



# **Southern Section**

*Academics • Integrity • Athletics*

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**TO:** CIF-SS ATHLETIC DIRECTORS, SWIMMING/DIVING COACHES  
**FROM:** KRISTINE PALLE, ASSISTANT COMMISSIONER  
**SUBJECT:** 2010 CIF SOUTHERN SECTION SWIMMING/DIVING SEASON

## **WELCOME TO THE 2010 SWIMMING/DIVING SEASON!**

The CIF-SS Office is continuing its concept of compiling a preview booklet for each sport with the hope that the overall content will prove informative and will serve as a meaningful reference point. We feel the contents of this bulletin will answer many questions and be useful throughout the upcoming season.

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## CIF-SS SWIMMING & DIVING ADVISORY COMMITTEE

The CIF-SS is continuing to utilize the concept of advisory committees for virtually all of the sports. The role of the advisory committee, comprised of coaches in their respective sports and an administrator from the CIF Office, may or may not include the following:

1. Meetings
2. Recommendations for playoff sites
3. Recommendations for procedural changes
4. Recommendations for rule changes
5. Evaluation of sport season
6. Assistance to coaches and/or officials organizations
7. Liaison between coaches and the CIF-SS office

We urge that if you have suggestions or questions, please make use of this excellent channel of communication and pass them along to one of the committee members. We will be meeting on a regular basis during the current swimming season and your items will become part of our agenda. For your reference, members of this year's Swimming & Diving Advisory Committee are:

<u>COMMITTEE MEMBER</u>	<u>SCHOOL PHONE NUMBER</u>	<u>E-MAIL ADDRESS</u>
Rick Ernstrom, San Luis Obispo HS	(805) 544-0664	<a href="mailto:sloswim@charter.net">sloswim@charter.net</a>
Doug Glaeser, Swimming Management	(909) 869-4944	<a href="mailto:dglaeser@csupomona.edu">dglaeser@csupomona.edu</a>
John "Jack" Hawkins, Sonora HS	(562) 266-2159	<a href="mailto:jhaw105397@aol.com">jhaw105397@aol.com</a>
Andy Garcia, Trabuco Hills HS	(949) 768-1934, Ext. 7325	<a href="mailto:garciaa@svusd.org">garciaa@svusd.org</a>
David Hershman, Calabasas HS	(818) 222-7177, Ext. 670	<a href="mailto:kdhershman@aol.com">kdhershman@aol.com</a>
Don Holbrook, Swimming Management	(909) 595-6809	<a href="mailto:holbrookpolo@verizon.net">holbrookpolo@verizon.net</a>
Ryan Katsuyama, Pasadena Poly HS	(626) 780-5374	<a href="mailto:rkatsuyama@polytechnic.org">rkatsuyama@polytechnic.org</a>
John Montrella, Swimming Management	(714) 390-4157	<a href="mailto:jmontrella@aol.com">jmontrella@aol.com</a>
Bob Mount, Ayala HS	(909) 627-3584	<a href="mailto:bobmount1@verizon.net">bobmount1@verizon.net</a>
Ismael Perez, Mark Keppel HS	(626) 572-2213	<a href="mailto:ishpsk@yahoo.com">ishpsk@yahoo.com</a>
Janet Pollard, Glendora HS	(626) 963-5731, Ext. 6203	<a href="mailto:jpollard@glendora.k12.ca.us">jpollard@glendora.k12.ca.us</a>
Gwen Ritzau, Riverside Poly HS	(951) 788-7202	<a href="mailto:mrsritz20@hotmail.com">mrsritz20@hotmail.com</a>
Lani Ruh, Walnut HS	(909) 263-9352	<a href="mailto:ruhpolo@aol.com">ruhpolo@aol.com</a>
Cassandra Agnew, Swimming Mgmt.	(562) 266-9010	<a href="mailto:sassycassy49@hotmail.com">sassycassy49@hotmail.com</a>
Patricia Smith, Costa Mesa HS	(714) 424.8757	<a href="mailto:ppsmith@nmusd.us">ppsmith@nmusd.us</a>
Mark Thibault, Quartz Hill HS	(661) 718-3100, Ext. 105	<a href="mailto:mthibault@avuhds.org">mthibault@avuhds.org</a>
Maggie Twinem, L.B. Wilson HS	(562) 433-0481, Ext. 6596	<a href="mailto:magswim@yahoo.com">magswim@yahoo.com</a>
Sarah Zurn, La Mirada HS	(562) 868-0431 Ext. 3360	<a href="mailto:szurn@nlmusd.k12.ca.us">szurn@nlmusd.k12.ca.us</a>
Joyce Phelps, Mgmt/ SCAF Dive Rep	(562) 822-8054	<a href="mailto:jyphelps@juno.com">jyphelps@juno.com</a>

## **SWIMMING/DIVING CALENDAR DATES FOR 2010**

The following is a capsule of the CIF-SS Swimming/Diving Calendar for the upcoming season:

### **SCRIMMAGE DAY**

Interscholastic scrimmages are not applicable to swimming.

### **FIRST CONTEST**

The initial date on which a school may schedule an interscholastic contest is Monday, March 1, 2010.

### **LAST CONTEST**

All league competition must end on or before Friday, May 7, 2010. Schools may compete until May 8 for non-league contests. **NOTE:** Saturday, May 8 competition may **NOT** be used for CIF-SS qualifying.

### **SWIMMING CHAMPIONSHIPS AT BELMONT PLAZA, LONG BEACH**

**4000 Olympic Plaza Drive Long Beach**

**NOTE: Athletes and coaches will be admitted to all sessions an hour and a half prior to competition.**

<b><u>Division</u></b>	<b><u>Prelims</u></b>	<b><u>Finals</u></b>
1	Wednesday May 12 <sup>th</sup> ; 12:00 noon	Friday May 14 <sup>th</sup> ; 6pm
2	Friday, May 14 <sup>th</sup> ; 10am	Saturday May 15 <sup>th</sup> ; 4pm
3	Thursday, May 13 <sup>th</sup> ; 10am	Saturday May 15 <sup>th</sup> ; 10am
4	Tuesday May 11 <sup>th</sup> ; 12pm	Thursday May 13 <sup>th</sup> ; 6pm

### **DIVING CHAMPIONSHIPS AT FULLERTON COLLEGE**

**321 E. Chapman Avenue · Fullerton, 92832**

Division 1 - Thursday, May 13<sup>th</sup> (Boys: AM Session – Time: TBA & Girls: PM Session – Time: TBA)

Division 2 – Tuesday, May 11<sup>th</sup> (Boys: AM Session – Time: TBA & Girls: PM Session – Time: TBA)

Division 3 – Wednesday, May 12<sup>th</sup> (Boys: AM Session – Time: TBA & Girls: PM Session – Time: TBA)

Division 4 – Wednesday, May 12<sup>th</sup> (Boys: AM Session – Time: TBA & Girls: PM Session – Time: TBA)

### **MASTERS MEET**

Tuesday, May 18, 2010 – Belmont Plaza Pool – Time: TBA

## 2008-2010 BOYS' SWIMMING PLAYOFF GROUPINGS

### DIVISION I

1. Channel
2. Citrus Belt
3. Foothill
4. Mission
5. Moore
6. Pacific Coast
7. Sea View
8. South Coast
9. Sunset
10. Trinity

