



2019-2020

**SWIM AND DIVE
PREVIEW**



TO: CIF-SS ATHLETIC DIRECTORS, SWIMMING/DIVING COACHES
FROM: KRISTINE PALLE, ASSISTANT COMMISSIONER
SUBJECT: 2019 CIF SOUTHERN SECTION SWIMMING/DIVING SEASON
DATE: JANUARY 2020 updated 1/14/2020

WELCOME TO THE 2020 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 were mailed to your school in November.

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, 2020

I am pleased to announce the continuation of format and location for our 2020 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. 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 2020

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 22, 2020.

LAST CONTEST

All league competition must end on or before Friday, May 1, 2020. Schools may compete until May 2nd for non-league contests. **NOTE:** Saturday, May 2nd 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 7 th ; 9:00 a.m.	Saturday May 9 th ; 11:00 a.m.
2	Friday, May 8 th ; 9:00 a.m.	Saturday May 9 th ; 4:00 p.m.
3	Wednesday, May 6 th ; 9:00 a.m.	Thursday May 7 th ; 4:00 p.m.
4	Wednesday May 6 th ; 4:30 p.m.	Friday May 8 th ; 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**

Time line based on qualifiers will be posted on www.cifss.org no later than 3pm on Saturday, May 2nd.

1	Tuesday, May 5 th (Boys @ 8:30; Girls to follow)
2	Monday, May 4 th (Boys @ 8:30; Girls to follow)
3	Monday, May 4 th (Boys & Girls following Division 2 Girls)
4	Tuesday, May 5 th (Boys & Girls with Division 1 Girls)

All Rounds of Diving (Prelims & Finals) will be completed on Monday, May 4th & Tuesday, May 5th.

State Diving Qualification

Saturday, May 9

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 15-16, 2020

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

Steve Bergen, Mayfield Senior School
John Chamberlain, Indian Springs HS
Don Conner, Western HS
Eric Corona, Kennedy HS
Doug Glaeser, Management
Andy Garcia, Mission Viejo HS
Jack Hawkins, Management
Eric Henninger, Management
Don Holbrook, Management
Ryan Katsuyama, Management
Dale Lundin, Hoover HS/ Timing/ Management
John Montrella, SCAF
Bob Mount, Ayala HS
Ismael Perez, Mark Keppel HS
Joyce Phelps, SCAF
Paul Marceau, Ayala HS
Janet Mobley, Glendora HS
TJ Prendergast, Beckman HS
Mark Thibault, Management
Maggie Twinem, L.B. Wilson HS
Sarah Zurn, La Mirada HS

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magswim@yahoo.com
szurn@nlmusd.org

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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2020 Boys' & Girls' Swimming & Diving Playoff Groupings

<u>DIVISION 1</u>	<u>DIVISION 2</u>	<u>DIVISION 3</u>	<u>DIVISION 4</u>
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
Desert Christian Academy (b)
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

de Toldeo
Geffen Academy at UCLA
New Roads
Rolling Hills Prep
The Archer School for Girls
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)
La Salle
Mary Star of the Sea
Pomona Catholic (g)
Ramona Convent (g)
St. Anthony
St. Bernard
St. Joseph/ LKWD (g)
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
Santa Clarita Christian
Santa Clarita Valley Int
St. Monica Academy
Trinity Classical Academy
Vasquez

INLAND VALLEY

Arlington
Canyon Springs
Notre Dame/ Riverside
Orange Vista
Perris

IVY

Elsinore
Poly/ Riverside
Temescal Canyon
Valley View

MARMONTE

Calabasas
Newbury Park
Oaks Christian
Thousand Oaks
Westlake

MISSION

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

MONTVIEW

Azusa
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
San Jacinto
Tahquitz
West Valley

MOUNTAIN VALLEY

Indian Springs
Miller, A.B.
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
Whittier Christian

