2015 DISTRICT DIRECTOR'S HANDBOOK - SWIMMING AND DIVING

This District Director's Swimming and Diving Handbook has been prepared and designed to provide general information in the administration of UIL swimming competition. It will serve as a guide for hosting the meet and regulations stated shall be considered official unless the directors are notified of specific changes. The consistent administration of swimming and diving meets will provide the athletes in Texas the same fair standards throughout the state.

Traci Neely, UIL Asst. Athletic Director, is the UIL staff member assigned to this sport. Questions regarding swimming and diving should be directed to her.

UIL office: 512-471-5883
UIL Athletic Staff:
Traci Neely  512-775-9021
Peter Contreras  512-393-1958
Darryl Beasley  512-238-0968

Directors and coaches shall utilize www.uiltexas.org that hosts the following:
2. Conference district alignments (http://www.uiltexas.org/alignments/category/align-swimming-diving)
3. UIL School HyTek® Code List (http://www.uiltexas.org/swimming-diving/school-codes)
4. UIL Swimming & Diving District/Regional Entry Form (Boys/Girls Forms)  
   www.uiltexas.org/files/athletics/forms/swimming-district-region-entry-boys.pdf

Materials included in this packet:
1. 2014 NFHS Swimming/Diving Rule Changes
2. Diving Entry Form
GENERAL INFORMATION

Schedule: District swim meets will be held no later than January 31, 2015. Meet time, sites, and date will be decided by the competing district executive committee.

Entry Fees: Directors shall set entry fees if needed. It is advisable that schools be notified well in advance as to fees and method of payment.

List of Awards: District awards shall be arranged by the DEC Chair.

Tickets: Admission charges shall be determined by the district executive committee.

Programs: Many directors provide meet programs either free of charge or at a nominal cost to participants.

Media: Space should be provided and arrangements made to provide space for individuals representing the media. It would be appreciated if every effort would be made to treat these individuals as our guests, by offering passes and programs. Results should be called into newspapers, television stations and other outlets.

MEET ADMINISTRATION

A meet committee and a meet director shall assume responsibility for all aspects of meet management. The meet committee shall make decisions on matters not specifically covered by rules or procedure, or set aside application of a rule during a meet. Any protest based on the eligibility of a student should be referred to the District Executive Committee.

Officials: One of the most important aspects of the regional meets is early selection and appointment of meet officials and meet personnel. The care and attention given to this important function will reflect in a smooth-running, successful meet. Swimming and Diving meet hosts may select and use non-UIL registered officials, however, it is suggested that each site acquire a meet referee who is UIL registered. The UIL also recommends that the Meet Referee receive a payment of $50 per session per meet where UIL member schools are present. It is strongly recommended that you contact and secure your needed officials as soon as possible.

Competition Rules: The National Federation Swimming Rule Book that must be followed for competition is included in this mailing.

- Protests based on the decision of a meet official will not be permitted.
- Any protest based on the eligibility of a student should be referred to the UIL staff. The State Executive Committee will decide questions of eligibility.

A meet committee and a meet director shall assume responsibility for all aspects of meet management. The meet committee shall make decisions on matters not specifically covered by rules or procedure or set aside application of a rule during a meet.

Qualifying and Scoring: The National Federation rules will govern scoring procedures and qualification from the preliminaries to the finals in the regional meet. Scoring will be for 8 places. Officials should use the UIL school codes for entries and for scoring at all times. Results from any consolation final may not be considered for advancement to the state meet.

District Entries:
Districts with more than six individuals or relays in any event, district meets shall be held. No more than six individuals and relays shall qualify from district to regional. If there are not enough swimmers to necessitate a district meet, the school or schools that do participate in swimming automatically qualify to the regional swim meet. (The qualifying school coaches must report directly to the regional director when this occurs.)

Entry Forms: UIL Entry Forms are to be sent to the meet director by all coaches no later than five days prior to the meet. Meet directors that require online entry procedures shall provide those specific instructions to all coaches. All deadlines shall be consistent with the UIL policy.

1. Individual Events - Each school may enter a maximum of four entries per individual event and one team per relay event. A competitor/team relay is officially entered when the official entry sheet is delivered to the meet manager at the designated time and place.

