

2009-2010 WPIAL BOYS AND GIRLS SWIMMING CHAMPIONSHIP

January 15, 2010

CoachesYou are expected to maintain control of your athletes and make sure they behave as Ladies and Gentlemen. Proper examples must be set for our athletes by following the rules and showing a high level of integrity and sportsmanship. This is especially applicable as we wait outside and when we enter the building.

Also.....Coaches, please bring only the competing athletes onto the deck. The pool deck is too small to accommodate any other than those who are competing at that time.

This year the AAA Meet will be run first followed by the AA Meet.
This year's meet will be scored to 16 places.

The 2009/2010 PIAA Swimming and Diving Championships will be held at Bucknell University. Complete information in the form of a brochure, along with a map and time schedule for the meet is currently available on the PIAA web page, which is www.piaa.org

The WPIAL Swimming Championship will be held at the University of Pittsburgh Trees Pool on **Thursday March 4 and, and Friday, March 5, 2010**. Swimmers, coaches, and fans are restricted to the swimming area at Trees Pool. The following schedule should be observed:

UNIVERSITY OF PITTSBURGH - TREES POOL ~ SWIMMING

Swimming events for AAA and AA boys and girls conducted on Thursday, March 4, 2010, are as follows:
200 MEDLEY RELAY - 200 FREE - 200 IM - 50 FREE - 100 FLY - 200 FREE RELAY

Swimming events for AAA and AA boys and girls conducted on Friday, March 5, 2010, are as follows:
100 FREE - 500 FREE - 100 BACK - 100 BREAST - 400 FREE RELAY

NOTE: THE FOLLOWING TIMES HAVE CHANGED FROM LAST YEAR

Thursday & Friday

8:45 AM – 10:00 AM	AAA Warm Up
10:00 AM – 12:30 PM	AAA Timed Finals
1:45 PM – 3:00 PM	AA Warm Up
3:00 PM – 5:30 PM	AA Timed Finals

Spectators are to get in line at Fitzgerald Field House!

AAA Competition - Athletes and coaches may enter the building at 8:30 AM.
They must enter as a unit. Spectators may enter the building at 8:45 AM.
This will be in effect for both days.

AA Competition - Athletes and coaches may enter the building at 1:30 PM.
They must enter as a unit. Spectators may enter the building at 1:45 PM.
This will be in effect for both days.

DO NOT ARRIVE EARLY -- YOU WILL NOT BE ADMITTED!

An Email will be sent to all Athletic Directors specifying the entry order and deck seating assignment for each team by February 25, 2010. There is no need to arrive early!!!!

The order of events will follow the format used at the state championship meet. A short break to present awards will occur after the, 200 Free, 50 FREE, 100 FLY, 200 FREE RELAY 500 FREE and 100 BREAST.

In order to qualify for the WPIAL championship event at Pitt, all swimmers must achieve the minimum standard established by the WPIAL and enclosed in this schedule. These standards must have been met during the current season in a WPIAL meet or in an invitational qualifying meet that uses an **electronic timing device**. These 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 Time Trial Time. Relays must qualify as a Relay. Aggregate Times are not acceptable! A particular event can only be swum once per meet.**

If you have no swimming team in your school, but you have student/s who have achieved qualifying times as listed in this document, they will be eligible to compete. However, only one swimmer per event may be entered on this basis. They must have demonstrated this ability during a WPIAL meet in a 25-yard pool so the officials can verify the time. That official verification must be delivered to the WPIAL Office by February 22, 2010. **Schools that do not sponsor a Swimming and Diving Team will enter the meet via Direct Athletics, the same as other schools.** The competing teams should not relinquish any of the meet times so these qualifications can be established. These qualifications can be accomplished where an open lane exists, in a natural gap during the meet or at the end of the meet. These competitors must be accompanied by a professional employee or a designated coach (in writing) of the school district who **MUST REMAIN FOR THE DURATION OF THE MEET**. There is no exception to this rule. Schools who do not sponsor swimming may enter one competitor in each event except for relays. A boy and a girl can be entered in the same event; however if two swimmers of the same sex qualify for the same event, the school must determine their competitor.

