

CIF SOUTHERN SECTION



SPRING 2024

Swim and Dive



PLAYOFF BULLETIN



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2024 S WIMMING & DIVING CHAMPIONSHIP BULLETIN

Updated 3/14/24

DIVING ENTRY PROCEDURES

FOR THE 2024 CIF SOUTHERN SECTION – FORD

DIVING CHAMPIONSHIPS

Coaches must list their diver/s as participants in the 1/3m diving event @ Swim Meet Maker (www.SwimMeetMaker.com) AND upload an electronic PDF of the qualifying dive list (this is the dive sheet from the meet when the diver achieved their qualifying score). Hand-written sheets (or sheets where a dive verification program was not used to create the list) will not be accepted.

ENTRIES DUE NO LATER THAN 9:00 P.M. ON MONDAY, APRIL 22ND.

NO EXCEPTIONS!

On Tuesday, April 23 at 10:00 a.m., check the <http://faculty.polytechnic.org/cifss> website to see if your diver is listed as one of the top 36 qualifiers. If their name appears, the diver has qualified and can now submit their list at www.divemeets.com. This is the list they intend to perform the day of their divisional championship.

SWIMMING ENTRY PROCEDURES

FOR THE 2024 CIF SOUTHERN SECTION – FORD

SWIMMING CHAMPIONSHIPS

Coaches must submit their entries online via Swim Meet Maker (www.SwimMeetMaker.com).

SwimMeetMaker will be open for entries beginning on Thursday, April 4th.

If you have not yet received an email invitation from SwimMeetMaker, contact Tamara at the CIF Office (tamarat@cifss.org) or 562.493.9500.

**All information must be completed and submitted
NO LATER THAN 9:00 A.M. ON SATURDAY, APRIL 27TH.**

NO EXCEPTIONS!!

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

ATTENTION ATHLETIC DIRECTOR & SWIMMING/DIVING COACH:

The checklist below will assist in covering all entry information needed for the 2024 CIF Southern Section Ford Swimming & Diving Championships.

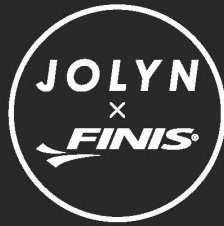
- **Sign into Swim Meet Maker** www.SwimMeetMaker.com
Register the appropriate information along with all your athletes (**DIVERS ALSO!**). If you have not received an invitation from SwimMeetMaker to create a login and password, please contact Tamara Towgood at the CIF Office (562.493.9500 or tamarat@cifss.org). You may sign in and out of SwimMeetMaker changing times and updating entries until the entry deadline of **9pm on Monday, April 22ND FOR DIVING and 9am on Saturday, April 27TH for swimming.**
- **Coaches Contact Information**
When you register your contact information with SwimMeetMaker, make sure you are providing the coach's phone number where he/she can be reached AFTER HOURS. If there are any issues with your entries, this is the number we'll call on the Saturday entries are due. Failure to provide a number where your coach or AD can be reached may result in entries being nullified if they're incorrect.
- **Coaches and Divers: If you have a diver(s) you must do the following..**
Add the diver to your roster in SwimMeetMaker. **Enter the "Qualifying Dive Score" and "Total Degree of Difficulty" for each. To get the total degree of difficulty (DD), add all eleven (11) DD numbers from the qualifying list together. Enter the name of the HIGH SCHOOL swim/dive coach (this is the person hired through your district) that will represent the diver on championship day. A club coach IS NOT a supervisor unless hired by your school district and cannot act as supervisor. If an athlete(s) arrives without their school designated swim/dive coach, they may not check in, warmup or compete. Upload the PDF of each diver's "Qualifying Dive Sheet". This document is the dive list from the meet where the athlete achieved the score entered and will be in electronic copy form with all signatures/information completed. At 10am on Tuesday, April 23RD, check the website <http://faculty.polytechnic.org/cifss/> to see the top 36 qualifiers per division. If your diver is listed as a qualifier, he/she will then enter their competition dive list at www.divemeets.com.**
- **Before Submitting Swimming Entries:** Each athlete will be permitted to swim a maximum of 4 events, no more than 2 of which may be individual. Being designated as an entry in a relay does not count as an event until the swimmer physically competes. You may list a swimmer in all three relays (and two individual events). You may not list a swimmer in three or more individual events.
ENTRIES MUST BE COMPLETED BY THE ENTRY DEADLINE OF MONDAY, APRIL 22ND @ 9:00 P.M. FOR DIVING AND SATURDAY, APRIL 27TH, 9:00 A.M FOR SWIMMING.
- **Pre Verification:** If your league championship is conducted using [SwimMeetMaker](http://www.SwimMeetMaker.com), **UPLOAD THOSE RESULTS FOLLOWING YOUR CHAMPIONSHIPS** as it helps with the time verification process during check-in. Electronic submission of league results from meets **NOT** using [SwimMeetMaker](http://www.SwimMeetMaker.com) may be submitted. Coaches **MUST** maintain verification cards in case electronic submission is not done correctly; you will have to verify your times. Bring your cards to championships.

