

# **SOUTHWEST SUBURBAN CONFERENCE: Girls' Swimming: Sport Guidelines**

## **I. Season Limitations**

- A. Practice may begin on Wednesday, August 12, 2009.
- B. First contest may be held on Monday, August 31, 2009.
- C. Season ends on Saturday, November 21, 2009.

## **II. Contest Limitations (Exclusive of the IHSA State Series)**

- A. Team – fourteen (14) dates.
- B. Individual – seventeen (17) meets

## **III. Levels of Competition**

- A. Varsity
- B. Junior Varsity

## **IV. Coaches Meeting**

- A. Pre-Season will be held on Wednesday, August 19, 2009 at Lincoln-Way West High School at 7:00 pm. as a part of the SWSC Fall Mega-meeting.
- B. Post-season meeting will be held on Wednesday, November 4, 2009, Lincoln-Way East at 7:00 p.m.

## **V. Championships and Awards**

- A. Team Awards
  1. A championship trophy shall be awarded to the winner of the conference meet at the varsity level.
  2. An engraved plate will be awarded to the winner of the conference meet at the JV level.
  3. In case of a tie for the championship, duplicate trophies/plates will be awarded.
- B. Individual Awards
  1. Varsity top six (6) individual finishers will receive medals on neck drapes. For each event in conference division meets, the top two (2) individuals will be declared All-Conference. (If the divisions are combined into one meet, these numbers are doubled).
  2. Awards will be given to the top six (6) individual finishers at the JV level.
  3. Individuals not on a school team may receive individual awards but will not score any team points.
- C. Relay Event Awards
  1. Varsity top three (3) relay team finishers will receive medals on neck drapes. For each event in conference division meets, the 1<sup>st</sup> place relay team and will be declared All-Conference. (If the divisions are combined into one meet, these numbers are doubled).
  2. Awards will be given to the top three (3) relay team finishers at the JV level.

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## VI. Terms of Contests

### A. Dual Meets

1. The visiting team at all contests will swim in the odd lanes.
2. Event numbering for line-up entries will be as follows:
  - Event 1 - JV 200 Medley Relay
  - Event 2 - Varsity 200 Medley Relay
  - Event 3 - JV 200 Freestyle
  - Event 4 - Varsity 200 Freestyle
  - Event 5 - JV 200 Individual Medley
  - Event 6 - Varsity 200 Individual Medley
  - Event 7 - JV 50 Freestyle
  - Event 8 - Varsity 50 Freestyle
  - Event 9 - JV Diving
  - Event 10 - Varsity Diving
  - Event 11 - JV 100 Fly
  - Event 12 - Varsity 100 Fly
  - Event 13 - JV 100 Freestyle
  - Event 14 - Varsity 100 Freestyle
  - Event 15 - JV 500 Freestyle
  - Event 16 - Varsity 500 Freestyle
  - Event 17 - JV 200 Freestyle Relay
  - Event 18 - Varsity Freestyle Relay
  - Event 19 - JV 100 Backstroke
  - Event 20 - Varsity 100 Backstroke
  - Event 21 - JV 100 Breaststroke
  - Event 22 - Varsity 100 Breaststroke
  - Event 23 - JV 400 Freestyle Relay
  - Event 24 - Varsity 400 Freestyle Relay
3. The host school is responsible for providing locker room facilities, officials, timers and scorers.
4. Visiting schools are responsible to provide their own locks and towels (visiting schools are responsible for supervising their assigned locker rooms).
5. If there is no diving, a fifteen (15) minute break must be substituted.
6. Three (3) girls per event for each school, unless the pool has less than six (6) lanes. In triangular meets, the number of entries will be limited to two per school. Exhibition swimmers will participate by mutual agreement of both competing schools' head swimming coaches.
7. Teams arriving late for meets will be allowed a minimum fifteen (15) minute warm-up period from the time the team and coach arrive on deck.
8. National Federation Rules will be followed for the conduct of the meet.

