

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
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Telephone (203) 250-1111 / Fax (203) 250-1345  
[www.ciacsports.com](http://www.ciacsports.com)

**2023-2024 CIAC BOYS SWIMMING AND DIVING INFORMATION**

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**IMPORTANT DATES**

|                     |   |
|---------------------|---|
| November 30, 2023   | First Practice Date                                 |
| December 14, 2023   | Date of First Contest                               |
| February 1-23, 2024 | Officials Selection Form Due                        |
| February 29, 2024   | Tournament Rosters Due (4:00 p.m.)                  |
| March 2, 2024       | Last Date to Count                                  |
| March 4, 2024       | All Swimming and Diving Entries are Due (4:00 p.m.) |
| March 4, 2024       | Diving Score Sheets / Proofs Due (4:00 p.m.)        |

- 1.0 Alert Page
- 2.0 Regular Season
- 3.0 National Federation Rule Changes
- 4.0 Tournament Rules and Procedures
- 5.0 Fees
- 6.0 Tournament Entry Procedures
- 7.0 Scoring and Awards
- 8.0 Officials
- 9.0 Protests
- 10.0 Divisions
- 11.0 Qualifying Standards
- 12.0 Meet Directors / Sites

Appendix A – Conversion Factors

Appendix B – Coaching Certifications

## CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

### 1.0 **ALERTS**

- 1.1 At CIAC state meets, coaches will be prohibited from being in the area directly behind the starting blocks without approval from the officials.
- 1.2 **New!** Due to instances at both the state meet and dual meets where a coach and diver have signed a dive sheet which lists dive(s) that the diver cannot perform safely and could ultimately put the diver at a safety risk, the following rule is being added and applies to both the regular season and post-season meets. It is fully understood that divers will attempt new dives at meets, this is not intended to be enforced on every failed dive, only when the officials believe that there is a clear inability on the part of the diver to perform the dive safely.
- 1) This rule applies to regular season and post-season meets.
  - 2) Diving coaches should bring ALL diving sheets from all previous regular season and post-season meets to ALL CIAC regular season and post-season competitions.
  - 3) In alignment with the by-laws regarding disqualifications by the diving referee, and in alignment with the safety of divers being the highest priority, the dives listed on the diver's scoresheet are too difficult for the diver to perform safely, or, in the judgment of the officials, the diver did not make a sincere attempt to perform a dive, then the following process will be followed:
    - a) The referee will confer with coach and diver upon disqualification, at which point the coach may provide the season's diving sheets to demonstrate clear and consistent proficiency.
    - b) If, in the judgment of the officials, there is a lack of evidence that the diver can perform the dive, the diver will remain disqualified from the meet. Failure to demonstrate such will keep the disqualification in place, and will be at the sole discretion of the officials after speaking with coach and athlete.
    - c) The official will notify the CIAC of the disqualification. The CIAC will consider further action toward the coach.
    - d) The associated school Athletic Director from which the diver attends will be notified by the CIAC.

### 2.0 **REGULAR SEASON**

- 2.1 **Scrimmages** – Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage. All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy. Sunday practices may be counted to fulfill the 10 day requirement.
- 2.2 **Students with Special Needs** – Coaches are reminded to inform contest officials prior to each competition of any student with special needs who could be competing in the contest when his/her disability could impact the individual's performance or the conduct of the competition.
- 2.3 No warm down laps are permitted when the pool has lanes available for that purpose.
- 2.4 Weekly limitations – Teams may schedule two (2) meets per week\* -- Exception: May schedule three (3) contests in a week three (3) times during the regular season, excluding the first and last weeks.

2.5 **Sportsmanship** – Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. Everyone involved has the obligation to see clearly his/her influence and act accordingly. The CIAC acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies and procedures relating to sportsmanship and the conduct of activities in the school. To that end, the CIAC urges each school principal to adopt the following sportsmanship procedures and standards for their school and to champion the “Class Act” sportsmanship program as these standards will be used in all CIAC post-season contests.

CIAC Sportsmanship Guidelines – The CIAC Standards for sportsmanship as defined in the Class Act program are found at [http://ciacsports.com/site/?page\\_id=10438](http://ciacsports.com/site/?page_id=10438) .