### DIVISION II

1. Baseline
2. Bay
3. Big VIII
4. Century
5. Freeway
6. Marmonte
7. Pacific
8. PAC 7
9. Prep
10. Rio Hondo
11. San Antonio
12. Sierra
13. Southwestern
14. Tri-Valley

### DIVISION III

1. Academy
2. Almont
3. Del Rio
4. Desert Valley
5. Empire
6. Inland Valley
7. Miramonte
8. Orange Coast
9. Pacific View
10. Pioneer
11. San Andreas
12. Suburban
13. Sunbelt

### DIVISION IV

1. De Anza
2. Del Rey
3. Desert Sky
4. Fountain
5. Frontier
6. Garden Grove
7. Golden
8. Golden West
9. Los Padres
10. Montview
11. Mt. Baldy
12. Mountain Pass
13. Orange
14. San Gabriel Vly
15. Sunkist
16. Sunshine
17. Valle Vista
18. Freelance

## 2008-2010 GIRLS' SWIMMING PLAYOFF GROUPINGS

### DIVISION I

1. Channel
2. Citrus Belt
3. Foothill
4. Mission
5. Moore
6. Pacific Coast
7. Sea View
8. South Coast
9. Sunset
10. Trinity

### DIVISION II

1. Baseline
2. Bay
3. Big VIII
4. Century
5. Freeway
6. Marmonte
7. Pacific
8. PAC 7
9. Prep
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18. Freelance

## **ATTENTION ATHLETIC DIRECTOR & SWIMMING/DIVING COACH:**

***The checklist below will assist in covering all entry information needed for  
the  
CIF Southern Section Toyota Swimming & Diving Championships.***

- **Sign into Direct Athletics [www.directathletics.com](http://www.directathletics.com)**  
**\*\*\*DO NOT WAIT UNTIL MAY 8 TO REGISTER YOUR ATHLETES\*\*\***  
**ONLINE REGISTRATION OPENS WEEKS PRIOR TO END OF SEASON.**  
Register the appropriate information and all your athletes (**SWIMMERS AND DIVERS!**). Your logins and passwords are included in this mailing. You may sign in and out of Direct Athletics changing times and updating entries until the entry deadline of 9am on Saturday May 8<sup>th</sup>. Make sure you hit the “FINISH” button each and every time you update information so that it’s saved.
- **Contact Information**  
**When you register your contact information with Direct Athletics, make sure you are giving the coach’s phone number where he/she can be reached on Saturday May 8<sup>th</sup>. If there are any issues with your entries, this is the number we’ll call on that day.**
- **Before Submitting Swimming Entries:**  
**Make sure all athletes are entered in ONLY 2 INDIVIDUAL EVENTS (RELAY EVENTS ARE NOT INCLUDED IN THE TWO). ENTRIES MUST BE COMPLETED BY THE ENTRY DEADLINE OF SATURDAY, MAY 8 @ 9:00 A.M.**
- **Diving Entry on Direct Athletics**  
**Enter your diver’s qualifying score into Direct Athletics. NOTE: 11 Dive qualification ONLY will be accepted.**
- **Coaches and Divers: if you have a diver/s you must do the following...**  
**BOTH the coach and diver need to register at [www.divemeets.com/steps.html](http://www.divemeets.com/steps.html) Follow the directions on the home page of the site by hitting the “register now” link in the 2<sup>nd</sup> paragraph of instructions on the right hand side of the page. Once the diver has registered him/herself, he/she will be able to enter their dive list here. ENTRY DEADLINE: SATURDAY, MAY 8 @ 9:00 A.M.**
- **Bring to Diving and Swimming:**  
**QUALIFICATION CARDS!!!! THE SWIMMERS/DIVERS QUALIFICATION CARDS MUST BE BROUGHT TO CHECK IN AT THE EVENT/S! Swimming cards must be brought to swimming and diving qualification cards and the signed dive list that the diver qualified with must be brought to check in the day of their championship event. **WITHOUT VERIFICATION, ATHLETES CAN NOT PARTICIPATE!****

**ENTRY PROCEDURES FOR THE 2010 CIF SOUTHERN SECTION – TOYOTA**  
**SWIMMING AND DIVING CHAMPIONSHIPS**

Coaches will submit their entries:

1. Via the internet through Direct Athletics ([www.directathletics.com](http://www.directathletics.com))

**ALL ENTRIES MUST BE COMPLETED NO LATER THAN 9:00 A.M. ON SATURDAY, MAY 8th – NO EXCEPTIONS!!**

1. For online entries, coaches should follow these procedures:

- A) Visit <http://www.directathletics.com>
- B) Login using the username and password provided in a **separate mailing from the CIF Office**
- C) Enter your contact information (e-mail address, and phone number where you can be reached on Saturday, May 8th between the hours of 9:00 a.m. and 12:00 Noon). **DO NOT LEAVE YOUR SCHOOL NUMBER, LEAVE A HOME OR CELL NUMBER WHERE YOU CAN BE REACHED.**
- D) Add names to your roster (include divers and names of relay only athletes)
- E) Enter athletes in individual events as well as times for relay teams
- F) Enter names of relay team members (at least 4 names, no more than 8)
- G) Once your entry has been submitted (deadline is 9:00 a.m. on Saturday, May 8th), bring your verification cards with you to the Swimming Championships. The cards **must** be handed to the meet staff when you pick-up your team packet (tickets, programs, etc.)
- H) NOTE: Checks will be performed at the meet to ensure coaches have **entered accurate times** with relation to the verification cards. The penalty for any discrepancy between the entered time and the verification card will be removal of the athlete or team from the event.

**ONLINE ENTRIES WILL NOT BE ACCEPTED AFTER 9:00 AM,**  
**SATURDAY, MAY 8, 2010**  
**REGARDLESS OF THE REASON!**

## **GUIDELINES FOR SUBMITTING 2010 VERIFICATION CARDS**

By mail you have received verification cards for the 2010 season. These are the ONLY cards that will be accepted for entry into the championships. Coaches MUST complete the cards accurately and completely if they are to be accepted for the 2010 preliminary meet.

In the VERIFICATION portion of the card, all information must be filled in completely. It is important that the starter and coach's signatures appear on the card.

The CIF-SS will not be responsible for swimmers disqualified from competition because of mistakes, lack of information, lack of proper signatures, and incomplete cards.

In DIVING, coaches are reminded that completed qualifying diving score sheets properly signed must accompany the diving entry card.

**WHEN A COACH SIGNS THE VERIFICATION CARD AND OFFICIAL ENTRY SHEETS, HE/SHE IS VERIFYING THE AUTHENTICITY OF THE CARD.**

Coaches are reminded that a swimmer may qualify for CIF-SS championship swim meets if he/she equals or betters the time standard for the event for that division IN ANY CIF-SS SANCTIONED DUAL, TRIANGULAR, OR INVITATIONAL MEET.

Swimmers may not qualify in any competition designated as a time trial. This means that swimmers NOT entered in an event MAY NOT fill lanes in order to swim for a qualifying time.

If additional cards are needed, call Brenda Bomgaars at the CIF-SS Office, phone number (562) 493-9500 or [brendab@cifss.org](mailto:brendab@cifss.org).

Enclosed are 25 Swimming Verification Cards for Boys (Green) and 25 Swimming Verification Cards for Girls (Yellow), together with 3 Diving Entry Cards for Boys and 3 Diving Entry Cards for Girls.

