

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
Eric Henninger, Garden Grove HS, Management
Don Holbrook, Management
Ryan Katsuyama, Management
Dale Lundin, Hoover HS/ Timing/ Management
John Montrella, SCAF
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
Linda Simons, CIFSS Rules Interpreter

E-MAIL ADDRESS

steven.bergen@mayfieldsenior.org
john.chamberlain@sbcusd.k12.ca.us
donconnerjr@gmail.com
corona_e@auhsd.us
dglaeser@cpp.edu
garciaa@svusd.org
ehenninger@ggusd.us
holbrookpolo@verizon.net
rkatsuyama@polytechnic.org
dlundin@gusd.net
jmontrella@aol.com
ishpsk@yahoo.com
joyceyphelps@gmail.com
Paul_Marceau@chino.k12.ca.us
jmobley@glendora.k12.ca.us
tprendergast@tustin.k12.ca.us
mthibault@avhsd.org
magswim@yahoo.com
szurn@nlmusd.org
scafswimtraining@gmail.com

DIVING ADVISORY COMMITTEE

COMMITTEE MEMBER

Curt Wilson
Doug Glaeser
Jason Wilson
Joyce Phelps, Mgmt, SCAF Dive Rep
Michael Copeland
Ryan Katsuyama, Poly/ Pasadena HS
Dan Badstubner, Mgmt

E-MAIL ADDRESS

curtis.wilson@cox.net
dglaeser@cpp.edu
coachjasonwilson@yahoo.com
joyceyphelps@gmail.com
coachcopeland@gmail.com
rkatsuyama@polytechnic.org
dan@danbad.com

GUIDELINES FOR SUBMITTING 2024 VERIFICATION CARDS

“CIFSS qualifying swimming times must be achieved using a fully automatic timing system”

You can download/ print verification cards for the 2024 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 2024 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 (no need for a card) properly signed must accompany the CIF Southern Section Championship entry.

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.

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

In DIVING, coaches are reminded that completed qualifying diving score sheets (no need for a card) properly signed must accompany the CIF Southern Section Championship entry.

“CIFSS qualifying swimming times must be achieved using a fully automatic timing system”

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."

“CIFSS qualifying swimming times must be achieved using a fully automatic timing system”

2024 GIRLS' VARSITY SWIMMING TIME STANDARDS

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
200 Medley Relay	1:48.61	2:02.00	1:52.38	2:00.22	2:00.26	2:07.73	2:13.59	2:24.22
200 Freestyle	1:52.09	1:59.47	1:55.76	2:05.22	2:00.42	2:14.71	2:13.34	2:28.10
200 Individual Medley	2:05.42	2:14.36	2:09.88	2:21.64	2:19.06	2:34.78	2:32.56	2:47.40
50 Freestyle	24.38	25.41	24.60	26.14	25.71	27.33	26.96	29.59
100 Butterfly	56.19	1:00.04	57.45	1:03.57	1:00.11	1:09.08	1:10.49	1:20.99
100 Freestyle	52.32	55.43	53.79	57.59	56.03	1:00.18	59.70	1:06.56
500 Freestyle	5:06.39	5:28.33	5:11.16	5:44.90	5:23.71	6:13.62	6:02.18	6:46.12
200 Freestyle Relay	1:38.41	1:52.00	1:42.35	1:51.59	1:47.22	1:53.89	1:56.42	2:06.82
100 Backstroke	58.08	1:02.51	1:00.34	1:06.20	1:02.17	1:11.03	1:07.36	1:18.02
100 Breaststroke	1:06.30	1:11.16	1:06.57	1:12.61	1:12.54	1:19.49	1:16.07	1:25.48
400 Freestyle Relay	3:35.00	4:06.00	3:44.44	4:06.40	3:56.71	4:21.04	4:17.71	4:49.51

2024 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	1:35.43	1:46.00	1:39.27	1:45.72	1:44.95	1:53.76	1:54.17	2:04.32
200 Freestyle	1:40.91	1:46.74	1:43.83	1:51.05	1:47.63	1:57.87	1:52.78	2:11.00
200 Individual Medley	1:52.93	2:00.11	1:56.68	2:06.19	2:03.23	2:20.11	2:15.13	2:33.02
50 Freestyle	21.27	22.35	21.72	23.03	22.33	23.91	23.16	25.35
100 Butterfly	49.89	53.47	51.25	55.32	53.28	1:00.27	58.56	1:08.12
100 Freestyle	46.24	48.56	47.80	50.10	48.78	53.06	51.36	56.54
500 Freestyle	4:35.99	4:55.14	4:41.71	5:07.31	5:00.91	5:32.08	5:16.00	6:24.39
200 Freestyle Relay	1:25.99	1:37.00	1:29.46	1:37.20	1:32.95	1:38.73	1:40.47	1:48.25
100 Backstroke	50.78	55.81	53.41	58.74	57.64	1:03.64	58.58	1:10.30
100 Breaststroke	57.72	1:01.06	59.51	1:04.04	1:01.76	1:08.74	1:07.33	1:17.32
400 Freestyle Relay	3:09.56	3:30.00	3:16.64	3:28.99	3:27.65	3:46.59	3:48.10	4:10.87

