pm
2	Friday, May 13 th ; 9am	Saturday May 14 th ; 10:00am
3	Wednesday, May 11 th ; 4pm	Thursday May 12 th ; 5pm
4	Wednesday May 11 th ; 9am	Friday May 13 th ; 5pm

DIVING

NOTE: Athletes and coaches will be admitted to all sessions an hour and a half prior to competition, Spectators will be admitted 30 minutes prior to competition.

<u>Division</u>	<u>Prelims & Finals</u>
1	Tuesday, May 10 th (Boys @ 8:30; Girls @ 1:00)
2	Monday, May 9 th (Boys @ 8:30; Girls @ 1:00)
3	Monday, May 9 th (Boys & Girls @ 5:00) date updated 3/23/15
4	Tuesday, May 10 th (Boys & Girls @ 5:00) date updated 3/23/15

All Rounds of Diving (Prelims & Finals) will be completed on Monday, May 9 & Tuesday, May 10.

State Diving Qualification

Saturday, May 14

Riverside Aquatics Complex

The top 16 divers across all 4 divisions will complete a 6 dive, 1 meter, contest to determine state championship advancement of 6 boys & 6 girls.

11:30 a.m. – 12:30 p.m. Check-In & Open Warm Up

12:30 p.m. – 1:00 p.m. Girls Warm up

2:00 p.m. – 2:30 p.m. Boys Warm up

1:00 p.m. - Girls Competition

2:30 p.m. – Boys Competition

CIF STATE SWIMMING & DIVING CHAMPIONSHIPS Clovis West Aquatic Complex, Clovis May 20-21, 2016

CIF-SS SWIMMING & DIVING ADVISORY COMMITTEES

The CIF-SS is continuing to utilize the concept of advisory committees for virtually all of the sports. The role of the advisory committee, comprised of coaches in their respective sports and an administrator from the CIF Office, may or may not include the following:

1. Meetings
2. Recommendations for playoff sites
3. Recommendations for procedural changes
4. Recommendations for rule changes
5. Evaluation of sport season
6. Assistance to coaches and/or officials organizations
7. Liaison between coaches and the CIF-SS office

We urge that if you have suggestions or questions, please make use of this excellent channel of communication and pass along suggestions to one of the committee members. We will be meeting on a regular basis during the current swimming season and your items will become part of our agenda.

SWIMMING ADVISORY COMMITTEE

COMMITTEE MEMBER

Cassandra Agnew, Swimming Mgmt.
Bert Bergen, Saddleback Valley Christian
Steve Bergen, Flintridge Sacred Heart
Don Conner, Western HS
Rick Ernstrom, San Luis Obispo HS
Doug Glaeser, Management
Andy Garcia, Mission Viejo HS
Jack Hawkins, Sonora HS
Eric Henninger, Garden Grove HS
Don Holbrook, Management
Ryan Katsuyama, Pasadena Poly HS
Dale Lundin, Hoover HS/ Timing
John Montrella, Management
Bob Mount, Ayala HS
Ismael Perez, Mark Keppel HS
Joyce Phelps, Mgmt/ SCAF Dive Rep
Janet Pollard, Glendora HS
Lani Ruh, Swimming Mgmt.
Mark Thibault, Quartz Hill HS
Maggie Twinem, L.B. Wilson HS
Dean Wang, Kennedy HS
Sarah Zurn, La Mirada HS

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garciaa@svusd.org
jhaw105397@aol.com
grovepolo@mac.com
holbrookpolo@verizon.net
rkatsuyama@polytechnic.org
dlundin@gusd.net
jmontrella@aol.com
bobmount1@verizon.net
ishpsk@yahoo.com
jyphelps@juno.com
jpollard@glendora.k12.ca.us
ruhpolo@aol.com
mthibault@avhsd.org
magswim@yahoo.com
wang_d@auhsd.us
szurn@nlmusd.k12.ca.us

DIVING ADVISORY COMMITTEE

COMMITTEE MEMBER

Cindy Adams, MV Nadadores
Curt Wilson
Doug Glaeser
Jason Wilson
Joyce Phelps, Mgmt, SCAF Dive Rep
Michael Copeland
Ryan Katsuyama, Poly/ Pasadena HS

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jyphelps@juno.com
coachcopeland@gmail.com
rkatsuyama@polytechnic.org

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2014-2016 Boys' & Girls' Swimming & Diving Playoff Groupings

DIVISION 1	DIVISION 2	DIVISION 3	DIVISION 4
------------	------------	------------	------------

Channel	Academy	Almont	Ambassador
Crestview	Baseline	Coastal Canyon	Coastal
Foothill	Bay	Del Rio	De Anza
Mission	Big VIII	Desert Sky	Del Rey
Pacific Coast	Citrus Belt	Desert Valley	Frontier
South Coast	Freeway	Empire	Garden Grove
Sunset	Marmonte	Gold Coast	Golden
Trinity	Moore	Hacienda	Golden West
	North Hills	Inland Valley	Heritage
	Orange Coast	Los Padres	Liberty
	PAC 8	Mountain Valley	Montview
	Pacific	Ocean	Mountain Pass
	Palomares	Pacific View	Mt. Baldy
	Rio Hondo	Pioneer	Olympic
	Sea View	Prep	Orange
	Southwestern	San Gabriel Vly	River Valley
		Sunbelt	Suburban
		Sunshine (G)	Sunkist
			Tri-Valley
			Valle Vista

Updated 11/3/15

ACADEMY

Calvary Chapel/ Downey
 Crean Lutheran
 Oxford Academy
 Sage Hill
 St. Margaret's
 Whitney

ALMONT

Alhambra
 Bell Gardens
 Gabrielino
 Mark Keppel
 Montebello
 San Gabriel
 Schurr

AMBASSADOR

Aquinas
 Arrowhead Christian
 Notre Dame/ Riverside
 Riverside Christian
 Woodcrest Christian

BASELINE

Chino Hills
 Damien (b)
 Etiwanda
 Los Osos
 Rancho Cucamonga
 St. Lucy's (g)
 Upland

BAY

Inglewood
 Mira Costa
 Palos Verdes
 Peninsula
 Redondo

BIG VIII

Centennial/ Cor
 Corona
 King, M.L.
 Norco
 Roosevelt
 Santiago/ Cor

CHANNEL

Buena
 Dos Pueblos
 San Marcos
 Santa Barbara
 Ventura

CITRUS BELT

Cajon
 Carter
 Citrus Valley
 Eisenhower
 Redlands
 Redlands East Valley
 Yucaipa

COASTAL

New Roads
 Pacific Hills
 Vistamar
 Wildwood

COASTAL CANYON

Calabasas
 Camarillo
 Moorpark
 Royal

CRESTVIEW

Esperanza
 Foothill
 Villa Park
 Yorba Linda

DE ANZA

Desert Hot Springs
 Desert Mirage
 Rancho Mirage
 Shadow Hills
 Twentynine Palms
 Yucca Valley