ORANGE

Katella
Magnolia
Santa Ana Valley
Savanna

ORANGE COAST

Calvary Chapel/ SA
Costa Mesa
Estancia
Orange
Saddleback
Santa Ana

PACIFIC

Arcadia
Burbank
Burrroughs/Burbank
Crescenta Valley
Glendale
Hoover
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
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
Paramount
Warren

SAN JOAQUIN

Calvary Chapel/ Downey
Connelly (g)
Fairmont Prep
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
Tesorero

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
Kaiser
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

Cate
Foothill Technology
Grace Brethren
La Reina (g)
Laguna Blanca
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 (1/14/20)

Bellflower (4)
Marshall (4)

GUIDELINES FOR SUBMITTING 2020 VERIFICATION CARDS

You can download/ print verification cards for the 2020 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 2020 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.

Coaches are reminded that a swimmer may qualify for CIF-SS championship swim meets if he/she equals or betters the time standard 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 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."

2020 GIRLS' VARSITY SWIMMING TIME STANDARDS – REVISED 12/12/2019

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
200 Medley Relay	1:50.00	2:03.00	1:51.50	2:01.00	1:55.00	2:10.00	2:04.00	2:17.50
200 Freestyle	1:53.20	1:59.00	1:55.00	2:01.00	1:58.00	2:11.00	2:08.00	2:21.50
200 Individual Medley	2:07.20	2:16.00	2:10.50	2:18.00	2:13.00	2:31.00	2:24.00	2:42.00
50 Freestyle	24.30	25.20	24.70	25.75	25.30	27.00	26.50	28.00
100 Butterfly	56.50	1:00.50	58.50	1:01.50	59.50	1:08.50	1:04.50	1:14.00
100 Freestyle	52.60	55.10	53.65	56.00	55.00	59.00	57.50	1:03.50
500 Freestyle	5:02.50	5:22.00	5:11.00	5:28.00	5:20.00	6:00.00	5:47.00	6:30.00
200 Freestyle Relay	1:39.60	1:49.00	1:41.00	1:48.00	1:44.50	1:56.00	1:50.50	2:02.00
100 Backstroke	58.10	1:02.30	59.00	1:03.50	1:01.00	1:09.50	1:07.00	1:14.30
100 Breaststroke	1:04.80	1:10.50	1:07.50	1:12.00	1:09.50	1:18.50	1:15.00	1:22.50
400 Freestyle Relay	3:38.20	4:00.00	3:40.50	3:56.00	3:50.00	4:19.90	4:06.00	4:36.00

2020 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	1:37.40	1:47.50	1:39.50	1:45.50	1:43.00	1:57.00	1:48.50	2:00.00
200 Freestyle	1:42.00	1:46.50	1:44.50	1:50.00	1:46.00	1:57.00	1:53.50	2:03.00
200 Individual Medley	1:53.80	2:00.20	1:57.50	2:04.00	2:01.00	2:16.00	2:08.00	2:22.50
50 Freestyle	21.50	22.20	21.80	22.70	22.30	23.70	22.80	24.30
100 Butterfly	50.50	53.80	52.00	55.00	53.00	59.00	56.50	1:02.00
100 Freestyle	47.00	48.50	47.75	49.60	49.20	52.00	50.50	54.50
500 Freestyle	4:36.50	4:51.50	4:45.00	5:02.00	4:48.00	5:26.00	5:14.50	5:45.00
200 Freestyle Relay	1:27.50	1:35.30	1:29.50	1:34.50	1:32.00	1:41.00	1:36.00	1:44.20
100 Backstroke	52.00	55.50	54.00	57.50	55.50	1:02.50	1:01.00	1:06.00
100 Breaststroke	58.00	1:01.00	1:00.00	1:03.00	1:01.00	1:08.00	1:04.50	1:11.00
400 Freestyle Relay	3:11.70	3:30.00	3:16.50	3:28.50	3:22.00	3:48.00	3:35.00	4:04.00

Swimmers who wish to qualify for the 2020 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 22, 2020 to May 1, 2020. ***For the 2020 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

2020 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.