**COACHES! YOU MUST BRING THE QUALIFICATION CARDS TO CHECK IN THE DAY OF PRELIMS! TEAMS/INDIVIDUALS WILL NOT GAIN ENTRY TO THE FACILITY OR BE ALLOWED TO COMPETE WITHOUT THE VERIFICATION CARD/S PRESENT!**

### **ENTRY RULES (National Federation Rule 3)**

**RULE 3, SECTION 1, ART. 1** ... "In championship meets, each team shall be permitted a maximum of 4 entries in an individual event and 1 team in a relay event."

**RULE 3, SECTION 2, ART. 1** ... "A competitor shall be permitted to enter a maximum of 4 events, no more than 2 of which may be individual events. Prelims and finals are considered one meet."

**RULE 3, SECTION 2, ART. 3...** " **In the championship meets and other multiple team meets**, a competitor officially becomes a participant in an individual event when the official entry card or form bearing the name of the event, competitor's first and last name, coach's signature(where applicable), school name, and submitted time, if one exists, is delivered to the meet director, or meet's director's designee, at the specified time and place.

In relay events, 8 individuals may be designated, and it shall not count as an entry unless the competitor actually competes in the event. Any of these 8 individuals may swim in finals provided he/she does not exceed the permitted entries for the meet. Only the 4 swimmers declared on the event entry card which shall be submitted at a specified time and place prior to the start of the event are permitted to report to the blocks and compete."

### **INSTRUCTIONS FOR SWIMMING CHAMPIONSHIP ENTRIES**

1. A complete entry consists of the Online Entry Verification Sheet, that coaches need to print out and retain after they have completed the online entry process, and the individual verification card(s).
2. The Online Entry Verification Sheet must contain the name, **grade, and time** of each swimmer for whom there is a card PLUS the names of up to eight (8) relay swimmers (the appropriate boxes must be filled for each swimmer, indicating the events in which he/she will be swimming). Divers for whom cards have been submitted must be listed on the entry sheet also.
3. All entries will be made into the meet from the **TIMES** on the Online Entry Verification Sheet. Each swimmer's verified official time must be on the sheet, not merely checked. **A missing or incorrect time on the Online Entry Verification Sheet may result in a swimmer not being entered.**
4. Each individual verification card must be completely filled out: On the front (Verification) the division (I, II, III, IV) must be checked off; on the back, the names of all the relay swimmers must be included in the appropriate blanks.
5. Boys' entries (Green) and girls' entries (Yellow) shall be kept separate for each school.
6. Times must be listed in hundredths of a second.
7. Times will be accepted from C.I.F. Southern Section competition only.



**2010 GIRLS' VARSITY SWIMMING TIME STANDARDS – REVISED 1/7/2010**

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION I		DIVISION II		DIVISION III		DIVISION IV	
200 Medley Relay	1:53.00	2:00.90	1:56.00	2:01.40	2:01.30	2:07.00	2:04.30	2:12.10
200 Freestyle	1:56.50	2:01.40	1:58.00	2:03.90	2:03.15	2:09.70	2:07.70	2:15.10
200 Individual Medley	2:11.00	2:18.40	2:14.50	2:21.40	2:21.50	2:29.90	2:23.50	2:34.90
50 Freestyle	24.90	25.70	25.00	26.10	25.70	27.10	26.50	27.60
100 Butterfly	59.20	1:01.70	1:00.50	1:03.70	1:04.10	1:08.20	1:05.70	1:10.90
100 Freestyle	54.00	56.00	55.00	57.20	57.10	59.50	58.10	1:01.30
500 Freestyle	5:10.50	5:23.00	5:18.00	5:35.00	5:34.00	5:54.00	5:42.50	6:06.00
200 Freestyle Relay	1:42.50	1:47.90	1:45.00	1:48.40	1:48.20	1:53.60	1:50.80	1:56.60
100 Backstroke	1:00.50	1:03.70	1:03.00	1:06.20	1:05.80	1:09.50	1:07.00	1:12.00
100 Breaststroke	1:08.50	1:11.20	1:10.00	1:13.20	1:14.15	1:18.35	1:14.80	1:19.20
400 Freestyle Relay	3:44.00	3:57.30	3:46.50	3:56.80	3:59.80	4:12.60	4:05.50	4:20.90

**2010 BOYS' VARSITY SWIMMING TIME STANDARDS – REVISED 1/7/2010**

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION I		DIVISION II		DIVISION III		DIVISION IV	
200 Medley Relay	1:40.00	1:46.40	1:42.00	1:46.40	1:46.00	1:52.40	1:48.00	1:55.40
200 Freestyle	1:44.00	1:48.90	1:47.00	1:50.40	1:52.70	1:57.40	1:55.00	2:01.90
200 Individual Medley	2:00.20	2:04.90	2:01.50	2:06.40	2:08.20	2:14.90	2:12.00	2:19.40
50 Freestyle	21.80	22.50	22.00	22.70	22.90	23.80	23.20	24.20
100 Butterfly	53.00	55.20	53.50	56.20	56.40	59.20	58.00	1:02.70
100 Freestyle	48.00	49.70	48.50	49.70	49.70	51.95	51.20	53.40
500 Freestyle	4:45.00	4:57.50	4:49.00	5:01.00	5:08.00	5:26.00	5:17.00	5:38.00
200 Freestyle Relay	1:30.00	1:34.90	1:30.00	1:35.40	1:34.00	1:38.90	1:36.50	1:45.40
100 Backstroke	55.20	57.70	55.50	58.20	59.70	1:02.20	1:00.10	1:06.70
100 Breaststroke	1:01.50	1:03.70	1:01.00	1:04.70	1:04.50	1:08.20	1:05.60	1:10.70
400 Freestyle Relay	3:17.00	3:28.30	3:20.00	3:25.80	3:28.00	3:40.80	3:38.50	3:50.40

Swimmers who wish to qualify for the 2010 CIF Southern Section Swimming Championships must have equaled or bettered the above time standards in any CIF-SS sanctioned dual, triangular, or invitational swim meet between the dates of March 1, 2010 to May 7, 2010.

*For the 2010 CIF Southern Section Swimming and Diving Championships, there are both automatic (Auto.) and consideration (Con.) standards. Swimmers/Divers who achieve the automatic standard will be entered in that event. Additional entries will be based upon the consideration standards which will be used to fill up remaining spaces to a maximum of 32 participants.*

Those swimming in meter pools, please refer to page 69 of the National Federation Rule Book for the conversion formula to convert time standards to meters

**SEE UP TO DATE SANCTIONED EVENTS @ WWW.CIFSS.ORG WEBSITE**

## DIVING INFORMATION

Diving is an event of swimming, and as such, should be viewed by schools in the same manner as the other events in the swimming program. Team points and individual placing in diving are the same as in swimming. It has come to our attention that some schools that could offer diving to their student/ athletes are choosing not to do so. Typically, the reasons for not offering diving are the lack of a proper facility and/ or a qualified coach. In trying to promote diving throughout the CIF-Southern Section, we would encourage all of our member schools to give interested student/ athletes an opportunity to compete in this event. If facilities are available, either at the school site or off-campus, and a qualified coach can be secured, the CIF Southern Section strongly supports the any efforts that can be made to increase the number of schools and student/athletes participating in diving.