DEL REY

Bishop Amat
 Bishop Montgomery
 Cantwell Sacred Heart
 Cathedral (b)
 Connelly (g)
 La Salle
 Mary Star of the Sea
 Pomona Catholic (g)
 Serra
 St. Joseph/ Lkwd (g)

DEL RIO

California
 El Rancho
 La Serna
 Pioneer
 Santa Fe
 Whittier

DESERT SKY

Apple Valley
 Burroughs/R
 Granite Hills
 Victor Valley

DESERT VALLEY

Cathedral City
 Coachella Valley
 Indio
 La Quinta/LQ
 Palm Desert
 Palm Springs
 Xavier Prep

EMPIRE

Cypress
 Kennedy
 Pacifica/GG
 Tustin
 Valencia/P
 Western

FOOTHILL

Canyon/CC
 Golden Valley
 Hart
 Saugus
 Valencia/V
 West Ranch

FREEWAY

Buena Park
 Fullerton
 La Habra
 Sonora
 Sunny Hills
 Troy

FRONTIER

Fillmore
 Foothill Technology
 Grace Brethren
 Santa Clara
 Santa Paula
 St. Bonaventure

GARDEN GROVE

Bolsa Grande
 Garden Grove
 La Quinta/W
 Los Amigos
 Rancho Alamitos
 Santiago/GG

GOLD COAST

Brentwood
 Campbell Hall
 Crossroads
 Paraclete
 Sierra Canyon
 Viewpoint
 Windward

GOLDEN

Antelope Valley
 Eastside
 Highland
 Knight
 Lancaster
 Littlerock
 Palmdale
 Quartz Hill

GOLDEN WEST

Loara
 Ocean View
 Orange
 Santa Ana
 Segerstrom
 Westminster

HACIENDA

Charter Oak
 Chino
 Los Altos
 Walnut
 West Covina

HERITAGE

Einstein Academy
 Santa Clarita Christian
 Trinity Classical Academy
 Vasquez

INLAND VALLEY

Arlington
 Canyon Springs
 North, JW
 Poly/ Riverside
 Rancho Verde
 Valley View

LIBERTY

Archer (g)
 Buckley
 de Toldedo
 Milken Community

LOS PADRES

Cabrillo/ Lom
Lompoc
Morro Bay
Nipomo
Orcutt Academy
Santa Maria
Santa Ynez
Templeton

MARMONTE

Agoura
Newbury Park
Oaks Christian
Thousand Oaks
Westlake

MISSION

Aleman
Chaminade
Crespi (b)
Flintridge Sacred Heart (g)
Harvard-Westlake
Louisville (g)
Loyola (b)
Notre Dame/ SO
St. Francis (b)

MONTVIEW

Baldwin Park
Bassett
Duarte
Edgewood
Gladstone
La Puente
Sierra Vista
Workman

MOORE

Cabrillo/ Long Beach
Jordan
Lakewood
Millikan
Poly/ Long Beach
Wilson/Long Beach

MOUNTAIN PASS

Beaumont
Citrus Hill
Hemet
Tahquitz
West Valley

MOUNTAIN VALLEY

Banning
Moreno Valley
Pacific
Rubidoux
San Bernardino

MT. BALDY

Alta Loma
Chaffey
Colony
Don Lugo
Montclair
Ontario

NORTH HILLS

Brea Olinda
Canyon/Anaheim
El Dorado
El Modena

OCEAN

Beverly Hills
Culver City
El Segundo
Santa Monica

OLYMPIC

Heritage Christian
Maranatha
Valley Christian/ Cerritos
Whittier Christian

ORANGE

Katella
Magnolia
Santa Ana Valley
Savanna

ORANGE COAST

Calvary Chapel/ SA
Costa Mesa
Estancia
Godinez
Laguna Beach
Saddleback

PAC 8

Arroyo Grande
Atascadero
Mission College Prep
Paso Robles
Pioneer Valley
Righetti
San Luis Obispo
St. Joseph/ SM

PACIFIC

Arcadia
Burbank
Burrughs/Burbank
Crescenta Valley
Glendale
Hoover
Muir
Pasadena

PACIFIC COAST

Beckman
Corona del Mar
Irvine
Northwood
University
Woodbridge

PACIFIC VIEW

Channel Islands
Hueneme
Oxnard
Pacifica/ Oxnard
Rio Mesa

PALOMARES

Ayala
Bonita
Claremont
Diamond Bar
Glendora
South Hills

PIONEER

North Torrance
South Torrance
Torrance
West Torrance

PREP

Chadwick
Flintridge Prep
Mayfield (g)
Poly/ Pasadena
Webb
Westridge (g)

RIO HONDO

Blair
La Canada
Monrovia
San Marino
South Pasadena
Temple City

RIVER VALLEY

Hillcrest
Jurupa Valley
La Sierra
Norte Vista
Patriot
Ramona

SAN GABRIEL VLY

Downey
Gahr
Paramount
Warren

SEA VIEW

Aliso Niguel
El Toro
Laguna Hills
Mission Viejo
San Juan Hills

SOUTH COAST

Capistrano Valley
Dana Hills
San Clemente
Tesoro
Trabuco Hills

SOUTHWESTERN

Chaparral
Great Oak
Murrieta Mesa
Murrieta Valley
Temecula Valley
Vista Murrieta

SUBURBAN

Artesia
Bellflower
Cerritos
La Mirada
Mayfair

SUNBELT

Elsinore
Heritage
Lakeside
Paloma Valley
Perris
Temescal Canyon

SUNKIST

Colton
Fontana
Grand Terrace
Summit

SUNSET

Edison
Fountain Valley
Huntington Beach
Los Alamitos
Marina
Newport Harbor

SUNSHINE (all girls)

Immaculate Heart
Marlborough
Marymount
Notre Dame Academy

TRINITY

JSerra
Lutheran/ O
Mater Dei
Rosary (g)
Santa Margarita
Servite (b)
St. John Bosco (b)

TRI-VALLEY

Carpinteria
Cate
La Reina (g)
Malibu
Nordhoff
Villanova Prep

VALLE VISTA

Covina
Nogales
Northview
Rowland
San Dimas
Wilson/ HH

FREELANCE (11/3/15)

Saddleback Vly Chr (3)



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Southern California Swimming USA Swimming



