TO: CIF-SS ATHLETIC DIRECTORS, SWIMMING/DIVING COACHES

FROM: KRISTINE PALLE, ASSISTANT COMMISSIONER

SUBJECT: 2019 CIF SOUTHERN SECTION SWIMMING/DIVING SEASON

DATE: JANUARY 2019 updated 3/21/2019

WELCOME TO THE 2019 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 have been mailed to your school, ATTN: Athletic Director.

Swimming verification cards can be downloaded from the CIF website (www.cifss.org) on the Swimming & Diving page under the "verification cards" tab.

TO: ATHLETIC DIRECTORS
BOYS/GIRLS SWIMMING/DIVING COACHES

FROM: KRISTINE PALLE, ASSISTANT COMMISSIONER

SUBJECT: Location & Format for CIF Swimming and Diving Championships

DATE: JANUARY, 2019

I am pleased to announce the continuation of format and location for our 2019 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 2019

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 16, 2019.

LAST CONTEST
All league competition must end on or before Friday, April 26, 2019. Schools may compete until April 27 for non-league contests. **NOTE**: Saturday, April 27 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.

Division	Prelims	Finals
1	Thursday May 2nd; 9:00 a.m.	Saturday May 4th; 11:00 a.m.
2	Friday, May 3rd; 9:00 a.m.	Saturday May 4th; 4:00 p.m.
3	Wednesday, May 1st; 9:00 a.m.	Thursday May 2nd ,4:00 p.m.
4	Wednesday May 1st; 4:30 p.m.	Friday May 3rd; 4:00 p.m.

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.

Division **Prelims & Finals**

Times listed below are approximate. Actual time line based on qualifiers will be posted on CIF website no later than 3:00 p.m. on Saturday, April 27.

1 Tuesday, April 30th (Boys @ 8:30; Girls to follow)
2 Monday, April 29th (Boys @ 8:30; Girls to follow)
3 Monday, April 29th (Boys & Girls following Division 2 Girls)
4 Tuesday, April 30th (Boys & Girls following Division 1 Girls)

All Rounds of Diving (Prelims & Finals) will be completed on Monday, April 29th & Tuesday, April 30th.

State Diving Qualification **Saturday, May 4** **Riverside Aquatics Complex**

The top 12 divers across all 4 divisions will complete a 6 dive, 1 meter, contest to determine state championship advancement of 6 boys & 6 girls.

7:00 a.m. Check-In & Open Warm Up (Boys & Girls)
8:00 a.m. – Competition Begins (Boys & Girls)

CIF STATE SWIMMING & DIVING CHAMPIONSHIPS

Clovis Olympic Swim Complex, Clovis West HS
May 10-11, 2019

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	E-MAIL ADDRESS
Cassandra Agnew, Swimming Mgmt.	sassycassy49@hotmail.com
Bert Bergen, Saddleback Valley Christian	bbergen@svcschools.org
Steve Bergen, Mayfield Senior School	steven.bergen@mayfieldsenior.org
John Chamberlain, Indian Springs HS	john.chamberlain@sbcusd.k12.ca.us
Don Conner, Western HS	donconnerjr@gmail.com
Eric Corona, Kennedy HS	corona_e@auhsd.us
Doug Glaeser, Management	dglaeser@cpp.edu
Andy Garcia, Mission Viejo HS	garciaa@svusd.org
Jack Hawkins, Sonora HS	jhaw105397@aol.com
Eric Henninger, Garden Grove HS	ehenninger@ggusd.us
Don Holbrook, Management	holbrookpolo@verizon.net
Ryan Katsuyama, Pasadena Poly HS	rkatsuyama@polytechnic.org
Dale Lundin, Hoover HS/ Timing	dlundin@gusd.net
John Montrella, Management	jmontrella@aol.com
Bob Mount, Ayala HS	robertmount50@gmail.com
Ismael Perez, Mark Keppel HS	ishpsk@yahoo.com
Joyce Phelps, Mgmt/ SCAF Dive Rep	joyceyphelps@gmail.com
Paul Marceau, Ayala HS	Paul_Marceau@chino.k12.ca.us
Janet Mobley, Glendora HS	jmobley@glendora.k12.ca.us
TJ Prendergast, Beckman HS	tprendergast@tustin.k12.ca.us
Lani Ruh, Swimming Mgmt.	ruhpolo@aol.com
Mark Thibault, Quartz Hill HS	mthibault@avhsd.org
Maggie Twinem, L.B. Wilson HS	magswim@yahoo.com
Dean Wang, Kennedy HS	wang_d@auhsd.us
Sarah Zurn, La Mirada HS	szurn@nlmusd.org