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

**If you have any questions regarding the information above,
Please contact Tamara Towgood (tamarat@cifss.org) at the CIF office (562.493.9500).**

CIF SOUTHERN SECTION DIVING ENTRY DEADLINE IS MONDAY, APRIL 22ND @ 9:00 P.M.
CIF SOUTHERN SECTION SWIMMING ENTRY DEADLINE IS SATURDAY, APRIL 27TH @ 9:00 A.M.

NO EXCEPTIONS!



NONTRACT! TEAM CONTRACT

OFFICIAL SWIMSUIT SPONSOR OF CIF

JOLYNxFINIS - Strives to put athletes first by offering choice and discounts on practice suits, tech suits and training equipment for ALL!

TEAM STORES - Athletes can purchase individual suits and apparel from one place, with the option to fundraise for their team.

APPAREL - Add your team logo to our JOLYN shorts, sports bras and unisex activewear.

CONTACT - teamsales@jolyn.com and a team sales associate will reach out to you.

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COVERAGE
ADJUSTABLE
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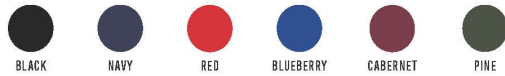


TIGER
MSRP \$64
SIZE
24 26 28 30
32 34 36 38
FINA APPROVED
MEDIUM-FULL
COVERAGE
FIXED BACK



DEVON
MSRP \$64
SIZE
24 26 28 30
32 34 36 38
FULL
COVERAGE
FIXED BACK

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ADDITIONAL COLORS FOR WOMEN ONLY



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26 28 30 32
34 36 38
YOUTH SIZE
18 20 22
24 26



JAMMER
MSRP \$42
SIZE
26 28 30 32
34 36 38 40
YOUTH SIZE
18 20 22
24 26



BLADEBACK
MSRP \$42
YOUTH SIZE
18 20 22
24 26



TEAM FLEECE
MSRP \$50-64
SIZE
XS S M L XL
● BLACK
● SHADOW



CUSTOM TEAM LOGOS

We can customize your JOLYN and FINIS suits with your logo or individual names.

Send us your logo or let our design team create exactly what you are looking for.



TEAM SWIM CAPS

Order silicone or latex caps for the team this season! We also offer the option to personalize caps with individual names.

20% OFF ALL FINIS EQUIPMENT
30% OFF ALL FINIS TECH SUITS

CONTACT US AT teamsales@jolyn.com
jolynxfinis.com



CIF Swimming & Diving Online Entry Process

STEP 1—ACCESSING YOUR SWIMMEETMAKER ACCOUNT

Each school has been assigned a SwimMeetMaker account for his/her team. Once you receive the invitation from SwimMeetMaker you can log in using the username and password that you created last year. Your account will have the ability to enter both boys and girls. If you have other coaches who should have access, use the “Invite Your Coaches” link to complete the account set up process. If you do not have an account from last year, you will get in invitation to create one. In this case, **The invitation will be the ONLY way you can create an account in SwimMeetMaker and have access to the CIF meet.**

If you have any problems logging in with the username and / or password, contact Tamara Towgood at the CIF Office (tamarat@cifss.org) or 562.493.9500

****Go to www.SwimMeetMaker.com and log in with your username and password****

STEP 2--SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into the CIF meet, the athlete must be listed on your team roster.