2016 USING HIGH SCHOOL TIMES *"Observed Swims"*

**For ANY Observed Swim to be entered in USA Swimming
SWIMS Database.....**

- A. **NO times will be entered in SWIMS for a high school swim achieved at any meet prior to League Championships.**
- B. CIF Southern Section and City Championships will be observed & require no action on your part other than requesting the Observed Swim.
- C. **For a High School League Championship** to receive "Observed" status, the following steps must be taken **BY MONDAY, APRIL 18, 2016.**
 1. The meet must be run with **fully automatic timing** (electronic start, touch pad finish with appropriate backup)
 2. "Observed Meet" application completed, signed and accompanied by \$25 fee must be received by the SCS office (blank application attached). Application must designate sessions to be observed (Finals only, prelims and finals, etc).
 3. **Names of two USA Swimming certified observers** (one for each end of the pool) must be submitted **with the High School Observed Meet application**. The USA Swimming certified observers **may** be the SCAF assigned high school officials, if they are USA Swimming certified, OR minimum USA Swimming certified stroke/turn judges. The observers must annotate heat sheets for USA Swimming DQ's and **sign the sheets**.
 4. ***A copy of the certification of the pool used for the League Championship must be submitted unless the pool has been certified under USA Swimming rule 104.2.2C(4) and is on file with USA Swimming.***
 5. **All submissions must conform to the Standard Data Interchange Format (SDIF) published by USA Swimming.**
 6. **Complete League Meet results**, including heat sheets signed by the USA Swimming observers, must be received by the SCS office **by June 1, 2016.**



United States Swimming Southern California Swimming High School Observed Meet Application



Date: _____

I, _____, apply on behalf of _____
Applicant Name **LEAGUE**
 for **Observed Meet Status for the League Championships** at

_____ on the _____ day(s) of _____, 20____
Location *Date* *Month* *Year*

Our application fee of \$ __\$25.00_____, a copy of the event information and event entry form are attached.

Also included is a complete schedule of lanes and times for all warm-up procedures which must be adhered to by all participants.

As a condition of obtaining Observed Status, I and the above organization, which I represent, agree to judge this event under the rules and regulations of USA Swimming, Inc. and Southern California Swimming, Inc., for athletes whose times are to be entered into the USA Swimming database, SWIMS. The league agrees to terms included in Article 202 of the current edition of US Swimming Rules and Regulations, specific reference to 202.2.8 thereof which provides that:

In granting Observed Status it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Officials: A minimum of TWO qualified persons certified by USA Swimming, Inc. and Southern California Swimming, Inc., will judge the competition. The names of such officials will be submitted with this request.

Observer #1 _____ **Observer #2** _____

Signed: _____
League Representative *Date*

E-mail address *Phone*

Return Observed Status to: _____ Phone: _____

Address: _____ E-mail address: _____

City: _____ State: _____ Zip: _____

Mail Application to:
 Southern California Swimming
 PO Box 30530
 Santa Barbara, CA 93130-0530

Do Not Write Below This Line

..... **SCS Use Only**

Approved: Yes No Observed Status #: _____

Issued: _____ 20 _____ Signed: _____

GUIDELINES FOR SUBMITTING 2016 VERIFICATION CARDS

You have received verification cards for the 2016 season (cards were distributed to a league officer at the CIF Council Meeting on January 27). These are the ONLY cards that will be accepted for entry into the championships. Coaches MUST complete the cards accurately and completely if they are to be accepted for the 2016 preliminary meet.

In the VERIFICATION portion of the card, all information must be filled in completely. It is important that the card is verified with officials and/or meet manager and coach's signatures.

The CIF-SS will not be responsible for swimmers disqualified from competition because of mistakes, lack of information, lack of proper signatures, and incomplete cards.

In DIVING, coaches are reminded that completed qualifying diving score sheets properly signed must accompany the CIF Southern Section Championship entry.

WHEN A COACH SIGNS THE VERIFICATION CARD AND OFFICIAL ENTRY SHEETS, HE/SHE IS VERIFYING THE AUTHENTICITY OF THE CARD.

Coaches are reminded that a swimmer may qualify for CIF-SS championship swim meets if he/she equals or betters the time standard for the event for that division IN ANY CIF-SS SANCTIONED DUAL, TRIANGULAR, OR INVITATIONAL MEET.

Swimmers may not qualify in any competition designated as a time trial. This means that swimmers NOT entered in an event MAY NOT fill lanes in order to swim for a qualifying time.

If additional cards are needed, email Brenda Bomgaars (brendab@cifss.org) at the CIF-SS Office.

25 Swimming Verification Cards for Boys (Green) and 25 Swimming Verification Cards for Girls (Yellow), have been provided to your school along with the 2015-2016 Swimming & Diving NFHS rules book.

ENTRY RULES (National Federation Rule 3)

RULE 3, SECTION 1, ART. 1 ... "In championship meets, each team shall be permitted a maximum of 4 entries in an individual event and 1 team in a relay event."

RULE 3, SECTION 2, ART. 1 ... "A competitor shall be permitted to enter a maximum of 4 events, no more than 2 of which may be individual events. Prelims and finals are considered one meet."

RULE 3, SECTION 2, ART. 3 ... " **In championship meets and other multiple team meets**, a competitor officially becomes a participant in an individual event when the official entry card or form bearing the name of the event, competitor's first and last name, coach's signature (where applicable), school name, and submitted time, if one exists, is delivered to the meet director, or meet's director's designee, at the specified time and place.

In relay events, 8 individuals may be designated, and it shall not count as an entry unless the competitor actually competes in the event. Any of these 8 individuals may swim in finals provided he/she does not exceed the permitted entries for the meet. Only the 4 swimmers declared on the event entry card which shall be submitted at a specified time and place prior to the start of the event are permitted to report to the blocks and compete."

2016 GIRLS' VARSITY SWIMMING TIME STANDARDS – REVISED 5/21/2015

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
200 Medley Relay	1:50.80	2:01.00	1:53.40	2:03.00	1:59.70	2:11.10	2:09.00	2:18.50
200 Freestyle	1:53.00	1:59.00	1:55.10	2:03.10	2:03.00	2:12.80	2:11.10	2:21.00
200 Individual Medley	2:08.00	2:17.00	2:11.00	2:20.00	2:19.00	2:32.50	2:28.00	2:43.00
50 Freestyle	24.40	25.30	24.80	25.85	25.50	27.10	26.50	28.50
100 Butterfly	57.50	1:01.10	58.90	1:03.60	1:01.50	1:09.50	1:06.50	1:14.00
100 Freestyle	52.60	55.20	53.60	56.70	56.40	59.50	59.00	1:03.20
500 Freestyle	5:04.00	5:22.00	5:11.00	5:31.00	5:29.50	6:04.00	5:49.00	6:25.00
200 Freestyle Relay	1:40.70	1:49.00	1:42.00	1:49.30	1:47.50	1:56.00	1:52.00	2:02.20
100 Backstroke	58.70	1:02.80	1:00.10	1:05.30	1:04.40	1:10.20	1:08.50	1:14.30
100 Breaststroke	1:06.50	1:11.00	1:08.70	1:13.10	1:12.50	1:18.00	1:17.50	1:23.20
400 Freestyle Relay	3:37.00	3:59.00	3:42.50	3:57.00	3:54.00	4:18.00	4:14.00	4:36.00

