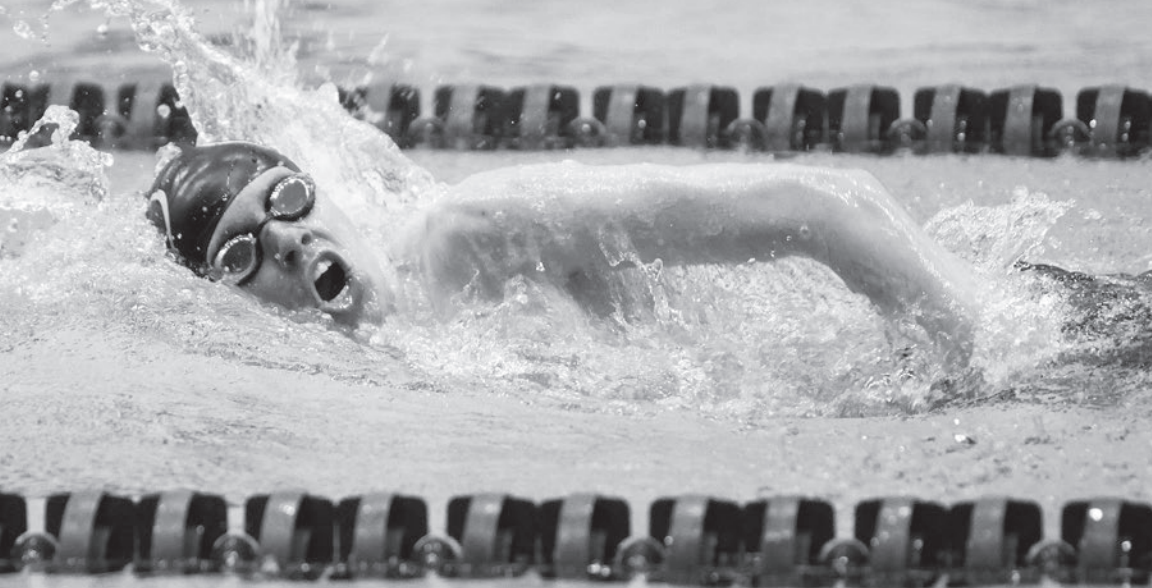




# SWIMMING & DIVING





## Swimming & Diving Coaches' Committee

(Listed by Districts)

(1)	Cathy Hudson	Fairhope	<a href="mailto:hokiehudson@mchsi.com">hokiehudson@mchsi.com</a>
Bi-District	N/A		
(2)	Trent Trawick	Enterprise	<a href="mailto:ttrawick@enterpriseschools.net">ttrawick@enterpriseschools.net</a>
(3)	Mark Skipper	Prattville	<a href="mailto:mary.skipper@acboe.net">mary.skipper@acboe.net</a>
Bi-District	N/A		
(4)	Tat Dellinger	Auburn	
(5)	Joe Raines	Westminster	<a href="mailto:jeff@amarketingstore.com">jeff@amarketingstore.com</a>
Bi-District	Anthony Harris	Central Tuscaloosa	<a href="mailto:aharris@tusc.k12.al.us">aharris@tusc.k12.al.us</a>
(6)	Paula Reynolds	Gadsden City	<a href="mailto:preynold@gcs.k12.al.us">preynold@gcs.k12.al.us</a>
(7)	Rachel Graves	Florence	<a href="mailto:rigraves@florencek12.org">rigraves@florencek12.org</a>
Bi-District	N/A		
(8)	Wade Thaxton	Bob Jones	<a href="mailto:wthaxton@madisoncity.k12.al.us">wthaxton@madisoncity.k12.al.us</a>

# The Championship Program

**First Practice – Aug. 6 First Contest – Aug. 23**

## Online Requirements For All Sports

### POSTING SCHEDULES

Schools must post season schedules on the AHSAA website in the Members' Area by the deadline dates listed below. Failure to do so could result in a fine assessed to the school. Schools may go online and make any changes immediately as they occur.

Deadlines for posting schedules:

May 1 – fall sports (football only)

June 1 – fall sports (volleyball, cross country, swimming & diving)

Sept. 15 – winter sports (wrestling, basketball, indoor track)

Jan. 15 – spring sports (baseball, softball, outdoor track, soccer, golf, tennis)

### POSTING ROSTERS

Schools are required to post team rosters prior to its first contest of the season.