2020 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	11.6*
DIVISION 2	300	225	11.9	11.6*
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**

2020 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	11.6*
DIVISION 2	320	250	11.9	11.6*
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 2020 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 22 - 29	forward group
March 2 - 7	back group
March 9 - 14	inward group
March 16 - 21	twisting group
March 23 - 28	reverse group
March 30 – April 4	forward group
April 6 - 11	back group
April 13 - 18	inward group
April 20 - 25	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

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 14, in order for freelancers to be eligible for CIF Southern Section Swimming/Diving Championships, they must compete in at least 7 meets.

All PINK freelance entry cards **MUST** have official signatures verifying participation in 7 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 and Officials Fees.

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 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) - \$72	5 levels (55 events) - \$116	9 levels (99 events) - \$160
2 levels (22 events) - \$83	6 levels (66 events) - \$127	10 levels (110 events) - \$171
3 levels (33 events) - \$94	7 levels (77 events) - \$138	11 levels (121 events) - \$182
4 levels (44 events) - \$105	8 levels (88 events) - \$149	12 levels (132 events) - \$193

*If there are additional heats between levels, add \$2.00 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.

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

FROM: Rob Wigod, Commissioner of Athletics

SUBJECT: **Aquatics Legislation – Certification**

DATE: January, 2020

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.



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National Interscholastic Swimming Coaches Association

2019-2020 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	
<u>Automatic</u>	<u>Consideration</u>	<u>Event in Yards</u>	<u>Consideration</u>	<u>Automatic</u>
1:33.21	1:34.74	200 Medley Relay	1:46.21	1:44.21
1:38.40	1:40.13	200 Freestyle	1:50.57	1:48.74
1:49.57	1:51.57	200 Individual Medley	2:03.64	2:01.51
:20.54	:20.91	50 Freestyle	:23.54	:23.20
:48.92	:49.95	100 Butterfly	:55.49	:54.42
:44.95	:45.73	100 Freestyle	:51.05	:50.19
4:28.38	4:33.10	500 Freestyle	4:56.85	4:52.18
1:24.80	1:25.86	200 Freestyle Relay	1:36.94	1:35.36
:49.38	:50.37	100 Backstroke	:55.92	:54.80
:55.84	:56.98	100 Breaststroke	1:03.80	1:02.58
3:06.28	3:09.26	400 Freestyle Relay	3:31.02	3:27.65

DIVING QUALIFYING SCORES 2019-2020

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.*

Week 1

Test Date	Morning (8 a.m. Local Time)	Afternoon (12 p.m. Local Time)	Afternoon (2 p.m. Local Time)
Monday, May 4	AP United States Government and Politics	AP Physics C: Mechanics	AP Physics C: Electricity and Magnetism
Tuesday, May 5	AP Calculus AB AP Calculus BC	AP German Language and Culture AP Human Geography	
Wednesday, May 6	AP English Literature and Composition	AP European History AP Physics 2: Algebra-Based	
Thursday, May 7	AP Chemistry AP Spanish Literature and Culture	AP Japanese Language and Culture AP Physics 1: Algebra-Based	
Friday, May 8	AP United States History	AP Art History AP Computer Science A	

Week 2

Test Date	Morning (8 a.m. Local Time)	Afternoon (12 p.m. Local Time)
Monday, May 11	AP Biology	AP Chinese Language and Culture AP Environmental Science
Tuesday, May 12	AP Seminar AP Spanish Language and Culture	AP Latin AP Psychology
Wednesday, May 13	AP English Language and Composition	AP Microeconomics AP Music Theory
Thursday, May 14	AP Comparative Government and Politics AP World History: Modern	AP Italian Language and Culture AP Macroeconomics
Friday, May 15	AP Computer Science Principles AP French Language and Culture	AP Statistics

EXPLORER



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