2016 BOYS' VARSITY SWIMMING TIME STANDARDS

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
200 Medley Relay	1:37.50	1:47.50	1:40.30	1:46.80	1:45.50	1:55.50	1:48.60	1:59.20
200 Freestyle	1:41.70	1:47.00	1:45.80	1:50.50	1:50.50	1:59.00	1:51.70	2:01.10
200 Individual Medley	1:54.00	2:01.00	1:59.50	2:06.00	2:06.00	2:16.00	2:12.90	2:23.00
50 Freestyle	21.40	22.30	22.05	22.70	22.60	23.60	23.40	24.40
100 Butterfly	51.20	54.20	52.80	55.50	55.40	59.60	57.80	1:02.70
100 Freestyle	46.90	48.40	48.50	49.80	49.80	52.60	51.40	54.90
500 Freestyle	4:36.00	4:52.00	4:47.50	5:03.00	5:05.00	5:26.00	5:15.00	5:42.00
200 Freestyle Relay	1:27.50	1:35.30	1:30.50	1:35.30	1:33.40	1:40.00	1:37.00	1:45.70
100 Backstroke	52.50	56.70	54.50	58.20	57.80	1:02.50	1:00.30	1:06.30
100 Breaststroke	59.20	1:02.70	1:00.50	1:03.70	1:04.00	1:08.50	1:07.00	1:12.50
400 Freestyle Relay	3:11.00	3:32.00	3:17.50	3:29.50	3:26.00	3:45.50	3:37.50	4:02.00

Swimmers who wish to qualify for the 2016 CIF Southern Section Swimming Championships must have equaled or bettered the above time standards in any CIF-SS sanctioned dual, triangular, or invitational swim meet between the dates of February 27, 2016 to May 6, 2016. *For the 2016 CIF Southern Section Swimming and Diving Championships, there are both automatic (Auto.) and consideration (Con.) standards. Swimmers/Divers who achieve the automatic standard will be entered in that event. Additional entries will be based upon the consideration standards which will be used to fill up remaining spaces to a maximum of 36 participants.* Those swimming in meter pools, please refer to the National Federation Rule Book for the conversion formula to convert time standards to meters

WWW.CIFSS.ORG WEBSITE
Select Governance tab, Sanctioned Events

2016 BOYS' AND GIRLS' VARSITY DIVING STANDARDS

DIVING POINTS FOR QUALIFYING FOR THE CIF SOUTHERN SECTION CHAMPIONSHIPS

A diver MAY qualify for the championships by any one of the following methods:

1. Earn an automatic qualifying score with the "Automatic D.D." in their respective division. This may be done in an 11- dive invitational meet or an 11 dive league championship contest.
2. Earn an automatic qualifying score with a "Consideration D.D." in their respective division. This may be done in an 11- dive invitational meet or an 11 dive league championship contest.
3. Rank within the top 36 divers of the division based on the "Consideration Score" with the "Automatic D.D".

"Consideration Score" with "Consideration D.D." will not qualify for entry.

TO ENTER AS CONSIDERATION...Diver can submit one 11-DIVE Contest Sheet for CONSIDERATION with their highest scores from an 11 dive contest, (score over 225 (Boys) or 250 (Girls) points). Divers in the consideration category will be ranked based on that score.

For invitational meets, 3-meter diving will no longer be allowed for those schools which have diving pools with a water depth of 12 feet or less. **League Championship meets must be conducted on 1m boards ONLY.** 1-meter and/or 3-meter diving will continue to be an event in our CIF Southern Section Championship meet. Attached are the Diving Tables for both 1-meter and 3-meter diving. Additional copies can be downloaded from www.mvndive.com/highschool.

REMINDER: 3 meter diving will be permitted at CIF sanctioned Invitational and CIF-SS Championships only.

2016 DIVING -- BOYS Varsity Cut-off points

BOYS	AUTOMATIC SCORE	CONSIDERATION SCORE	AUTOMATIC D.D. for 6 OPTIONAL dives	CONSIDERATION D.D.
11 DIVE COMPETITION				
DIVISION 1	300	225	12.0	11.8*
DIVISION 2	300	225	12.0	11.8*
DIVISION 3	300	225	10.5	10.4*
DIVISION 4	300	225	10.5	10.4*

***If you are gaining entrance via a Consideration D.D., you MUST have the Automatic Qualifying Score**

2016 DIVING -- GIRLS Varsity Cut-off points

GIRLS	AUTOMATIC	CONSIDERATION	AUTOMATIC D.D. for 6 OPTIONAL dives	CONSIDERATION D.D.
11 DIVE COMPETITION				
DIVISION 1	380	250	12.0	11.8*
DIVISION 2	320	250	12.0	11.8*
DIVISION 3	300	250	10.5	10.4*
DIVISION 4	300	250	10.5	10.4*

***If you are gaining entrance via a Consideration D.D., you MUST have the Automatic Qualifying Score**

For the 2016 CIF Southern Section Swimming and Diving Championships there are both automatic (AUTO) and Consideration (CON) standards. Swimmers/ Divers who achieve the automatic standard will be entered in that event. Additional entries will be based upon the consideration standards that will be used to fill up the remaining spaces to a maximum of 36 participants.

AUTO QUALIFYING POINTS for CHAMPIONSHIPS FOR ALL DIVISIONS requires the divers to compete at a satisfactory level to automatically qualify. They may AUTO qualify with (1) one 11- dive contest score. The point qualification is based on satisfactory performance with minimum automatic or consideration D.D. requirements for optional and required dives. (See qualification points required per division).

Diving is an event of swimming, and as such, should be viewed by schools in the same manner as the other events in the swimming program. Team points for an individual placing in diving are the same as in swimming. It has come to our attention that some schools that could offer diving to their athletes are choosing not to do so. Typically, the reasons for not offering diving are the lack of a proper facility and/ or a qualified coach. In trying to promote diving throughout the CIF-Southern Section, we would encourage all of our member schools to give interested student athletes an opportunity to compete in this event. If facilities are available, either at the school site or off-campus, and a qualified coach can be secured, the CIF Southern Section strongly supports any efforts that can be made to increase the number of schools and student/athletes participating in diving.

If competition is taking place with 2 **CONCURRENT** judging panels, a diving official must be assigned to each panel to properly view violations such as balks, incorrect dives, breaks in position, etc.

DUAL MEETS -All Divisions (6 DIVE EVENTS)

- A. (National Federation Rule 9-4-6). “In other meets, the competition shall consist of one voluntary dive which shall be done first -Week 1= forward group; Week 2 = back group; Week 3=inward group; Week 4=twisting group; Week 5=reverse group; etc. and five optional dives, coming from at least four of the five groups and which may include any of the dives other than the voluntary dive. Any dive from a group may be designated as a voluntary dive. It will receive its assigned DD through 1.8. Any designated voluntary dive with a DD greater than 1.8 will be assigned as DD of 1.8.”