DIVING ADVISORY COMMITTEE

COMMITTEE MEMBER	E-MAIL ADDRESS
Cindy Adams, MV Nadadores	cindyadams@cox.net
Curt Wilson	curtis.wilson@cox.net
Doug Glaeser	dglaeser@cpp.edu
Jason Wilson	coachjasonwilson@yahoo.com
Joyce Phelps, Mgmt, SCAF Dive Rep	joyceyphelps@gmail.com
Michael Copeland	coachcopeland@gmail.com
Ryan Katsuyama, Poly/ Pasadena HS	rkatsuyama@polytechnic.org

2019 Boys' & Girls' Swimming & Diving Playoff Groupings

DIVISION 1	DIVISION 2	DIVISION 3	DIVISION 4
Crestview	Baseline	605	Ambassador
Foothill	Bay	Almont	Citrus Coast
Mission	Big VIII	Del Rey	Coastal
Pacific Coast	Channel	Del Rio	Desert Sky
Sea View	Citrus Belt	Desert Empire	Desert Valley
South Coast	Coastal Canyon	Empire	Garden Grove
Surf	Ivy	Freeway	Golden
Trinity	Marmonte	Gold Coast	Golden West
Wave	Moore	Hacienda	Inland Valley
	North Hills	Ocean	Heritage
	Palomares	Orange Coast	Montview
	Rio Hondo	Pacific	Mountain Pass
	Southwestern	Pacific View	Mountain Valley
		Prep	Mt. Baldy
		Sunshine	Pioneer
		San Joaquin	Olympic
		San Gabriel Vly	Orange
		Valle Vista	River Valley
			Sunbelt
			Sunkist
			Tri-Valley

as of 3/21/19

These league placements are preliminary and are based off last year's results as well as the information received from league coordinators in regards to league participation. Should new information received affect any data, the divisional placements ARE subject to change.

605
Artesia
Cerritos
Oxford Academy
Pioneer
Whitney

ALMONT
Alhambra
Bell Gardens
Gabrielino
Mark Keppel
Montebello
San Gabriel
Schurr

AMBASSADOR
Aquinas
Arrowhead Christian
Linfield Christian (g)
Loma Linda Academy
Western Christian
Woodcrest Christian

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

BAY
Mira Costa
Palos Verdes
Peninsula
Redondo

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

CHANNEL
Cabrillo/ Lompoc
Dos Pueblos
Lompoc
San Marcos
Santa Barbara
Santa Ynez

CITRUS BELT
Cajon
Carter
Citrus Valley
Redlands
Redlands East Valley
Yucaipa

CITRUS COAST
Carpinteria
Fillmore
Hueneme
Malibu
Nordhoff
Santa Paula

COASTAL
Geffen Academy at UCLA
New Roads
Rolling Hills Prep
Vistamar
Wildwood

COASTAL CANYON
Agoura
Camarillo
Moorpark
Royal

CRESTVIEW
Brea Olinda
Canyon/ Anaheim
Esperanza
Foothill

DEL REY
Bishop Amat
Bishop Montgomery
Cantwell Sacred Heart
Cathedral (b)
Don Bosco Tech (b)
La Salle
Mary Star of the Sea
Pomona Catholic (g)
Ramona Convent (g)
Serra
St. Anthony
St. Bernard
St. Genevieve
St. Joseph/ LKWD
St. Monica Catholic

