



WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION

WIAA/DAIRY FARMERS OF WASHINGTON/LES SCHWAB TIRES

2016 Bound for State Regulations



November 13-14, 2015

Girls Weyerhaeuser King County Aquatic Center, Federal Way

February 19-20, 2016

Boys Weyerhaeuser King County Aquatic Center, Federal Way

Changes from the 2014-15 Swimming/Diving Regulations are indicated in bold type and shaded.

Meet Rotation – During the school years beginning with an even number year, the 4A prelims and finals will take place prior to the 2A, 3A prelims and finals, during both days of the Championships. The meet management will determine the time of the diving competitions.

Allocations - Allocations in swimming and diving are assigned to each WIAA District. The allocations are not in addition to those who have met or exceeded the minimum qualifying standards.

State Meet Manager - Jeff Lowell, lowellj@bsd405.org

State Awards Presentation-During the awards presentations at the state meet all competitors who receive award and are called to stand on the awards platform must wear school team apparel overtop of their swimming suit.

Entries and Registration - Swimmers who wish to advance to the State meet on the basis of minimum standards must be entered in and compete in that event(s) at the District meet (exception: swimmer could be entered in three (3) relays at the District meet, swim only two (2) relays at the District meet and be free to swim in any of the three (3) relays at the State meet, though still subject to the four (4) event rule. In order for a competitor to be officially entered in the State meet, coaches must submit the Entry Form to the District Meet Manager at the conclusion of the District meet.

State Qualification Process: In order for an athlete to qualify for the WIAA Washington State High School Swimming and Diving Championships using a regular season qualifying time, the coach/representative of the school team must do the following within ONE week (7 days) of the meet date:

1. Posted state times for consideration to the WISCA.ORG website
 - a. All times must be achieved through electronic timing (a timed touchpad finish) **OR** a minimum two-watch hand timed, or two-button hand timed finish.
 - b. Relay leadoff times may be used if:
 - i. The times are achieved using either an electronic touchpad split or two separate designated split timers, located at the lane, and declared to the referee prior to the start of the race.
2. Submit an electronic copy of the complete meet results to the WIAA state meet director, Jeff Lowell at jefflowell9969@gmail.com.
 - a. The meet results must include the following:
 - i. all teams competing in the meet
 - ii. all participants – this includes separate JV results
 - iii. In the message to which the results are attached the name and contact email of the meet referee must be included in the event further verification is necessary.
 - b. NOTE: Individual time cards, results without all teams and/or times, or other incomplete results will not be accepted for verification.
3. If this procedure is not followed, the athlete's time **SHALL NOT** be used for qualifying into the state meet by time.

4. Coaches – Please remember that athletes must be entered into the state meet through Direct Athletics and Divemeets.com. Specific information regarding this process can be found on the WISCA website.

Swimmers may qualify for the WIAA Washington State High School Swimming and Diving Championships by equaling or bettering the posted time standards in any sanctioned high school dual, double-dual, triangular, or invitational swim meets during the current WIAA season. These include:

- Sanctioned Washington State high school meets with two or more WIAA competing schools.
- Out-of-state dual and invitational meets that follow WIAA guidelines.
- **NOTE: Intra-squad, alumni, time trial, and other one-team competitions may not be used for achieving regular season state qualifying times.**

National Federation Rule 3-2-2 NOTE has NOT been adopted for interscholastic swimming in Washington. Up to eight (8) relay swimmers MUST be listed on the Relay Entry Form.

The time submitted for each competitor must have appeared on the WISCA web page (wisca.org) or in the District results. The District Meet Manager is responsible for submitting the District meet results to the State Meet manager or designee immediately after the District meet.

NFHS Rule 3-2-2 also states that “a competitor may withdraw from a preliminary event or final with a declared false start. Notice must be given to the referee at a specified time.” The coach and athlete(s) MUST be on site and the specified declared false start times shall be as follows:

In preliminary rounds, the declared false start must be declared prior to the start of the event.

In the championship rounds, for Events 1-5 (200 MRelay through Diving,) the declared false start must be declared 30 minutes prior to the scheduled start of the meet. For Events 6-12 (100 Fly through 400 F Relay,) the declared false start must be declared prior to the end of the 50 Free.

If the declared false start is used in the consolation or finals, the alternate will be called up and the event will be reseeded.

Passes - One pass per qualified competitor. If the only competitor from a school competes in the 500 Free, an additional pass will be granted for a lap counter.

