

SWIMMING Policies & Pairings

Adhere to UHSAA and NFHS Rules

The National Federation of High Schools (NFHS) provides the rules for high school swimming and diving. Coaches, athletes and officials must adhere to all UHSAA and NFHS rules and regulations. Swimmers must compete in legal attire as outlined in the NFHS Swimming Rules. Suits which are deemed inappropriate or offensive will not be allowed. Coaches will inform their athletes that suits must adequately cover the buttocks. Meet directors or UHSAA representatives may ask that another suit be worn.

In addition:

- Athletes must be affiliated with a member school in good standing with the UHSAA to swim in all High School Swim Meets.
- NO videoing or picture taking on the deck behind the starting block area at all High School Swim Meets.

Qualifying Meets and Times

The results of all dual, invitational, district, and region meets will be sent to the State Top 100 Committee. These times will be kept by them and published on a timely basis during the year. In order for the times of the meets listed above to be used in consideration of qualifying for state competition the following conditions must be met:

- The meet must be run using electronic timing.
- There must be two certified officials at each meet from the list of officials published by the Utah Swim Coaches Association.
- Results must be signed by both officials and the head coaches.
- The date of the meet and the time the meet ended should be placed on the result sheet(s) and sent to the State Top 100 Committee.
- Meets swam in meter pools will be converted by taking the time swam in the meter pool in seconds and dividing it by 1.11 (HY-TEK).
- Meet results and results sheet must be submitted to compiler within one week after competition is completed.
- The Region Swimming Championships will be the final meet prior to the State Swimming Championships in all Classifications.

Contest Limitations

14 meets per individual. Region & State Championships do not count as part of the 14-meet limit.

Sport Specific Moratoriums (for specific dates, see sport specific ready reference calendar)

Last two weeks of April and the second and third weeks in August.

USCA Fee for Maintaining Top 100

The Utah Swimming Coaches Association (USCA) requires a \$35 annual fee from participating schools to maintain the Top 100 times on the USCA website at www.utswimcoach.com. This list will be used for seeding into the State Swim Meets. To have times posted, the required \$35 fee shall be paid to the UHSAA by November 1. The UHSAA will invoice each school for the participation fee. Any times achieved prior to this due date, will not count towards state qualification if the fee has not been paid. State qualifying times will not count until after the fee has been paid. Times achieved prior to fee being paid are not retroactive. If you have questions regarding the USCA fee contact the USCA President, Chad Starks at chadstarks@gmail.com

1A/2A Classifications

Participating 1A/2A schools will compete in the 2A Region Swim Championships on Friday, January 24, 2025 at the Wasatch Aquatic Center.

State Meet Format & Qualifiers

A state swim meet will be held in the 3A, 4A, 5A and 6A classifications, with 1A and 2A participating schools competing in the 3A classification.

The 3A, 4A, 5A and 6A classifications will hold a two-day meet. A preliminary round will be held for all Individual Events and Relay Events on day 1. On day 2, all Individual and Relay Event Finals will be held. For information on the state meets go to the swim page at www.uhsaa.org.

Event qualifiers will be based on the best verifiable times from the top 100 to a total of 32 swimmers per individual event for 3A, 4A, 5A and 6A. There will no longer be automatic relay event qualifiers to the state meet from the region championship meets. Relay Event qualifiers will be based on the best verifiable time from the top 100 list (see criteria above for qualifying meets) to a total of 20 relays in 3A, 4A, 5A and 6A meets.

State Meet Items

NO food, coolers, personal chairs or loungers allowed on the pool deck.

State Meet Break Times (All Classifications)

- 15 minute break after the final heat of the Men's 50 Freestyle
- 10 minute break after the final heat of the Men's 500 Freestyle
- 10 minute break following the final heat of the Men's 100-yard Breaststroke

State Meet Entry Instructions

Coaches, for all classifications (3A, 4A, 5A, 6A) are required to email their state entries using the HY-TEK program to: Dan Miller, State Meet Director, at: milld754@gmail.com

DEADLINE of 3:00 pm on the following dates:

- 2A/3A - Tuesday, January 28th 4A - Wednesday, January 29th
- 5A - Tuesday, February 4th 6A - Wednesday, February 5th

Please contact the meet director one day prior to the meet for any known scratches. Emergency scratches will be accepted at the coaches meeting.

Coaches are responsible to verify their state entries are accurate and correspond with the times listed on the Top 100 or the school will be fined \$25 per incorrect time submitted. Coaches are not allowed to send in additional entries after the deadline given. Championship meet entry rules apply as outlined in the NFHS Swimming & Diving Rules Book When submitting entries to the Meet Director, coaches must include: the HY-TEK file, the entries for the individual and relay events. **DO NOT INCLUDE** the names of the swimmers for the relay events, all relay participants will be declared at the State Meet from your team rosters. After verifying the times and entries submitted, the Meet Director will email **a team roster to coaches so they can review the rosters of the swimmers that qualified in their events. To add names to the roster that are needed for the team's relays, contact the state meet director (Dan Miller, milld754@gmail.com).** After all rosters and entries have been verified by the coaches a state meet psych sheet will be sent to the coaches.

Each team is limited to four (4) swimmers per individual event and one (1) relay per relay event. Swimmers are limited to two (2) individual events and two (2) relays or one (1) individual event and three (3) relays.

If coaches have any questions regarding your entries, call State Meet Director, Dan Miller (801-360-7098) or UHSAA Swim Director, Steve Marsing (801-598-9460) prior to the deadline. After verifying the times and entries submitted, the Meet Director will email the state meet psych sheets to coaches so they can review the rosters and swimmers that qualified in the events.

- The State Meets will be posted on the UHSAA Swim Page at www.uhsaa.org.
- Relays are declared at the state swimming meets..
- Any technology made available by the host site may be used at the discretion of the meet director.

Volunteer Timers

Coaches may be asked to supply non-competing swimmers as timers for each session.

If assigned by the meet director or meet Referee, coaches should email the names of participant timers to Robyn Peterson at uhsstateswimtimer@yahoo.com.

UHSAA Deck Passes and Picture I.D. Required

A UHSAA Deck Pass and a picture I.D. (i.e. activity card, driver's license) are required for admittance to the deck area. Passes may only be picked up on Wednesday preceding the state meet (after 10:00 am) OR at the state site where tickets are sold (by entrance to the balcony). **Only UHSAA Credentialed coaches will be allowed on the deck.**