### 2010 BOYS' AND GIRLS' VARSITY DIVING STANDARDS

For the 2010 CIF Southern Section Swimming and Diving Championships there are both automatic (AUTO) and Consideration (CON) standards. Swimmers/ Divers who achieve the automatic standard will be entered in that event. Additional entries will be based upon the consideration standards that will be used to fill up the remaining spaces to a maximum of 32 participants.

AUTO QUALIFYING POINTS for CHAMPIONSHIPS FOR ALL DIVISIONS requires the divers to compete at a satisfactory level to automatically qualify. They may AUTO qualify with (1) one 11- dive contest score. The 300 (11-dive) point qualification is based on satisfactory performance with minimum DD requirements for optional and required dives.

A qualifying score will be required for all divisions. To qualify for the championships, a diver MUST meet the following requirements:

#### DIVING POINTS FOR QUALIFYING FOR THE CIF SOUTHERN SECTION CHAMPIONSHIPS

A diver MAY qualify for the championships by any one of the following methods:

1. Score 300 points in one (1) sanctioned 11-dive invitational.
2. Score 300 points in one (1) 11-dive league championship contest.
3. Rank within the top 32 divers of the division based on CONSIDERATION from one 11 dive contest sheet.

TO ENTER AS CONSIDERATION...Diver can submit one 11-DIVE Contest Sheet for CONSIDERATION with their highest scores from an 11 dive contest, with a score over 200 points. Divers in the consideration category will be ranked based on that score. Dive Contest Sheets for dives will not be accepted for CONSIDERATION.

By National Federation rule, 3 meter diving will no longer be allowed in any dual, triangular, or league championship meets. For invitational meets, 3-meter diving will no longer be allowed for those schools which have diving pools with a water depth of 12 feet or deeper. Additionally, 1-meter and/or 3-meter diving will continue to be an event in our CIF Southern Section Championship meet. Attached are the Diving Tables for both 1-meter and 3-meter diving. Additional copies can be downloaded from [www.mvndive.com/highschool](http://www.mvndive.com/highschool).

**REMINDER:** 3 meter diving will be permitted at CIF sanctioned Invitational and CIF-SS Championships only.

**DIVING -- BOYS and GIRLS Varsity Cut-off points**

	<b>AUTO.</b>	<b>CON.</b>
	<b>11 DIVE COMPETITION</b>	
DIVISION 1	300	200
DIVISION 2	300	200
DIVISION 3	300	200
DIVISION 4	300	200

**DUAL MEETS -All Divisions (6 DIVE EVENTS)**

A. (National Federation Rule 9-4-6). “In other meets, the competition shall consist of 1 voluntary dive, which shall be done first -Week 1= forward group; Week 2 = back group; Week 3=inward group; Week 4=twisting group; Week 5=reverse group; etc. and 5 optional dives, coming from at least 4 of the 5 groups and which may include any of the dives other than the voluntary dive. Any dive from a group may be designated as a voluntary dive. It will receive its assigned DD through 1.8. Any designated voluntary dive with a DD greater than 1.8 will be assigned as DD of 1.8.”

B.

<b>Week</b>	<b>VOLUNTARY DIVE GROUP</b>
March 1 – 6	forward group
March 8 - 13	back group
March 15 - 20	inward group
March 22 -27	twisting group
March 29 – April 3	reverse group
April 5-10	forward group
April 12 - 17	back group
April 19 - 24	inward group
April 26 – May 1	twisting group

B. There must be 3 or 5 diving judges, page 65, Section 6 in the NFHS Swimming and Diving Rules Book.

**Note: In non-championship meets when only two judges are available, 50% of the total score shall be added to make the final score equate with a three judges’ score.**

(INVITATIONAL OR LEAGUE CHAMPIONSHIPS)

C. Eleven (11) dives – 5 voluntary, 6 optional, page 60, Section 4, of the NFHS Swimming and Diving Rules Book.

D. Five to 9 judges – Page 65, Section 6.

E. Consideration points require submitting one 11 dive contest sheet from an invitational or league meet.

F. All Score Sheets **MUST** be signed by the DIVING REFEREE and the MEET DIRECTOR.

## High School Diving Tables 2009-10 - Degree of Difficulties

Dive	1M	3M	Description
101A	1.4	1.6	Forward Dive Straight
101B	1.3	1.5	Forward Dive Pike
101C	1.2	1.4	Forward Dive Tuck
102A	1.6	1.7	Forward Somersault Straight
102B	1.5	1.6	Forward Somersault Pike
102C	1.4	1.5	Forward Somersault Tuck
103A	2.0	1.9	Forward 1-1/2 Somersault Straight
103B	1.7	1.6	Forward 1-1/2 Somersault Pike
103C	1.6	1.5	Forward 1-1/2 Somersault Tuck
104A	2.6	2.4	Forward Double Somersault Straight
104B	2.3	2.1	Forward Double Somersault Pike
104C	2.2	2.0	Forward Double Somersault Tuck
105B	2.6	2.4	Forward 2-1/2 Somersault Pike
105C	2.4	2.2	Forward 2-1/2 Somersault Tuck
106B	3.2	2.8	Forward Triple Somersault Pike
106C	2.9	2.5	Forward Triple Somersault Tuck
107B	3.3	3.1	Forward 3-1/2 Somersault Pike
107C	3.0	2.8	Forward 3-1/2 Somersault Tuck
112B	1.7	1.8	Forward Flying Somersault Pike
112C	1.6	1.7	Forward Flying Somersault Tuck
113B	1.9	1.8	Forward Flying 1-1/2 Somersault Pike
113C	1.8	1.7	Forward Flying 1-1/2 Somersault Tuck

201A	1.7	1.9	Back Dive Straight
201B	1.6	1.8	Back Dive Pike
201C	1.5	1.7	Back Dive Tuck
202A	1.7	1.8	Back Somersault Straight
202B	1.6	1.7	Back Somersault Pike
202C	1.5	1.6	Back Somersault Tuck
203A	2.5	2.4	Back 1-1/2 Somersault Straight
203B	2.3	2.2	Back 1-1/2 Somersault Pike
203C	2.0	1.9	Back 1-1/2 Somersault Tuck
204B	2.5	2.3	Back Double Somersault Pike
204C	2.2	2.0	Back Double Somersault Tuck
205B	3.2	3.0	Back 2-1/2 Somersault Pike
205C	3.0	2.8	Back 2-1/2 Somersault Tuck
212B	1.7	1.8	Back Flying Somersault Pike
212C	1.6	1.7	Back Flying Somersault Tuck

301A	1.8	2.0	Reverse Dive Straight
301B	1.7	1.9	Reverse Dive Pike
301C	1.6	1.8	Reverse Dive Tuck
302A	1.8	1.9	Reverse Somersault Straight
302B	1.7	1.8	Reverse Somersault Pike
302C	1.6	1.7	Reverse Somersault Tuck
303A	2.7	2.6	Reverse 1-1/2 Somersault Straight

Dive	1M	3M	Description
403B	2.4	2.1	Inward 1-1/2 Somersault Pike
403C	2.2	1.9	Inward 1-1/2 Somersault Tuck
404B	3.0	2.6	Inward Double Somersault Pike
404C	2.8	2.4	Inward Double Somersault Tuck
405B	3.4	3.0	Inward 2-1/2 Somersault Pike
405C	3.1	2.7	Inward 2-1/2 Somersault Tuck
412B	2.1	1.9	Inward Flying Somersault Pike
412C	2.0	1.8	Inward Flying Somersault Tuck
413B	2.9	2.6	Inward Flying 1-1/2 Somersault Pike
413C	2.7	2.4	Inward Flying 1-1/2 Somersault Tuck