### POSTING SCORES

Schools are also required to post scores of contests online immediately following all contests in the regular season (and within 24 hours after regular season tournaments) and in the playoffs or be subject to a fine.

In the post-season playoffs, failure to report scores immediately after a contest will subject the school to a fine.

1. The swimming and diving program consists of two divisions 1A-5A and 6A-7A for boys and two divisions for girls with competition in sectional and state meets.
2. Swimming competitions require students to meet qualifying standards in order to participate in the Sectional Meet. There are no qualifying standards for diving and swimming relays for the sectional meet. In order to participate at the State Meet, students will qualify by finishing in the top three at each Sectional Meet or by meeting qualifying standards at the Sectional Meet.
3. State meet: Diving competition consists of five voluntary dives and six optional dives. The five voluntary dives shall come from each of the five groups with their assigned degree of difficulty having a sum total of 9.0 or less. The six optional dives shall include at least one from each of the five groups. No more than one optional dive from the same group is permitted through the semifinals. All five groups must be represented in the first eight rounds.
4. Each high school is limited to eight meets prior to the sectional and state meets.
5. All participants must be eligible under AHSAA rules. Only high school varsity teams and individuals representing high schools are eligible for the state meet.
6. All high school meets will be conducted under National Federation rules.
7. All participants in any meet must be accompanied by a certified coach from their school.
8. Schools that fail to participate in sectional or state meet after submitting entry forms are subject to a monetary fine.

## Special Rules

1. Participants must equal or exceed the established qualifying times for individual swimming events in order to be eligible for the sectional meet. There are no qualifying standards for relay events and diving.
2. Qualifying times may be achieved anytime after Aug. 1, 2018, in sanctioned high school meets, USA-sanctioned meets, Parks and Recreation-sponsored meets and any other approved meet. (A seasonal membership fee may be involved with participation in the USA swimming meets.)
3. If a swimmer fails to achieve qualifying time in any sectional meet event, the coach must provide Proof of Performance for the entered time (a copy of meet results). Otherwise, the swimmer will be disqualified from the sectional meet. A Proof of Performance clerk will be available at the head table.
4. Sectional Meet qualifying times:

Boys		Event	Girls	
1A-5A	6A-7A		1A-5A	6A-7A
		200 Medley Relay		
2:24.99	2:13.99	200 Freestyle	2:36.99	2:25.99
2:40.99	2:29.99	200 IM	2:55.99	2:41.99
0:29.99	0:27.99	50 Freestyle	0:30.99	0:30.99
		Diving		
1:10.99	1:07.99	100 Butterfly	1:17.99	1:13.99
1:04.99	1:00.99	100 Freestyle	1:07.99	1:07.99
6:30.99	6:00.99	500 Freestyle	6:57.99	6:23.99
		200 Freestyle Relay		
1:23.99	1:08.99	100 Backstroke	1:18.99	1:13.99
1:22.99	1:16.99	100 Breaststroke	1:31.99	1:24.99
		400 Freestyle Relay		

5. State Meet qualifying times (based on the 2017 meet results):

Boys		Event	Girls	
1A-5A	6A-7A		1A-5A	6A-7A
2:06.09	1:55.61	200 Medley Relay	2:13.00	2:03.00
2:10.89	1:57.30	200 Freestyle	2:15.09	2:06.42
2:25.79	2:12.00	200 IM	2:35.09	2:22.83
0:25.79	0:23.76	50 Freestyle	0:28.00	0:26.00
200.00	200.00	Diving	200.00	200.00
1:05.19	58.03	100 Butterfly	1:12.00	1:03.00
0:57.99	53.01	100 Freestyle	1:00.89	57.32
5:53.69	5:20.38	500 Freestyle	6:03.79	5:40.00
1:50.49	1:41.82	200 Freestyle Relay	1:59.99	1:50.15
1:06.19	1:00.19	100 Backstroke	1:09.39	1:04.42
1:14.79	1:09.03	100 Breaststroke	1:20.59	1:14.11
4:15.99	3:52.63	400 Freestyle Relay	4:15.99	4:09.89

