



TO: CIF-SS ATHLETIC DIRECTORS, SWIMMING/DIVING COACHES  
FROM: KRISTINE PALLE, ASSISTANT COMMISSIONER  
SUBJECT: 2016 CIF SOUTHERN SECTION SWIMMING/DIVING SEASON  
DATE: JANUARY 2016 updated 12/18/2015

## WELCOME TO THE 2016 SWIMMING/DIVING SEASON!

The CIF-SS Office is continuing its concept of compiling a preview booklet for each sport with the hope that the overall content will prove informative and will serve as a meaningful reference point. We feel the contents of this bulletin will answer many questions and be useful throughout the upcoming season.

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*Swimming & Diving rule books, as well as Swim cards were distributed to a league representative from your league at the CIF Council Meeting on January 27.*



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**TO:** ATHLETIC DIRECTORS  
BOYS/GIRLS SWIMMING/DIVING COACHES

**FROM:** KRISTINE PALLE, ASSISTANT COMMISSIONER

**SUBJECT:** Location & Format for CIF Swimming and Diving Championships

**DATE:** JANUARY, 2016

I am pleased to announce the continuation of last year's format and location for our 2016 CIF Southern Section FORD Swimming and Diving Championships. We are truly fortunate to be hosting our event at the Riverside Aquatics Complex on the campus of Riverside Community College. This facility was a recent renovation project on campus and a joint project with the city of Riverside. It is one of the most state of the art facilities in the country. A 65 meter pool, Riverside boasts an Olympic style venue complete with an Olympic dive tower and 2 additional 25 yard pools on site. If you'd like to see the layout, visit <http://riversideaquaticscomplex.com/>.

We accept 36 qualifiers into the preliminary events with the top 18 returning for consolation and final heats (9 in each). We will award points for the top 18 swimmers and divers (top 8 will receive medals). The format of Championship Finals will be the following:

- 200 Medley Relay
- 200 Free
- 200 IM
- 50 Freestyle
- 100 Butterfly
- 100 Freestyle
- 500 Freestyle
- 200 Freestyle Relay
- 100 Backstroke
- 100 Breaststroke
- 400 Freestyle Relay

Please note the dates for all divisions of swimming/diving located in your preview. The City of Riverside will be helping with hotel "group rates" to assist those coming from out of town. More information will follow.

## SWIMMING/DIVING CALENDAR DATES FOR 2016

The following is a capsule of the CIF-SS Swimming/Diving Calendar for the upcoming season:

### FIRST CONTEST

The initial date on which a school may schedule an interscholastic contest is Saturday, February 27, 2016.

### LAST CONTEST

All league competition must end on or before Friday, May 6, 2016. Schools may compete until May 7 for non-league contests. **NOTE:** Saturday, May 7 competition may **NOT** be used for CIF-SS qualifying.

## CIF SOUTHERN SECTION SWIMMING & DIVING FORD CHAMPIONSHIPS AT RIVERSIDE AQUATICS COMPLEX 4800 Magnolia Avenue, Riverside

### SWIMMING

**NOTE: Athletes and coaches will be admitted to all sessions an hour and a half prior to competition, Spectators will be admitted 30 minutes prior to competition.**

<u>Division</u>	<u>Prelims</u>	<u>Finals</u>
1	Thursday May 12 <sup>th</sup> ; 9am	Saturday May 14 <sup>th</sup> ; 5:00pm
2	Friday, May 13 <sup>th</sup> ; 9am	Saturday May 14 <sup>th</sup> ; 10:00am
3	Wednesday, May 11 <sup>th</sup> ; 4pm	Thursday May 12 <sup>th</sup> ; 5pm
4	Wednesday May 11 <sup>th</sup> ; 9am	Friday May 13 <sup>th</sup> ; 5pm

### DIVING

**NOTE: Athletes and coaches will be admitted to all sessions an hour and a half prior to competition, Spectators will be admitted 30 minutes prior to competition.**

<u>Division</u>	<u>Prelims &amp; Finals</u>
1	Tuesday, May 10 <sup>th</sup> (Boys @ 8:30; Girls @ 1:00)
2	Monday, May 9 <sup>th</sup> (Boys @ 8:30; Girls @ 1:00)
3	Monday, May 9 <sup>th</sup> (Boys & Girls @ 5:00)
4	Tuesday, May 10 <sup>th</sup> (Boys & Girls @ 5:00)

All Rounds of Diving (Prelims & Finals) will be completed on Monday, May 9 & Tuesday, May 10.

### State Diving Qualification                      Saturday, May 14                      Riverside Aquatics Complex

The top 16 divers across all 4 divisions will complete a 6 dive, 1 meter, contest to determine state championship advancement of 6 boys & 6 girls.

