

**2023-2024 MID PENN
SWIMMING & DIVING GUIDELINES
BOYS AND GIRLS**

LENGTH OF CONTEST

- Recommended starting time is 4:00 PM, however, the home team may set a start time that may be dictated by the use of the facility.

UNIFORMS

- All Swimmers shall wear suits in accordance to National Federation rules.

SCHEDULES

- The Sports Chairperson/Committee will provide schedules for a two (2) year cycle.

OFFICIALS

- Meets should be administered by a sufficient number of PIAA officials needed to properly conduct a meet.
- It is recommended that 4 officials be used for a meet.
- The host school will provide adults to serve as scorer and announcer for competitions.

MEET OPERATION

- National Federation rules apply.
- PIAA rules modifications also apply.
- The home school furnishes all personnel to run the meet.
- Home team decides who goes first in a double dual meet - boys or girls.
- Swimmers shall be permitted a warm-up during the calculation of the diving results.
- Starting times should be set so there is a minimum of one (1) hour warm up before the start of the meet.

Diving Competition

- The number of entries shall be the same as in the swimming events for the meet.
- The diving event shall count as one (1) of the individual event entries permitted a competitor.
- Each diver must submit a signed, written description of the dives to be performed prior to the start of the diving competition.
- The host school shall provide judging flash cards or automatic dive pads for the officials.

Equipment for Swimming Events

- All necessary equipment shall be provided by the host school and maintained in proper working condition throughout the competition.
- Backstroke flag lines shall be provided.
- A visual lap-counting system for the 500 yard freestyle event shall be required for each lane.

-A scoring device should be visible to contestants and spectators, and/or the score should be announced at regular intervals throughout the meet.
A non-moveable marking clearly identifying the 15 meter distance from each end of the pool shall be placed on both sides of the pool. Orange duct tape is recommended.

-Swimming Facility

-Schools must provided (where possible) a regulation twenty-five (25) yard course and a regulation one (1) meter diving facility.
-When existing facilities fail to meet the safety standards as outlined by the National Federation and the PIAA, the home team shall forfeit all points to the visiting team for that event.

-Order and Length of Events

Boys and Girls events for all meets are as follows:

- 200 yard medley relay
- 200 yard freestyle
- 200 yard individual medley
- 50 yard freestyle
- 1 meter diving
- 100 yard butterfly
- 100 yard freestyle
- 500 yard freestyle
- 200 yard freestyle relay
- 100 yard backstroke
- 100 yard breaststroke
- 400 yard freestyle relay

Note: Upon mutual agreement by both head coaches, the diving may take place before the 200 yard medley relay in which case there may be a 15 minutes warm-up period after the diving and after the 50 yard freestyle.

-Scoring

Article 1...Individuals and relay teams must complete an event to be eligible to place and score points. A competitor who is disqualified from an event shall not be eligible to score points in that event, except when disqualified during a swim-off.

Article 2...In dual meets, double duals, or triple duals, points are awarded for place as follows:

- a. maximum of two entries per team;
Relays: 6-3-1-0;
Individual Events: 4-3-1-0;
- b. maximum of three entries per team;
Relays: 8-4-2-0
Individual Events: 6-4-3-2-1-0
- c. maximum of four entries per team;

Relays: 10-5-3-0

Individual Events: 8-6-5-4-3-2-1-0;

- d. double dual/triple dual: scoring will follow entries per team as listed under dual meets.
- e. only two relay teams may score for each team in each relay event;
NOTE: By prior mutual consent, any of the above scoring systems may be used in any dual, double-dual or triple-dual meet.
- f. triangular meets with two or more entries per team per event; only two relay entries per team shall be scored.

Divisional Champions

-Divisional Champions will be determined by their won/loss record. If a tie exists, co-champions will be recognized.

Postponements of Meets

-When a meet is postponed, it should be rescheduled as soon as possible or by agreement of both Athletic Directors.

Report to the Media

-The home team should report scores to the news media.

Conference Championship Meet

-Mid Penn Conference Swimmers must qualify to swim in the Mid Penn Conference Swimming Championships provided they can produce documentation to support the fact that during the current high school season they swam an official PIAA race in.