## Sectional Meets

- DATE:** Nov. 16-17, 2018
- SITES:** South – Mobile – Bishop State Pool, 351 North Broad St., Mobile, Alabama 36633  
Central – Birmingham – Birmingham CrossPlex, 2337 Bessemer Rd., Birmingham, AL 35208  
North – Huntsville – Huntsville Natatorium, 2213 Drake Ave., Huntsville, AL 35805
- DIRECTORS:** TBA
- REFEREES:** TBA
- ENTRIES:** All swimming entries must be submitted using HY-Tek and all diving entries must be submitted using Dive Meets. Information regarding Hy-Tek and Dive Meet is available on the AHSAA website Swimming & Diving page. Once entered on HY-Tek and Dive Meets, each school should e-mail their entries to the appropriate Sectional Meet director below by Monday, Nov. 12, 6 p.m.:  
South – Tyler Kerns, SHSCcoachTK@aol.com  
Central – Murray Lewis, jrlewis84@yahoo.com  
North – Larry Devaney, ldevaney@knology.net
- Late entries will not be accepted. It is the school's responsibility to enter individual swimmers. Teams will receive a confirmation e-mail with entry lists for final approval. **NO LATE ENTRIES OR DECK SEEDED ENTRIES WILL BE ALLOWED.**
- ENTRY LIMIT:** A team may enter only six (6) individuals per event and one (1) relay team per event. A participant may enter a maximum of four (4) events (diving events included), no more than two (2) of which may be individual events. Entries exceeding the limit will be deleted from the fifth entry on. Only the top 4 finishes will advance into Finals. **Only certified AHSAA coaches should be on the deck.**
- NOTE:* Schools may enter their relay teams without individual names. It shall not count as an entry unless the competitor actually competes in the event. All students included in the entry may swim in the prelims, swim-offs and/or finals of relays provided he/she does not exceed the permitted entries for the meet. A relay alternate may be listed beside an entry's name, but any substitution must be made prior to the start of the meet. 4 alternates may be listed for all relays. An event may be deleted at any time; however events may not be added after the entry deadline. **Sectional Qualifying times can be achieved at any meet from the start of the school year until the entry deadline date. If a Sectional time is not met at the meet then a coach must show proof of time to the Meet Director.**
- ENTRY FEES:** \$5.00 per swimmer (payable to the host school or group)
- FORMAT:** Sectional Meets will follow a prelim/final format, using the AHSAA State Meet order of events.
- MEET SCHEDULE:** Swim Prelims – Friday, Nov. 16 – Warm-up: TBA, Competition: TBA  
Swim Finals – Saturday, Nov. 17 – Warm-up: TBA; Competition: TBA  
Diving – TBA – Warm-up: TBA; Competition: TBA
- Note:* Warm up lane assignments and times will be posted at each pool.  
*Note:* Please check times with Meet Director.
- SCORING:** Top 16 Relays/Swimmers will be scored as follows: 6A-7A  
Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
Relay: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2  
Top 8 Relays/Swimmers will be scored as follows: 1A-5A  
Individual: 20-17-16-15-14-13-12-11

Relay: 40-34-32-30-28-26-24-22

**QUALIFYING:** Individuals and relays placing in the top three in each event shall automatically qualify for the state meet. In the event that multiple swimmers/divers tie for third place, both swimmers/divers shall qualify for state. Any relay or swimmer who achieves the posted State Meet time standard at the Sectional Meets shall also qualify. These times must be achieved during the Sectional Meet or obtain the qualifying score in diving.

*Note:* Relay lead-offs and initial distance efforts will not be recognized as State Meet qualifying times. There will be no time trials held at Sectionals.

*Note:* Swimmers who qualify for finals must swim in finals.

**AWARDS:** 1A-5A Top Female Team and Top Male Team Champion will receive Team Awards.

6A-7A Top Female Team and Top Male Team Champion will receive Team Awards.

*Note:* No individual awards will be presented at the Sectional Meets.

**ADMISSION:** \$8.00 per day.

**RULES:** All meets will be conducted under the auspices of the Alabama High School Athletic Association and the 2018-19 NFHS Swimming and Diving Rules Book and as an Observed meet under Southeastern Swimming, Inc., of United States Swimming.