Swimmers who wish to qualify for the 2023 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 start and end dates specified for the high school season. ***For the 2024 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 entries.*** Those swimming in meter pools, please refer to the National Federation Rule Book for the conversion formula to convert time standards to meters.

Updated 1/11/23

2024 BOYS' AND GIRLS' VARSITY DIVING STANDARDS

DIVING POINTS FOR QUALIFYING FOR THE CIF SOUTHERN SECTION CHAMPIONSHIPS

“CIFSS qualifying diving scores must be achieved in a meet where electronic software containing a “dive verifying program” is used. Some examples are eDive and divemeets.com.”

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

1. Perform a list with the “Automatic D.D.” in their respective division and achieve the Qualifying score. This may be done in an 11- dive invitational meet or an 11 dive league championship contest.
2. Perform a list with the “Consideration D.D.” AND earn a qualifying score 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 D.D.” with the “Qualifying Score”.

NOTE: Any failed or incorrect dive on the qualifying scoresheet will have a 0.0 D.D. when calculating the total D.D. for an entry list. This will eliminate the possibility of listing a high D.D. dive that a diver cannot complete just to achieve the qualifying standard.

TO ENTER AS CONSIDERATION...Diver can submit one 11-DIVE Contest Sheet for CONSIDERATION which meets both the D.D. and Score requirement from an 11 dive contest. Divers in the consideration category will be ranked based on the total D.D. of the submitted list. Total score will only be used to break any ties for the final qualification spots.

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.

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

2024 DIVING -- BOYS Varsity Cut-off points

BOYS	QUALIFYING SCORE	AUTOMATIC D.D. for all 11 dives	CONSIDERATION D.D. for all 11 dives
11 DIVE COMPETITION			
DIVISION 1	325	22.5	19.8
DIVISION 2	300	21.5	19.0
DIVISION 3	275	20.5	18.0
DIVISION 4	275	20.5	18.0

“CIFSS qualifying diving scores must be achieved in a meet where electronic software containing a “dive verifying program” is used. Some examples are eDive and divemeets.com.”

2024 DIVING -- GIRLS Varsity Cut-off points

GIRLS	QUALIFYING SCORE	AUTOMATIC D.D. for all 11 dives	CONSIDERATION D.D. for all 11 dives
11 DIVE COMPETITION			
DIVISION 1	325	22.5	20.5
DIVISION 2	300	21.5	19.0
DIVISION 3	275	20.5	18.0
DIVISION 4	275	20.5	18.0

For the 2024 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 event. AUTO QUALIFYING D.D. for CHAMPIONSHIPS FOR ALL DIVISIONS requires the divers to compete a reasonably challenging 11 dive list. They may AUTO qualify with (1) one 11- dive contest list. NOTE: Any failed or incorrect dive on the qualifying scoresheet will have a 0.0 D.D. when calculating the total D.D. for an entry list. This will eliminate the possibility of listing a high D.D. dive that a diver cannot complete just to achieve the qualifying standard.

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 17 – 24	forward group
February 25 - March 2	back group
March 3 – 9	inward group
March 10 – 16	twisting group
March 17 – 23	reverse group
March 24 – 30	forward group
March 31 – April 6	back group
April 7 – 13	inward group
April 14 - 20	twisting group
April 21 - 27	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

- A. Eleven (11) dives – 5 voluntary, 6 optional, Rule 9, Section 4, of the NFHS Swimming and Diving Rules Book.
- B. Five (5) to Nine (9) judges – Rule 9, Section 6.
- C. Consideration points require submitting one 11 dive contest sheet from an invitational or league meet.
- D. All score sheets **MUST** be signed by the COACH, ATHLETE, DIVING REFEREE and the MEET

DIRECTOR. Blue Verification Cards are no longer required for entry to the CIF-SS Diving Championships

E. ALL submitted dive sheets must be done using electronic scoring (divemeets.com, eDive, etc.) to ensure the list has accurate D.D.'s and scoring calculations are correct.

ATTENTION FREELANCE SWIMMERS/DIVERS:

Rule 3410 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.

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