11:30 a.m. – 12:30 p.m. Check-In & Open Warm Up

12:30 p.m. – 1:00 p.m. Girls Warm up

2:00 p.m. – 2:30 p.m. Boys Warm up

1:00 p.m. - Girls Competition

2:30 p.m. – Boys Competition

## CIF STATE SWIMMING & DIVING CHAMPIONSHIPS Clovis West Aquatic Complex, Clovis May 20-21, 2016

## CIF-SS SWIMMING & DIVING ADVISORY COMMITTEES

The CIF-SS is continuing to utilize the concept of advisory committees for virtually all of the sports. The role of the advisory committee, comprised of coaches in their respective sports and an administrator from the CIF Office, may or may not include the following:

1. Meetings
2. Recommendations for playoff sites
3. Recommendations for procedural changes
4. Recommendations for rule changes
5. Evaluation of sport season
6. Assistance to coaches and/or officials organizations
7. Liaison between coaches and the CIF-SS office

We urge that if you have suggestions or questions, please make use of this excellent channel of communication and pass along suggestions to one of the committee members. We will be meeting on a regular basis during the current swimming season and your items will become part of our agenda.

### SWIMMING ADVISORY COMMITTEE

#### COMMITTEE MEMBER

Cassandra Agnew, Swimming Mgmt.  
Bert Bergen, Saddleback Valley Christian  
Steve Bergen, Flintridge Sacred Heart  
Don Conner, Western HS  
Rick Ernstrom, San Luis Obispo HS  
Doug Glaeser, Management  
Andy Garcia, Mission Viejo HS  
Jack Hawkins, Sonora HS  
Eric Henninger, Garden Grove HS  
Don Holbrook, Management  
Ryan Katsuyama, Pasadena Poly HS  
Dale Lundin, Hoover HS/ Timing  
John Montrella, Management  
Bob Mount, Ayala HS  
Ismael Perez, Mark Keppel HS  
Joyce Phelps, Mgmt/ SCAF Dive Rep  
Janet Pollard, Glendora HS  
Lani Ruh, Swimming Mgmt.  
Mark Thibault, Quartz Hill HS  
Maggie Twinem, L.B. Wilson HS  
Dean Wang, Kennedy HS  
Sarah Zurn, La Mirada HS

#### E-MAIL ADDRESS

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### DIVING ADVISORY COMMITTEE

#### COMMITTEE MEMBER

Cindy Adams, MV Nadadores  
Curt Wilson  
Doug Glaeser  
Jason Wilson  
Joyce Phelps, Mgmt, SCAF Dive Rep  
Michael Copeland  
Ryan Katsuyama, Poly/ Pasadena HS

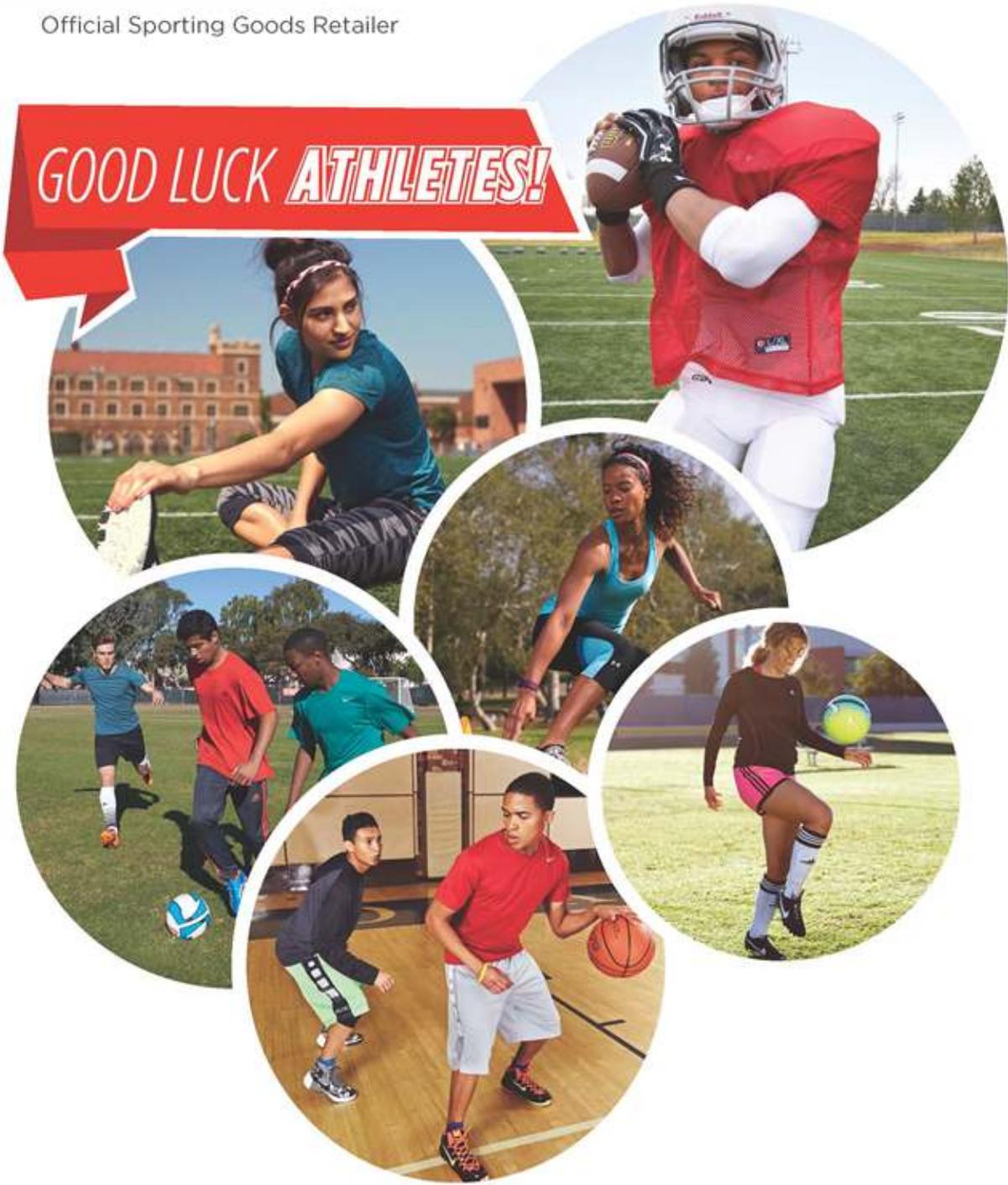
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# 2014-2016 Boys' & Girls' Swimming & Diving Playoff Groupings