**ELIGIBILITY:** All participants must be eligible under AHSAA rules. Only varsity teams and individuals representing member high schools are eligible for the Section and State Meets. All participants in any meet must be accompanied by a faculty member from their school.

## State Meet

- DATE:** Nov. 30-Dec. 1, 2018
- SITE:** Auburn – James E. Martin Aquatics Center, Auburn University
- DIRECTOR:** Sarah Stallkamp, James E. Martin Aquatics Center, 661 Heisman Dr., Auburn University, AL 36849  
**Phone:** 334-844-9622 (office), 334-321-1820 (cell)  
**Fax:** 334-844-2482 **Email:** ses0032@auburn.edu
- ENTRIES:** All State Meet qualifiers will be sent to Sarah Stallkamp at Auburn University by the three Sectional Meet directors immediately following the Sectional Meet.
- NUMBER OF EVENTS:** A team may enter only four individuals per event and one relay team per event. A participant may enter a maximum of four events (diving events included), no more than two of which may be individual events. Over-entries will be deleted from the fifth entry on.  
**Note:** Schools must enter their relay teams with individual names. It shall not count as an entry unless the competitor actually competes in the event. Any individual on the team may swim in the prelims, swim-offs and/or finals provided he/she does not exceed the permitted entries for the meet. All students listed on the entry form may participate in the relays.  
A relay alternate may be listed beside an entry's name, but any substitution must be made prior to the start of the meet. 4 alternates may be listed for each relay.
- CHECK-IN:** Coaches may register and pick-up school team packets in the Aquatic Center Office from 8:30 a.m. to 4 p.m. Friday. Only the coach may register and pick up team packets.  
**Note:** Only three (3) certified coaches per school will be allowed on the pool deck.
- AWARDS:** (a) Trophies for winner and runner-up teams in each division  
(b) Medals for first three places in each event  
It is the expectation of the AHSAA that all athletes and coaches display excellent character and sportsmanship during awards presentations. Failure to respond accordingly will result in a monetary fine and possible probation and/or suspension.
- NOTE:** Seats in the Aquatics center may not be saved for the next day's competition.

## Adaptive Sports

(Wheelchair and Para-Ambulatory)

- DEFINITION:** Wheelchair and Para-ambulatory swimming competition is open to male and female athletes with physical disabilities such as dwarfism, amputation/limb loss, blindness/visual impairment, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke.
- GENERAL ELIGIBILITY:** An ambulatory Para-athlete must have a permanent orthopedic, neuromuscular, visual, or other physical disability. Permanent orthopedic impairment and/or visual impairment shall be verified by a licensed physician and maintained on permanent file at the school and a copy sent to the AHSAA office. Additionally, similar requirements exist for wheelchair

Para-athletes. Blind student-athletes (B1, B2, B3) will only qualify for para-ambulatory and each school may only have 3 athletes per event. Blind students must compete as a tethered athlete and will require two lanes.

All high school students with a permanent, physical disability may be eligible to participate on their school's swimming team.

Students who participate must meet all AHSAA eligibility requirements. Students shall be members of the school's swimming team and shall have the opportunity to compete at the school's regular season meets (regardless of the number of adapted competitors).

Each school must complete and submit a Para-Ambulatory Swimming Athlete Declaration form.

Para-ambulatory athletes must be identified and listed in C2C before the swimming season begins.

Athletes qualify for state by competing in sectionals and must meet standards. Maximum number to qualify per class (division) shall not exceed the number of qualifiers allowed for able-bodied athletes (4).

Number of events allowed: same as able-bodied (4).

Wheelchair and para-ambulatory athletes do not compete against able-bodied athletes, but rather compete against time standards for their division as set by: Adaptive Sports USA- <https://adaptivesportsusa.org/contact-2/>

## **WHEELCHAIR AND PARA-AMBULATORY DIVISION QUALIFICATION STANDARDS**

Participants must meet the following standard for each event in order to submit an entry for the section meet and must meet the standard again at the section meet to qualify for state. School personnel will be required to submit an official meet results document to verify the performance.