Week	VOLUNTARY DIVE GROUP
February 29 – March 5	forward group
March 7 - 12	back group
March 14 - 19	inward group
March 21 - 26	twisting group
March 28 – April 2	reverse group
April 4 - 9	forward group
April 11 - 16	back group
April 18 - 23	inward group
April 25 - 30	twisting group

- B. There must be 3 or 5 diving judges, Rule 9, Section 6 in the NFHS Swimming and Diving Rules Book.
Note: In non-championship meets when only two judges are available, 50% of the total score shall be added to make the final score equate with a three judges’ score.
 (INVITATIONAL OR LEAGUE CHAMPIONSHIPS)
- C. Eleven (11) dives – 5 voluntary, 6 optional, Rule 9, Section 4, of the NFHS Swimming and Diving Rules Book.
- D. Five (5) to Nine (9) judges – Rule 9, Section 6.
- E. Consideration points require submitting one 11 dive contest sheet from an invitational or league meet.
- F. All score sheets **MUST** be signed by the DIVING REFEREE and the MEET DIRECTOR.
 Blue Verification Cards are no longer required for entry to the CIF-SS Diving Championships

APPENDIX 2

FINA TABLE OF DEGREES OF DIFFICULTY
SPRINGBOARD

Dives which have been changed are shaded.

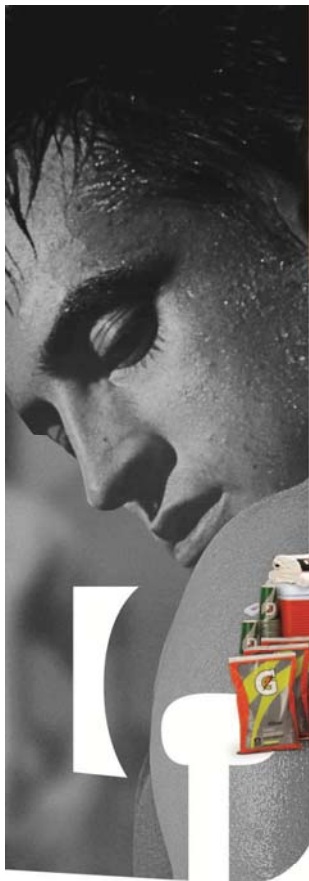
In the following table, a dive with (-) is not possible and dives with empty spaces have not been calculated

EFFECTIVE 1 OCTOBER 2013

SPRINGBOARD		1 METER				3 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Forward Group		A	B	C	D	A	B	C	D
101	Forward Dive	1.4	1.3	1.2	-	1.6	1.5	1.4	-
102	Forward Somersault	1.6	1.5	1.4	-	1.7	1.6	1.5	-
103	Forward 1½ Somersaults	2.0	1.7	1.6	-	1.9	1.6	1.5	-
104	Forward 2 Somersaults	2.6	2.3	2.2	-	2.4	2.1	2.0	-
105	Forward 2½ Somersaults	-	2.6	2.4	-	2.8	2.4	2.2	-
106	Forward 3 Somersaults	-	3.2	2.9	-	-	2.8	2.5	-
107	Forward 3½ Somersaults	-	3.3	3.0	-	-	3.1	2.8	-
108	Forward 4 Somersaults	-	-	4.0	-	-	3.8	3.4	-
109	Forward 4½ Somersaults	-	-	4.3	-	-	4.2	3.8	-
112	Forward Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
113	Forward Flying 1½ Somersaults	-	1.9	1.8	-	-	1.8	1.7	-
115	Forward Flying 2½ Somersaults	-	-	-	-	-	2.7	2.5	-
Back Group		A	B	C	D	A	B	C	D
201	Back Dive	1.7	1.6	1.5	-	1.9	1.8	1.7	-
202	Back Somersault	1.7	1.6	1.5	-	1.8	1.7	1.6	-
203	Back 1½ Somersaults	2.5	2.3	2.0	-	2.4	2.2	1.9	-
204	Back 2 Somersaults	-	2.5	2.2	-	2.5	2.3	2.0	-
205	Back 2½ Somersaults	-	3.2	3.0	-	-	3.0	2.8	-
206	Back 3 Somersaults	-	3.2	2.9	-	-	2.8	2.5	-
207	Back 3½ Somersaults	-	-	-	-	-	3.9	3.6	-
208	Back 4 Somersaults	-	-	-	-	-	3.7	3.4	-
209	Back 4½ Somersaults	-	-	-	-	-	4.8	4.5	-
212	Back Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
213	Back Flying 1½ Somersaults	-	-	-	-	-	2.4	2.1	-
215	Back Flying 2½ Somersaults	-	-	-	-	-	3.3	3.1	-
Reverse Group		A	B	C	D	A	B	C	D
301	Reverse Dive	1.8	1.7	1.6	-	2.0	1.9	1.8	-
302	Reverse Somersault	1.8	1.7	1.6	-	1.9	1.8	1.7	-
303	Reverse 1½ Somersaults	2.7	2.4	2.1	-	2.6	2.3	2.0	-
304	Reverse 2 Somersaults	2.9	2.6	2.3	-	2.7	2.4	2.1	-
305	Reverse 2½ Somersaults	-	3.2	3.0	-	3.4	3.0	2.8	-
306	Reverse 3 Somersaults	-	3.3	3.0	-	-	2.9	2.6	-
307	Reverse 3½ Somersaults	-	-	-	-	-	3.8	3.5	-
308	Reverse 4 Somersaults	-	-	-	-	-	3.7	3.4	-
309	Reverse 4½ Somersaults	-	-	-	-	-	4.7	4.4	-
312	Reverse Flying Somersault	-	1.8	1.7	-	-	1.9	1.8	-
313	Reverse Flying 1½ Somersaults	-	2.6	2.3	-	-	2.5	2.2	-
Inward Group		A	B	C	D	A	B	C	D
401	Inward Dive	1.8	1.5	1.4	-	1.7	1.4	1.3	-
402	Inward Somersault	2.0	1.7	1.6	-	1.8	1.5	1.4	-
403	Inward 1½ Somersaults	-	2.4	2.2	-	-	2.1	1.9	-
404	Inward 2 Somersaults	-	3.0	2.8	-	-	2.6	2.4	-
405	Inward 2½ Somersaults	-	3.4	3.1	-	-	3.0	2.7	-
407	Inward 3½ Somersaults	-	-	-	-	-	3.7	3.4	-
409	Inward 4½ Somersaults	-	-	-	-	-	4.6	4.2	-
412	Inward Flying Somersault	-	2.1	2.0	-	-	1.9	1.8	-
413	Inward Flying 1½ Somersaults	-	2.9	2.7	-	-	2.6	2.4	-
Twisting Group		A	B	C	D	A	B	C	D