2.6 **Coach Ejection** – When a member school’s coach is ejected from a meet for an infraction as prescribed by the rules, the school may not continue until the member school replaces the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare the school disqualified. Coaches who are ejected from a meet may not coach for the next two meets.

2.7 **Participation in “Outside” Meets** – Swimmers of member schools may participate as “unattached” individuals (not representing the school or outside team), in a maximum of four (4) "outside" meets per season (AAU, U.S., Boys and Girls Clubs, YMCA, etc.). Choice of such outside meets to be made by swimmers with approval of the swimmer’s school administration. Present weekly swimming limitations will be maintained, one of which may be one of the four allowable “outside” meets.

2.8 **Voluntary Dives**

|                                 |         |
|---------------------------------|---------|
| Week of December 14-24          | Forward |
| Week of December 25-December 31 | Back    |
| Week of January 1-7             | Inward  |
| Week of January 8-14            | Twist   |
| Week of January 15-21           | Reverse |
| Week of January 22-28           | Forward |
| Week of January 29-February 4   | Back    |
| Week of February 5-11           | Inward  |
| Week of February 12-18          | Twist   |
| Week of February 19-25          | Reverse |
| Week of February 26-March 3     | Forward |

3.0 **2023-24 NATIONAL FEDERATION RULE CHANGES**

**3-3 Note** Moves the note to the beginning of Section 3 and adds language prohibiting accommodations altering compression, buoyancy, or competitive advantage.

**Rationale:** This section will make it clear this provision applies to all articles in Section 3.

**3-3-2** Removes language which specifies that a competitor shall only be able to compete in a suit that is of decent appearance.

**Rationale:** Eliminates the subjectivity of “decent appearance” for an official when making an illegal suit determination.

**8-1-3d Penalty 2, 8-1-6 Penalty** Added the requirement of a written record for dual confirmation of a false start.

**Rationale:** The change aligns language with the current requirement that when dual confirmation is used, the relay takeoff judges are required to report in writing any violations to the referee.

**8-2-1g** Removes the language about some part of the body at or above the surface during a backstroke finish.

**Rationale:** The change aligns with national trends, allows the official to concentrate on the backstroke finish (wall touch), and may prevent lunging at the wall which reduces risk.

**8-2-2d-h** Requires the arms and legs to move simultaneously but does not require the arms and legs to be in the same horizontal plane. Also requires separation of the hands during the touch at turns and finish.

**Rationale:** Changes provide clarity, consistency, and alignment with national trends and do not provide a competitive advantage.

**8-2-3c, e, g** Requires the separation of hands and a simultaneous touch with the hands during the turns and finish.

**Rationale:** Changes provide clarity, consistency, and alignment with national trends and do not provide a competitive advantage.

**9-5 Diving Table** Removes dives 104A, 304A and 402A from the Diving Table.

**Rationale:** When each dive is performed slightly short of vertical, the diver's head may be precariously close to the diving board. The risk of hitting the board in these cases is far greater than other dives on the table.

**9-7-4c** Adds a penalty for when a diver's head is too close to the diving board. The diving referee shall make the determination and inform diving judges to score the dive as unsatisfactory.

**Rationale:** Minimizes the risk factor of the diver performing the dive in a way that brings the diver's head too close to the board.

## **2023-24 SWIMMING AND DIVING EDITORIAL CHANGES**

2-4-2, Table 2-1, 5-2, 5-3-6, Appendix B

## **2023-24 SWIMMING AND DIVING POINTS OF EMPHASIS**

- 1) Risk Minimization
- 2) National Trends
- 3) Participant and Spectator Unsporting Conduct
- 4) Designated Areas for Photographers

## **4.0 TOURNAMENT RULES AND PROCEDURES**

4.1 **CIAC Swimming Committee** – The decision of the Boys Swimming Committee relative to the operation of the Championships shall be final.

