

2009/2010 WPIAL BOYS/GIRLS SWIMMING SCHEDULE
Revised Pg-5 – Press Release ~ Championship will be Mar. 4-5, 2010
April 27, 2009

First Practice Date ~ November 20, 2009
First Scrimmage Date ~ November 28, 2009
First Play Date ~ December 11, 2009

Maximum Scrimmages ~ 2
Maximum Contests ~ 18 Meets

The WPIAL boys/girls section swimming competitions are scheduled to begin on December 17, 2009 and must be completed according to the schedule. Please check your placement carefully and contact the League office at (412) 921-7181 or 800-297-9553 regarding any errors. **A copy of this schedule must be given to your coach.**

Coaches are advised that the PIAA By-Laws Article XIV, Section 3 requires that the head coach attend a minimum of one PIAA mandatory rules interpretation prior to each season. Mandatory rules meeting dates and times are available on the PIAA website. www.piaa.org

The WPIAL swimming program will be operated during the 2009/2010 school year on a double dual meet basis for all section meets. The boys and girls swimming teams will swim at the same time at the same pool. In a few cases where a school does not field a boy's team or a girl's team, the meet will be a single dual meet.

The following information is pertinent to the conduct of a successful season:

1. The National Federation Swimming and Diving Rule Book will govern all meets.
2. National Federation scoring system will be in effect. The scoring system used in the meet will correspond to the total number of available lanes in the competition pool, except where modified by prior mutual consent. There are always changes made in the rule book. Coaches should check the National Federation Swimming and Diving Rule Book so that they are aware of these changes.
3. Section champions will be determined by the best won/lost record in section play. In the case of a tie in section record for first place, all tied teams will receive a plaque.
4. Make sure that both teams and the officials know the correct starting time. This should be established by the home team and made known to the visitors no less than two weeks prior to the event. It is recommended that all afternoon contests do not start before 3:30 PM unless the competing school principals agree. All section meets must be completed and dates may not be changed unless it is mutually agreeable by the principals of both schools.
5. It is recommended that each dual meet should have three (3) registered PIAA officials.
6. Senior Recognition Events should be limited to no more than 15 minutes. Conducting extended recognition events is not fair to visiting teams or officials.
7. Protests based on play situations or official's decisions involving interpretation or judgment will not be allowed.
8. When using Meet Manager or other Meet Software, Teams are to follow the NF Rule 4, Section 10. Team may, but are not required to submit entries at the beginning of the meet. It is helpful if visiting teams provide a roster prior to arrival at the competition. Please take appropriate precautions to safeguard against computer virus contamination. The computer operator shall produce reports as required. If a change is made to the line up after entries are submitted but before the start of the event, the coach making the change shall notify the Referee, who shall notify the opposing coach.
9. Athletic Directors should not hire Officials who are related to participants or coaches.

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10. With many teams using Team Manager and Meet Manager Software the WPIAL suggests that the following event numbering be used so that event files can be merged as easily and efficiently as possible.

Event # 1 Girls 200 Medley Relay	Event # 2 Boys 200 Medley Relay
Event # 3 Girls 200 Free	Event # 4 Boys 200 Free
Event # 5 Girls 200 IM	Event # 6 Boys 200 IM
Event # 7 Girls 50 Free	Event # 8 Boys 50 Free
Event # 9 Girls Diving	Event # 10 Boys Diving
Event # 11 Girls 100 Fly	Event # 12 Boys 100 Fly
Event # 13 Girls 100 Free	Event # 14 Boys 100 Free
Event # 15 Girls 500 Free	Event # 16 Boys 500 Free
Event # 17 Girls 200 Free Relay	Event # 18 Boys 200 Free Relay
Event # 19 Girls 100 Back	Event # 20 Boys 100 Back
Event # 21 Girls 100 Breast	Event # 22 Boys 100 Breast
Event # 23 Girls 400 Free Relay	Event # 24 Boys 400 Free Relay

