

WEST SUBURBAN CONFERENCE: Girls' Swimming & Diving: Sport Guidelines

Revised 8/4/2009

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. Varsity and Sophomore
 - 1. Team - fourteen (14) meets
 - 2. Individual - seventeen (17) meets

III. Levels of Competition

- A. Varsity and Sophomore.
- B. By prior mutual consent, a Junior Varsity race may be held before the Sophomore event during dual meets.

IV. Coaches Meeting

- A. Pre-season meeting will be held on Wednesday, August 19, 2009 at Oak Park River Forest, 7:00 p.m.
- B. Post-season meeting will be held on Wednesday, October 28, 2009, in conjunction with the WSC Division seeding meeting, at Oak Park River Forest, 7:00 p.m.

V. Championships and Awards

- A. Division Standings
 - 1. A championship plaque shall be awarded to the winner at the Varsity level only of each Division.
 - 2. The Division Champion will be determined by points awarded during the dual meet season and the Divisional Championship Meet. Each portion will count equally toward the total possible points to be earned. One (1) point will be awarded for each dual meet win during the regular season. In case of a tie at a dual meet, a 1/2 point will be awarded to each team. Divisional Championship Meet points will be awarded according to the team's place in that meet. Points for each place will be determined by the following formula:
 - 1st place points - Total teams competing in this sport minus one.
 - 2nd place points - Total teams competing in this sport minus two.
 - 3rd place points - Total teams competing in this sport minus three.
 - 4th place points - Total teams competing in this sport minus four.
 - Etc.
 - Example: 7 team division; dual meet record 5-1 and 1st place finish in Championship Meet would equal 5 points for dual meet wins and 6 points for finishing first (7 teams minus 1 = 6 points), total points would be 11; a team with a 6-0 record and a 2nd place finish would have 6

points for the dual meets and 5 points for 2nd place, total points would also be 11.

3. If two (2) or more teams are tied for a place in the Divisional Championship Meet, the points awarded to each team will be determined by adding the points for the places tied and dividing that value by the number of teams tied. For Example, if three (3) teams were tied for 2nd place, add the 2nd place points (5 points), plus 3rd place points (4 points), plus 4th place points (3 points). Divide that total (12 points) by three (3 teams) equals four (4 points) awarded to each team.
 4. In case of a tie for first place, there will be co-champion.
- B. Individual awards
1. Individual events
 - a. Varsity top four (4) places will receive medals and will be declared "Medalists".
 - b. Sophomore top four (4) places will receive ribbons.
 2. Relay events
 - a. Varsity top three (3) places will receive medals and will be declared "Medalists".
 - b. Sophomore top three (3) places will receive ribbons.
 3. The WSC All-Academic Team shall be recognized composed of senior award winners from each Conference school who have received a Grade Point Average of "B" or above in grades accumulated at the conclusion of the sixth (6th) semester.

VI. Conduct of Contests

A. Dual Meets

1. If a Division school's swimming facility is less than ten (10) feet deep, one of the following options must be pursued:
 - a. Hold the diving at the other school's facility.
 - b. Hold diving at a neutral site.
2. The visiting team at all contests will swim in the odd lanes.
3. Event numbering for HyTek line-up entries will be as follows:
 - Event 1 - Sophomore 200 Medley Relay
 - Event 2 - Varsity 200 Medley Relay
 - Event 3 - Sophomore 200 Freestyle
 - Event 4 - Varsity 200 Freestyle
 - Event 5 - Sophomore 200 Individual Medley
 - Event 6 - Varsity 200 Individual Medley
 - Event 7 - Sophomore 50 Freestyle
 - Event 8 - Varsity 50 Freestyle
 - Event 9 - Sophomore Diving
 - Event 10 - Varsity Diving
 - Event 11 - Sophomore 100 Fly
 - Event 12 - Varsity 100 Fly
 - Event 13 - Sophomore 100 Freestyle
 - Event 14 - Varsity 100 Freestyle
 - Event 15 - Sophomore 500 Freestyle
 - Event 16 - Varsity 500 Freestyle
 - Event 17 - Sophomore 200 Freestyle Relay
 - Event 18 - Varsity Freestyle Relay
 - Event 19 - Sophomore 100 Backstroke
 - Event 20 - Varsity 100 Backstroke
 - Event 21 - Sophomore 100 Breaststroke