- 4.2 **Declared False Start** – Declared false starts are permitted in trials, finals and Open. At the trials, finals or Open when there is a declared false start or scratch an alternate will be added. When possible, meet directors should be advised prior to the seed meeting that a swimmer, diver or relay will not compete, in order to enter alternates at the trials, finals and Open. Reseeding will be done at the finals and the Open.
- 4.3 **Coaches** – An individual or team may not compete in the championships unless accompanied by its coach or an authorized adult as noted on the principal’s written authorization. If someone other than the coach accompanies the individual or team, he/she must indicate this to the meet director upon arrival at the site. This rule applies to the diving trials as well as the swimming trials.
- 4.4 **Trials, Finals, Open – One Meet** – The championships are one (1) meet from the trials through the Open meet. A declared false start may be taken during trials, finals or Open. A competitor does not gain further eligibility once they have competed at any level of competition. A competitor who declares a false start is considered to have participated in that event for the duration of the championship meets.
- 4.5 **Ineligible Competitor** – When it is discovered that an ineligible competitor participates in a CIAC individual type tournament / meet / match, the competitor will be disqualified from the competition and his/her last opponent will advance in his/her place. Teammates of the ineligible competitor, except relay teammates remain in the competition and score points for their team. Team points earned by the ineligible competitor will be subtracted from the team’s total score. Team rankings will be readjusted if warranted. Opponents eliminated prior to the last competition may not re-enter the tournament.
- 4.6 **Coach Ejection** – When a member school’s coach is ejected from a meet for an infraction as prescribed by the rules, the school may not continue until the member school replaced the ejected coach with a properly certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare the school disqualified.
- 4.7 **Coaches Meeting** – At least one coach from each school must attend the coaches meeting, which will be held 30 minutes before the scheduled start of the meet.
- 4.8 **Breaks** – At all state meets (divisional trials, finals and Open) there will be a five-minute break after the 200 Medley Relay, the 500 Freestyle, the 200 Freestyle Relay, and the 100 Breaststroke at all trials, finals and Open meets. This is in addition to the 15-minute break after the 50 Freestyle. The pool is open during swim breaks.
- 4.9 **Shaving Down** – Shaving down at the meet sites is prohibited during regular season meets and CIAC Championship Meets. Violators will be disqualified from the meet. Application of substances to the body is never to be done on the pool deck. Meet directors will designate the only area where such substances may be applied. Substances applied must be dry before swimmer may leave the application area.
- 4.10 **Use of Tobacco Products** – Use of tobacco products, including electronic devices, illegal substance or possession of alcoholic beverages of any kind including champagne are not permitted on the field of competition, within the stands, other areas of the competition venue, or the parking lot at which a tournament game is scheduled.
- 4.11 **Inclement Weather** – In case of inclement weather check the web site – [www.ciacsports.com](http://www.ciacsports.com) -- to find out if the event has been postponed.
- 4.12 **Electronic Sound Equipment or Other Noise Makers** – All electronic sound equipment such as radios, stereos, tape players, noisemakers and musical instruments are **prohibited at all times**.

- 4.13 **Photography and Video Recording** – Meet management has the full authority to restrict any and all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc.) from the deck is prohibited by all individuals other than participating coach and athlete members unless prior authorization from the meet referee or his/her designee has been granted. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Additionally, the following “non-camera zones” shall be enforced:

- Photograph or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photograph or video recording (using cameras, video cameras, iPads, cell phones, etc.) is not permitted in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for “race starting purposes” during competition and warm-ups.
- Additional “non-camera zones” may be designated by meet management.

Any individual failing to abide by these rules may be ejected from the facility.

- 4.14 **Designated Areas** – Coaches and athletes entered in the meet are to remain in the area designated for them by meet management or referee. Violators are subject to disqualification or ejection. This rule will be rigidly enforced.
- 4.15 **Rules** – All meets shall be governed by the 2023-24 National Federation Swimming and Diving Rules. (Exceptions – State Open meet where participants are not locked into heats.)

CIAC interpretation of National Federation Rules on championship and consolation heats – Open meet – “A finalist may advance.”