DIVISION 1	DIVISION 2	DIVISION 3	DIVISION 4
Channel	Academy	Almont	Ambassador
Crestview	Baseline	Coastal Canyon	Coastal
Foothill	Bay	Del Rio	De Anza
Mission	Big VIII	Desert Sky	Del Rey
Pacific Coast	Citrus Belt	Desert Valley	Frontier
South Coast	Freeway	Empire	Garden Grove
Sunset	Marmonte	Gold Coast	Golden
Trinity	Moore	Hacienda	Golden West
	North Hills	Inland Valley	Heritage
	Orange Coast	Los Padres	Liberty
	PAC 8	Mountain Valley	Montview
	Pacific	Ocean	Mountain Pass
	Palomares	Pacific View	Mt. Baldy
	Rio Hondo	Pioneer	Olympic
	Sea View	Prep	Orange
	Southwestern	San Gabriel Vly	River Valley
		Sunbelt	Suburban
		Sunshine (G)	Sunkist
			Tri-Valley
			Valle Vista

**Updated 11/3/15**

**ACADEMY**

Calvary Chapel/ Downey  
 Crean Lutheran  
 Oxford Academy  
 Sage Hill  
 St. Margaret's  
 Whitney

**ALMONT**

Alhambra  
 Bell Gardens  
 Gabrielino  
 Mark Keppel  
 Montebello  
 San Gabriel  
 Schurr

**AMBASSADOR**

Aquinas  
 Arrowhead Christian  
 Notre Dame/ Riverside  
 Riverside Christian  
 Woodcrest Christian

**BASELINE**

Chino Hills  
 Damien (b)  
 Etiwanda  
 Los Osos  
 Rancho Cucamonga  
 St. Lucy's (g)  
 Upland

**BAY**

Inglewood  
 Mira Costa  
 Palos Verdes  
 Peninsula  
 Redondo

**BIG VIII**

Centennial/ Cor  
 Corona  
 King, M.L.  
 Norco  
 Roosevelt  
 Santiago/ Cor

**CHANNEL**

Buena  
 Dos Pueblos  
 San Marcos  
 Santa Barbara  
 Ventura

**CITRUS BELT**

Cajon  
 Carter  
 Citrus Valley  
 Eisenhower  
 Redlands  
 Redlands East Valley  
 Yucaipa

**COASTAL**

New Roads  
 Pacific Hills  
 Vistamar  
 Wildwood

**COASTAL CANYON**

Calabasas  
 Camarillo  
 Moorpark  
 Royal

**CRESTVIEW**

Esperanza  
 Foothill  
 Villa Park  
 Yorba Linda

**DE ANZA**

Desert Hot Springs  
 Desert Mirage  
 Rancho Mirage  
 Shadow Hills  
 Twentynine Palms  
 Yucca Valley

**DEL REY**

Bishop Amat  
 Bishop Montgomery  
 Cantwell Sacred Heart  
 Cathedral (b)  
 Connelly (g)  
 La Salle  
 Mary Star of the Sea  
 Pomona Catholic (g)  
 Serra  
 St. Joseph/ Lkwd (g)