5111	Forward Dive ½ Twist	1.8	1.7	1.6	-	2.0	1.9	1.8	-
5112	Forward Dive 1 Twist	2.0	1.9		-	2.2	2.1		-
5121	Forward Somersault ½ Twist	-	-	-	1.7	-	-	-	1.8
5122	Forward Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5124	Forward Somersault 2 Twists	-	-	-	2.3	-	-	-	2.4
5126	Forward Somersault 3 Twists	-	-	-	2.8	-	-	-	2.9
5131	Forward 1½ Somersaults ½ Twist	-	-	-	2.0	-	-	-	1.9
5132	Forward 1½ Somersaults 1 Twist	-	-	-	2.2	-	-	-	2.1
5134	Forward 1½ Somersaults 2 Twists	-	-	-	2.6	-	-	-	2.5
5136	Forward 1½ Somersaults 3 Twists	-	-	-	3.1	-	-	-	3.0
5138	Forward 1½ Somersaults 4 Twists	-	-	-	3.5	-	-	-	3.4
5151	Forward 2½ Somersaults ½ Twist	-	3.0	2.8	-	-	2.8	2.6	-
5152	Forward 2½ Somersaults 1 Twist	-	3.2	3.0	-	-	3.0	2.8	-
5154	Forward 2½ Somersaults 2 Twists	-	3.6	3.4	-	-	3.4	3.2	-
5156	Forward 2½ Somersaults 3 Twists	-	-	-	-	-	3.9	3.7	-
5172	Forward 3½ Somersaults 1 Twist	-	-	-	-	-	3.7	3.4	-
5211	Back Dive ½ Twist	1.8	1.7	1.6	-	2.0	1.9	1.8	-
5212	Back Dive 1 Twist	2.0			-	2.2			-
5221	Back Somersault ½ Twist	-	-	-	1.7	-	-	-	1.8
5222	Back Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5223	Back Somersault 1½ Twists	-	-	-	2.3	-	-	-	2.4
5225	Back Somersault 2½ Twists	-	-	-	2.7	-	-	-	2.8
5227	Back Somersault 3½ Twists	-	-	-	3.2	-	-	-	3.3
5231	Back 1½ Somersaults ½ Twist	-	-	-	2.1	-	-	-	2.0
5233	Back 1½ Somersaults 1½ Twists	-	-	-	2.5	-	-	-	2.4
5235	Back 1½ Somersaults 2½ Twists	-	-	-	2.9	-	-	-	2.8
5237	Back 1½ Somersaults 3½ Twists	-	-	-	-	-	-	-	3.3
5239	Back 1½ Somersaults 4½ Twists	-	-	-	-	-	-	-	3.7
5251	Back 2½ Somersaults ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5253	Back 2½ Somersaults 1½ Twists	-	-	-	-	-	3.4	3.2	-
5255	Back 2½ Somersaults 2½ Twists	-	-	-	-	-	3.8	3.6	-
5311	Reverse Dive ½ Twist	1.9	1.8	1.7	-	2.1	2.0	1.9	-
5312	Reverse Dive 1 Twist	2.1			-	2.3			-
5321	Reverse Somersault ½ Twist	-	-	-	1.8	-	-	-	1.9
5322	Reverse Somersault 1 Twist	-	-	-	2.0	-	-	-	2.1
5323	Reverse Somersault 1½ Twists	-	-	-	2.4	-	-	-	2.5
5325	Reverse Somersault 2½ Twists	-	-	-	2.8	-	-	-	2.9
5331	Reverse 1½ Somersaults ½ Twist	-	-	-	2.2	-	-	-	2.1
5333	Reverse 1½ Somersaults 1½ Twists	-	-	-	2.6	-	-	-	2.5
5335	Reverse 1½ Somersaults 2½ Twists	-	-	-	3.0	-	-	-	2.9
5337	Reverse 1½ Somersaults 3½ Twists	-	-	-	3.6	-	-	-	3.5
5339	Reverse 1½ Somersaults 4½ Twists	-	-	-	-	-	-	-	3.8
5351	Reverse 2½ Somersaults ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5353	Reverse 2½ Somersaults 1½ Twists	-	3.5	3.3	-	-	3.3	3.1	-
5355	Reverse 2½ Somersaults 2½ Twists	-	3.9	3.7	-	-	3.7	3.5	-
5371	Reverse 3½ Somersaults ½ Twist	-	-	-	-	-	3.4	3.1	-
5373	Reverse 3½ Somersaults 1½ Twists	-	-	-	-	-	-	3.7	-
5375	Reverse 3½ Somersaults 2½ Twists	-	-	-	-	-	-	4.1	-
5411	Inward Dive ½ Twist	2.0	1.7	1.6	-	1.9	1.6	1.5	-
5412	Inward Dive 1 Twist	2.2	1.9	1.8	-	2.1	1.8	1.7	-
5421	Inward Somersault ½ Twist	-	-	-	1.9	-	-	-	1.7
5422	Inward Somersault 1 Twist	-	-	-	2.1	-	-	-	1.9
5432	Inward 1½ Somersaults 1 Twist	-	-	-	2.7	-	-	-	2.4
5434	Inward 1½ Somersaults 2 Twists	-	-	-	3.1	-	-	-	2.8
5436	Inward 1½ Somersaults 3 Twists	-	-	-	-	-	-	-	3.5

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Steve Shiley

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North Orange County / North & West
Inland Empire

ATTENTION FREELANCE SWIMMERS/DIVERS:

Rule 3210 states that an individual must participate in at least 1/2 of the number of allowable contests permitted in a particular sport. Since the allowable number of contests in swimming/ diving is 12, in order for freelancers to be eligible for CIF Southern Section Swimming/Diving Championships, they must compete in at least 6 meets.

All PINK freelance entry cards **MUST** have official signatures verifying participation in 6 CIF Sanctioned Competitions, regardless of time or score obtained.

CIF-SS SWIMMING GUIDELINES

BLUE BOOK

Coaches are advised to review the Swimming & Diving Section of the 2015-2016 Blue Book, Article 260 beginning on page 212 and Officials Fees on page 150.

RULES

All swimming and diving competition in the Southern Section will be conducted under National Federation rules unless otherwise provided herein.

MAXIMUM TEAM CONTESTS

A swimming team will be permitted to compete in no more than 12 meets total during the season (this includes dual, triangular meets, and invitationals). There is no limit to the number of invitationals a team may enter (not to exceed 12 meets total during the season). The league championship meet and the CIF Southern Section championship meets are not considered part of the charged limits.

OUTSIDE COMPETITION

Unattached competition is permissible for a student during the season of sport provided the student enters in the individual sports of badminton (singles and doubles), cross country, golf gymnastics, skiing, swimming and diving, tennis (singles and doubles), track and field (including unattached entry on relays) and wrestling.

Each CIF Section may grant approval, upon individual petition, for an athlete to travel to a foreign country to participate in national or international competition sanctioned by the governing body for that sport in the United States and the international governing body. Written permission must be obtained **PRIOR** to competition.

RULE 2613 PLAYER CONDUCT

Any player ejected for any reason, or any player who leaves the confines of the bench or team area during a fight that may break out, or has broken out, shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest.

LEVEL OF COMPETITION

No student shall participate in more than one level of competition in the same sport on the same day. Exception: Divers may dive at the varsity level and swim at lower levels. Diving is only scored at the Varsity level.

MAXIMUM ATHLETIC CONTESTS IN ONE DAY

No team member will be permitted to enter two different meets on the same day.