## 5.0 FEES

- 5.1 All ticket sales for CIAC tournament games will be sold and redeemed via digital ticketing.
- 5.2 **Entry Fee** -- \$100 per team, plus \$10 per event (including relays) with a maximum of \$250 made payable to CIAC. If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the “Generate Tournament Invoice” link under the boys swimming options in the password-protected online eligibility center.
- 5.3 **Admission Fee** \* -- Diving qualifying, championship and Open meets (\*Subject to change depending on venue)
- Children – Five (5) and under – Free
  - Students (grades 1-12) and Senior Citizens (age 65 and older) -- \$5.00
  - Adults (all others not in the above categories -- \$10.00
  - Military in uniform or with I.D. – Free
- 5.4 **Passes** – During the championships only the following passes will be honored at each site.
- a. Principal (or designee) of participating schools with CAS membership card.
  - b. Press Card.
  - c. CIAC swimming officials membership card.
  - d. Athletic Directors with CAAD membership card

No other complimentary admissions will be permitted.

- 5.5 **Team Members** – At all meets (diving, trials, divisional finals and Open) team members who are not participants are expected to pay an admission fee in order to be a spectator. Swimmers, who have competed in the trials of a division, are considered members of the team for all subsequent competition, i.e. finals and Open. Those competitors will be admitted free of charge.
- 5.6 **Supervision** – Team coaches (limit of three), athletic director and administrative personnel assigned to supervisory responsibilities will be allowed free admission. **Coaches are responsible for the supervision of their athletes, managers, and other team personnel.**
- 5.7 Schools will be fined \$50 for each signed diving proof sheet not received on time at CIAC by fax (203) 250-1345 or emailed to [results@casciac.org](mailto:results@casciac.org). Under no circumstances will divers be allowed to dive until the proof sheets are provided to officials.

## 6.0 TOURNAMENT ENTRY PROCEDURES

- 6.1 **Entry Form** – All names on the entry form must comply with the rules and regulations of the CIAC. Entry forms and diving score sheets must be submitted via the password-protected online eligibility center not later than the date indicated under IMPORTANT DATES by 4:00 p.m. Anyone not listed cannot compete. All problems must be resolved before the entry deadline. Late entries will not be accepted. Schools may put their entries on at any time before the deadline and do not have to wait until the deadline.

Tournament rosters, entry forms and officials names can be submitted on the eligibility center or the submit scores/forms option under the CIAC for coaches menu at [ciacsports.com](http://ciacsports.com). Rosters must be submitted by the date listed under IMPORTANT DATES by 4:00 p.m.

Coaches may submit four (4) swimmers with times for each event including times that do not make the automatic qualifying times. Swimmers will be added after the automatic qualifiers until the 36<sup>th</sup> time is reached. The top 36 times in each swimming event will qualify to swim at trials including any ties for 36<sup>th</sup> place.

- 6.2 **Seeding and Event Sheet** – The seeding and event sheet must be submitted electronically via the password-protected online eligibility center before entries become official. It must indicate what events each swimmer is entered in and the seeding time and date for each event or highest score for diving. It must also insure that no swimmer is in more than two (2) individual events. (Diving is an individual event.) No swimmer may actually swim in more than four (4) events, no more than two of which may be individual events. No more than three (3) of which may be relay events. Trials, finals and Open are considered one meet. Only names on the seeding event sheet may compete. All names on the entry form must comply with the rules and regulations of the CIAC.
- 6.3 **Diving Entries** – All diving entries will be done electronically via the password-protected online eligibility center. The diving information must be put on the diving score sheet. The diving form must be at CIAC headquarters by 4:00 p.m. on the date indicated under IMPORTANT DATES. Confer with Rule 9-4-1 for order of dives and DD requirement.

The diving forms must be signed by both the diver (full name), the coach at the time of the meet and by the referee, as soon as the meet is over. In the divisional and Open championships, the six optional dives must have a total DD of 11.0.