**DEL RIO**

California  
 El Rancho  
 La Serna  
 Pioneer  
 Santa Fe  
 Whittier

**DESERT SKY**

Apple Valley  
 Burroughs/R  
 Granite Hills  
 Victor Valley

**DESERT VALLEY**

Cathedral City  
 Coachella Valley  
 Indio  
 La Quinta/LQ  
 Palm Desert  
 Palm Springs  
 Xavier Prep

**EMPIRE**

Cypress  
 Kennedy  
 Pacifica/GG  
 Tustin  
 Valencia/P  
 Western

**FOOTHILL**

Canyon/CC  
 Golden Valley  
 Hart  
 Saugus  
 Valencia/V  
 West Ranch

**FREEWAY**

Buena Park  
 Fullerton  
 La Habra  
 Sonora  
 Sunny Hills  
 Troy

**FRONTIER**

Fillmore  
 Foothill Technology  
 Grace Brethren  
 Santa Clara  
 Santa Paula  
 St. Bonaventure

**GARDEN GROVE**

Bolsa Grande  
 Garden Grove  
 La Quinta/W  
 Los Amigos  
 Rancho Alamitos  
 Santiago/GG

**GOLD COAST**

Brentwood  
 Campbell Hall  
 Crossroads  
 Paraclete  
 Sierra Canyon  
 Viewpoint  
 Windward

**GOLDEN**

Antelope Valley  
 Eastside  
 Highland  
 Knight  
 Lancaster  
 Littlerock  
 Palmdale  
 Quartz Hill

**GOLDEN WEST**

Loara  
 Ocean View  
 Orange  
 Santa Ana  
 Segerstrom  
 Westminster

**HACIENDA**

Charter Oak  
 Chino  
 Los Altos  
 Walnut  
 West Covina

**HERITAGE**

Einstein Academy  
 Santa Clarita Christian  
 Trinity Classical Academy  
 Vasquez

**INLAND VALLEY**

Arlington  
 Canyon Springs  
 North, JW  
 Poly/ Riverside  
 Rancho Verde  
 Valley View

**LIBERTY**

Archer (g)  
 Buckley  
 de Toldedo  
 Milken Community

**LOS PADRES**

Cabrillo/ Lom  
Lompoc  
Morro Bay  
Nipomo  
Orcutt Academy  
Santa Maria  
Santa Ynez  
Templeton

**MARMONTE**

Agoura  
Newbury Park  
Oaks Christian  
Thousand Oaks  
Westlake

**MISSION**

Aleman  
Chaminade  
Crespi (b)  
Flintridge Sacred Heart (g)  
Harvard-Westlake  
Louisville (g)  
Loyola (b)  
Notre Dame/ SO  
St. Francis (b)

**MONTVIEW**

Baldwin Park  
Bassett  
Duarte  
Edgewood  
Gladstone  
La Puente  
Sierra Vista  
Workman

**MOORE**

Cabrillo/ Long Beach  
Jordan  
Lakewood  
Millikan  
Poly/ Long Beach  
Wilson/Long Beach

**MOUNTAIN PASS**

Beaumont  
Citrus Hill  
Hemet  
Tahquitz  
West Valley

**MOUNTAIN VALLEY**

Banning  
Moreno Valley  
Pacific  
Rubidoux  
San Bernardino

**MT. BALDY**

Alta Loma  
Chaffey  
Colony  
Don Lugo  
Montclair  
Ontario

**NORTH HILLS**

Brea Olinda  
Canyon/Anaheim  
El Dorado  
El Modena

**OCEAN**

Beverly Hills  
Culver City  
El Segundo  
Santa Monica

**OLYMPIC**

Heritage Christian  
Maranatha  
Valley Christian/ Cerritos  
Whittier Christian

**ORANGE**

Katella  
Magnolia  
Santa Ana Valley  
Savanna

**ORANGE COAST**

Calvary Chapel/ SA  
Costa Mesa  
Estancia  
Godinez  
Laguna Beach  
Saddleback

**PAC 8**

Arroyo Grande  
Atascadero  
Mission College Prep  
Paso Robles  
Pioneer Valley  
Righetti  
San Luis Obispo  
St. Joseph/ SM

**PACIFIC**

Arcadia  
Burbank  
Burrughs/Burbank  
Crescenta Valley  
Glendale  
Hoover  
Muir  
Pasadena

**PACIFIC COAST**

Beckman  
Corona del Mar  
Irvine  
Northwood  
University  
Woodbridge

**PACIFIC VIEW**

Channel Islands  
Hueneme  
Oxnard  
Pacifica/ Oxnard  
Rio Mesa

**PALOMARES**

Ayala  
Bonita  
Claremont  
Diamond Bar  
Glendora  
South Hills

**PIONEER**

North Torrance  
South Torrance  
Torrance  
West Torrance

**PREP**

Chadwick  
Flintridge Prep  
Mayfield (g)  
Poly/ Pasadena  
Webb  
Westridge (g)