5111A	1.8	2.0	Forward Dive 1/2 Twist Straight
5111B	1.7	1.9	Forward Dive 1/2 Twist Pike
5111C	1.6	1.8	Forward Dive 1/2 Twist Tuck
5112A	2.0	2.2	Forward Dive 1 Twist Straight
5112B	1.9	2.1	Forward Dive 1 Twist Pike
5121D	1.7	1.8	Forward Som. 1/2 Twist Free
5122D	1.9	2.0	Forward Som. 1 Twist Free
5124D	2.3	2.4	Forward Som. 2 Twists Free
5126D	2.7	2.8	Forward Som. 3 Twists Free
5131D	2.0	1.9	Forward 1-1/2 Som. 1/2 Twist Free
5132D	2.2	2.1	Forward 1-1/2 Som. 1 Twist Free
5134D	2.6	2.5	Forward 1-1/2 Som. 2 Twists Free
5136D	3.0	2.9	Forward 1-1/2 Som. 3 Twists Free
5152B	3.2	3.0	Forward 2-1/2 Som. 1 Twist Pike
5152C	3.0	2.8	Forward 2-1/2 Som. 1 Twist Tuck
5211A	1.8	2.0	Back Dive 1/2 Twist Straight
5212A	2.0	2.2	Back Dive 1 Twist Straight
5221D	1.7	1.8	Back Som. 1/2 Twist Free
5222D	1.9	2.0	Back Som. 1 Twist Free
5223D	2.3	2.4	Back Som. 1-1/2 Twists Free
5225D	2.7	2.8	Back Som. 2-1/2 Twists Free
5227D	3.1	3.2	Back Som. 3-1/2 Twists Free
5231D	2.1	2.0	Back 1-1/2 Som. 1/2 Twist Free
5233D	2.5	2.4	Back 1-1/2 Som. 1-1/2 Twists Free
5235D	2.9	2.8	Back 1-1/2 Som. 2-1/2 Twists Free
5251B	2.9	2.7	Back 2-1/2 Som. 1/2 Twist Pike
5251C	2.7	2.5	Back 2-1/2 Som. 1/2 Twist Tuck
5311A	1.9	2.1	Reverse Dive 1/2 Twist Straight
5312A	2.1	2.3	Reverse Dive 1 Twist Straight
5321D	1.8	1.9	Reverse Som. 1/2 Twist Free
5322D	2.0	2.1	Reverse Som. 1 Twist Free
5323D	2.4	2.5	Reverse Som. 1-1/2 Twists Free
5325D	2.8	2.9	Reverse Som. 2-1/2 Twists Free
5331D	2.2	2.1	Reverse 1-1/2 Som. 1/2 Twist Free
5333D	2.6	2.5	Reverse 1-1/2 Som. 1-1/2 Twists Free

303B	2.4	2.3	Reverse 1-1/2 Somersault Pike
303C	2.1	2.0	Reverse 1-1/2 Somersault Tuck
304A	2.9	2.7	Reverse Double Somersault Straight
304B	2.6	2.4	Reverse Double Somersault Pike
304C	2.3	2.1	Reverse Double Somersault Tuck
305B	3.2	3.0	Reverse 2-1/2 Somersault Pike
305C	3.0	2.8	Reverse 2-1/2 Somersault Tuck
312B	1.8	1.9	Reverse Flying Somersault Pike
312C	1.7	1.8	Reverse Flying Somersault Tuck

401A	1.8	1.7	Inward Dive Straight
401B	1.5	1.4	Inward Dive Pike
401C	1.4	1.3	Inward Dive Tuck
402A	2.0	1.8	Inward Somersault Straight
402B	1.7	1.5	Inward Somersault Pike
402C	1.6	1.4	Inward Somersault Tuck

5335D	3.0	2.9	Reverse 1-1/2 Som. 2-1/2 Twists Free
5351B	2.9	2.7	Reverse 2-1/2 Som. 1/2 Twists Pike
5351C	2.7	2.5	Reverse 2-1/2 Som. 1/2 Twists Tuck
5411A	2.0	1.9	Inward Dive 1/2 Twist Straight
5411B	1.7	1.6	Inward Dive 1/2 Twist Pike
5412A	2.2	2.1	Inward Dive 1 Twist Straight
5412B	1.9	1.8	Inward Dive 1 Twist Pike
5421D	1.9	1.7	Inward Som. 1/2 Twist Free
5422D	2.1	1.9	Inward Som. 1 Twist Free
5432D	2.7	2.4	Inward 1-1/2 Som. 1 Twist Free
5434D	3.1	2.8	Inward 1-1/2 Som. 2 Twists Free

Revised: January 8, 2008

## **ATTENTION FREELANCE SWIMMERS/DIVERS:**

Rule 3210 states that an individual must participate in at least 1/2 of the number of allowable contests permitted in a particular sport. Since the allowable number of contests in swimming is 12, in order for freelance swimmers/divers to be eligible for CIF Southern Section Swimming/Diving Championships, they must compete in at least 6 meets.

All entry cards MUST have official signatures verifying participation in 6 CIF Sanctioned Competitions, regardless of time or score obtained.

## **CIF-SS SWIMMING GUIDELINES**

### **BLUE BOOK**

Coaches are advised to review the Swimming & Diving Section of the 2009-2010 Blue Book, Article 260 beginning on page 191 and Officials Fees on page 136.

### **RULES**

All swimming and diving competition in the Southern Section will be conducted under National Federation rules unless otherwise provided herein.

### **MAXIMUM TEAM CONTESTS**

A swimming team will be permitted to compete in no more than 12 meets during the season, including dual and triangular meets. There is no limit to the number of invitationals a team may enter. The league championship meet and the CIF Southern Section championship meets are not considered part of the charged limits.

### **OUTSIDE COMPETITION**

Unattached competition is permissible for a student in other than school contests during the season of sport provided the student enters in the individual sports of badminton (singles and doubles), cross country, golf, gymnastics, skiing, swimming and diving, tennis (singles and doubles), track and field (including unattached entry on relays) and wrestling.

Swimmers may compete for an amateur team during the season of sport in the USA Swimming Senior National Championship Meet, the USA Swimming Sectional Championship meets and the YMCA National Meet. Divers may compete for an amateur team during the season of sport in the USA National Diving Championships and the USA National Junior Diving Championships.

Each CIF Section may grant approval, upon individual petition, for an athlete to travel to a foreign country to participate in international competition sanctioned by the governing body for that sport in the United States and the international governing body.

### **RULE 2611 PLAYER CONDUCT**

Any player ejected for any reason, or any player who leaves the confines of the bench or team area during a fight that may break out, or has broken out, shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest.

### **LEVEL OF COMPETITION**

No student shall participate in more than one level of competition in the same sport on the same day.

### **MAXIMUM ATHLETIC CONTESTS IN ONE DAY**

No team member will be permitted to enter two different meets on the same day.

## **INCIDENT REPORTS**

All incidents, injuries, or disruptions, regardless of the degree of seriousness involved, should be reported to insure accurate records in the event that further problems develop. The completed report is to be submitted to the Commissioner of Athletics of the CIF-SS and must be postmarked no later than the third school day following the incident. It is mandatory that an informational copy of the report be sent to the principal of the other school involved (Incident Report Form available @ [www.cifss.org](http://www.cifss.org)).