Divers **MUST** prove that they have performed the combined DD and required points before they will be allowed to enter the championship trials. **Proof of having met the requirements for entry into divisional competition must be emailed to [results@casciac.org](mailto:results@casciac.org) by 4:00 p.m., on the date listed under IMPORTANT DATES.**

**Schools with divers competing must have a State Department of Education certified coach or properly authorized individual present for the diving trials or the diver may not participate.**

- 6.4 **Names on Relays** – Names of the four competing swimmers, designating the lead off swimmer, must be on a 3 x 5 card and turned in at the start of the specific relay event. An individual does not become a relay participant until they swim in the event. Schools may enter relays with a seed time but without swimmers' names. Relay cards, listing the full names of the four swimmers designated to swim in the relay must be turned into the meet director, at the designated time, prior to the event.
- 6.5 **CIAC Late Entry Policy** – No entries will be accepted after the scheduled deadline except those approved by the CIAC Board of Control. Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding/pairing data being published on the web site, will be assessed \$50 per correction to a maximum of \$250. All requests for corrections must be submitted on a support ticket via the online eligibility center. No phone requests will be considered. Diving proof sheets that arrive after the date listed under IMPORTANT DATES by 4:00 p.m. Schools who miss the deadline will be assessed a \$50 fine.
- 6.6 **Tournament Regulation Violations** – If a school fails to comply with tournament regulations and such failure to comply requires the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation of \$500 will be imposed upon the school before entry into the tournament will be allowed.

## 7.0 SCORING AND AWARDS

- 7.1 **Divisional Finals and Open** – This is the scoring for all divisional finals. This scoring will be used for competitions in eight lane pools and the Open.

**For Individual Events in the Divisional Finals and the State Open**

1<sup>st</sup> – 8<sup>th</sup> – 30-27-26-25-24-23-22-21 (three point differential between 1 & 2)

9<sup>th</sup>-16<sup>th</sup> – 19-17-16-15-14-13-12-11

17<sup>th</sup>-24<sup>th</sup> – 9-7-6-5-4-3-2-1

Double for all Relays

- 7.2 **Awards**

Division Championship Meets – Medals awarded for first six (6) places.

Open Meet – Medals awarded for first six (6) places.

Team Award – CIAC plaques will be given to each divisional and Open meet champion and runner-up.

## 8.0 OFFICIALS

- 8.1 **Selection of Officials** – Coaches may recommend officials for both the swimming championships and the diving championships. Coaches may recommend up to ten (10) officials for the swimming championships and five (5) officials for the diving championships, and each coach may list two (2) officials for the swimming championships and two (2) for the diving championships that they do not recommend to work those events. Those names may be filed on the CIAC Eligibility Center during the time period indicated under IMPORTANT DATES. Those recommendations along with recommendations from the various swimming boards will be utilized in the assignment of officials for the championships.
- 8.2 **Meet Directors** – Meet directors are responsible for assigning timers, scorers and computer operators, etc. in accordance with the number and types listed in the most current CIAC Handbook.



- 8.3 **Meet Committee** – A meet committee and a meet director shall assume responsibility for all aspects of meet management. The meet committee shall make decisions on matters not specifically covered by the rules or on the misapplication of a rule during the meet. Judgment calls are not subject to review by the committee. The decision of the meet committee is final.
- 8.4 **Timers** – In a meet where six lanes are used, every team with a 400 yd. free relay team must supply a qualified timer for the entire meet. In a meet where eight lanes are used, each team with three relays competing must supply a second qualified timer for the entire meet. The qualified timers with a watch must report 15 minutes before the scheduled start of the meet. The meet director may assign teams to a specific lane.
- 8.5 **CIAC Rules Interpreter** – Questions on swimming or diving rules should be referred to the CIAC Rules Interpreter – Mike Huffman – (860) 539-9895 – [mhuffman99@gmail.com](mailto:mhuffman99@gmail.com) .

## 9.0 **PROTESTS**

- 9.1 **Tournament** – On the event of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of the CIAC and the Chairman of the Tournament Committee in question, in consultation with the CIAC swimming/diving interpreter will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.
- 9.2 **Decisions by Game Officials** – Protests arising from judgment calls by officials during the contests will not be allowed. Protests arising from misinterpretation or misapplication of the National Federation or CIAC rules by officials or others will be considered. The record of the official scorekeeper at the conclusion of the contest is final unless an administrative error is discovered. Such errors will be corrected as covered by specific contest rules.