2. Relays - eight individuals maximum shall be listed as the entry, any four shall be assigned to swim. This will only count as an entry for each person listed if they swim in prelims or finals.
3. 1M Diving – If the district chooses to use an online entry system for diving, please provide coaches with specific instructions for your meet. There is no diving degree required for qualifiers into the regional meet from the district meet. No more than six individuals shall qualify from district to regional. (If there are not enough divers to necessitate a district competition, the divers will automatically qualify to the regional meet.)

Note: All competitors, once officially entered, shall complete all heats, swim-offs and rounds of competition for which they qualify except when an illness or injury certified by a physician or the referee forces a competitor to withdraw. This applies to individual members of relay teams (not entire teams) as well as to competitors in individual events. Failure to compete for any reason other than illness or injury shall disqualify the competitor from any further competition in the meet. Previous performances are not nullified.

**District Meet Qualifiers Report Procedures:** A qualifiers report shall be emailed to the regional director by 12am CST immediately following the completion of the meet. Entry requirements may vary between regional meets and please advise coaches to follow specific regional entry requirements in addition to your district report. It has been highly recommended to the regional directors that they utilize the HyTek® Meet Manager software format and online entry procedures EDive® to submit state entries, however district and regional directors are not required to use those programs and may be allowed to submit entries with the UIL result forms.

- If there are ties in determining the qualifier to the next meet, the times of the competitors from the preliminary competition will be considered first with the competitor with the fastest preliminary time advancing.
- Relays qualify by schools and may be changed. No more than eight relay swimmers shall be listed on regional results or regional entry forms.
- Scratches are permitted due to illness or academic ineligibility. If this occurs, the district director calls the regional director. The district director calls the new qualifier if time permits.
## Sites and Directors: 2014-2015 Regional Swimming Meets