- 1) Click on the “Roster” tab and either “Add New” (manual) or “Import” (use the available template).
- 2) Review/add/edit your athletes in your roster for the CIF meet by clicking on the “Eligibility” button listed by the CIF Meet.
- 3) Mark which athletes you want to have eligible to participate in the CIF Championship meet (don’t forget to include your relay alternates and divers!).

STEP 3--SUBMITTING ONLINE MEET ENTRIES

Once your athletes are added to your roster, you may start submitting your meet entries.

- 1) On your SwimMeetMaker HOME page, look at your “Upcoming Meets”. Click on the “Event Entry” button to begin the entry process. If the division is incorrect, contact the CIF office immediately!
- 2) Select the appropriate gender and click the “Load” button. Your roster for the CIF meet should appear. If the roster does not appear, make sure the athletes are on your eligible roster for the meet! (see the Setting up your Online Roster instructions above).
- 3) Mouse over the box corresponding to your athlete and the event to begin entering your athletes into “Individual Events” and “Relay Events” (you should see “Enter” appear). Every time you click the “Save” button in SwimMeetMaker, that athlete is now entered in that event. There is no additional step required to submit your entries.
- 4) For divers, you must enter the diving score and the corresponding degree of difficulty (add all 11 degrees of difficulty from the 11 dive list to obtain the total). **UPLOAD THE DIVE SHEET REFLECTING THE SCORE/DD ENTERED.** This sheet should be signed by the coach and meet official.
- 5) Once you have finished, click on the “Email my entries” link at the bottom of the page to receive an EMAIL confirmation.
- 6) You may make changes to your swimming entries as often as you wish up to the entry deadline (**9 AM on Saturday, April 27th**).
 - **Don’t forget to enter your divers into SwimMeetMaker no later than April 22ND @ 9:00 p.m.**
 - Make sure the swimming times entered MATCH the verified times on your Green or Yellow CIF Verification Card (**which you must present to Check-In officials at prelims**).
 - As soon as you get this information, login to your account to familiarize yourself with the entry process. Do not wait until the day before the entry deadline!

CIF SOUTHERN SECTION DIVING ENTRY DEADLINE IS MONDAY, APRIL 22ND @ 9:00 P.M.

CIF SOUTHERN SECTION SWIMMING ENTRY DEADLINE IS SATURDAY, APRIL 27TH @ 9:00 A.M.

CIF-SS Office Contact: Tamara Towgood phone (562)493-9500 email tamarat@cifss.org.

TO: BOYS' AND GIRLS' SWIMMING & DIVING COACHES
 FROM: KRISTINE PALLE, ASSISTANT COMMISSIONER
 SUBJECT: **2024 CIF-SS SWIMMING & DIVING PRELIMS AND CHAMPIONSHIPS**

This bulletin provides information on procedures and other details of the 2024 CIF Southern Section Swimming & Diving Championships. The Swimming and Diving Championships will be conducted at Mt. San Antonio College, 1100 N Grand Ave., Walnut, CA 91789.

FORMAT

This year's swimming and diving competitions will be held in four divisions (1, 2, 3, and 4) for both boys and girls. Freelance schools must have requested placement prior to this time.

Individuals and relay teams with the 36 fastest or automatic time standard times will compete in the preliminary event.

SWIMMING CHAMPIONSHIPS

April 30 – May 4, 2024

Mt. San Antonio College – 1100 N Grand Ave., Walnut, CA 91789

NOTE: Athletes and coaches will be admitted to all sessions two hours prior to competition, spectators will be admitted 1 hour prior to competition.

<u>Division</u>	<u>Prelims</u>
1	Thur., May 2 nd ; 9:00 a.m.
2	Wed., May 1 st ; 4:00 p.m.
3	Wed., May 1 st ; 9:00 a.m.
4	Tues., April 30 th ; 9:00 a.m.