DEL RIO
California
El Rancho
La Serna
Santa Fe
Whittier

DESERT EMPIRE
La Quinta/ La Quinta
Palm Desert
Palm Springs
Rancho Mirage
Shadow Hills
Xavier Prep

DESERT SKY
Adelanto
Apple Valley
Burroughs/R
Granite Hills
Silverado
Victor Valley

DESERT VALLEY
Banning
Cathedral City
Coachella Valley
Desert Hot Springs
Desert Mirage
Indio
Twentynine Palms
Yucca Valley

EMPIRE
Crean Lutheran
Cypress
Kennedy
Pacifica/GG
Tustin
Valencia/P

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

FREEWAY
Buena Park
Fullerton
La Habra
Sonora
Sunny Hills
Troy

GARDEN GROVE
Bolsa Grande
La Quinta/W
Loara
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
Garden Grove
Godinez
Ocean View
Segerstrom
Western
Westminster

HACIENDA
Charter Oak
Los Altos
South Hills
Walnut
West Covina

HERITAGE
Palmdale Aerospace
St. Monica Academy
Trinity Classical Academy
Vasquez

INLAND VALLEY
Arlington
Canyon Springs
Notre Dame/ Riverside
Perris

IVY
Elsinore
Poly/ Riverside
Temescal Canyon
Valley View

MARMONTE
Calabasas
Newbury Park
Oaks Christian
Thousand Oaks
Westlake

MISSION
Alemany
Crespi (b)
Flintridge Sacred Heart (g)
Harvard-Westlake
Loyola (b)
Notre Dame/ SO
St. Francis (b)

MONTVIEW
Bassett
Edgewood
Gladstone
La Puente
Nogales
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
Indian Springs
Moreno Valley
Pacific
Rubidoux
San Bernardino

MT. BALDY
Chaffey
Chino
Diamond Bar
Don Lugo
Montclair
Ontario

NORTH HILLS
El Dorado
El Modena
Villa Park
Yorba Linda

OCEAN
Beverly Hills
Culver City
El Segundo
Santa Monica

OLYMPIC
Heritage Christian
Maranatha
Valley Christian/ Cerritos
Village Christian
Whittier Christian

ORANGE
Katella
Magnolia
Santa Ana Valley
Savanna

ORANGE COAST
Calvary Chapel/ SA
Costa Mesa
Estancia
Orange
Saddleback
Santa Ana

PACIFIC
Arcadia
Burbank
Burroughs/Burbank
Crescenta Valley
Glendale
Hoover
Muir
Pasadena

PACIFIC COAST
Beckman
Irvine
Northwood
Portola
University
Woodbridge

PACIFIC VIEW
Buena
Channel Islands
Oxnard
Pacifica/ Oxnard
Rio Mesa
Ventura

PALOMARES
Alta Loma
Ayala
Bonita
Claremont
Colony
Glendora

PIONEER
North Torrance
South Torrance
Torrance
West Torrance

PREP
Buckley
Chadwick
Flintridge Prep
Mayfield (g)
Poly/ Pasadena
Rosemead (g)
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
La Mirada
Lynwood
Paramount
Warren

SAN JOAQUIN
Calvary Chapel/ Downey
Connelly (g)
Pacifica Christian/ OC
Saddleback Valley Christian
Sage Hill
St. Margaret's
Webb

SEA VIEW
Capistrano Valley
El Toro
Mission Viejo
San Juan Hills
Trabuco Hills

SOUTH COAST
Aliso Niguel
Dana Hills
Laguna Hills
San Clemente
Tesoro

SOUTHWESTERN
Chaparral
Great Oak
Murrieta Mesa
Murrieta Valley
Temecula Valley
Vista Murrieta

SUNBELT
Heritage
Lakeside
North, J.W.
Paloma Valley

SUNKIST
Arroyo Valley
Bloomington
Colton
Eisenhower
Fontana
Grand Terrace
San Gorgonio
Summit

SURF
Corona del Mar
Fountain Valley
Los Alamitos
Newport Harbor

SUNSHINE (all girls)
Immaculate Heart
Louisville
Marlborough
Marymount
Notre Dame Academy