INCIDENT REPORTS

All incidents, injuries, or disruptions, regardless of the degree of seriousness involved, should be reported to insure accurate records in the event that further problems develop. The completed report is to be submitted in CIFSSHome.

COACHING

Only school-authorized coaches will be permitted to coach at prelims and finals of the CIF Southern Section Swimming and Diving Championships.

125.1 COACHEJECTION - Upon ejection, the head or assistant coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. The next contest may not be a forfeited, postponed or canceled game. A second ejection will constitute a two-contest suspension and a third ejection will cause suspension for the remainder of the season. A coach who was ejected from the previous contest, who, knowingly or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of that contest.

QUESTION: What is meant by attendance at a contest?

ANSWER: Attendance is defined as being present at the team bench/area, inside a gymnasium, stadium or playing area. Students ejected from a game in progress should remain under supervision of school staff. The intent of this rule is that the ejected person is not in attendance at the contest.

125.2 FAILURE TO COMPLETE A CONTEST - When a school fails to complete a contest, due to a coach pulling his/her team from the floor, court, or field, it is MANDATORY that the Principal notify the CIF-SS office within 24 hours (excluding holidays and weekends). The competing schools and officials will be required to file written reports, and after review of the aforementioned material, the principal of the school involved will be required to respond to the CIF Southern Section Office concerning his/her investigation of the incident.

QUESTION: How serious is such action?

ANSWER: It has been the position of the CIF-SS Executive Committee to expect the building principal of the school concerned to relieve the coach from his/her assignment for the balance of that season or the Executive Committee is empowered to consider recommendations for additional penalties

OFFICIALS FEES

SWIMMING

A. Dual or Triangular Meet Pay Schedule - There are 11 swimming events for each level.

1 level (11 events) - \$65 5 levels (55 events) - \$109 9 levels (99 events) - \$153

2 levels (22 events) - \$76 6 levels (66 events) - \$120 10 levels (110 events) - \$164

3 levels (33 events) - \$87 7 levels (77 events) - \$131 11 levels (121 events) - \$175

4 levels (44 events) - \$98 8 levels (88 events) - \$142 12 levels (132 events) - \$186

*If there are additional heats between levels, add \$1.00 for each additional heat.

When competition is conducted in 8 lanes or more (open lanes count toward the 8), 2 officials will be required for CIF time standard verification. If 2 officials cannot be obtained, qualification will only be recognized within the first 6 lanes (open lanes count toward the 6) from the starter.

DIVING

If diving is held during the swimming competition, the fees are:

The pay schedule for a six (6) or eleven (11) dive program are the same.

1-6 divers = \$35.00, for each additional diver, add \$2.00

Championship Finals or Invitational Finals Meet Pay Schedule

The pay schedule for a SIX (6) dive program: 1-6 divers = \$71.00, for each additional diver, add \$2.00

The pay schedule for ELEVEN (11) dive program: 1-6 divers = \$79.00, for each additional diver, add \$3.00

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SUPERVISION OF ATHLETES

ALL Athletes must have a certified supervisor in order to compete

The Southern Section Office has experienced a problem which has perpetuated itself over the years as it pertains to proper supervision and entry of student-athletes in the post-season playoffs. The situation relates to individual sports, i.e. CROSS COUNTRY, INDIVIDUAL TENNIS, TRACK, SWIMMING, etc. and the official recognition and registration of entrants at the respective playoff sites.

State and Southern Section Rule 309 states:

No CIF team (i.e., individual) shall participate in inter-scholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Administrative Code Title V and CIF By-Law #506A and B. (Additionally, refer to Rule 123.)

Those persons APPROVED FOR SUPERVISION PURPOSES are limited to:

- A. Certificated personnel
- B. Certified Coaches (certified credentialed coaches)
- C. Non-certificated temporary coaches (certified walk-on coaches.)

(It should be noted that schools representing the same DISTRICT might send one credentialed or certified supervisor for three or four athletes. These individuals have been recognized and are to continue to be recognized for registration and participation purposes in that the district has assigned the supervisory role for all students from its' member schools to this one individual.)

However, the concern is for those students who ARE NOT accompanied by a faculty representative and report to the playoff site by themselves or with a parent. ***GIVING PARENTS THE SUPERVISION AUTHORITY, WHETHER IN WRITING OR NOT, DOES NOT MEET THE STANDARDS SET FORTH IN THE ABOVE REGULATIONS. This also applies to parents who are the student's private coach but are not under contract to the member school.***

PLEASE NOTE, THIS RULE WAS REVIEWED BY THE STATE CIF OFFICE, ITS GENERAL COUNCIL AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE. IT HAS BEEN REAFFIRMED THAT THE INTERPRETATION STAND AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER DIRECT SUPERVISION IN ACCORDANCE WITH STATE AND SOUTHERN SECTION RULE 309, IS TO BE DENIED ENTRY FOR PARTICIPATION IN THE COMPETITION.

As pointed out by the Southern Section and State CIF attorney, there are inherent liability problems when an individual competes in violation of said rule. Please review this rule with your staff in that it will be strictly enforced as per the above application.



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California Correctional Peace Officers Association



The California School Employees Association is honored to partner with the CIF Southern Section in this important venture.

Our missions are similar. Whether through interscholastic sporting events, academic activities or building the communities that support our public schools, CSEA members are determined to enhance the lives of all California students.

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**extraordinary
workers**



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ARL-00



TO: CIF-SS Principals, Athletic Director, and Aquatics Coaches
FROM: Rob Wigod, Commissioner of Athletics
SUBJECT: **Aquatics Legislation – Certification**
DATE: January, 2016

Just a reminder that the following legislation took effect January, 1991:

Section 116033 of the Health and Safety Code reads as follows:

Persons providing aquatic instruction, including, but not limited to, swimming instruction, water safety instruction, water contact activities, and competitive aquatic sports, at a public swimming pool shall possess an American Red Cross Emergency Water Safety Course certificate, or have equivalent qualifications, as determined by the state department. In addition, these persons shall be certified in standard first aid and cardiopulmonary resuscitation (CPR). All of these persons shall meet these qualifications by January 1, 1991. Persons, who only disseminate written materials relating to water safety, are not persons providing aquatic instruction within the meaning of this section.

The requirements of this section shall be waived under either of the following circumstances: (a) when one or more aquatic instructors possessing the American Red Cross Emergency Water Safety Course Certificate or its equivalent are in attendance continuously during periods of aquatic instruction, or (b) when one or more lifeguards meeting the requirements of Section 116028 are in attendance continuously during periods of aquatic instruction.

* * * * *

Please Note: The Emergency Water Safety certificate is no longer offered by the American Red Cross. The legislation above has not been revised, despite numerous requests from water safety people around the State, and it is not clear what the “state department” has established as equivalent qualifications.

It is strongly recommended that all coaches enroll in the Safety Training for Swim Coaches course currently offered by the American Red Cross, as an interim solution to the missing EWS certificate. Not many ARC Chapters offer the class, so you may need to do some investigating to locate one that does. The Long Beach Chapter has offered the class as recently as spring 2003, so that might be a good starting point for you.