ENTRIES

The coach must complete the registration process on line according to directions listed on page 6 of this memo. Entries must be completed online through Direct Athletics, www.directathletics.com. The secured web site will be open for use by February 5. Please visit the web site as soon as it is open to make sure all is working for you. The deadline for all WPIAL entries to be completed is NOON on February 22, 2010. **There will be no extension of this deadline.** No entries should be given or mailed to either the WPIAL office or to any member of the Swimming Committee. If you have questions or problems with your entries contact Meet Director, Bob Kane at kaner@sparksd.org or at 412-693-1027. **All divers must be entered through the Direct Athletic Web Site as well as through the OmadaTrak Web site noted in the diving letter.**

All swimming and diving entries must comply with the 2009/2010 National Federation Swimming/Diving Rule Book. Competitors shall be permitted to enter a maximum of four events, no more than two of which may be individual events. Designation as a member of a relay team does not count as an entry unless the competitor actually competes. **Please list all potential swimmers (maximum of eight) in each relay event.**

Teams must have a minimum of ten (10) competitions (swimming or diving) prior to the WPIAL meet in order to be eligible to score team points at the WPIAL or PIAA championships.

The coach information form is included with this document. A copy of this form, your completed schedule, your final section win/loss record and the home telephone number of your coach are required to be mailed or faxed at 412-921-0554, to the WPIAL office upon completion of the section schedule, and received no later than Monday, February 22, 2010.

MISCELLANEOUS

Psych sheets will be posted on the WPIAL Web Site this year.

Requests to enter improved qualifying times or to change events will not be accepted. Refer any other errors that were made to Bob Kane at kaner@sparksd.org. Please look for a return email to confirm receipt of your email. If you do not receive one, please resubmit your correction or call 412-693-1027. Please make sure a team representative checks the psych sheets.

Locker rooms at Pitt have been assigned in this manner:

- The women's locker area will be for all female swimmers and female coaches.
- All male swimmers and male coaches will use the men's locker room.
- Lockers will not be available on site.

No swimmers will be permitted in the stands. **As a swimmer, you are entitled to the deck area only.**

Coaches must be careful to bring only those swimmers who are going to compete. Athletes not entered in this meet are not permitted to dress for this competition. **This rule will be strictly enforced.**

Coaches must check in their entire team upon entry to the lower lobby of Trees Hall. There will be no access to the spectator areas. Teams will enter the building in the order specified in the email that will be sent to Athletic Directors.

Only athletes entered and their coaches will be permitted entry to the pool deck.

The section of bleachers next to the announcer's table will be available for coaches to view competition. They are not for athletes. The remaining bleachers under the spectator balcony will be for team use.

Scratch meeting will be held in Room 166 at 9:15 AM for AAA coaches and at 2:15 PM for AA coaches on Thursday, March 4, 2010. Coaches should bring the information packet to this meeting that they received upon entry to Trees Hall. Cards for the 200 Medley Relay will be submitted at this meeting. An announcement will be made in Trees Pool should the room number change.

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The WPIAL team championship and runner-up will be awarded to the boys/girls teams who compile the highest point totals.

The snack bar will be open to spectators only. No athletes will be permitted access to the snack bar area.

ADMISSION:

GATE SALE ONLY

Students - \$5.00 Adults - \$8.00

Spectator tickets will be sold four per person, inside Fitzgerald Fieldhouse starting at 7:30 AM. Numbered tickets will designate the order that spectators will be permitted to enter Trees Pool.

A limited supply of souvenir shirts will be available for purchase at the site for the following prices:

Long Sleeved Tees - \$17 Hooded Sweatshirts - \$27

Pre-order forms for shirts are available on the WPIAL website with a deadline of February 11, 2010.

On both dates all athletes, coaches and spectators will exit the facility promptly at the conclusion of the AAA competition to allow preparation time for the AA competition.

The small pool will be closed. ABSOLUTELY NO ONE is permitted to jump off the balcony after any awards.

Shaving at the site will not be tolerated as per National Federation Rules.

Please make sure your swimmers finish shaving before arriving at the University of Pittsburgh.

No radios, tape recorders or electronic games will be permitted in the deck area.