## **COACHING**

Only school-authorized coaches will be permitted to coach at prelims and finals of the CIF Southern Section Swimming and Diving Championships.

**125.1 COACH EJECTION** - Upon ejection, the head or assistant coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. The next contest may not be a forfeited, postponed or canceled game. A second ejection will constitute a two-contest suspension and a third ejection will cause suspension for the remainder of the season. A coach who was ejected from the previous contest who, knowingly or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of that contest.

*QUESTION: What is meant by attendance at a contest?*

*ANSWER: Attendance is defined as being present at the team bench/area, inside a gymnasium, stadium or playing area. Students ejected from a game in progress should remain undersupervision of school staff. The intent of this rule is that the ejected person is not in attendance at the contest.*

**125.2 FAILURE TO COMPLETE A CONTEST** - When a school fails to complete a contest, due to a coach pulling his/her team from the floor, court, or field, it is MANDATORY that the Principal notify the CIF-SS office within 24 hours (excluding holidays and weekends). The competing schools and officials will be required to file written reports, and after review of the aforementioned material, the principal of the school involved will be required to respond to the CIF Southern Section Office concerning his/her investigation of the incident.

*QUESTION: How serious is such action?*

*ANSWER: It has been the position of the CIF-SS Executive Committee to expect the building principal of the school concerned to relieve the coach from his/her assignment for the balance of that season or the Executive Committee is empowered to consider recommendations for additional penalties*

## SUPERVISION OF ATHLETES

The Southern Section Office has experienced a problem which has perpetuated itself over the years as it pertains to proper supervision and entry of student-athletes in the post-season playoffs. The situation relates to individual sports, i.e. CROSS COUNTRY, INDIVIDUAL TENNIS, TRACK, SWIMMING, etc. and the official recognition and registration of entrants at the respective playoff sites.

State and Southern Section Rule 309 states:

No CIF team (i.e., individual) shall participate in inter-scholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Administrative Code Title V and CIF By-Law #506A and B. (Additionally, refer to Rule 123.)

**Those persons APPROVED FOR SUPERVISION PURPOSES are limited to:**

- A. Certificated personnel
- B. Certified Coaches (certified credentialed coaches)
- C. Non-certificated temporary coaches (certified walk-on coaches.)

(It should be noted that schools representing the same DISTRICT might send one credentialed or certified supervisor for three or four athletes. These individuals have been recognized and are to continue to be recognized for registration and participation purposes in that the district has assigned the supervisory role for all students from its' member schools to this one individual.)

However, the concern is for those students who ARE NOT accompanied by a faculty representative and report to the playoff site by themselves or with a parent. ***GIVING PARENTS THE SUPERVISION AUTHORITY, WHETHER IN WRITING OR NOT, DOES NOT MEET THE STANDARDS SET FORTH IN THE ABOVE REGULATIONS. This also applies to parents who are the student's private coach but are not under contract to the member school.***

PLEASE NOTE, THIS RULE WAS REVIEWED BY THE STATE CIF OFFICE, ITS GENERAL COUNCIL AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE. IT HAS BEEN REAFFIRMED THAT THE INTERPRETATION STAND AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER DIRECT SUPERVISION IN ACCORDANCE WITH STATE AND SOUTHERN SECTION RULE 309, IS TO BE DENIED ENTRY FOR PARTICIPATION IN THE COMPETITION.

As pointed out by the Southern Section and State CIF attorney, there are inherent liability problems when an individual competes in violation of said rule. Please review this rule with your staff in that it will be strictly enforced as per the above application.



**ALL** Rules change information for the  
2010 Swimming/ Diving Season  
is available on the Swimming/ Diving page @  
[www.cifss.org](http://www.cifss.org)

**Athletic Directors/ Boys' & Girls' Swimming Coaches:**

**It is VERY important that you review these pages as it contains IMPORTANT information and changes to the NFHS rules of Swimming & Diving for 2009-2010. Some of these rules have been changed since the printing of the 2009-2010 rules book.**

## CIF-SS SWIMMING RECORDS

Listed below are the CIF-SS 2009 Boys' and Girls' Swimming Team Champions and the All-Time Divisional Swimming Records.

### 2009 BOYS' TEAM CHAMPIONS

<u>DIV</u>	<u>CHAMPION (Score)</u>	<u>HEAD COACH</u>	<u>RUNNER-UP (Score)</u>	<u>SITE</u>
I	Capistrano Valley (188.5)	Steve Yancey	Loyola (169.5)	Mt. SAC
II	La Canada (234.5)	Art Lopez	Oaks Christian (205)	Mt. SAC
III	Torrance (228)	Scott Peppard	Cerritos (197)	Mt. SAC
IV	Patriot (171.5)	Dan Weatherford	Veivpoint (162)	Mt. SAC

### CIF-SS ALL-TIME BOYS INDIVIDUAL SWIMMING/DIVING RECORDS

<u>DIVISION I</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>MARK</u>	<u>YEAR</u>
200-yd. Individual Medley	Trevor Hoyt	Yucaipa	1:46.96	2009
200-yd. Medley Relay		San Marino	1:33.21	1991
400-yd. Freestyle Relay		Mission Viejo	3:03.34	1983
200-yd Freestyle Relay		Yucaipa	1:23:04	2008
50-yd. Freestyle	Joey Hale	Redlands	19.95	2008
100-yd. Freestyle	Derya Buyukuncu	Woodbridge	43.85	1994
200-yd. Freestyle	Tom Shields	Edison	1:33.83	2009
500-yd. Freestyle	Ian Prichard	Buena	4:19.34	2000
100-yd. Butterfly	Tom Shields	Edison	47.55	2009
100-yd. Backstroke	Derya Buyukuncu	Woodbridge	47.50	1994
100-yd. Breaststroke	John Criste	Mission Viejo	54.15	2007
Diving	Troy Dumais	Buena	701.65	1997
 <u>DIVISION II</u>				
200-yd. Individual Medley	Darren Ward	Sonora	1:48.83	1987
200-yd. Medley Relay		Pasadena Poly	1:35.20	2009
400-yd. Freestyle Relay		Hart	3:07.25	1998
200-yd Freestyle Relay		Oaks Christian	1:25.36	2009
50-yd. Freestyle	Anthony Ervin	Hart	20.21	1999
100-yd. Freestyle	Anthony Ervin	Hart	44.11	1999
200-yd. Freestyle	Andrew Saeta	Pasadena Poly	1:36.99	2009
500-yd. Freestyle	Jeff Kostoff	Upland	4:16.39	1983
100-yd. Butterfly	Chase Bloch	Oaks Christian	48.03	2009
100-yd. Backstroke	Andrew Saeta	Pasadena Poly	48.94	2008
100-yd. Breaststroke	Steve Poling	Laguna Hills	56.37	1997
Diving	Louis Gagnet	University	640.95	2001
 <u>DIVISION III</u>				
200-yd. Individual Medley	Nolan Koon	Oaks Christian	1:50.06	2008
200-yd. Medley Relay		Oaks Christian	1:33.78	2008
400-yd. Freestyle Relay		Oaks Christian	3:07.62	2007
200-yd. Freestyle Relay		Oaks Christian	1:24.73	2008
50-yd. Freestyle	Michael Cavic	Tustin	19.69	2002
100-yd. Freestyle	Michael Cavic	Tustin	44.11	2002
200-yd. Freestyle	Chad Carvin	Laguna Hills	1:37.80	1992
500-yd. Freestyle	Chad Carvin	Laguna Hills	4:21.10	1992
100-yd. Butterfly	Michael Cavic	Tustin	47.13	2002
100-yd. Backstroke	Michael Cavic	Tustin	47.55	2002
100-yd. Breaststroke	Rickie Gill	Palm Springs	54.42	1982
Diving	Jeff Nichols	Laguna Hills	547.90	1994
 <u>DIVISION IV</u>				
200-yd. Individual Medley	Kevin Nielsen	Oaks Christian	1:54.28	2005
200-yd. Medley Relay		Oaks Christian	1:36.78	2006
400-yd. Freestyle Relay		Oaks Christian	3:13.14	2006
200-yd. Freestyle Relay		Oaks Christian	1:28.72	2005
50-yd. Freestyle	William Woolam	Rubidoux	21.05	2005
100-yd. Freestyle	William Woolam	Rubidoux	46.27	2005
200-yd. Freestyle	Ryan Chiu	Mark Keppel	1:41.41	2007
500-yd. Freestyle	Ryan Chiu	Mark Keppel	4:31.45	2008
100-yd. Butterfly	Kevin Nielsen	Oaks Christian	50.58	2006
100-yd. Backstroke	Ethan Bradley	Charter Oak	52.02	2007
100-yd. Breaststroke	Dan Simonsen	Bonita	56.87	2003
Diving	Max Bookman	Brentwood	435.15	2001