**National Interscholastic Swimming Coaches Association
2015-2016 NISCA/Speedo Swimming All-America
Yard Time Standards**

***Top 100 Athletes determined by time will be recognized
as All-America in individual and relay events.**

***Note: This is the 2nd season to recognize the top 100.**

Top 100 Athletes are recognized as All-America

Boys All-America		High School	Girls All-America	
<u>Automatic</u>	<u>Consideration</u>	<u>Event in Yards</u>	<u>Consideration</u>	<u>Automatic</u>
1:34.13	1:35.69	200 Medley Relay	1:47.45	1:45.59
1:39.07	1:40.69	200 Freestyle	1:50.82	1:49.09
1:50.28	1:52.59	200 Individual Medley	2:04.60	2:02.49
:20.72	:21.04	50 Freestyle	:23.71	:23.31
:49.37	:50.27	100 Butterfly	:55.98	:54.84
:45.28	:46.97	100 Freestyle	:51.40	:50.59
4:29.64	4:34.58	500 Freestyle	4:57.63	4:52.18
1:25.05	1:26.40	200 Freestyle Relay	1:37.45	1:36.02
:49.85	:51.13	100 Backstroke	:56.51	:55.31
:56.25	:57.49	100 Breaststroke	1:04.66	1:03.22
3:06.58	3:09.68	400 Freestyle Relay	3:32.15	3:28.71

DIVING QUALIFYING SCORES 2015-2016

BOYS: Minimum score of 375 points and D.D. of Optional Dives 13.3 or higher.

GIRLS: Minimum score of 375 points and D.D. of Optional Dives 13.0 or higher.

*All-American application forms are available on-line at
www.niscaonline.org.*

2016 Exam Calendars

2016 Exam Calendar - Week 1

	Morning – 7:30 a.m.	Afternoon – 11:30 a.m.
Monday, May 2	Chemistry Environmental Science	Psychology
Tuesday, May 3	Computer Science A Spanish Language and Culture	Art History Physics 1: Algebra-Based
Wednesday, May 4	English Literature and Composition	Physics 2: Algebra-Based
Thursday, May 5	Calculus AB Calculus BC	
Friday, May 6	United States History Studio Art	

2016 Exam Calendar - Week 2

	Morning – 7:30a	Afternoon – 11:30a	Afternoon – 1:30p
Monday, May 9	Biology	Physics C: Mechanics	Physics C: Electricity and Magnetism†
Tuesday, May 10	U.S. Government and Politics	French Language and Culture Spanish Literature and Culture	
Wednesday, May 11	English Language and Composition	Macroeconomics	
Thursday, May 12	World History	Statistics	
Friday, May 13	Microeconomics		



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*Athletic Directors and Coaches,
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2016 CIF SOUTHERN SECTION FORD SWIMMING & DIVING CHAMPIONSHIPS

RIVERSIDE AQUATIC COMPLEX

Riverside Community College

4800 Magnolia Avenue

Riverside, CA 92506

DIRECTIONS

From Magnolia Avenue, take Fifteenth street north, to Prospect Avenue, follow signs towards Cutter Pool

PARKING

\$5 "SPECIAL EVENT" PARKING PASS MUST BE PURCHASED/ DISPLAYED IN VEHICLE

They can be purchased in one of two ways...

- PARKING IS AVAILABLE IN LOTS K & J – Staff will be selling passes at the entrance to lots K & J
- CASH ONLY

PARKING IS STRICTLY ENFORCED

ADMISSION

PRELIMS: General Admission \$10.00, Student (w/ high school ID) and Children \$5.00

FINALS: General Admission \$10.00, Student (w/ high school ID) and Children \$5.00

** Admission tickets are per day. You will need a separate admission for each day. **CASH ONLY**

SCHEDULE – Spectator entrance will open 1/2 hour prior to competition

Monday, May 9 – Division 2 Diving (Boys @ 8:30 a.m.; Girls @ 1:00 p.m.)

Division 3 Diving (Boys & Girls @ 5:00 p.m.)

Tuesday, May 10 – Division 1 Diving (Boys @ 8:30 a.m., Girls @ 1:00 p.m.)

Division 4 Diving (Boys & Girls @ 5:00 p.m.)

Wednesday, May 11 – Division 4 Swimming Prelims @ 9:00 a.m.; Division 3 Swimming Prelims @ 4:00 p.m.

Thursday, May 12 – Division 1 Swimming Prelims @ 9:00 a.m.; Division 3 Swimming Finals @ 5:00 p.m.

Friday, May 13 – Division 2 Swimming Prelims @ 9:00 a.m.; Division 4 Swimming Finals @ 5:00 p.m.

Saturday, May 14 – Division 2 Swimming Finals @ 10:00 a.m.; Division 1 Swimming Finals @ 5:00 p.m.

Diving State Qualifications (Top 16 boys & Top 16 girls) @ 1:30 p.m.

CIF EVENT HOTEL/ LODGING information on following page

Must reference "C.I.F. Swimming & Diving Championships" to receive group rate



CA Interscholastic Federation
2016 Swim and Dive Championships
May 8-14, 2016
Riverside Aquatics Complex at
Riverside City College



Partnering Hotels:

*****All groups please reference "CIF Swim and Dive Championships" for discounted group rate.*****

Riverside Marriott. 9 blocks from RAC

3400 Market Street
 Riverside, CA 92501
 Reservations: (800) 228-9290 or (951) 784-8000
 Rate: \$115.00
 * Discounted parking \$8.00/day
 * Complimentary high-speed internet and use of fitness center



Hyatt Place. 9 blocks from RAC

3500 Market Street
 Riverside, CA 92501
 Reservations: (888) 492-8847
 Rate: \$115.00 King \$125.00 Two Queens
 * Discounted parking \$5.00/day
 * Complimentary hot and cold breakfast; high-speed internet; and use of fitness center



Comfort Inn. 1.5 miles from RAC

1590 University Ave
 Riverside, CA 92507
 Reservations: (951) 683-6000
 Rate: \$85.00
 * Complimentary parking
 * Complimentary hot breakfast; high-speed internet; and use of fitness center



Courtyard Marriott. 1.5 miles from RAC

1510 University Ave
 Riverside, CA 92507
 Reservations: (951) 276-1200
 Rate: \$119.00
 * Complimentary parking
 * Complimentary high-speed internet and use of fitness center



Hampton Inn & Suites. 8 miles from RAC

4250 Riverwalk Parkway
 Riverside, CA 92505
 Reservations: (951) 352-5020
 Rate: \$94.00 King \$104.00 Two Queens
 * Complimentary parking
 * Complimentary hot breakfast; high-speed internet; and use of fitness center



Riverside Aquatics Complex (RAC)
 4800 Magnolia Ave, Riverside, CA 92506
 \$5 Per Day Event Parking



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