A swimmer must compete in the same individual events at the PIAA championship from which they have qualified at the WPIAL meet. Competitors are permitted to enter a maximum of five (5) events, no more than two (2) of which can be individual events, and swim in a maximum of 4 events. **A Swimmer may compete in any relay at the PIAA Meet that his/her team qualifies for as long as they are listed as one of the 8 swimmers for that relay event.** If a swimmer qualifies for an individual event and chooses not to swim that event at the PIAA championship, that swimmer may compete on a qualifying relay team from their school provided their name has been listed on that relay team for the WPIAL meet.

To accomplish this, the athlete's coach must Scratch from the PIAA meet. To scratch an entry to the PIAA Meet the Coach is to send an email to the WPIAL Meet Director, Bob Kane at kaner@sparksd.org, by Monday, March 8 at 10:00 AM. You will be sent a confirmation Email. If you do not receive a confirmation email, resend the email or call Bob Kane at 412-693-1027. If this occurs, the next eligible swimmer will be given the opportunity to be entered into the PIAA meet.

There is a new system to resolve ties for athletes qualifying for the final spots at the PIAA Swimming Championships. If two or more swimmers are tied for the final qualifying spots, the tie will be broken by the entry time to the District (WPIAL) Championships. For these reason make sure you can prove your qualifying times with verified meet results.

The WPIAL will have the following guaranteed number of qualifying entries to the PIAA swimming and diving championships to be held at Bucknell University on March 17 - 20, 2010. The remaining entries will be determined by the PIAA. More information can be obtained in the swimming brochure located on their web site, www.piaa.org.

WPIAL/DISTRICT VII

	Swimming Minimum	Diving Maximum
AAA BOYS & GIRLS	3	5
AA BOYS & GIRLS	4	7

Tickets for the PIAA championship qualifiers will no longer be available at the WPIAL championship meet. Packets will be provided to each qualifying coach at Bucknell during registration according to the instructions addressed in the PIAA swimming championship brochure located on the PIAA web site.

Pictures of the top eight (8) finishers from the WPIAL Swimming Championship will be professionally taken and available for your purchase. Information regarding the ordering procedure will be provided at the meet competition.

WPIAL 2009/10 SWIMMING QUALIFYING STANDARDS

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

If you have a question as to your username and password call the WPIAL Office.

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."



How to Submit Online Entries

Go to www.directathletics.com and login with the username and password provided.

STEP 1—Setting up Your Online Roster

If you already have your roster in TEAM MANAGER...	If you do NOT already have your roster in TEAM MANAGER...
<ol style="list-style-type: none">1) Click the green "Upload from TEAM MANAGER" button at the top of the roster screen.2) Follow onscreen instructions to export your TEAM MANAGER athletes in a .hy3 file.3) Upload the .hy3 file.4) Confirm the athletes to be added to your roster.5) Click Submit to finalize the additions.	<ol style="list-style-type: none">1) Click the green "Add Athletes" button at the top of the roster screen.2) Enter the number of athletes you would like to add (this can be an estimate. You can always add more later)3) Fill out the form with your athletes' names and date of birth.4) Click Submit to finalize the additions.

NOTE: You can add, edit or delete athletes on your roster at any time by clicking the TEAM tab.

STEP 2--SUBMITTING ONLINE MEET ENTRIES

Once your athletes are added to your roster, you must submit your meet entries.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the "Enter" link next to the meet.
- 2) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 3) When you are finished with your entries, click the "Finish" link.
- 4) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 5) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule. You may make changes to your entries as often as you wish up to the entry deadline.

**RETURN THIS FORM TO
THE WPIAL OFFICE**

Fax # 412-921-0554

Please Print Legibly or Type This Information

Section_____

AA or AAA Boys

AA or AAA Girls

SECTION RECORD INFORMATION:

BOYS _____

GIRLS _____

SWIMMING AND DIVING COACH INFORMATION

SCHOOL NAME:

HEAD BOYS SWIM COACH:

Phone#

ASSISTANT BOYS SWIM COACH:

HEAD GIRLS SWIM COACH:

Phone#

ASSISTANT GIRLS SWIM COACH:

HEAD DIVING COACH:

ASSISTANT DIVING COACH:

Make sure you return your schedule with this form by Monday, 2/22/10