<table>
<thead>
<tr>
<th>Region/Conference</th>
<th>Site/Director</th>
<th>Address/Telephone/Fax</th>
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<tbody>
<tr>
<td>I</td>
<td>Mike Waldman</td>
<td>405 NW 3rd St., Andrews, 79714</td>
</tr>
<tr>
<td>5A</td>
<td>Andrews ISD</td>
<td>432-524-1908; Fax: 432-524-1900</td>
</tr>
<tr>
<td></td>
<td>Site Address: Andrews HS Natatorium</td>
<td>Email: <a href="mailto:mwaldmann@andrews.edu">mwaldmann@andrews.edu</a></td>
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<tr>
<td>I</td>
<td>Sam Gentry</td>
<td>2004 E 14th, Lubbock, 79401</td>
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<tr>
<td>6A</td>
<td>Texas Tech University</td>
<td>806-766-1777; Fax: 806-766-1775</td>
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<tr>
<td></td>
<td>Meet Site: Pete Ragus Aquatic Center</td>
<td>Email: <a href="mailto:sam.gentry@ttu.edu">sam.gentry@ttu.edu</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Web: <a href="http://www.depts.ttu.edu/aquatics">http://www.depts.ttu.edu/aquatics</a></td>
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<tr>
<td>II</td>
<td>Cody Huckabay</td>
<td>1001 N. Holland Rd. Mansfield, 75063</td>
</tr>
<tr>
<td>5A</td>
<td>Mansfield ISD</td>
<td>817-276-5230; Fax: 817-453-7154</td>
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<tr>
<td></td>
<td>Meet Site: Mansfield ISD Natatorium</td>
<td>Email: <a href="mailto:codyhuckabay@misdmail.org">codyhuckabay@misdmail.org</a></td>
</tr>
<tr>
<td>II</td>
<td>Shannon Gillespy</td>
<td>1601 Bonham Parkway, Lantana, TX 76226</td>
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<tr>
<td>6A</td>
<td>Lewisville ISD</td>
<td>214-697-4145; Fax: 972-350-9395</td>
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<tr>
<td>III</td>
<td>John Janack/Ronnie Rogers</td>
<td>7411 North First St., Frisco, 75034</td>
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<tr>
<td>5A</td>
<td>Frisco ISD</td>
<td>469-633-6161; Fax: 469-633-6165</td>
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<tr>
<td></td>
<td>Meet Site: Frisco ISD Natatorium</td>
<td>Email: <a href="mailto:janakj@friscisd.org">janakj@friscisd.org</a></td>
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<tr>
<td>III</td>
<td>Neil Walker</td>
<td>1205 T.L. Townsend Dr., Rockwall, 75087</td>
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<tr>
<td>6A</td>
<td>Rockwall ISD</td>
<td>469-698-7380; Fax: 469-698-7406</td>
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<tr>
<td></td>
<td>Meet Site: Rockwall ISD Natatorium</td>
<td>Email: <a href="mailto:neil.walker@rockwallisd.org">neil.walker@rockwallisd.org</a></td>
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<tr>
<td>IV</td>
<td>Shannon Gillespy</td>
<td>1601 Bonham Parkway, Lantana, TX 76226</td>
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<td>5A</td>
<td>Lewisville ISD</td>
<td>214-697-4145; Fax: 972-350-9395</td>
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<tr>
<td>IV</td>
<td>Louis Sam Fruia</td>
<td>19133 David Memorial Dr., Shenandoah, TX 77385</td>
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<tr>
<td>6A</td>
<td>Conroe ISD</td>
<td>936-709-3915; Fax: 936-709-3999</td>
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<td></td>
<td>Meet Site: CISD Natatorium</td>
<td><a href="http://www.entries4meets@yahoo.com">http://www.entries4meets@yahoo.com</a></td>
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<tr>
<td>V</td>
<td>Henry Clark</td>
<td>9465 Barrow Court, College Station, TX 77845</td>
</tr>
<tr>
<td>5A</td>
<td>Texas A&amp;M University</td>
<td>281-356-1106; Fax:281-356-1185</td>
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<tr>
<td></td>
<td>Meet Site: A&amp;M Student Rec Center</td>
<td>Email: <a href="mailto:t.jones@magnoliaksi.com">t.jones@magnoliaksi.com</a></td>
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<tr>
<td>V</td>
<td>Mike Duswalt</td>
<td>16255 Lexington Blvd., Sugar Land, 77479</td>
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<tr>
<td>6A</td>
<td>Fort Bend ISD</td>
<td>281-634-5880; Fax: 281-634-5888</td>
</tr>
<tr>
<td></td>
<td>Meet Site: Don Cook Natatorium</td>
<td><a href="http://www.fortbendisd.com">http://www.fortbendisd.com</a></td>
</tr>
<tr>
<td>VI</td>
<td>Mike Duswalt</td>
<td>16255 Lexington Blvd., Sugar Land, 77479</td>
</tr>
<tr>
<td>5A</td>
<td>Fort Bend ISD</td>
<td>281-634-5880; Fax: 281-634-5888</td>
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<td></td>
<td>Meet Site: Don Cook Natatorium</td>
<td><a href="http://www.fortbendisd.com">http://www.fortbendisd.com</a></td>
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<tr>
<td>VI</td>
<td>Chris Roberts</td>
<td>4141 Bailey Road, Pearland, 77584</td>
</tr>
<tr>
<td>6A</td>
<td>Pearland ISD</td>
<td>281-412-8937, 281-253-8509; Fax:281-412-8436</td>
</tr>
<tr>
<td></td>
<td>Meet Site: Pearland Natatorium</td>
<td>Email: <a href="mailto:robertstc@pearlandisd.org">robertstc@pearlandisd.org</a> Website: <a href="http://www.pearlandparks.com/aquatics.html">http://www.pearlandparks.com/aquatics.html</a></td>
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<tr>
<td>VII</td>
<td>Debi Mease</td>
<td>905 Buttercup, Edna, TX 77957</td>
</tr>
<tr>
<td>5A</td>
<td>Victoria ISD</td>
<td>361-574-3410; Fax: 361-788-2815</td>
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<tr>
<td></td>
<td>Meet Site: Victoria Aquatics Center</td>
<td>Email: <a href="mailto:debi.mease@visd.net">debi.mease@visd.net</a></td>
</tr>
<tr>
<td>VII</td>
<td>David Johnson</td>
<td>12002 Jones Maltsberger Rd., San Antonio, TX 78216</td>
</tr>
<tr>
<td>6A</td>
<td>North East ISD</td>
<td>210-491-6132; Fax: 210-491-6133</td>
</tr>
<tr>
<td></td>
<td>Meet Site: Josh Davis Natatorium</td>
<td>Email: <a href="mailto:djohnsl@neisd.net">djohnsl@neisd.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Web: <a href="http://www.neisd.net/aquatics">http://www.neisd.net/aquatics</a></td>
</tr>
<tr>
<td>VIII</td>
<td>Billy Mcclendon</td>
<td>3202 Cabannis Parkway, Corpus Christi, TX 78415</td>
</tr>
<tr>
<td>5A</td>
<td>Corpus Christi ISD</td>
<td>361-878-2333; Fax: 361-878-2335</td>
</tr>
<tr>
<td></td>
<td>Meet Site: CCISD Natatorium</td>
<td>Email: <a href="mailto:billy.mcclendon@ccisd.us">billy.mcclendon@ccisd.us</a></td>
</tr>
<tr>
<td>VIII</td>
<td>Monica Rosales</td>
<td>2901 FM 802, Brownsville, TX 78520</td>
</tr>
<tr>
<td>6A</td>
<td>Brownsville ISD</td>
<td>956-698-0064; Fax:956-504-6674</td>
</tr>
<tr>
<td></td>
<td>Meet Site: Margaret Clark Aquatic Center</td>
<td>Email: <a href="mailto:mmrosales@bisd.us">mmrosales@bisd.us</a></td>
</tr>
</tbody>
</table>
SUGGESTED PROCEDURES FOR DIRECTORS

