

SWIMMING Policies

Adhere to UHSAA and NFHS Rules

The National Federation of High Schools (NFHS) provides the rules for high school swimming and diving. Coaches, athletes and officials must adhere to all UHSAA and NFHS rules and regulations. Swimmers must compete in legal attire as outlined in the NFHS Swimming Rules. Suits which are deemed inappropriate or offensive will not be allowed. Coaches will inform their athletes that suits must adequately cover the buttocks. Meet directors or UHSAA representatives may ask that another suit be worn.

Qualifying Meets and Times

The results of all dual, invitational, district, and region meets will be sent to the State Top 100 Committee. These times will be kept by them and published on a timely basis during the year. In order for the times of the meets listed above to be used in consideration of qualifying for state competition the following conditions must be met:

- The meet must be run using electronic timing.
- There must be two certified officials at each meet from the list of officials published by the Utah Swim Coaches Association.
- Results must be signed by both officials and the head coaches.
- The date of the meet and the time the meet ended should be placed on the result sheet(s) and sent to the State Top 100 Committee.
- Meets swam in meter pools will be converted by taking the time swam in the meter pool in seconds and dividing it by 1.11 (HY-TEK).
- Meet results and results sheet must be submitted to compiler **within one week** after competition is completed.
- The region championship meet is the last chance to submit state qualifying times.

USCA Fee for Maintaining Top 100

The Utah Swimming Coaches Association (USCA) requires a \$35 annual fee from participating schools to maintain the Top 100 times on the USCA website at www.utswimcoach.com. This list will be used for seeding into the State Swim Meets. To have times posted, the required \$35 fee shall be paid to the UHSAA by November 1. The UHSAA will invoice each school for the participation fee. Any times achieved prior to this due date, will not count towards state qualification **if** the fee has not been paid. State qualifying times will not count until **after** the fee has been paid. If you have questions regarding the USCA fee contact the USCA President.

1A/2A Classifications

Participating 1A/2A schools will compete in the 3 Regions of the 3A Classification. The 1A/2A schools participating in swimming have been assigned to the following regions:

- Region 12- Altamont, Beaver, Gunnison Valley
- Region 13- Intermountain Christian, North Summit, Rowland Hall, St. Joseph
- Region 14- Millard, Telos, Wasatch Academy, Waterford

Meet Format & State Qualifiers

A state swim meet will be held in the 3A, 4A, 5A and 6A classifications, with 1A and 2A participating schools competing in the 3A classification.

The 3A, 4A, 5A and 6A classifications will hold a two-day meet. A preliminary round will be held for all Individual Events and Relay Events on day 1. On day 2, all Individual and Relay Event Finals will be held. For information on the state meets go to the swim page at www.uhsaa.org.

There will no longer be automatic individual event qualifiers to the state meet from region championships meets. Individual Event qualifiers will be based on the best verifiable times from the top 100 to a total of 30 swimmers per individual event for 3A, 4A, 5A and 6A. There will no longer be automatic relay event qualifiers to the state meet from the region championship meets. Relay Event qualifiers will be based on the best verifiable time from the top 100 list (see criteria above for qualifying meets) to a total of 20 relays in 3A, 4A, 5A and 6A meets.

Number of Alternates Allowed

Two alternates allowed for individual events. There will not be any alternate relay teams (i.e. 21, 22). Non-individually qualified relay alternates for the entire meet will be limited to a total of four (4) per school.

Submitting and Verifying the State Entries

Coaches for 3A, and 4A are required to email their state entries on the HY-TEK program to Steve Marsing, 3A-4A Meet Director, at steven.marsing@wasatch.edu, **by the DEADLINE of 3:00 pm on the following dates:**
3A Tuesday, January 28; 4A - Wednesday, January 29.

Coaches for 5A and 6A are required to email their state entries on the HY-TEK program to Dan Miller, 5A-6A Meet Director, at mild754@gmail.com, by the **DEADLINE of 3:00 pm on the following dates:**
5A - Tuesday, February 4; 6A - Wednesday, February 5.

Coaches are responsible to verify their state entries are accurate and correspond with the times listed on the Top 100 or the school will be fined \$25 per incorrect time submitted. Coaches are not allowed to send in additional entries after the deadline given. Championship meet entry rules apply as outlined in the NFHS Swimming & Diving Rules Book (i.e. limit of four swimmers per individual event per school; swimmers limited to two individual and two relays or one individual and three relays). When submitting entries to the Meet Director, coaches must include: the HY-TEK file, the entries for the individual and relay events, and the names of the three (3) individuals that will receive the coaches' deck passes (max of 3). Each school must submit up to eight (8) names for each relay team that will swim at state. Only the participants listed will be allowed to swim the relay at the state meet. Each team is limited to four (4) individual entries per Individual Event and one (1) relay per Relay Events. If coaches have any questions regarding your entries, call State Meet Director, Dan Miller (801-360-7098) or Steve Marsing (801-598-9460) prior to the deadline. After verifying the times and entries submitted, the Meet Director will email the **state meet psych sheets** to coaches so they can review the rosters and swimmers that qualified in the events.

- The State Meets will be posted on the UHSAA Swim Page at www.uhsaa.org.
- Relays are declared at the state swimming meets.
- Two alternates allowed on individual events. There will not be any alternate relay teams (i.e., 17, 18).
- Any technology made available by the host site may be used at the discretion of the meet director.
- **Emergency scratches will be accepted at the coaches meeting.**
- **Volunteer Timers:** Send the names and emails of parents willing to volunteer as a timer at the state meet to stateswimtimers@yahoo.com. An email confirmation and info will be sent prior to the meet. A maximum of six timers per team will be accepted until two days prior to the state meet. After that time, timers will be accepted on a first come, first serve basis, regardless of school affiliation.

UHSAA Deck Passes and Picture I.D. Required

A UHSAA Deck Pass and a picture I.D. (i.e. activity card, driver's license) are required for admittance to the deck area. Passes may only be picked up on Wednesday preceding the state meet (after 10:00 am) OR at the state site where tickets are sold (by entrance to the balcony). Each school will receive a TOTAL OF THREE (3) COACHES' DECK PASSES for coaches and the manager in their school's swim packet.