## 2009 GIRLS' TEAM CHAMPIONS

<u>DIV</u>	<u>CHAMPION (Score)</u>	<u>HEAD COACH</u>	<u>RUNNER-UP (Score)</u>	<u>SITE</u>
I	Edison (275)	Crystal Whitmore	Hart (187)	Mt. SAC
II	Westlake (178.5)	Todd Immas	La Canada (132)	Mt. SAC
III	Palm Desert (253)	Jennifer Rubio	Laguna Beach (195)	Mt. SAC
IV	Maranatha (224)	Joe Zambrano	Quartz Hill (193)	Mt. SAC

### CIF-SS ALL-TIME GIRLS DIVISIONAL SWIMMING RECORDS

<u>DIVISION I</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>MARK</u>	<u>YEAR</u>
200-yd. Individual Medley	Kristin Caverly	San Clemente	1:58.86	2001
200-yd. Medley Relay		Edison	1:43.60	2009
400-yd. Freestyle Relay		Irvine	3:24.64	2003
200-yd. Freestyle Relay		Fountain Valley	1:34.94	2009
50-yd. Freestyle	Courtney Cashion	Irvine	22.75	2004
100-yd. Freestyle	Courtney Cashion	Irvine	49.26	2004
200-yd. Freestyle	Cynthia Woodhead	Mission Viejo	1:45.98	1982
500-yd. Freestyle	Kaitlin Sandeno	El Toro	4:39.64	2001
100-yd. Butterfly	Tara Thomas	Beckman	53.54	2007
100-yd. Backstroke	Cindy Tran	Edison	53.61	2008
100-yd. Breaststroke	Jessica Hardy	L.B. Wilson	59.20	2005
Diving	Allison Brennan	Edison	621.65	2001
<b><u>DIVISION II</u></b>				
200-yd. Individual Medley	Janet Evans	El Dorado	1:59.96	1989
200-yd. Medley Relay		Hart	1:47.81	2008
400-yd. Freestyle Relay		Riverside Poly	3:30.27	1980
200-yd. Freestyle Relay		Westlake	1:37.80	2008
50-yd. Freestyle	Gretchen Jaques	Glendora	22.80	2009
100-yd. Freestyle	Jill Sterkel	Wilson/HH	49.77	1979
200-yd. Freestyle	Stacy Shupe	Gahr	1:48.01	1982
500-yd. Freestyle	Janet Evans	El Dorado	4:37.30	1988
100-yd. Butterfly	Yumi So	Crescenta Valley	53.03	2009
100-yd. Backstroke	Yumi So	Crescenta Valley	54.21	2009
100-yd. Breaststroke	Jordan Danny	Hart	1:01.96	2008
Diving	Kristin Littell	Don Lugo	557.35	2002
<b><u>DIVISION III</u></b>				
200-yd. Individual Medley	Kirstie Chen	Whitney	2:01.25	2009
200-yd. Medley Relay		Palm Desert	1:46.79	2009
400-yd. Freestyle Relay		Yucaipa	3:35.18	2003
200-yd. Freestyle Relay		Laguna Beach	1:38.37	2009
50-yd. Freestyle	Dara Torres	Westlake	22.69	1985
100-yd. Freestyle	Dara Torres	Westlake	49.76*	1985
200-yd. Freestyle	Emily Bibb	La Reina	1:47.48	2007
500-yd. Freestyle	Carly Geehr	Mayfield	4:46.51	1999
100-yd. Butterfly	Emily Andelson	Palm Desert	55.26	2009
100-yd. Backstroke	Jessica Tong	Chadwick	55.33	1992
100-yd. Breaststroke	Tracey McFarlane	Palm Springs	1:02.59	1984
Diving	Erin Sones	Pasadena Poly	485.70	1997
<b><u>DIVISION IV</u></b>				
200-yd. Individual Medley	Erica Brannon	St. Joseph/ Santa Maria	2:05.35	2007
200-yd. Medley Relay		Sultana	1:51.18	2002
400-yd. Freestyle Relay		Sultana	3:37.09	2002
200-yd. Freestyle Relay		Carpinteria	1:41.56	2003
50-yd. Freestyle	Emily Bibb	La Reina	23.70	2005
100-yd. Freestyle	Mary Hanson	Immanuel Christian	51.01	2009
200-yd. Freestyle	Brett Shiflett	Oaks Christian	1:49.80	2004
500-yd. Freestyle	Melissa Wong	Whitney	4:59.31	2002
100-yd. Butterfly	Kirstie Chen	Whitney	56.16	2008
100-yd. Backstroke	Mary Hanson	Immanuel Christian	55.17	2009
100-yd. Breaststroke	Jennifer Cook	Valencia/ Placentia	1:05.26	2002
Diving	Ryanne Snider	La Mirada	425.85	2004

TO: CIF-SS Principals, Athletic Director, and Aquatics Coaches  
FROM: James Staunton, Ed.D., Commissioner of Athletics  
SUBJECT: **Aquatics Legislation – Certification**  
DATE: January, 2010

Just a reminder that the following legislation took effect January, 1991:

Section 116033 of the Health and Safety Code reads as follows:

Persons providing aquatic instruction, including, but not limited to, swimming instruction, water safety instruction, water contact activities, and competitive aquatic sports, at a public swimming pool shall possess an American Red Cross Emergency Water Safety Course certificate, or have equivalent qualifications, as determined by the state department. In addition, these persons shall be certified in standard first aid and cardiopulmonary resuscitation (CPR). All of these persons shall meet these qualifications by January 1, 1991. Persons, who only disseminate written materials relating to water safety, are not persons providing aquatic instruction within the meaning of this section.