<u>Division</u>	<u>Finals</u>
1	Sat., May 4 th ; 12:00 p.m.
2	Fri., May 3 rd ; 3:00 p.m.
3	Fri., May 3 rd ; 10:00 a.m.
4	Thur., May 2 nd ; 4:00 p.m.

DIVING CHAMPIONSHIPS

April 24-25, 2024

Marguerite Aquatic Complex, 27474 Casta Del Sol, Mission Viejo, CA 92692

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

Athletes and HS coaches must confirm and initial the submitted dive lists before being allowed to enter warm up.
 Changes are permitted until 30 minutes prior to the start of competition.

	<u>Division</u>	<u>Finals</u>
*Actual time line based on qualifiers will be posted on CIF website by 11:00 a.m. on Tuesday, April 23RD.		
Session 1	Wednesday, April 24 th , D2 Boys & D2 Girls	competition completed by 2:00 p.m.
Session 2	Wednesday, April 24 th , D3 Boys & D3 Girls	competition completed by 2:00 p.m.
Session 3	Thursday, April 25 th , D1 Girls	competition completed by 2:00 p.m.
Session 4	Thursday, April 25 th , D1 Boys & D4 Girls & D4 Boys	competition completed by 2:00 p.m.

DIVING STATE QUALIFIER (TOP 12 REGARDLESS OF DIVISION) Tuesday, April 30th, 3:00 p.m.
 at Mt. San Antonio College, 1100 N Grand Ave., Walnut, CA 91789.



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THE
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SWIMMING -- QUALIFYING

- (1) A swimmer may qualify for the swimming prelims in any interscholastic dual, triangular, invitational, or league championship meet during the 2024 CIF-SS swimming season. The swimmer may **NOT** qualify in any competition designated as a time trial or in any meet other than scholastic competition (e.g., USA SWIMMING, YMCA).
- (2) It will be the responsibility of each coach to make sure that their completed online entries are submitted **PRIOR TO THE DEADLINE – Diving MONDAY, APRIL 22ND; 9:00 p.m. and Swimming SATURDAY, APRIL 27TH 9:00 a.m.** **IT WILL NOT BE POSSIBLE TO ACCEPT ANY LATE ENTRIES. THE ONLINE ENTRY PROCEDURE IS FOR BOTH SWIMMING AND DIVING. THERE WILL BE NO EXCEPTIONS. FAILURE TO HAVE THE ONLINE ENTRY PROCESS COMPLETED BY THE DEADLINE, REGARDLESS OF THE REASON, WILL RESULT IN DENIAL OF ENTRANCE INTO THE MEET.**
- (3) **Verification Cards will be submitted AT CHECK IN FOR PRELIMS for the events the athletes are entered in. Time verification cards for all swimmers, including relay teams, must be brought to Prelims and presented at Coaches Check-In.**
- (4) Before a qualifying time from a dual meet is official, it must be signed by the starter and the coach, attesting to the fact that the qualifying time was made in compliance with all the rules. **NOTE:** There must be automatic timing for entries to qualify as an official time.
- (5) In submitting entries for qualifying times recorded in league championships or invitational meets, it is necessary to have only the signature of the Meet Manager to verify the official time.
- (7) **ALL SWIMMING QUALIFICATION INFORMATION WILL BE AVAILABLE ON THE WEBSITE faculty.polytechnic.org/cifss ON SATURDAY, APRIL 27TH AFTER 3 P.M.**

MAXIMUM NUMBER OF EVENTS

- (1) Each athlete will be permitted to enter a **maximum** of 4 events, no more than 2 of which may be individual events (including entries for consideration). Being designated as an alternate on a relay does not count as an event until the swimmer actually competes in the relay. You may enter a swimmer in three relays and two individual events with the notion that the swimmer will not exceed four events. Determinations for relays can be made at the meet.
- (2) Each team shall be permitted a maximum of 4 entries per individual event and 1 team per relay event.
- (3) After the deadline for receiving entries has passed, no athlete may be entered into additional events, (including relays). In relay events, eight individuals may be listed as entries, any four of which shall be assigned to swim, providing the rule of maximum number of events is not violated.

QUALIFYING GUIDELINES

When competition is conducted in 8 lanes or more (open lanes count towards 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 towards the 6) from the starter.

