

GUIDELINES FOR SUBMITTING 2021 VERIFICATION CARDS

Qualifications can be done with virtual cards or traditional paper cards.

For virtual cards, the following criteria must be followed:

- Meet entries done on swimmeetmaker.com
- Meet run using electronic timing and Hy-Tek Meet Manager
- Meet results uploaded after the meet to swimmeetmaker.com

For meets meeting the above criteria, virtual cards will show automatically on swimmeetmaker.com. More information can be found at www.swimmeetmaker.com/cifss.

For paper cards, download/ print verification cards for the 2021 season from the Swimming & Diving page at www.cifss.org. Coaches **MUST** complete the cards accurately and completely if they are to be accepted for the 2021 preliminary meet.

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 SHEET, HE/SHE IS VERIFYING THE INFORMATION IS ACCURATE AND CORRECT.

Coaches are reminded that a swimmer may qualify for the CIF-SS Championships 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.

2021 BOYS' VARSITY SWIMMING TIME STANDARDS- REVISED 3/12/2021

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
200 Medley Relay	1:34.85	1:43.34	1:39.00	1:44.20	1:41.86	1:48.24	1:52.31	2:06.32
200 Freestyle	1:41.66	1:45.89	1:43.91	1:48.98	1:46.93	1:55.22	1:56.55	2:19.39
200 Individual Medley	1:53.53	1:59.82	1:55.28	2:03.65	2:01.09	2:14.54	2:11.65	2:39.44
50 Freestyle	:21.22	:22.31	:21.71	:22.54	:22.18	:23.30	:23.18	:25.67
100 Butterfly	:50.28	:53.83	:51.75	:55.15	:52.17	:57.70	:58.20	1:07.92
100 Freestyle	:46.82	:48.57	:47.63	:49.73	:49.22	:51.43	:51.72	:57.86
500 Freestyle	4:35.98	4:54.26	4:43.58	5:00.62	4:52.70	5:24.59	5:22.13	6:36.66
200 Freestyle Relay	1:26.63	1:31.72	1:28.96	1:33.07	1:31.38	1:36.95	1:38.54	1:48.73
100 Backstroke	:51.59	:55.24	:52.82	:57.34	:54.79	1:01.90	1:03.86	1:16.22
100 Breaststroke	:57.92	1:01.24	:58.53	1:02.70	1:01.10	1:05.82	1:06.66	1:16.72
400 Freestyle Relay	3:09.19	3:19.13	3:15.36	3:22.75	3:21.86	3:36.55	3:44.62	4:10.82

2021 GIRLS' VARSITY SWIMMING TIME STANDARDS – REVISED 3/12/2021

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
200 Medley Relay	1:48.16	1:57.79	1:51.40	1:57.46	1:55.21	2:04.81	2:07.00	2:19.16
200 Freestyle	1:51.91	1:58.92	1:54.01	2:02.28	1:59.06	2:13.02	2:18.42	2:35.18
200 Individual Medley	2:05.21	2:14.48	2:11.16	2:20.62	2:14.60	2:31.40	2:26.27	2:51.89
50 Freestyle	:24.22	:25.24	:24.54	:25.78	:25.37	:26.85	:27.08	:29.26
100 Butterfly	:55.84	1:00.60	:58.66	1:02.50	:59.74	1:07.00	1:09.00	1:21.70
100 Freestyle	:52.17	:54.45	:53.19	:56.01	:54.58	:59.43	1:00.89	1:06.16
500 Freestyle	5:02.00	5:20.91	5:06.43	5:34.03	5:28.51	5:59.86	5:47.13	7:01.74
200 Freestyle Relay	1:38.35	1:45.02	1:40.82	1:47.26	1:44.80	1:51.38	1:53.39	2:02.50
100 Backstroke	:56.60	1:01.59	:58.48	1:03.42	1:01.38	1:08.14	1:07.31	1:18.57
100 Breaststroke	1:05.21	1:10.31	1:06.98	1:12.18	1:08.90	1:17.42	1:16.52	1:27.92
400 Freestyle Relay	3:33.89	3:50.37	3:41.55	3:53.64	3:52.57	4:07.48	4:20.28	4:46.87

Swimmers who wish to qualify for the 2021 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. ***For the 2021 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

2021 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.

2021 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**

2021 DIVING -- GIRLS Varsity Cut-off points

GIRLS	AUTOMATIC	CONSIDERATION	AUTOMATIC D.D. for 6 OPTIONAL dives	CONSIDERATION D.D.
11 DIVE COMPETITION				
DIVISION 1	340	250	11.9	11.6*
DIVISION 2	340	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 2021 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
March 13-20	forward group
March 22 - 27	back group
March 29 – April 3	inward group
April 5-10	twisting group
April 12-17	reverse group
April 19-24	forward group
April 26- May 1	back group
May 3 – May 8	inward group
May 10-15	twisting group
May 17-21	reverse 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.