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

TRI-VALLEY
Bishop Diego
Cate
Foothill Technology
Grace Brethren
La Reina (g)
Santa Clara
St. Bonaventure
Villanova Prep

VALLE VISTA
Baldwin Park
Covina
Northview
Rowland
San Dimas
Wilson/ HH

WAVE
Edison
Huntington Beach
Laguna Beach
Marina

FREELANCE (11/28/18)

USA Swimming/
Southern California Swimming
Observed Meet Application

Application and fee must be received by: Friday, April 5, 2019, 5pm

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 202.2.7 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 Sanction to:_____Phone:_____

Address:_____ E-mail address: _____

City: _____State:_____ Zip: _____

Mail Application to: Southern California Swimming, 28000 S. Western Ave., #226, San Pedro, CA 90732

Do Not Write Below This Line
---------- S C S U s e O n l y ----------

Approved: Yes No Observed Sanction #:_____

Issued: _____ _____20 _____ Signed:_____

Southern California Swimming
USA Swimming

2019 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 Friday, April 5, 2019.**

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, 2019**.

GUIDELINES FOR SUBMITTING 2019 VERIFICATION CARDS

You can download/ print verification cards for the 2019 season from the Swimming & Diving page at www.cifss.org. 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 2019 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.

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 and 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."

2019 GIRLS' VARSITY SWIMMING TIME STANDARDS – REVISED 12/20/2018

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
200 Medley Relay	1:49.50	2:03.00	1:51.40	2:01.00	1:57.30	2:10.50	2:05.00	2:17.50
200 Freestyle	1:52.70	1:59.00	1:54.50	2:00.00	2:00.00	2:11.00	2:10.00	2:21.50
200 Individual Medley	2:07.00	2:16.50	2:09.50	2:17.50	2:17.00	2:31.50	2:24.00	2:48.00
50 Freestyle	24.40	25.30	24.70	25.75	25.30	27.00	26.50	28.10
100 Butterfly	57.00	1:00.50	58.00	1:01.50	1:01.80	1:08.50	1:04.00	1:14.00
100 Freestyle	53.00	55.20	53.65	56.00	55.00	59.00	57.50	1:04.00
500 Freestyle	5:03.50	5:22.00	5:09.00	5:23.00	5:27.00	6:03.00	5:45.00	6:25.00
200 Freestyle Relay	1:39.00	1:49.50	1:41.00	1:48.00	1:45.00	1:55.00	1:50.50	2:02.00
100 Backstroke	57.50	1:02.30	58.80	1:03.50	1:02.00	1:09.50	1:06.00	1:14.30
100 Breaststroke	1:05.50	1:11.00	1:07.50	1:12.00	1:10.00	1:18.50	1:15.00	1:22.50
400 Freestyle Relay	3:35.50	4:00.00	3:40.00	3:56.00	3:50.00	4:19.00	4:05.00	4:36.00

2019 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	1:37.00	1:47.50	1:39.50	1:45.50	1:43.00	1:56.00	1:48.50	1:59.20
200 Freestyle	1:41.80	1:46.50	1:44.50	1:49.00	1:48.00	1:56.00	1:52.50	2:02.00
200 Individual Medley	1:54.50	2:00.50	1:57.50	2:04.00	2:02.50	2:15.50	2:07.50	2:21.50
50 Freestyle	21.30	22.10	21.90	22.70	22.20	23.50	22.80	24.30
100 Butterfly	50.80	54.00	52.20	54.50	54.20	58.80	56.75	1:01.00
100 Freestyle	46.70	48.40	47.60	49.60	49.20	51.70	50.50	54.50
500 Freestyle	4:37.50	4:51.50	4:45.00	4:59.00	4:54.00	5:24.00	5:15.00	5:45.00
200 Freestyle Relay	1:26.50	1:35.30	1:29.50	1:34.50	1:32.50	1:40.00	1:36.00	1:44.20
100 Backstroke	51.00	55.50	53.50	57.50	56.00	1:02.00	1:00.00	1:06.00
100 Breaststroke	58.70	1:01.50	1:00.00	1:03.00	1:03.00	1:08.00	1:05.50	1:11.00
400 Freestyle Relay	3:10.00	3:30.00	3:16.50	3:28.50	3:22.00	3:46.00	3:35.00	4:04.00