General

1. Appoint a director to be responsible for planning and conducting the meet.
2. Use competent, trained adults as officials in all key spots.
3. Have a meeting of officials before the meet starts to go over rules and proper procedures.
4. Arrange adequate dressing facilities, and showers.
5. Provide for ticket sales, gate force, janitorial service and advance publicity.
6. Provide trainers. Have a physician on call.
7. An entry fee per school or student may be charged to help defray expenses of the meet. Other plans may be utilized to acquire the necessary funds to cover expenses if agreeable to member schools of the region.
8. Directors should draw heats prior to the meet. Heat sheets shall be provided.
9. All times used for seeding purposes must have been from a school meet performance and be verifiable.
10. All necessary local arrangements and other details shall be handled by the meet managers. Please keep meet expenses to a minimum.
11. If you have not received your regional awards two weeks prior to your meet, please call Dijaira Smith at 512/471-5883.
12. Appoint a meet committee to rule on matters not specifically covered by rules.
13. Report the results promptly on forms and send results and electronic files for qualifiers to the state director by midnight the day of your meet.

Meet Organization

1. Pre-Meet Planning: It is suggested that committees should be organized if possible for the promotion and success of the swimming meet.

   A. Prepare meet responsibilities
      1. Facility and arrangements
      2. Conflicts with other school events
      3. Check facilities as to rule specifications

   B. Confirmations
      1. Invitations/notice of meet
         a. Entry forms
         b. Pertinent information
            (1) Entry instructions and fees
            (2) Scratch meeting
            (3) Passes
            (4) Care of facilities
            (5) Seating
            (6) Entrances
            (7) Officials
            (8) Timing and results
            (9) Concessions
            (10) Ticket prices
            (11) Warm-ups
            (12) Pool use during meet
2. Officials
   a. Meet committee
      (1) Chairperson - Meet Manager
      (2) Referee - Ex-officio
      (3) Diving referee - Ex-officio
      (4) Other knowledgeable swimming and diving persons to comprise an additional number of committee members (5 recommended)
   b. Meet Referee
   c. Starter
   d. Stroke Inspectors (at least two)
   e. Turn Judges (at least two)
   f. Chief Timer
   g. Head Lane Timer (one per lane)
   h. Diving Referee
   i. Diving Judges (5 or 7 recommended)
   j. Announcer
   k. Scorer and Recorders
   l. Clerk of Course
   m. Timers
   n. Meet Physician

3. Meet Workers
   a. Computer operator
   b. Xerox operator
   c. False start rope operator
   d. Runners
   e. Ticket sellers and takers
   f. Deck marshals
   g. Trainers
   h. Program sellers
   i. Concession sellers
   j. Diving announcer/clerks
   k. Locker room attendants

C. Forms to be prepared
   1. Event entry procedures
   2. Result sheets
      a. Include columns for events, names, school, grade, places and time
      b. Printed after each event at the meet
   3. Scoring sheets
      a. Event score
      b. Running score
      c. Separate for boys/girls
   4. Diving forms
   5. Place judges cards
6. Heat sheets and final sheets  
   a. Prepared after all entry blanks are returned  
   b. Columns list lanes, seeded time, name, school, grade and blanks for qualifying time and place  
   c. Final sheets should be accompanied with a final blank scoring sheet  

