



# The Championship Program

**First Practice—Aug. 2 First Contest—Aug. 26**

## Online Requirements For All Sports

### POSTING SCHEDULES

Schools must post season schedules on the AHSAA website Member Section 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:

March 1— fall sports (football, volleyball, cross country, swimming)

Sept. 15 —winter sports (wrestling, basketball)

Jan. 15 — spring sports (baseball, softball, outdoor track, soccer, golf and 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 a division for boys and a division for girls with competition in a state meet.
2. Swimming competition requires students to meet qualifying standards in order to participate in the State Meet. There are no qualifying standards for diving and swimming relay events.
3. 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 state meet.
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 faculty member from their school.
8. Schools that fail to participate in the 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 State Meet. There are no qualifying standards for relay events and diving.
2. Qualifying times may be achieved anytime after Aug. 2, 2010, 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 State 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 State Meet. A Proof of Performance clerk will be available at the head table.
4. State Meet swimming qualifying times (based on the 2009 meet results):

Event	Girls	Boys
50 Freestyle	27.69	24.79
100 Freestyle	59.99	54.69
200 Freestyle	2:14.59	2:05.49
500 Freestyle	6:03.09	5:54.99
100 Backstroke	1:08.69	1:05.59
100 Breaststroke	1:18.59	1:11.99
100 Butterfly	1:09.49	1:04.99
200 Individual Medley	2:32.99	2:21.99

## State Meet

**DATE:** Dec. 3-4  
**SITE:** Tuscaloosa—The University of Alabama Aquatic Center  
**DIRECTOR:** Zack Tolbert, Aquatic Center, 415 Bryant Dr., The University of Alabama, Tuscaloosa, AL 35401  
**NOTE:** **US Postal Service will NOT deliver mail to above street address**  
**Phone:** 205-348-6156. **Email:** [ztolbert@sa.ua.edu](mailto:ztolbert@sa.ua.edu)

**ENTRIES:** Must be received by the meet director by Tuesday, Nov. 23 at 5 p.m. Late entries will not be accepted. Print Form 47 (girls) and Form 47A (boys) PDF files from the AHSAA website and complete or use the online entry forms. Also, entries may be submitted using HyTek by a disk or file attachment to Shane Reeves: [reeve007@sa.ua.edu](mailto:reeve007@sa.ua.edu)  
All mailed entries must be sent by express mail (DHL, Fed EX or UPS) and received at the State Meet site by the Tuesday, Nov. 23, deadline. **NOTE: Do not send by the US Postal Service, they will NOT deliver to the above street address!**

**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 may enter their relay teams without 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.

An event may be deleted at any time. There will be no refunds for deleted events.

**ENTRY FEES:** \$20 per participant (Payable to: AHSAA)  
Submit entry fees when mailing entries or upon check-in at the Aquatic Center.

**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.

**AWARDS:** (a) Trophies for winner and runner-up teams in each division  
(b) Medals for first three places in each event

**ADMISSION:** \$8 Friday  
\$10 Saturday

**MEET SCHEDULE:**

**Friday**

Diving: 9:00 a.m. – Warm-up  
10:00 a.m. – Competition  
Swimming Prelims: 4:30 p.m. – Warm-up  
6:00 p.m. - Competition

**Saturday**

Swimming Finals: 7:30 a.m. - Warm-up  
9:00 a.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	

**Swimming & Diving Coaches Committee**  
(Listed By Districts)

(1) Dan Howat, Baker. (2) None. (3) None. (4) Jeff Dillinger, Auburn.  
(5) Richelle Adams, Central-Tuscaloosa. (6) None. (7) None. (8) Marvin Chou,  
Randolph.