### B. Conference *Division* Championship Meet

1. The Conference Division Championship Meet will consist of the Varsity and JV levels.
2. Individual events -- Two (2) swimmers/divers per school
3. Relay events -- One (1) team per school.

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4. Swimmers will be seeded in heats for each event following National Federation seeding.
  5. All swimming events will be timed finals (as in Sectionals).
  6. The winner of each event will be the Conference Champion.
  7. Points will be awarded to the first twelve places.
  8. The format for the Conference Division Meet will be:
    - a. Diving -- Saturday morning starting at 9:00 A.M.
    - b. Swimming -- Saturday starting at 1:00 P.M. On ACT/SAT test dates, swimming will start at 2:00 P.M. and diving the night before.
  9. The diving panel for the Conference Division Championship Meet will be determined at the seed meeting.
  10. The Conference Division Championship Meet will use all lanes for the competition.
  11. All IHSA guidelines should be followed.
- C. Organization for Conference Division Championship Meet
1. There will be a seeding meeting two or three days prior to the championship meet. Host schools may request entries prior to the seeding meeting. The divers may practice at the host school during the seeding meeting (from 7:00 p.m. to 8:30 p.m.). Each school shall furnish a supervisor for their divers.
  2. At the seeding meeting, a panel of diving judges will be selected by vote of the Head Coaches if more than five (5) apply. (This will provide five (5) diving judges; one high and one low score will be eliminated and the dives will be judged on the three middle scores). In the event that this differs from the IHSA, the IHSA system will be followed.
  3. Officials hired for conference meet include three (3) for diving and swim finals.
    - a. Diving officials -- one official will act as diving referee and two will act as diving judges.
    - b. Swim officials -- Three (3) officials will be present to act as starter, referee, stroke, turn and relay take-off judge and finish judge.
  4. A "Games Committee" will be made up of the meet manager, the three officials, and three appointed coaches.
  5. The host school will be responsible for furnishing timers for each lane, plus two alternate timers. When requested by the host school, timers from other schools may be called upon to time.
  6. For teams who arrive late, a minimum of twenty (20) minutes will be allowed.
  7. Conference Division Championship Seed Meeting
    - a. The seeding meeting will begin at 7:00 p.m.
    - b. Agenda includes:
      - i. Business meeting (old and new business)
      - ii. Submit entries.
      - iii. Seed entries.
      - iv. Set order of diving.
      - v. Organize diving judges for the meet.
      - vi. Assign locker rooms, if possible.
      - vii. Choose conference meet committee.
    - c. The host school will provide a time schedule.

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- d. All participating schools should have a representative at the seeding meeting to enter swimmers.
- D. Order of Events for Conference Division Championship Meet
  - Diving (morning session)
  - 200 Medley Relay
  - 200 Yard Freestyle
  - 200 Yard Individual Medley
  - 50 Yard Freestyle
  - 15 Minute Break
  - 100 Yard Butterfly
  - 100 Yard Freestyle
  - 500 Yard Freestyle
  - 15 Minute Break
  - 200 Yard Freestyle Relay
  - 100 Yard Backstroke
  - 100 Yard Breaststroke
  - 400 Yard Freestyle Relay

### **VII. Officials**

- A. Two (2) officials for a dual meet.
- B. Three (3) officials for the Division Championship Meet for the diving and swim portions.

### **VIII. Reporting Results**

- A. Each school will enter conference results on the SWSC website in a reasonable time following the match. The conference meet results should be sent to the resource A.D. and the Historian.
  - B. Each host school is responsible to report results of the division tournament immediately after the event to all local newspapers.
- The resource AD is responsible to enter conference team champions and all-conference players on the SWSC website.

### **IX. Miscellaneous Information**

#### Playing Sites

All pools are on campus except:  
Homewood- Flossmoor- South Building  
Joliet Township – Inwood School  
Lockport Township- East Campus