## 10.0 **DIVISIONS**

- 10.1 **Placement** – Only institutional members of the Conference may enter the tournament which will be in four (4) divisions. Placement of schools has been based on the 2022-23 boy enrollment in grades 9-12. A listing of tournament divisions is available on the boys swimming page at [ciacsports.com](http://ciacsports.com).

LL – 799 and over                      L – 644- 798                      M – 432-643                      S – Up to 431

## 11.0 **QUALIFYING STANDARDS**

- 11.1 **CIAC Member Schools** – In order to qualify individuals must be members of a team which has had a minimum of four (4) dual meets with CIAC member schools and in addition must meet the minimum standards. Individuals may compete in two (2) individual events and two (2) relays or in one (1) individual event and three (3) relays. Qualifying standards for swimming and diving must be met in a CIAC or National Federation sanctioned meet.

11.2 **Automatic Qualifying Times**

|   | <b><u>S</u></b> | <b><u>M</u></b> | <b><u>L</u></b> | <b><u>LL</u></b> |
|---|-----------------|-----------------|-----------------|------------------|
| 200 Yd. Medley Relay  |                 |                 | Automatic       |                  |
| 200 Yd. Freestyle   | 2:09.59         | 2:02.99         | 1:58.49         | 1:57.49          |
| 200 Yd. Ind. Medley   | 2:27.99         | 2:19.99         | 2:15.99         | 2:15.99          |
| 50 Yd. Freestyle  | 24.99           | 24.99           | 23.99           | 23.99            |
| Diving – <b><u>Dual Meets</u></b> – 9.0 DD & 160 points. The DD of 9.0 is for the 5 optional dives in the 6 dive program.           |                 |                 |                 |                  |
| <b><u>Championship Meets</u></b> – 240 points on 11 dives and 11.0 DD. The 11.0 DD is for the 6 option dives in the 11 dive program |                 |                 |                 |                  |
| 100 Yd. Butterfly   | 1:08.49         | 1:02.74         | 58.99           | 1:00.49          |
| 100 Yd. Freestyle   | 55.99           | 55.49           | 53.49           | 52.49            |
| 500 Yd. Freestyle   | 5:54.99         | 5:42.99         | 5:35.99         | 5:25.99          |
| 200 Yd. Freestyle Relay   |                 |                 | Automatic       |                  |
| 100 Yd. Backstroke  | 1:07.49         | 1:05.99         | 1:01.99         | 1:02.99          |
| 100 Yd. Breaststroke  | 1:15.29         | 1:12.24         | 1:11.99         | 1:10.99          |
| 400 Yd. Freestyle Relay   |                 |                 | Automatic       |                  |

11.3 **Relays** – Each team is allowed one entry in each relay event – 200 Medley, 200 Freestyle, 400 Freestyle Relay – without regard to qualifying time.

11.4 **Swimmers That Do Not Meet Automatic Qualifying Times** – Coaches may submit four (4) swimmers with times for each event including times that do not make the automatic qualifying times. All swimmers who meet the automatic qualifying time will swim. If fewer than 36 swimmers meet the automatic qualifying time additional swimmers will be added until the 36<sup>th</sup> time is reached, in which case the top 36 times, including any ties for 36<sup>th</sup> place, will qualify to swim at trials. Only those in the top 36 will be charged an entry fee.

11.5 **Number of Events Per Swimmer** – Coaches may submit swimmers in a maximum of two individual events. Any swimmers entered in an individual event that does not make the top 36 seeding will be allowed to swim in up to three relay events. A coach may enter one relay team for each relay event.

11.6 **Divers Qualifying** – For both Class and Open meets, the total degree of difficulty for the six (6) optional dives on the 11 dive championship diving score sheet **MUST** meet the following requirements – All divisions – 11.0. **Diving divisions may be combined if the total divers between two divisions is 28 or fewer.**

The DD (degree of difficulty) stated in the qualifying standards must be the total degree of difficulty for the five (5) optional dives done in a dual meet that is in a six (6) dive program. The degree of difficulty of the voluntary dive is not to be counted. The required point total and the required DD must be done in the same meet.

11.7 **Qualifying for Divisional Meet** – The best twenty-four (24) swimming performances in each event, at the trials, will qualify for Divisional Championships. In divisional championships all heats are locked.