**RIO HONDO**

Blair  
La Canada  
Monrovia  
San Marino  
South Pasadena  
Temple City

**RIVER VALLEY**

Hillcrest  
Jurupa Valley  
La Sierra  
Norte Vista  
Patriot  
Ramona

**SAN GABRIEL VLY**

Downey  
Gahr  
Paramount  
Warren

**SEA VIEW**

Aliso Niguel  
El Toro  
Laguna Hills  
Mission Viejo  
San Juan Hills

**SOUTH COAST**

Capistrano Valley  
Dana Hills  
San Clemente  
Tesoro  
Trabuco Hills

**SOUTHWESTERN**

Chaparral  
Great Oak  
Murrieta Mesa  
Murrieta Valley  
Temecula Valley  
Vista Murrieta

**SUBURBAN**

Artesia  
Bellflower  
Cerritos  
La Mirada  
Mayfair

**SUNBELT**

Elsinore  
Heritage  
Lakeside  
Paloma Valley  
Perris  
Temescal Canyon

**SUNKIST**

Colton  
Fontana  
Grand Terrace  
Summit

**SUNSET**

Edison  
Fountain Valley  
Huntington Beach  
Los Alamitos  
Marina  
Newport Harbor

**SUNSHINE (all girls)**

Immaculate Heart  
Marlborough  
Marymount  
Notre Dame Academy

TRINITY

JSerra  
Lutheran/ O  
Mater Dei  
Rosary (g)  
Santa Margarita  
Servite (b)  
St. John Bosco (b)

TRI-VALLEY

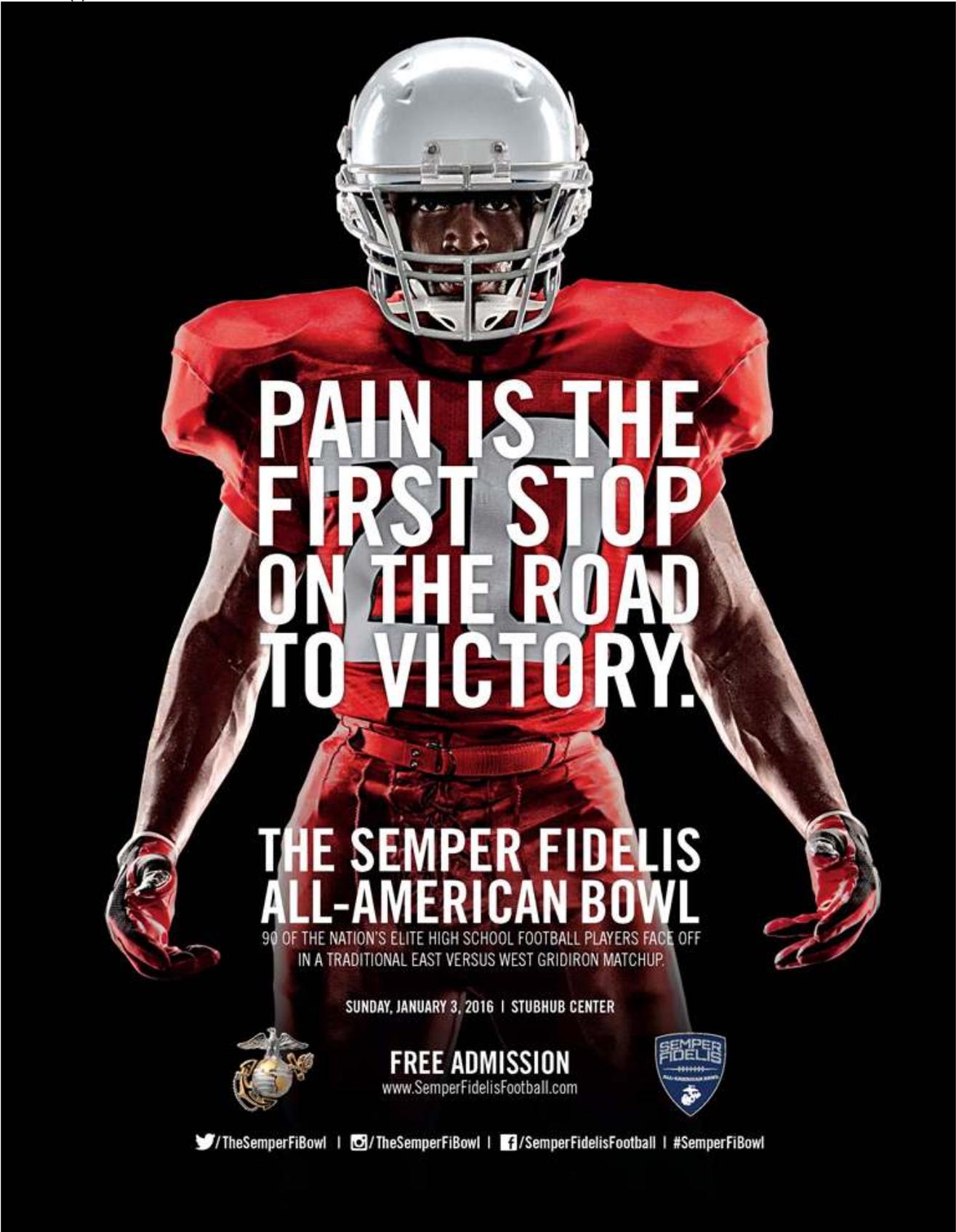
Carpinteria  
Cate  
La Reina (g)  
Malibu  
Nordhoff  
Villanova Prep