7. Job descriptions for officials and workers  

D. Equipment (14 days in advance)  
   1. Public address system  
   2. Pool equipment  
      a. Lane ropes (check connection and condition of floats)  
      b. Starting blocks (check non-skid surface)  
      c. Recall rope (check trip mechanism, if any)  
      d. Back stroke flags (check condition of pennants, number, and support system)  
      e. Lap counters (check all cards-numbers)  
      f. Lane time boards (check for proper operation)  
      g. Diving boards (check support and fulcrums)  
   3. Other equipment  
      a. Watches (batteries)  
      b. Timing mechanism  
      c. Starting gun or horn  
      d. Back-up starting gun  
   4. Awards  
      a. Received  
      b. Correct  
      c. Marked for distribution  
   5. Press coverage (five days in advance)  
      a. Call media  
      b. Make arrangements for their entry into meet  
      c. Prepare meet accommodations and results for press  
      d. Make arrangements for getting results to area media after the meet  

II. MEET MANAGEMENT RESPONSIBILITIES  

A. Heat or seed meet (see National Federation Rule Book)  
B. Heat sheets typed and run off  
C. Double check pool equipment  
D. Supplies  
   1. Pencils  
   2. Pencil sharpener  
   3. Carbon paper  
   4. Paper  
   5. Duplicating supplies  
   6. Masking tape  
   7. Cellophane tape  
   8. Magic markers  
   9. Rubber bands  
   10. Stapler, staples  
   11. Paper clips  
   12. Batteries  
   13. Gun, shells  
   14. Hand calculator  
   15. Scissors  
   16. Timing mechanism, tapes for machine  
   17. Towels  
   18. Diving score cards  
   19. Clip boards
E  Hospitality
   1. Officials
   2. Coaches

F. Officials Meeting
   1. Conducted by Meet Referee
   2. Distribute job description flyers
   3. Check out watches by name/number

G. Coaches Meeting
   1. Last minute scratches
   2. Meet officials
   3. Meeting conducted by referee
   4. Conduct of swimmers/coaches

H. Locker Rooms
   1. Assignment
   2. Security
   3. Post signs for intended use

I. Pool Warm-up
   1. Announcer/referee to supervise
   2. Designate lanes to be used for swimming, starts, turns, sprinting
   3. Use of diving pool (if separate)

J. Team Seating
   1. Signs posted
   2. Roped off areas

K. Awards Stand

L. Scoreboard
   1. Attempt to post running scores
   2. Result sheets posted for swimmers, coaches and spectators

III. **POST MEET RESPONSIBILITIES** (immediately and day after meet)

A. Results Distributed
   1. Teams
   2. Media

B. Record applications for National Federation HS

C. Financial report

D. Payment to officials, if any

E. File records and results

F. Report of suggestions for meet improvement
Swimming and Diving Rules Changes 2014-2015

3.3-4 Reorganize to list the items a competitor may wear/use and clarifies that adhesives are not allowed for swimmers and/or divers. Divers may wear tape or wraps for support and no longer limited to the wrist.

Rationale: Lists items a competitor may wear/use as it makes the rule easier to use and assists in compliance. The change also prohibits the use of adhesives, such as sprays, as they become slick when wet and can interfere with performance of others.

3-6.1, New 2, 3 Delineates more clearly unsporting conduct, which results in removal from the meet and all events in which the competitor previously qualified, and unacceptable conduct, which carries a penalty of disqualification from the event. Separates spectator conduct from athletes and coaches.

Rationale: More clearly defines what is considered unsporting conduct, with a resulting penalty of no further participation up to ejection from the competition area, and what actions are considered unacceptable conduct with a resulting penalty of disqualification from that event. Delineates in Rule 8.3.8b when a relay lead-off time shall not be eligible for use as a qualification time or record. Spectators are also separated from athletes and coaches when dealing with unsporting/unacceptable conduct.

4.3-1 NOTE, 4.2.2 NOTE Prohibits the use of a pistol/starter’s pistol as the sounding device in interscholastic swimming.