11.8 **Open Championship** – The best twenty-four (24) swimming performances in each event from all the Divisional Championships combined will qualify for the Open Championship Meet. Any of the twenty-four (24) finalists can advance either by “scratches” or “better time” in the finals. (Alternates will be added when vacancies exist due to scratches or declared false starts.)

11.9 **Open Diving Championship** – For diving (State Open) the twenty-four (24) top scorers plus any divers in the top three (3) of each divisional championship meet not already included in the top twenty-four (24) will automatically qualify for the State Open Meet. **Diving alternates will only be utilized when there are fewer than 24 divers.**

11.10 **Alternates** – There will be two alternates for the trials, divisional finals and the Open championship meet.

11.11 **NO EXHIBITION SWIMMERS OR DIVERS ARE ALLOWED IN ANY TRIALS, FINALS, OR OPEN.**

12.0 **MEET DIRECTORS / SITES**

**\* ALL DATES AND TIMES OF MEETS ARE SUBJECT TO CHANGE WITHOUT NOTICE**

| <b>Event</b> | <b>Trials/Final</b> | <b>Class</b> | <b>Date/Site</b>   | <b>Warm-up</b> | <b>Start</b> | <b>Meet Director</b> |
|--------------|---------------------|--------------|--|----------------|--------------|----------------------|
| Diving       | Trials/Finals       | S            | Wednesday, March 6, 2024<br>Sheehan High School, Wallingford | 4:00 p.m.      | 5:30 p.m.    | Dan Wostbrock        |
| Diving       | Trials/Finals       | M            | Thursday, March 7, 2024<br>Middletown High School            | 4:00 p.m.      | 5:30 p.m.    | Trevor Charles       |
| Diving       | Trials/Finals       | L            | Wednesday, March 6, 2024<br>Middletown High School           | 4:00 p.m.      | 5:30 p.m.    | Trevor Charles       |
| Diving       | Trials/Finals       | LL           | Thursday, March 7, 2024<br>Sheehan High School, Wallingford  | 4:00 p.m.      | 5:30 p.m.    | Dan Wostbrock        |
| Diving       | Trials/Finals       | Open         | Thursday, March 14, 2024                                     | 4:00 p.m.      | 5:30 p.m.    | Trevor Charles       |
| Swim         | Trials              | S            | Friday, March 8, 2024<br>Cornerstone                         | 4:00 p.m.      | 5:15 p.m.    | Brendan Heller       |
| Swim         | Trials              | M            | Saturday, March 9, 2024<br>Cheshire Pool                     | 5:30 p.m.      | 6:45 p.m.    | Ericka Fangiullo     |
| Swim         | Trials              | L            | Saturday, March 9, 2024<br>Cornerstone                       | 10:00 a.m.     | 11:15 a.m.   | John Smachetti       |
| Swim         | Trials              | LL           | Saturday, March 9, 2024<br>Cornerstone                       | 3:15 p.m.      | 4:30 p.m.    | Rick Lewis           |
| Swim         | Finals              | S            | Monday, March 11, 2024<br>Cornerstone                        | 5:00 p.m.      | 6:00 p.m.    | Brendan Heller       |
| Swim         | Finals              | M            | Monday, March 11, 2024<br>Wesleyan                           | 5:00 p.m.      | 6:00 p.m.    | Ericka Fangiullo     |
| Swim         | Finals              | L            | Tuesday, March 12, 2024<br>Cornerstone                       | 5:00 p.m.      | 6:00 p.m.    | John Smachetti       |
| Swim         | Finals              | LL           | Tuesday, March 12, 2024<br>Wesleyan                          | 5:00 p.m.      | 6:00 p.m.    | Rick Lewis           |
| Swim         | Finals              | Open         | Saturday, March 16, 2024<br>Yale                             | 11:00 a.m.     | 1:00 p.m.    | Rick Lewis           |