VALLE VISTA

Covina  
Nogales  
Northview  
Rowland  
San Dimas  
Wilson/ HH

FREELANCE (11/3/15)

Saddleback Vly Chr (3)



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# *Southern California Swimming USA Swimming*



## **2016 USING HIGH SCHOOL TIMES** *"Observed Swims"*

**For ANY Observed Swim to be entered in USA Swimming SWIMS Database.....**

- A. **NO times will be entered in SWIMS for a high school swim achieved at any meet prior to League Championships.**
- B. CIF Southern Section and City Championships will be observed & require no action on your part other than requesting the Observed Swim.
- C. **For a High School League Championship** to receive "Observed" status, the following steps must be taken **BY MONDAY, APRIL 18, 2016.**
  1. The meet must be run with **fully automatic timing** (electronic start, touch pad finish with appropriate backup)
  2. "Observed Meet" application completed, signed and accompanied by \$25 fee must be received by the SCS office (blank application attached). Application must designate sessions to be observed (Finals only, prelims and finals, etc).
  3. **Names of two USA Swimming certified observers** (one for each end of the pool) must be submitted **with the High School Observed Meet application**. The USA Swimming certified observers **may** be the SCAF assigned high school officials, if they are USA Swimming certified, OR minimum USA Swimming certified stroke/turn judges. The observers must annotate heat sheets for USA Swimming DQ's and **sign the sheets**.
  4. ***A copy of the certification of the pool used for the League Championship must be submitted unless the pool has been certified under USA Swimming rule 104.2.2C(4) and is on file with USA Swimming.***
  5. **All submissions must conform to the Standard Data Interchange Format (SDIF) published by USA Swimming.**
  6. **Complete League Meet results**, including heat sheets signed by the USA Swimming observers, must be received by the SCS office **by June 1, 2016.**



# United States Swimming Southern California Swimming High School Observed Meet Application



Date: \_\_\_\_\_

I, \_\_\_\_\_, apply on behalf of \_\_\_\_\_  
*Applicant Name* **LEAGUE**  
 for Observed Meet Status for the League Championships at

\_\_\_\_\_ on the \_\_\_\_\_ day(s) of \_\_\_\_\_, 20\_\_\_\_  
*Location* *Date* *Month* *Year*

Our application fee of \$ \_\_\$25.00\_\_\_\_\_, a copy of the event information and event entry form are attached.

Also included is a complete schedule of lanes and times for all warm-up procedures which must be adhered to by all participants.

As a condition of obtaining Observed Status, I and the above organization, which I represent, agree to judge this event under the rules and regulations of USA Swimming, Inc. and Southern California Swimming, Inc., for athletes whose times are to be entered into the USA Swimming database, SWIMS. The league agrees to terms included in Article 202 of the current edition of US Swimming Rules and Regulations, specific reference to 202.2.8 thereof which provides that:

In granting Observed Status it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Officials:** A minimum of TWO qualified persons certified by USA Swimming, Inc. and Southern California Swimming, Inc., will judge the competition. The names of such officials will be submitted with this request.

Observer #1 \_\_\_\_\_ Observer #2 \_\_\_\_\_

Signed: \_\_\_\_\_  
*League Representative* *Date*

\_\_\_\_\_ \_\_\_\_\_  
*E-mail address* *Phone*

Return Observed Status to: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Mail Application to:  
 Southern California Swimming  
 PO Box 30530  
 Santa Barbara, CA 93130-0530

Do Not Write Below This Line

..... **SCS Use Only** .....

Approved:  Yes  No Observed Status #: \_\_\_\_\_  
 Issued: \_\_\_\_\_ 20 \_\_\_\_\_ Signed: \_\_\_\_\_

## **GUIDELINES FOR SUBMITTING 2016 VERIFICATION CARDS**

You have received verification cards for the 2016 season (cards were distributed to a league officer at the CIF Council Meeting on January 27). These are the ONLY cards that will be accepted for entry into the championships. Coaches MUST complete the cards accurately and completely if they are to be accepted for the 2016 preliminary meet.

In the VERIFICATION portion of the card, all information must be filled in completely. It is important that the card is verified with officials and/or meet manager and coach's signatures.

The CIF-SS will not be responsible for swimmers disqualified from competition because of mistakes, lack of information, lack of proper signatures, and incomplete cards.