Rationale: It is inappropriate to use a pistol of any kind at a school swimming meet. Alternative sounding devices are readily available.

8.1.5 Swimmers no longer step off the starting platforms after the referee/starter gives the command, “Stand up.” Swimmers will be directed to step down only when unusual circumstances occur.

Rationale: For risk minimization, swimmers should not step off the starting platform unnecessarily once stepped up, especially with the track-style starting platforms. Referees and starters should direct swimmers to step down only when unusual circumstances occur.

8.2.1e Specifies in the backstroke event, the swimmer shall remain on or above the water surface on the finish and cannot submerge.

Rationale: Specifies in the backstroke event, the swimmer shall remain on or above the water surface on the finish. This can be accomplished with any body part and prevents premature submersion by a swimmer that could create an advantage.

9.2.1 Divers shall be permitted at least two practice approaches, with or without water entry, immediately prior to the start of diving competition.

Rationale: For risk minimization and fairness to competitors for warm-up after a break, divers are permitted at least two practice approaches, with or without water entry, prior to diving competition.

9.2.2 In championship meets, as determined by the meet director, he/she has the option in the event of diving to seed the finalists based on their semifinal score (lowest to highest) or keep the same dive order as preliminaries and semifinals.

Rationale: As an OPTION, the finalists in the diving event in championship meets may be seeded by their semifinal score (lowest to highest) prior to the final three dives, and dive in that relative order for the finals. The method will add excitement to the meet and give a benefit to the highest scoring semifinalist, by performing last.

9.7.2 The diving scoring scale was updated.

Rationale: The dives listed on the NFHS diving table are consistent with NCAA, USA Diving and FINA in regard to the degrees of difficulty. There are no technical reasons for the scoring scale to be different.

2014-2015 Major Editorial Changes

3.2.1 PENALTY Added language to clarify application of the penalty for a competitor violating allowable event limits.

Rationale: Clarifies the penalty for a competitor violating allowable event limits does not remove the competitor from competition he/she had previously and legally qualified for.

3.3.3 PENALTY 2 Removed unnecessary language from the penalty due to change in rules last year. Consistency in rules language.

Rationale: With last year’s change in 3.3.3 Penalty 2, Penalty 3 was no longer needed. This editorial provides consistency in rules language and removes unnecessary language.
OFFICIAL NFHS DIVING SCORESHEET

Name __________________________   Grade _______ School __________________________
Meet ____________________________   Site ____________________________ Date ___________
Class ____________________________   Varsity __________ J. V. ________ Male __________ Female __________

PRELIMS (Dives 1-5: 2 Vol. & 3 Opt.)

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<tr>
<th>Dive Order</th>
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<th>DIVE DESCRIPTION</th>
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<th>Judges Total</th>
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SEMI-FINALS (Dives 6, 7, 8 -- 2 Vol. & 1 Opt.)

<p>| | | | | | | | | | | | | | |</p>
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FINALS (Dives 9, 10, 11 -- 1 Vol. & 2 Opt.)

|       |             |                  |               |    |    |    |    |    |    |    |    |              |              |                |
|-------|-------------|------------------|---------------|----|----|----|----|----|----|----|-------------|--------------|----------------|
| 9     |             |                  |               |    |    |    |    |    |    |    |    |              |              |                |
| 10    |             |                  |               |    |    |    |    |    |    |    |    |              |              |                |
| 11    |             |                  |               |    |    |    |    |    |    |    |    |              |              |                |

T/C = Tuck, P/B = Pike, S/A = Straight, F/D = Free (See Back for Diving Table)

Signed: __________________________

DUAL MEETS:
List voluntary dive first. Spaces 2-6 for optional dives

CHAMPIONSHIP & OTHER 11-DIVE MEETS:
List dives in each section as per instructions

TOTAL POINTS AWARDED

Diver __________________________
Coach __________________________
Referee _________________________

Total D.D. Voluntary Dives __________________________
Total D.D. Optional Dives __________________________
**ONE METER DIVING TABLE**

<table>
<thead>
<tr>
<th>Dive Order</th>
<th>Dive No.</th>
<th>T/C</th>
<th>P/B</th>
<th>S/A</th>
<th>F/D</th>
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**BACK DIVES**

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**REVERSE DIVES**

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<th>Dive No.</th>
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<th>P/B</th>
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**INWARD DIVES**