11. WPIAL CHAMPIONSHIP QUALIFYING STANDARDS

- A. Teams must have a minimum of 10 competitions (swimming and/or diving) prior to the WPIAL Meet, to be eligible to score team points at the WPIAL or PIAA Championships. You must submit a copy of your completed schedule when you submit entries to the WPIAL Meet. (Please reference PIAA By-Law Article VIII, Section 5.) Please be advised that Double Duel Meets where 3 teams and 3 scores are kept count as 2 meets for each team. Tri Meets or Invitationals, where one set of scores are kept count as 1 meet.
- B. Individuals must have been in uniform and available at 75% of the team contests to be eligible for post-season competition. (Please reference PIAA By-Law Article VIII, Section 6.)
- C. Swimming – in order to qualify for the WPIAL championship event at Pitt, all swimmers must achieve the minimum standards established by the WPIAL enclosed in this schedule. These standards must be met in a WPIAL meet or in an invitational qualifying meet that is scored and uses an electronic timing device. All invitational-qualifying meets must be scheduled and completed by February 20, 2010. **These meets must be scored and athletes are only permitted to compete in the normal number of events. Swimming an event multiple times is not permitted.** All times must be verified by a PIAA approved official. The time submitted for WPIAL entry **may not** be a deck time, a practice time or a **time trial time. Relay qualifying standards must be made as a relay. Aggregate times are not accepted.**

EVENT	BOYS AAA	BOYS AA	GIRLS AAA	GIRLS AA
200 Medley Relay	1:50.60	1:57.00	2:03.00	2:07.00
200 Free	1:55.50	2:02.60	2:04.80	2:10.50
200 IM	2:11.40	2:19.70	2:23.10	2:28.20
50 Free	23.60	24.30	26.10	26.80
100 Fly	59.00	1:03.40	1:04.90	1:07.30
100 Free	51.90	54.30	57.20	59.00
500 Free	5:14.00	5:38.00	5:36.00	5:50.00
200 Free Relay	1:38.50	1:43.00	1:49.40	1:52.80
100 Back	1:01.00	1:04.60	1:06.10	1:08.20
100 Breast	1:07.00	1:10.70	1:13.90	1:16.40
400 Free Relay	3:39.10	3:53.00	4:02.40	4:15.00

- D. Diving – In order to qualify for the WPIAL diving competition, all divers must meet the minimum standards listed below. The diving sheet, documenting the score and the degree of difficulty must be signed by the referee and submitted with the entry form to the WPIAL.

Beginning with the first Contest day of the Regular Season for Swimming and Diving and ending with the last Contest day of the Regular Season for Swimming and Diving, all Diving Competition shall consist of one (1) Voluntary Dive, which shall be done first, and five (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.

- * The Voluntary Dive groups and the Calendar Weeks for the 2009-2010 Swimming and Diving Regular Season shall be as follows: **Forward Group for weeks beginning December 6, January 10 and February 14; Back Group for weeks beginning December 13, and January 17; Inward Group for weeks beginning December 20, and January 24; Twisting Group for weeks beginning December 27 and January 31; and Reverse Group for weeks beginning January 3 and Feb. 7. These dates are tentative and may be modified once info is received from the NF and the PIAA.**

In the case of a Regular Season Contest that is postponed and subsequently rescheduled, the voluntary dive group shall be the voluntary dive group that is required for the Calendar Week in which the postponed Regular Season Contest is rescheduled. The 6 dive form listing current DD's through the 2009-2010 rule book will be posted on the WPIAL web site at a later date. **This form may be duplicated.**

	Degree of Difficulty ~ 5 opt. Dives	3 Judges
Boys AAA	9.5	160.0
Boys AA	9.0	150.0
Girls AAA	9.5	170.0
Girls AA	9.0	155.0

- E. Non-team schools - Swimmers must swim for "time" in their event/events during a regularly scheduled interscholastic meet being conducted by other member schools. Diving competitors must dive for score. The "timing" of the swimmer may occur during an official event, in between events or after the meet. The Referee at the meet determines when the Non-Team Athletes will swim or dive. The host school will make the decision as to whether the swimmer competes during an event or not. **To prevent confusion, the Athletic Directors should make this decision prior to the meet and communicate to all involved, (non-team School and Visiting School) in writing, no less than 2 weeks prior to the event. The host school must also contact the officials doing their meet so they know what to expect and can adjust for the time frame.** A PIAA registered official must certify the swimmers or divers performance, in writing, to the WPIAL Office. **Swimmers from schools without swim teams may qualify for multiple events but no non-team school may have any more than one competitor per event and non-team schools cannot enter relay teams. Only one diver per non-team school may enter.**