In DIVING, coaches are reminded that completed qualifying diving score sheets properly signed must accompany the CIF Southern Section Championship entry.

### **WHEN A COACH SIGNS THE VERIFICATION CARD AND OFFICIAL ENTRY SHEETS, HE/SHE IS VERIFYING THE AUTHENTICITY OF THE CARD.**

Coaches are reminded that a swimmer may qualify for CIF-SS championship swim meets if he/she equals or betters the time standard for the event for that division IN ANY CIF-SS SANCTIONED DUAL, TRIANGULAR, OR INVITATIONAL MEET.

Swimmers may not qualify in any competition designated as a time trial. This means that swimmers NOT entered in an event MAY NOT fill lanes in order to swim for a qualifying time.

If additional cards are needed, email Brenda Bomgaars ([brendab@cifss.org](mailto:brendab@cifss.org)) at the CIF-SS Office.

25 Swimming Verification Cards for Boys (Green) and 25 Swimming Verification Cards for Girls (Yellow), have been provided to your school along with the 2015-2016 Swimming & Diving NFHS rules book.

### **ENTRY RULES (National Federation Rule 3)**

RULE 3, SECTION 1, ART. 1 ... "In championship meets, each team shall be permitted a maximum of 4 entries in an individual event and 1 team in a relay event."

RULE 3, SECTION 2, ART. 1 ... "A competitor shall be permitted to enter a maximum of 4 events, no more than 2 of which may be individual events. Prelims and finals are considered one meet."

RULE 3, SECTION 2, ART. 3 ... " **In championship meets and other multiple team meets**, a competitor officially becomes a participant in an individual event when the official entry card or form bearing the name of the event, competitor's first and last name, coach's signature (where applicable), school name, and submitted time, if one exists, is delivered to the meet director, or meet's director's designee, at the specified time and place.

In relay events, 8 individuals may be designated, and it shall not count as an entry unless the competitor actually competes in the event. Any of these 8 individuals may swim in finals provided he/she does not exceed the permitted entries for the meet. Only the 4 swimmers declared on the event entry card which shall be submitted at a specified time and place prior to the start of the event are permitted to report to the blocks and compete."

**2016 GIRLS' VARSITY SWIMMING TIME STANDARDS – REVISED 5/21/2015**

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
200 Medley Relay	1:50.80	2:01.00	1:53.40	2:03.00	1:59.70	2:11.10	2:09.00	2:18.50
200 Freestyle	1:53.00	1:59.00	1:55.10	2:03.10	2:03.00	2:12.80	2:11.10	2:21.00
200 Individual Medley	2:08.00	2:17.00	2:11.00	2:20.00	2:19.00	2:32.50	2:28.00	2:43.00
50 Freestyle	24.40	25.30	24.80	25.85	25.50	27.10	26.50	28.50
100 Butterfly	57.50	1:01.10	58.90	1:03.60	1:01.50	1:09.50	1:06.50	1:14.00
100 Freestyle	52.60	55.20	53.60	56.70	56.40	59.50	59.00	1:03.20
500 Freestyle	5:04.00	5:22.00	5:11.00	5:31.00	5:29.50	6:04.00	5:49.00	6:25.00
200 Freestyle Relay	1:40.70	1:49.00	1:42.00	1:49.30	1:47.50	1:56.00	1:52.00	2:02.20
100 Backstroke	58.70	1:02.80	1:00.10	1:05.30	1:04.40	1:10.20	1:08.50	1:14.30
100 Breaststroke	1:06.50	1:11.00	1:08.70	1:13.10	1:12.50	1:18.00	1:17.50	1:23.20
400 Freestyle Relay	3:37.00	3:59.00	3:42.50	3:57.00	3:54.00	4:18.00	4:14.00	4:36.00

**2016 BOYS' VARSITY SWIMMING TIME STANDARDS**

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
200 Medley Relay	1:37.50	1:47.50	1:40.30	1:46.80	1:45.50	1:55.50	1:48.60	1:59.20
200 Freestyle	1:41.70	1:47.00	1:45.80	1:50.50	1:50.50	1:59.00	1:51.70	2:01.10
200 Individual Medley	1:54.00	2:01.00	1:59.50	2:06.00	2:06.00	2:16.00	2:12.90	2:23.00
50 Freestyle	21.40	22.30	22.05	22.70	22.60	23.60	23.40	24.40
100 Butterfly	51.20	54.20	52.80	55.50	55.40	59.60	57.80	1:02.70
100 Freestyle	46.90	48.40	48.50	49.80	49.80	52.60	51.40	54.90
500 Freestyle	4:36.00	4:52.00	4:47.50	5:03.00	5:05.00	5:26.00	5:15.00	5:42.00
200 Freestyle Relay	1:27.50	1:35.30	1:30.50	1:35.30	1:33.40	1:40.00	1:37.00	1:45.70
100 Backstroke	52.50	56.70	54.50	58.20	57.80	1:02.50	1:00.30	1:06.30
100 Breaststroke	59.20	1:02.70	1:00.50	1:03.70	1:04.00	1:08.50	1:07.00	1:12.50
400 Freestyle Relay	3:11.00	3:32.00	3:17.50	3:29.50	3:26.00	3:45.50	3:37.50	4:02.00