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**TWIST DIVES**

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**PRELIMS (Dives 1-5; 2 Vol. & 3 Opl.)**

- **Dive Order**: 1
- **Dive Number**: 302
- **Dive Description**: Reverse 1st
- **Judges Scores**: 6.5, 6.0, 5.5, 6.0, 6.5
- **Points Awarded**: 1.8

**SEMI-FINALS (Dives 6, 7, 8 - 2 Vol. & 1 Opl.)**

- **Dive Order**: 6
- **Dive Number**: 501
- **Dive Description**: Reverse Dive
- **Points Awarded**: 17.7

**FINALS (Dives 9, 10, 11 - 1 Vol. & 2 Opl.)**

- **Dive Order**: 11
- **Dive Number**: 5134
- **Dive Description**: Forward Dive 1st & 2nd
- **Points Awarded**: 26.2

**Instructions for Use**
1. Refer to diving table provided on the left to complete the diving scoresheet.
2. For each dive, write the dive’s number, position and degree of difficulty in the space provided, circle the voluntary dive number; sign the scoresheet, then have the coach sign it. Total the degree of difficulty for voluntary and optional dives at the bottom of the diving scoresheet.
3. The cumulative total of the actual degree of difficulty (dd) for the five voluntary dives shall not exceed 9.0.
4. For meets requiring cancellation of high and low judge’s scores, the scorer circles those scores which will be used in establishing the score for that dive.
5. The scorer keeps the diver’s cumulative running score on the second line of each dive’s Points Awarded column.
6. The diving referee checks the scorer’s tabulation and signs the scoresheet.
7. For further information and reference, see sample scoresheet below.

**OFFICIAL NFHS DIVING SCORESHEET**

- **Name**: Donna Stewart
- **Grade**: 11
- **School**: Carmel H.S.
- **Meet**: Regionals
- **Site**: Carmel H.S.
- **Date**: 12-1-2001
- **Class**: Senior
- **Order**: 8
- **Total Points Awarded**: 386.10

- **ORDER OF FINISH**: 1
- **DUAL MEETS**:
- **CHAMPIONSHIP & OTHER 11-DIVE MEETS**
- **TOTAL D.O. Voluntary Dives**: 84
- **TOTAL D.O. Optional Dives**: 22

**NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS**

PO BOX 690
INDIANAPOLIS, IN 46206
Phone: 317-972-6900
800-776-3462 (to order these sheets)
High school swimming record application

National federation of state high school associations
PO box 690 Indianapolis, Indiana 46206 Phone: 317-972-6900

Note: Fill out completely and in triplicate and send within 28 days from the date of performance to your state high school association. When a national record is involved, the state association will forward two copies to the National Federation of State High School Associations for consideration.

Date of Application: _____________, 20_____

I. Full name of competitor for whom record is claimed. Give all full names if for a relay team. Note: The split time of the leadoff swimmer in either of the two freestyle relays (200-yard freestyle relay; 400-yard freestyle relay) can be recognized as a national record, provided that, prior to the race, meet administration is notified that the swimmer is going for a national record, and that the leadoff swimmer desires his or her split time from that particular relay. The NFHS would recognize the split time of the leadoff swimmer only (not the times of the subsequent three swimmers in a relay).

<table>
<thead>
<tr>
<th>Full name of Competitor</th>
<th>Age in: Yrs</th>
<th>Mo.</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>

Competitor’s School: __________________________ Address: __________________________
(City) (State)

II. Name of Event: __________________________ In Yards □; Meters □ Date of Performance: _________

Site: __________________________
(Pool) (City) (State)

III. Time Achieved: _____________
(Times must be recorded using an FAT system only)

IV. Type of Record:
Girls High School □; Boys High School □

V. Type of Meet:
☐ Championship (a culminating meet for a particular level, such as state, region, section, and district)
☐ Dual
☐ Nonchampionship Multischool

VI. The above information is correct
(Signature of Competitor’s Coach)

VII. The competitor(s) is an eligible member of the team representing the school he/she attends and all facts concerning the performance are correct as indicated above.
(Signature of Principal of the High School)

VIII. The event was sanctioned by the home state high school association between member schools and was conducted in compliance with rules of the National Federation of State High School Associations.
(Signature of State Association Executive Officer)