

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 and divers 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 50 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 50 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 50

The Utah Swimming Coaches Association (USCA) requires a \$25 annual fee from participating schools to maintain the Top 50 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 \$25 fee shall be paid to the UHSAA by November 1. 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 13- APA (Draper), ICS (Boys), North Summit, Rowland Hall
- Region 14- Millard, Telos (Boys)
- Region 15- Gunnison, Wasatch Academy

Qualifying for the State Swim Meets

A state swim meet will be held in the 6A, 5A, 4A and 3A classifications, with 1A and 2A schools competing in the 3A classification. The state meets for all classifications will be under a **Timed Finals** format. For information on the state swim meets, go to the Swim page at www.uhsaa.org.

The top two swimmers in each individual event at a 3A, 4A, 5A or 6A region will automatically qualify for the state meet. The remaining qualifiers will be based on the best verifiable times from qualifying or region meets to a total of 24 swimmers per individual event for 3A, 4A, 5A and 6A. **The top relay in each relay event** at a 3A, 4A, 5A and 6A region meet will automatically qualify for the state meet. The remaining qualifiers will be based on the best verifiable times from the top 50 list (see criteria above for qualifying meets) or the region championship meet to a total of 16 relays in 3A, 4A, 5A and 6A meets. Regions are responsible for breaking any ties for automatic places before submitting the entries.

Number of Alternates Allowed

Two alternates allowed for individual events. There will not be any alternate relay teams (i.e. 17, 18). 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 are required to email their state entries on the HY-TEK program to Dan Miller, State Meet Director, at mild754@gmail.com by the **DEADLINE of 3:00 pm on the following dates: 3A-Monday, January 29; 4A-Tuesday, January 30, 5A-Wednesday, January 31; 6A-Thursday, February 1**. Coaches are responsible to verify their state entries are accurate and correspond with the times listed on the Top 50 or the school may 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 Dan Miller, coaches must include: the HY-TEK file, the entries for the individual events, the relay events (**do NOT send the individual names for relay entries at this time**) and the names of the three (3) individuals that will receive the coaches' deck passes (max of 3). If you have any questions regarding your entries, call State Meet Director, Dan Miller ([801-360-7098](tel:801-360-7098)) prior to the deadline. After verifying the times and entries submitted, Dan Miller will email the **state meet psych sheets** to coaches so they can review the rosters and swimmers that qualified in the eight individual events. By 3:00 pm, Wednesday, January 31, for the 3A meet, and Saturday, February 3, for the 4A, 5A and 6A meets, coaches must email Dan Miller the name of any swimmer not listed on the roster who will be a member of a relay team that will swim at state, along with the names of FOUR non-individually qualified relay alternates (TOTAL of four for each school, any combo of girls or boys, regardless of the number of relay 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.

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.