**ADMISSION:** \$10 per day

### **MEET SCHEDULE:**

#### **Friday**

Diving: 9:00 a.m. – Warm-up  
10:00 a.m. – Competition

Swimming Prelims: 4:00 p.m. – Warm-up  
5:00 p.m. – Competition

#### **Saturday**

Swimming Finals: 1:00 p.m. – Warm-up  
2:00 p.m. – Competition

### **Order Of Swimming Events**

200 yd. medley relay	500 yd. freestyle
200 yd. freestyle	200 yd. freestyle relay
200 yd. individual medley	100 yd. backstroke
50 yd. freestyle	100 yd. breaststroke
100 yd. butterfly	400 yd. freestyle relay
100 yd. freestyle	



# Sectional Alignment

## CLASS 1A-5A

### NORTH

Appalachian High School  
Arab High School  
Asheville High School  
Boaz High School  
Cedar Bluff High School  
Cherokee County High School  
Danville High School  
Decatur Heritage Christian Academy  
Deshier High School  
Guntersville High School

Jasper High School  
Madison Academy  
Madison County High School  
Mars Hill Bible School  
Oneonta High School  
Priceville High School  
Saint Bernard Preparatory School  
Scottsboro High School  
Southeastern High School  
Susan Moore High School  
Whitesburg Christian Academy

### CENTRAL

Alexandria High School  
Altamont School  
Briarwood Christian School  
Central High School of Clay County  
Central High School, Tusc.  
Center Point High School  
Donoho School  
Elmore County High School  
Heritage Christian School  
Holy Spirit Catholic High School  
Indian Springs School  
John Carroll Catholic High School

Ohathee High School  
Parker, A.H. High School  
Prattville Christian Academy  
Ramsey High School  
Sacred Heart Catholic School (ANB)  
Saks High School  
Shelby County High School  
Sumiton Christian  
Tallassee High School  
Walter Wellborn High School  
Weaver High School  
Westbrook Christian  
Westminster School at Oak Mountain

### SOUTH

Alabama Christian Academy  
Andalusia High School  
Bayside Academy  
Cottage Hill Christian Academy (WC)  
Elberta High School  
Faith Academy  
Goshen High School  
Houston Academy  
Jackson High School  
LAMP  
LeFlore Magnet High School

Miller, T.R. High School  
Opp High School  
Providence Christian School  
Rehobeth High School  
Saint James High School  
Satsuma High School  
St. Luke's School  
St. Michael Catholic High School  
Straughn High School  
The Montgomery Academy  
Trinity Presbyterian School  
UMS-Wright Prep School

# Sectional Alignment

## CLASS 6A-7A

### NORTH

Athens High School  
Austin High School  
Bob Jones High School  
Buckhorn High School  
Columbia High School  
Cullman High School  
Decatur High School  
Florence High School  
Grissom High School  
Hartselle High School

Hazel Green High School  
Huntsville High School  
James Clemens High School  
Lee High School, Huntsville  
Mae Jemison High School  
Muscle Shoals High School  
Randolph School  
Sparkman High School  
St. John Paul II Catholic School  
Weslminslers Christian Academy

### CENTRAL

Auburn High School  
Carver, G. W. High School , (BHM)  
Chelsea High School  
Gadsden City High School  
Gardendale High School  
Helena High School  
Hewitt-Trussville High School  
Hillcrest High School, Tusc.  
Homewood High School  
Hoover High School  
Huffman High School  
Mountain Brook High School  
Northridge High School  
Oak Mountain High School

Opelika High School  
Oxford High School  
Paul Bryant High School  
P. D. Jackson-Olin High School  
Pelham High School  
Pinson Valley High School  
Prattville High School  
Shades Valley High School  
Smiths Station High School  
Spain Park High School  
Thompson High School  
Tuscaloosa County High School  
Vestavia Hills High School

### SOUTH

Alma Bryant High School  
Baker High School  
Baldwin County High School  
B.C. Rain High School  
Daphne High School  
Davidson High School  
Enterprise High School  
Eufaula High School  
Fairhope High School  
Foley High School

Gull Shores High School  
Mary G. Montgomery High School  
McGiii-Toolen High School  
Murphy High School  
Northview High School  
Robertsdale High School  
Saraland High School  
Spanish Fort High School  
St. Paul's Episcopal School  
Theodore High School