- Event 22 - Varsity 100 Breaststroke
 - Event 23 - Sophomore 400 Freestyle Relay
 - Event 24 - Varsity 400 Freestyle Relay
4. The host school is responsible for providing locker room facilities, officials, timers and scorers.
 5. Visiting schools are responsible to provide their own locks and towels (visiting schools are responsible for supervising their assigned locker rooms).
 6. Juniors and Seniors will not be allowed to swim at the Sophomore level.
 7. If there is no diving, a fifteen (15) minute break must be substituted.
 8. Three (3) girls per event for each school, unless the pool has less than six (6) lanes. Exhibition swimmers will participate by mutual agreement of both competing schools' head swimming coaches.
 9. National Federation Rules will be followed for the conduct of the meet.
 10. Sophomore distances will be the same as the Varsity.
 11. Division dual meets will begin at 5:00 PM.

B. Division Championship Meet

1. The Division Championship Meet will consist of the Varsity and Sophomore levels. A Junior Varsity level may be added to a divisional championship meet by mutual consent of all schools in the division. The decision to add a JV level to the divisional meet must be made during the Pre-Season Meeting. The JV level would consist of two (2) swimmers per event, and one (1) relay per event. The JV races would take place prior to the Sophomore races at each event.
2. Individual events -- Two (2) swimmers/divers per school
3. Relay events -- One (1) team per school.
4. Swimmers will be seeded in heats for each event following National Federation seeding.
5. Timed finals will be conducted.
6. The winner of each event will be the Division Champion.
7. Scoring will be the same as championship scoring based on twelve (12) places.
8. The format for the Division Meet will be:
 - . Diving -- Sophomore and Varsity on Friday evening starting at 5:00 P.M.
 - a. Swimming -- Sophomore and Varsity on Saturday starting at 1:00 P.M.
On ACT/SAT test dates, swimming will start at 2:00 P.M.
9. The diving panel for the Division Championship Meet will be determined at the seed meeting.
10. The Division Championship Meet will be held at a conference school, which has thirty inch (30") starting blocks and starts in the deep end or at least four and one half (4 1/2') feet of water in the shallow end.
11. The Division Championship Meet will use six (6) lanes for the competition.

C. Order of events:

1. Dual Meets
 - 200 Yard Medley Relay
 - 200 Yard Freestyle
 - 200 Yard Individual Medley
 - 50 Yard Freestyle
 - Diving (unless otherwise specified)
 - 100 Yard Butterfly
 - 100 Yard Freestyle
 - 500 Yard Freestyle
 - 200 Yard Freestyle Relay
 - 100 Yard Backstroke
 - 100 Yard Breaststroke

- 400 Yard Freestyle Relay
 - 100 Yard Breaststroke
 - 400 Yard Freestyle Relay
2. Division Championship Meet
- Diving (separate evening) (2000)
 - 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 dual meets.
- B. Three (3) officials for the Division Championship Meet of which only one (1) official works the diving portion.

VIII. Reporting Results

- A. Each school will be responsible for recording their own wins and losses. Before the Division meet each school will send to the Resource Athletic Director their Varsity and Sophomore results in order to record the final season standings. The Resource Athletic Director will use this information to complete the final Division standings so that all teams are aware of their point status prior to the Division Meet. Upon completion of the Division Meets, the Resource Athletic Director will tabulate the results of the Division Meet and the dual meets and will award the Division championship to the Division point leader as determined by the points earned in both the dual meet season and the Division Meet.

IX. Miscellaneous Information

- A. Playing Sites
 1. Addison Trail - Always "Away"
 2. Downers Grove North - (Exhibition lanes 1 and 8)
 3. Downers Grove South - (Exhibition lanes 1 and 8)
 4. Leyden - West Campus (Visitors compete in lanes 2 and 5, exhibition competes in lane 3)
 5. Lyons Twp. - South Campus
 6. Morton - West Campus
- B. Diving Position
 1. Schools that dive prior to the Medley Relay are York, Hinsdale South, Morton, and Downers Grove South.
 2. Schools that dive after the 50 Freestyle are Downers Grove North, Hinsdale Central, Oak Park-River Forest, Proviso West and Lyons Twp.