Swimmers who wish to qualify for the 2019 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 16, 2019 to April 26, 2019. ***For the 2019 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

2019 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.*

2019 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	11.9	11.8*
DIVISION 2	300	225	11.9	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**

2019 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	11.9	11.8*
DIVISION 2	320	250	11.9	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 2019 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 18-23	forward group
February 25 – March 2	back group
March 4-9	inward group
March 11-16	twisting group
March 18-23	reverse group
March 25-30	forward group
April 1-6	back group
April 8-13	inward group
April 15-20	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 <u>one</u> 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

ATTENTION FREELANCE SWIMMERS/DIVERS:

Rule 3310 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 current Blue Book, Article 270 beginning on page 210 and Officials Fees on page 138.

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 14 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 14 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 2713 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 COACH EJECTION - 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) - $71	5 levels (55 events) - $115	9 levels (99 events) - $159
2 levels (22 events) - $82	6 levels (66 events) - $126	10 levels (110 events) - $170
3 levels (33 events) - $93	7 levels (77 events) - $137	11 levels (121 events) - $181
4 levels (44 events) - $104	8 levels (88 events) - $148	12 levels (132 events) - $192

*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 = $39.00, 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 = $75.00, for each additional diver, add $2.00
The pay schedule for ELEVEN (11) dive program: 1-6 divers = $83.00, for each additional diver, add $3.00

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.

Southern Section
Academics • Integrity • Athletics

10932 Pine Street, Los Alamitos CA 90720-2428
(562) 493-9500 ▪ Fax: (562) 493-6266

TO: CIF-SS Principals, Athletic Director, and Aquatics Coaches

FROM: Rob Wigod, Commissioner of Athletics

SUBJECT: **Aquatics Legislation – Certification**

DATE: January, 2019

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
2018-2019 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.

Boys All-America		High School	Girls All-America	
Automatic	Consideration	Event in Yards	Consideration	Automatic
1:33.34	1:34.94	**200 Medley Relay**	1:46.44	1:44.54
1:38.52	1:40.23	**200 Freestyle**	1:50.65	1:48.80
1:49.83	1:51.77	**200 Individual Medley**	2:04.02	2:01.69
:20.60	:20.96	**50 Freestyle**	:23.58	:23.23
:48.96	:50.03	**100 Butterfly**	:55.63	:54.45
:44.99	:45.78	**100 Freestyle**	:51.13	:50.29
4:28.75	4:33.39	**500 Freestyle**	4:57.09	4:52.26
1:24.92	1:26.03	**200 Freestyle Relay**	1:37.16	1:35.50
:49.53	:50.64	**100 Backstroke**	:56.11	:54.89
:55.93	:57.11	**100 Breaststroke**	1:04.05	1:02.60
3:06.24	3:08.93	**400 Freestyle Relay**	3:31.27	3:27.79

DIVING QUALIFYING SCORES 2018-2019

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.

2019 AP Exam Schedule Weeks 1 and 2

Week 1	Morning 8 a.m.	Afternoon 12 noon
Monday, May 6, 2019	United States Government and Politics	Chinese Language and Culture Environmental Science
Tuesday, May 7, 2019	Seminar Spanish Language and Culture	Japanese Language and Culture Physics 1: Algebra-Based
Wednesday, May 8, 2019	English Literature and Composition	European History French Language and Culture
Thursday, May 9, 2019	Chemistry Spanish Literature and Culture	German Language and Culture Psychology
Friday, May 10, 2019	United States History	Computer Science Principles Physics 2: Algebra-Based
	Studio Art- last day for coordinators to submit digital portfolios (by 8 p.m. ET) and to gather 2-D Design and Drawing students for physical assembly. Teachers should have forwarded students' completed digital portfolios to coordinators before this date.	