The requirements of this section shall be waived under either of the following circumstances: (a) when one or more aquatic instructors possessing the American Red Cross Emergency Water Safety Course Certificate or its equivalent are in attendance continuously during periods of aquatic instruction, or (b) when one or more lifeguards meeting the requirements of Section 116028 are in attendance continuously during periods of aquatic instruction.

\* \* \* \* \*

Please Note: The Emergency Water Safety certificate is no longer offered by the American Red Cross. The legislation above has not been revised, despite numerous requests from water safety people around the State, and it is not clear what the “state department” has established as equivalent qualifications.

It is strongly recommended that all coaches enroll in the Safety Training for Swim Coaches course currently offered by the American Red Cross, as an interim solution to the missing EWS certificate. Not many ARC Chapters offer the class, so you may need to do some investigating to locate one that does. The Long Beach Chapter has offered the class as recently as Spring 2003, so that might be a good starting point for you.

**National Interscholastic Swimming Coaches  
Association of America, Inc.  
Swimming All-American Qualification Standards  
2009-2010**

BOYS		Event	GIRLS	
Automatic	Consideration		Consideration	Automatic
1:37.02	1:38.50	200 Medley Relay	1:50.85	1:49.01
1:41.46	1:42.97	200 Freestyle	1:52.99	1:51.28
1:54.02	1:55.96	200 Individual Medley	2:07.60	2:05.37
21.15	21.48	50 Freestyle	24.12	23.81
375.0 - D.D. 13.3		Diving	375.0 - D.D. 13.0	
50.80	51.72	100 Butterfly	57.50	56.57
46.35	46.98	100 Freestyle	52.39	51.62
4:35.51	4:39.82	500 Freestyle	5:02.19	4:57.24
1:26.92	1:28.29	200 Freestyle Relay	1:39.64	1:38.14
51.92	52.90	100 Backstroke	58.43	57.29
58.40	59.40	100 Breaststroke	1:06.28	1:05.03
3:11.32	3:13.93	400 Freestyle Relay	3:36.76	3:33.40

**DIVING QUALIFYING SCORES 2009-2010**

**BOYS:** Minimum score of 375 points and D.D. of Optional Dives 13.3 or higher.

**GIRLS:** Minimum score of 375 points and D.D. of Optional Dives 13.0 or higher.

*All-American application forms are available on-line or  
at the CIF Southern Section Championship Meet*

# 2010 Exams Schedule

## Week 1

	<u>Morning Session</u> 8 a.m.	<u>Afternoon Session</u> 12 noon
Monday, May 3	United States Government and Politics	Comparative Government and Politics French Language
Tuesday, May 4	<u>Computer Science A</u> Spanish Language	Statistics
Wednesday, May 5	Calculus AB Calculus BC	Chinese Language and Culture
Thursday, May 6	English Literature and Composition German Language	Japanese Language and Culture
Friday, May 7	United States History	European History Studio Art (portfolios due)

## Week 2

	<u>Morning Session</u> 8 a.m.	<u>Afternoon Session</u> 12 noon	<u>Afternoon Session</u> 2 p.m.
Monday, May 10	Biology Music Theory	Physics B Physics C: Mechanics	Physics C: Electricity and Magnetism
Tuesday, May 11	Chemistry Environmental Science	Psychology	
Wednesday, May 12	English Language and Composition	Art History	
Thursday, May 13	<u>Macroeconomics</u> World History	Microeconomics	
Friday, May 14	Human Geography Spanish Literature	Latin: Vergil	

### Please note:

- Coordinators are responsible for notifying students when and where to report for the exams. Early testing or testing at times other than those published by the College Board are not permitted under any circumstances.
- Coordinators should order late-testing exams for students who would like to take exams that are scheduled for the same time.
- Schools in Alaska must begin the morning exam administration between 7 a.m. and 8 a.m. local time and the afternoon exam administration between 11 a.m. and 12 noon local time. The AP Physics C: Electricity and Magnetism Exam must begin between 1 and 2 p.m. in Alaska.



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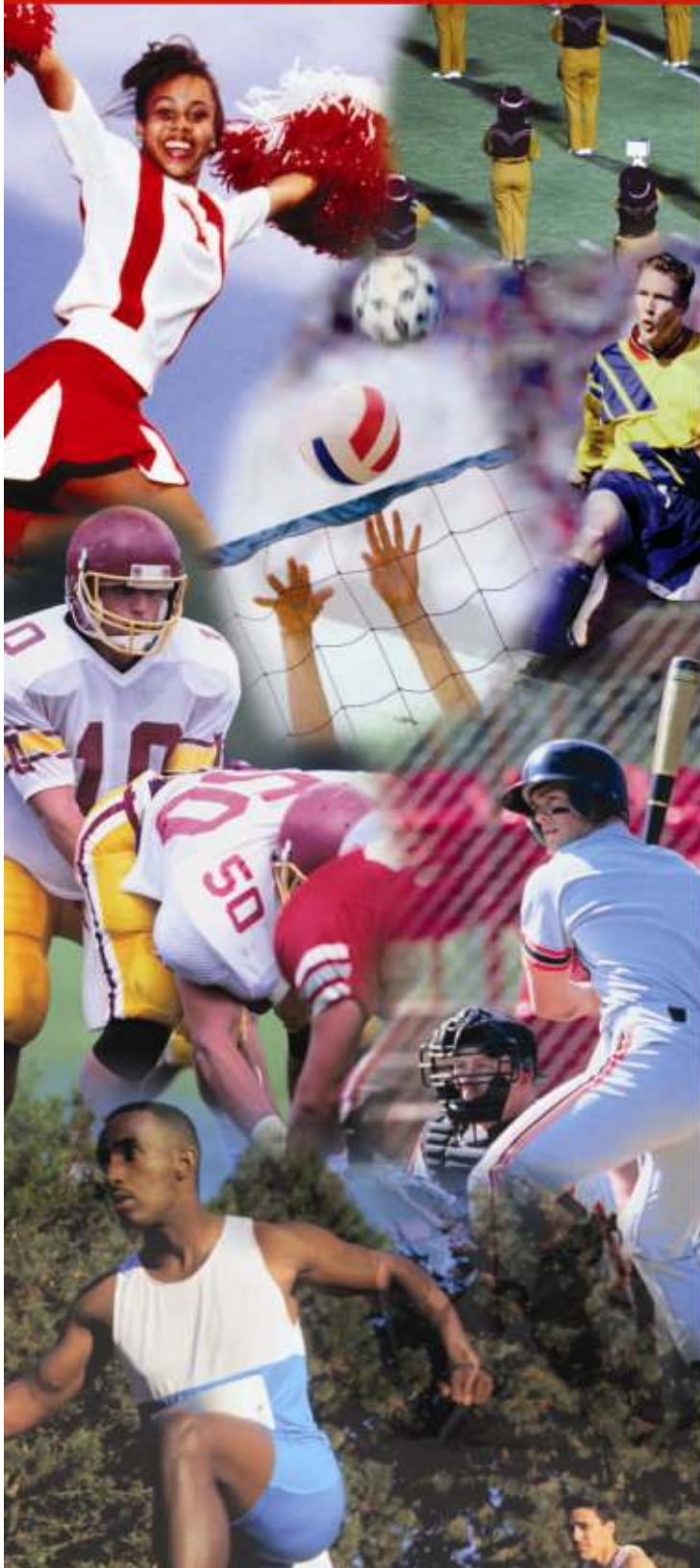


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