CONSIDERATION TIMES

Information regarding entrance into the meet via a consideration time will be available on the web site faculty.polytechnic.org/cifss on Saturday, April 27TH @ 3:00 p.m. **Any questions, corrections, or concerns can be emailed to Tamara Towgood of the CIF Southern Section at tamarat@cifss.org.**

SEEDING

Seeding for all divisions will follow National Federation rules and will be based upon the qualifying times submitted

for each athlete.

SCORING

Varsity (18 places)

- (1) Relays: 44-38-36-34-32-28-26-24-20-16-14-12-10-8-6-4-2
- (2) Individual Events: 22-19-18-17-16-14-13-12-10-8-7-6-5-4-3-2-1

ADMISSION TO SWIMMING

- (1) **PARTICIPANTS** – All qualifiers will be admitted two (2) hours prior to competition start with their coach.
- (2) **COACHES** – Teams will be given one (1) coaches deck pass. If a school has 12 or more entries (same gender) the school may have two deck passes.
- (3) **PARTICIPANT SEATING** - Participant seating areas will be located inside the swimming stadium. Designated areas are participant seating only.
- (4) **SPECTATORS** – Will be admitted 30 minutes prior to meet start. There will be designated spectator areas. Spectators may not be behind the blocks, in the coaches' area or on deck.
- (5) **TRAINERS** - Training tables may be set up in designated team areas. Schools are encouraged to have medical personnel or school trainers available for injuries and emergencies.
- (6) **SHAVING** - For health reasons, shaving may not be done at any competition site. (Per Rule 3-6-1, page 32, 2023-2024 NFHS Swimming Rule Book)

GENERAL INFORMATION

SWIM SUITS

SPECIAL NOTE: A competitor shall not be permitted to participate wearing a suit that is not of **decent appearance**. Boys' suits will cover the **buttocks**. Girls shall wear suits that cover the buttocks and chest. (Per NFHS Rule 3-3-1) **Any competitor found in violation of this rule will not be permitted to participate.** In addition, all suits **MUST** comply with National Federation specifications.

STARTING AND TIMING SYSTEM

An electronic timing system with a tone starter will be used.

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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 “Consideration 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.”

2023 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

DIVING ENTRY PROCEDURE FOR 2024

TO REGISTER FOR THE 2023 DIVING COMPETITION – THREE THINGS MUST HAPPEN

1. Coach will register divers name, qualifying score, total degree of difficulty and upload qualifying dive sheet in SwimMeetMaker, along with listing the name of the High School Certified supervisor that will be accompanying the athlete to the CIF competition.
2. BOTH THE COACH & DIVER **MUST REGISTER** at www.divemeets.com/steps.html. This will be the site used to manage all dive lists for championships. Follow the specific directions on the site to proceed. **ENTRIES ARE DUE BY MONDAY APRIL 22ND AT 9PM. NO EXCEPTIONS!**
3. You must upload your signed qualifying dive sheet to Swim Meet Maker. (also mentioned in step 1)

Although changes can still be made up to 30 minutes before the contest, (Rule 9, Section 3, Article 5), all divers must have their verified list confirmed and initialed by the diver and high school coach before being allowed entry for warm-ups.

SUPERVISION OF ATHLETES

The Southern Section Office has experienced a problem which has perpetuated itself over the past few years as it pertains to proper supervision and entry of student-athletes in the post-season playoffs.

The situation relates mostly to individual sports, i.e. CROSS COUNTRY, INDIVIDUAL TENNIS, TRACK, SWIMMING/DIVING, etc. and the official recognition and registration of entrants at the respective playoff sites.

State and Southern Section Rule 503E 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 #506B. (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 may send one credentialed or certified supervisor for multiple 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 BOTH THE STATE CIF OFFICE, ITS GENERAL COUNSEL AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE. IT HAS BEEN REAFFIRMED THAT THE INTERPRETATION STANDS AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER DIRECT SUPERVISION IN ACCORDANCE WITH STATE AND SOUTHERN SECTION RULE 308, IS TO BE DENIED ENTRY FOR PARTICIPATION IN THE COMPETITION.

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



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F-150 RAPTOR



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