12. **Electronic entries for the 2010 WPIAL Championship will be done on line through Direct Athletics Web Site. Entry deadline will be February 22, 2010.** Instructions will be included in the WPIAL Swimming & Diving Tournament letter that will be published on the WPIAL web site, January 2010.
13. WPIAL HONOR ROLL - Please email your **AAA Girls** times to **Bill Kennedy** at Bethel Park High School at bk1swim@comcast.net, **AAA Boys** times to **Cork Semler** at North Allegheny High School at KSemler@northallegheny.org, **AA** times should be emailed to **John Landreth** at Shady Side Academy at JLANDRETH@shadysideacademy.org. These Coaches will compile the honor roles to be presented in the Post Gazette and the Tribune Review.
14. **Starting guns are not to be used at any PIAA Swimming Meet.** It is recommended that a horn be used for starts.
15. The home team is obliged to phone all scores to Don Rebel @ MSA Sports Network (412/539-0360), the Pittsburgh Post Gazette (412/263-1621), the Tribune Review (888/748-8742 ~ 800/690-8040). Other appropriate local papers should be notified as well. Coaches often complain that Swimming & Diving do not get the publicity they deserve. Recognition begins with sending your meet results to the paper.
16. Teams hosting meets are to send a letter to visiting schools defining meet start time, warm up time and procedure as well as noting anything-special procedures or limitations at the host facility. The host school should also note if Non-Team Swimmers or Divers will be performing. If the host school facility does not allow diving and an alternate site is to be used, that meet procedure must be consistent for all home meets.
17. All swimsuit requirements and limitations are determined by the National Federation.
18. Please remember that as per Rule 3, Art. 2, all Athletes, Coaches and Officials are to refrain from Tobacco use at the competition site.

The dates of the PIAA Championships are March 17-20, 2010, site to be determined. The WPIAL AA Diving Championships will be held at South Park H.S., on Friday, February 26, 2010, and the WPIAL AAA Diving Championships will be held at Pine Richland H.S. on Saturday, February 27, 2010. The WPIAL Swimming Championships will be held at the University of Pittsburgh THURS, MARCH 4TH AND FRIDAY MARCH 5TH. The specific dates will be announced in September and will be established based on the facility availability as determined by the University of Pittsburgh.

NOTE:

The WPIAL 2010 Swimming Championship meet order will change. Class AAA will be run first with AA to follow. The time frames will be similar to previous meets. The 2010 WPIAL Championships will be scored to 16 places.

Press Release:

High-tech Swimsuits Banned in High School Swimming

FOR IMMEDIATE RELEASE

Contact: Becky Oakes

INDIANAPOLIS, IN (August 11, 2009) — High-tech swimsuits that have been linked to record performances at all levels of competition the past couple of years have been banned for high school competition, effective immediately.

The National Federation of State High School Associations (NFHS) Swimming and Diving Rules Committee approved changes to Rule 3-2-2 that will make the high-tech swimsuit no longer a legal suit for swimmers at the high school level. The committee's recommendations were subsequently approved by the NFHS Board of Directors.

Effective immediately, swimmers shall be limited to one swimsuit, which shall be constructed of a woven/knit textile material, permeable to water and air, constructed so as not to aid in buoyancy, and shall not contain zippers or other fastening systems. In addition, the suit shall be constructed so that the style/shape for males shall not extend above the waist or below the top of the kneecap and for females shall not extend beyond the shoulders or below the top of the kneecap, and it shall not cover the neck.

"These high-tech suits had fundamentally altered the sport and become more similar to equipment, rather than a uniform," said Becky Oakes, NFHS assistant director and liaison to the Swimming and Diving Rules Committee. "The rules of swimming have always prohibited the use or wearing of items that would aid in the swimmer's speed and/or buoyancy. The technical suits and styles had evolved to a point where there was little, if any, compliance with these basic rules," Oakes said.

The committee discussed the high-tech swimsuit issue at its meeting in March, but did not have enough factual information to take action at that time.

"With new developments in the swimming community, the committee knew that in order to preserve the integrity, tradition and heritage of the sport, as well as protect and enhance the interscholastic swimming program, these new requirements were necessary to promote fair play and the educational values of high school and could not wait for another year," Oakes said. "The immediate implementation date, including style, will help guarantee fairness in competition throughout the high school swimming seasons and allow meet officials to fairly and consistently enforce the rule."

**RECOMMENDED SWIMMING & DIVING OFFICIALS
FOR 2010 WPIAL & PIAA CHAMPIONSHIPS**

(to be completed by schools only)

SCHOOL _____ ATHLETIC DIRECTOR

OFFICIAL'S NAME	Chapter	
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

**Alphabetize names, Athletic Director sign form and return via fax
(412-921-0554) Attention: Peggy High
to the League Office no later than Friday, January 15, 2010.**