Week 2	Morning 8 a.m.	Afternoon 12 noon	Afternoon 2 p.m.
Monday, May 13, 2019	Biology	Physics C: Mechanics	Physics C: Electricity and Magnetism
Tuesday, May 14, 2019	Calculus AB Calculus BC	Art History Human Geography	
Wednesday, May 15, 2019	English Language and Composition	Italian Language and Culture Macroeconomics	
Thursday, May 16, 2019	Comparative Government and Politics World History	Statistics	
Friday, May 17, 2019	Microeconomics Music Theory	Computer Science A Latin	

2019 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 Aquatics Complex

PARKING

$5 "SPECIAL EVENT" PARKING PASS MUST BE PURCHASED/ DISPLAYED IN VECHICLE
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.

SCHEDULE – Spectator entrance will open ½ hour prior to competition

Monday, April 29 – Division 2 Diving (Boys @ 8:30 a.m.; Girls to follow.)
Division 3 Diving (Boys & Girls to follow Girls Division 2 Diving.)
Diving times are approximate; Timeline based on qualifiers will be posted on CIF website no later than 3:00 p.m. on Saturday, April 27
Tuesday, April 30 – Division 1 Diving (Boys @ 8:30 a.m., Girls to folllow.)
Division 4 Diving (Boys & Girls @ to follow Division 1 Girls Diving.)
Diving times are approximate; Timeline based on qualifiers will be posted on CIF website no later than 3:00 p.m. on Saturday, April 27

Wednesday, May 1 –Division 3 Swimming Prelims @ 9:00 a.m.; Division 4 Swimming Prelims @ 4:30 p.m.

Thursday, May 2 – Division 1 Swimming Prelims @ 9:00 a.m.; Division 3 Swimming Finals @ 4:00 p.m.

Friday, May 3 – Division 2 Swimming Prelims @ 9:00 a.m.; Division 4 Swimming Finals @ 4:00 p.m.

Saturday, May 4 – Division 1 Swimming Finals @ 11:00 a.m.; Division 2 Swimming Finals @ 4:00 p.m.
Diving State Qualifications (Top 12 boys & Top 12 girls) @ 8:00 a.m.

CIF EVENT HOTEL/ LODGING information on following page

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

CA Interscholastic Federation Southern Section's

2019 Swim and Dive Championships

April 29 - May 4, 2019

Riverside Aquatics Complex

@ Riverside City College

Partnering Hotels

Quality Inn. 1.5 miles from Riverside Aquatics Complex
1590 University Ave
Riverside, CA 92507
Reservations: (951) 683-6000
Rate: $105.00 Double beds
* Complimentary full American breakfast
* Complimentary parking
* Complimentary wireless internet and use of fitness center

Courtyard Marriott. 1.5 miles from Riverside Aquatics Complex
1510 University Ave
Riverside, CA 92507
Reservations: (951) 276-1200 Group Code: CIFCIFS
Booking Link: https://www.marriott.com/ralcy
Rate: $129.00 King and $139.00 Double beds
* Complimentary full American breakfast
* Complimentary parking
* Complimentary wireless internet and use of fitness center

Hyatt Place. 9 blocks from Riverside Aquatics Complex
3500 Market Street
Riverside, CA 92501
Reservations: (888) 492-8847 Group Code: G-SDCH
Booking Link: http://riversidedowntown.place.hyatt.com/en/hotel/home.html?corp_id=G-SDCH
Rate: $139.00 King and $149.00 (2) Queen beds
* Complimentary breakfast for World of Hyatt reward members
* Discounted parking $10.00/day
* Complimentary high-speed internet and use of fitness center

****When calling in your reservation please reference "CIF Swim and Dive Championships" for discounted group rate****

Competition Location:

Riverside Aquatics Complex

Riverside City College
4800 Magnolia Ave
Riverside, CA 92506

Parking Information

PERMIT REQUIRED
$5.00/day passes available onsite or online:
https://www.credentialsops.com/CGI-BIN/gacgiord.pgm?ALUMPPD01270

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