1. Swim Coaches - One pass may be issued for every four swimmers (one to four swimmers, one pass; five to eight, two passes) up to a maximum of three passes. Passes must be visible at all times coaches/managers are on the deck.
2. Diving Coach - A school with one or more divers may receive one additional coach/manager pass. Pass must be visible at all times coach is on the deck.

UNDER NO CIRCUMSTANCES WILL A SCHOOL RECEIVE MORE THAN FOUR COACHES PASSES.

3. Student Managers – One per participating school. Pass must be visible at all times manager is on the deck.

District Meet Manager Responsibilities - Send results and Entry Forms to the State Meet Manager immediately following the District meet.

District Qualifying Meets - Each District will determine the site(s) and date(s) for the District qualifying meet; however, the qualifying meet must be concluded by the Saturday evening prior to the State meet

Districts may combine or divide allocations and hold Inter-district meets; however, all rules as they pertain to State qualifying meets apply.

Qualifying Standards - Sixteen (16) individuals and sixteen (16) relay teams will be allocated in each event. In addition to the allocations, an individual may qualify by meeting the minimum time standards in a district qualifying meet. Through the allocation process, qualifying time standards, and subsequent fastest times from the consolation or championship heats in district qualifying meets, twenty-four (24) individuals and twenty-four (24) relay teams will swim in each event (16 entry event) (8 entry event will have 16).

	<u>Individual Events</u>			<u>Relays</u>		
Allocations	8	OR	16	8	OR	16
Time Standards*(1) +						
Subsequent fastest District times** (2)	<u>8</u>		<u>8</u>	<u>8</u>		<u>8</u>
TOTAL	16		24	16		24

*(1) The time standards are determined as follows:

- a. The Time Standards are determined by the WIAA and the Time Standards Committee of the Washington Interscholastic Swim Coaches Association, using the 16th place preliminary times from the three previous state meets as a guide.

A swimmer who meets the time standard in any interscholastic meet will qualify for the state meet, provided the swimmer competes in that event(s) at the District Meet.

** (2) Once the number of qualifiers per event has been determined (based upon the allocations and time standards), the next fastest qualifiers (based upon times achieved in the consolation and championship heats of the District meets) will be seeded into the meet according to the criteria established in the National Federation Swimming and Diving Rule Book, in order to achieve the maximum number of competitors (16 individuals and relay teams for 8 allocation event and 24 individuals and relay teams for 16 allocation event). It is strongly recommended that electronic timing be utilized at all District meets.

Verifiable times must be posted on the WISCA Web site (wisca.org) within seven days of achieving the qualifying time. A qualifying time, intended to be used for entry into the state meet must be established with an electronic time system or with 2 watches (3 recommended). The official time is to be entered on the entry card or automatic timing printout, signed by the referee and sent to Bob Regan with a postmark within seven (7) days of the competition.

Diving - All divers must qualify in 11-dive competition. **Each WIAA district may sponsor up to four (4) eleven-dive meets with each diver limited to participating in a maximum of four (4) such meets (in**

addition to the twelve regular season meets.) Payment for qualifying meets is up to WIAA District policy. **Divers may qualify for the state meet only through competition provided by their WIAA District.**

In order to qualify for the state championship, other than by the allocation from the District meet, the divers must meet a two-part qualifying standard consisting of:

Minimum Degree of Difficulty and point totals for the 6 dives optional:

<i>a. 4A</i>	<i>Girls</i>	<i>11.6</i>	<i>= 365</i>	<i>a. 4A Boys</i>	<i>11.6</i>	<i>= 365</i>
<i>b. 3A</i>	<i>Girls</i>	<i>11.6</i>	<i>= 350</i>	<i>b. 3A Boys</i>	<i>11.6</i>	<i>= 350</i>
<i>c. 2A</i>	<i>Girls</i>	<i>11.6</i>	<i>= 320</i>	<i>c. 2A Boys</i>	<i>11.6</i>	<i>= 320</i>

There will be up to 16 entries for 8 allocation event and 24 entries for 16 allocation event at the State Diving Championships including the wildcard entries. Wildcard entries are only accepted from district finals score only.

District allocations apply in diving as an individual event.

SOUVENIR PROGRAM INFORMATION - Please submit individual head shots of your top individuals for possible use in the program by November 4 for girls and by February 3 for boys on the WIAA website <http://wiaa.com/subcontent.aspx?SecID=335>. For questions contact Conor Laffey at the WIAA at 425-282-5240 or claffey@wiaa.com