## Contacts:

|                  |  |                              |
|------------------|--|------------------------------|
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## APPENDIX A 25 YARD-METER AND 25 METER-YARD CONVERSION FACTORS

|                          | <u>MEN</u>        |                   |
|--------------------------|-------------------|-------------------|
|                          | <u>Yard-Meter</u> | <u>Meter-Yard</u> |
| 200 Medley Relay         | 1.115             | 0.8969            |
| 200 Freestyle            | 1.108             | 0.9025            |
| 200 Ind. Medley          | 1.111             | 0.9001            |
| 50 Freestyle             | 1.119             | 0.8937            |
| 100 Butterfly            | 1.114             | 0.8977            |
| 100 Freestyle            | 1.111             | 0.9001            |
| 500 Yd. / 400M Freestyle | 0.8780            | 1.1391            |
| 500 Yd. / 500M Freestyle | 1.100             | 0.9091            |
| 200 Free Relay           | 1.116             | 0.8961            |
| 100 Backstroke           | 1.111             | 0.9001            |
| 100 Breaststroke         | 1.110             | 0.9009            |
| 400 Freestyle Relay      | 1.114             | 0.8977            |
|                          | <u>WOMEN</u>      |                   |
| 200 Medley Relay         | 1.116             | 0.8961            |
| 200 Freestyle            | 1.108             | 0.9025            |
| 200 Ind. Medley          | 1.110             | 0.9009            |
| 50 Freestyle             | 1.115             | 0.8969            |
| 100 Butterfly            | 1.111             | 0.9001            |
| 100 Freestyle            | 1.112             | 0.8993            |
| 500 Yd. / 400M Freestyle | 0.877             | 1.1406            |
| 500 Yd. / 500M Freestyle | 1.100             | 0.9091            |
| 200 Free Relay           | 1.117             | 0.8953            |
| 100 Backstroke           | 1.111             | 0.9001            |
| 100 Breaststroke         | 1.112             | 0.8993            |
| 400 Freestyle Relay      | 1.114             | 0.8977            |

## APPENDIX B

### Certifications / Coaching Certifications

- Coaching Education Overview: Required coaching certifications, including medical certifications, can be found at this link: <http://www.ctcoachinged.org/>
- Information on coaching permit renewal for the State of Connecticut can be found at: <https://portal.ct.gov/SDE/Certification/Coaching-Permit-First-Time-Issuance>
- Temporary coaching permit application can be found at this link: [https://portal.ct.gov/-/media/SDE/Certification/Forms/ed\\_186.pdf](https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_186.pdf)
- 5 Year coaching permit application can be found at this link: [https://portal.ct.gov/-/media/SDE/Certification/Forms/ed\\_185.pdf](https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_185.pdf)
- Coaching Course Registration: <http://www.ctcoachinged.org/>
- Sudden Cardiac Arrest Renewal: [https://portal.ct.gov/-/media/SDE/Certification/Coaching/coaches\\_sudden\\_cardiac\\_arrest\\_awareness\\_annual\\_review.pdf?la=en](https://portal.ct.gov/-/media/SDE/Certification/Coaching/coaches_sudden_cardiac_arrest_awareness_annual_review.pdf?la=en)
- Information on concussion training and certification can be found at this link: <http://www.ctcoachinged.org/concussionpage.html>
- Concussion Renewal Form for Coaches: <https://caadinc.org/2023-24ConAnnRev.pdf>
- Mandated Reporter Training: <https://portal.ct.gov/DCF/Mandated-Reporter-Training/Home>
- EpiPen Training: <https://cprtrainpro.com/epi-pen-training>
- Coaches Guide to Dehydration and Other Heat Illnesses: <https://www.nata.org/sites/default/files/heat-illness-parent-coach-guide.pdf>
- Heat Illness Legislation for Coaches, Parents and Students: <https://www.cga.ct.gov/2021/ACT/PA/PDF/2021PA-00087-R00HB-06492-PA.PDF>
- Exertional Heat Illness Review for Coaches: <http://www.caadinc.org/23-24HeatRev.docx>

#### Volunteer Coaches

The state of Connecticut Department of Education does not distinguish between volunteer or paid coaches when considering certifications or responsibilities. All coaches who are responsible for, or instruct students in any way must follow Connecticut State Law for certifications and responsibilities. Therefore, volunteer coaches are required to obtain the same certifications as all other coaches.