Swimmers who wish to qualify for the 2016 CIF Southern Section Swimming Championships must have equaled or bettered the above time standards in any CIF-SS sanctioned dual, triangular, or invitational swim meet between the dates of February 27, 2016 to May 6, 2016. *For the 2016 CIF Southern Section Swimming and Diving Championships, there are both automatic (Auto.) and consideration (Con.) standards. Swimmers/Divers who achieve the automatic standard will be entered in that event. Additional entries will be based upon the consideration standards which will be used to fill up remaining spaces to a maximum of 36 participants.* Those swimming in meter pools, please refer to the National Federation Rule Book for the conversion formula to convert time standards to meters

**[WWW.CIFSS.ORG](http://WWW.CIFSS.ORG) WEBSITE**  
**Select Governance tab, Sanctioned Events**

# 2016 BOYS' AND GIRLS' VARSITY DIVING STANDARDS

## DIVING POINTS FOR QUALIFYING FOR THE CIF SOUTHERN SECTION CHAMPIONSHIPS

A diver MAY qualify for the championships by any one of the following methods:

1. Earn an automatic qualifying score with the "Automatic D.D." in their respective division. This may be done in an 11- dive invitational meet or an 11 dive league championship contest.
2. Earn an automatic qualifying score with a "Consideration D.D." in their respective division. This may be done in an 11- dive invitational meet or an 11 dive league championship contest.
3. Rank within the top 36 divers of the division based on the "Consideration Score" with the "Automatic D.D".

**"Consideration Score" with "Consideration D.D." will not qualify for entry.**

TO ENTER AS CONSIDERATION...Diver can submit one 11-DIVE Contest Sheet for CONSIDERATION with their highest scores from an 11 dive contest, (score over 225 (Boys) or 250 (Girls) points). Divers in the consideration category will be ranked based on that score.

For invitational meets, 3-meter diving will no longer be allowed for those schools which have diving pools with a water depth of 12 feet or less. **League Championship meets must be conducted on 1m boards ONLY.** 1-meter and/or 3-meter diving will continue to be an event in our CIF Southern Section Championship meet. Attached are the Diving Tables for both 1-meter and 3-meter diving. Additional copies can be downloaded from [www.mvndive.com/highschool](http://www.mvndive.com/highschool).

**REMINDER:** 3 meter diving will be permitted at CIF sanctioned Invitational and CIF-SS Championships only.

### 2016 DIVING -- BOYS Varsity Cut-off points

BOYS	AUTOMATIC SCORE	CONSIDERATION SCORE	AUTOMATIC D.D. for 6 OPTIONAL dives	CONSIDERATION D.D.
<b>11 DIVE COMPETITION</b>				
DIVISION 1	300	225	12.0	11.8*
DIVISION 2	300	225	12.0	11.8*
DIVISION 3	300	225	10.5	10.4*
DIVISION 4	300	225	10.5	10.4*

**\*If you are gaining entrance via a Consideration D.D., you MUST have the Automatic Qualifying Score**

### 2016 DIVING -- GIRLS Varsity Cut-off points

GIRLS	AUTOMATIC SCORE	CONSIDERATION SCORE	AUTOMATIC D.D. for 6 OPTIONAL dives	CONSIDERATION D.D.
<b>11 DIVE COMPETITION</b>				
DIVISION 1	380	250	12.0	11.8*
DIVISION 2	320	250	12.0	11.8*
DIVISION 3	300	250	10.5	10.4*
DIVISION 4	300	250	10.5	10.4*

**\*If you are gaining entrance via a Consideration D.D., you MUST have the Automatic Qualifying Score**

For the 2016 CIF Southern Section Swimming and Diving Championships there are both automatic (AUTO) and Consideration (CON) standards. Swimmers/ Divers who achieve the automatic standard will be entered in that event. Additional entries will be based upon the consideration standards that will be used to fill up the remaining spaces to a maximum of 36 participants.

AUTO QUALIFYING POINTS for CHAMPIONSHIPS FOR ALL DIVISIONS requires the divers to compete at a satisfactory level to automatically qualify. They may AUTO qualify with (1) one 11- dive contest score. The point qualification is based on satisfactory performance with minimum automatic or consideration D.D. requirements for optional and required dives. (See qualification points required per division).

Diving is an event of swimming, and as such, should be viewed by schools in the same manner as the other events in the swimming program. Team points for an individual placing in diving are the same as in swimming. It has come to our attention that some schools that could offer diving to their athletes are choosing not to do so. Typically, the reasons for not offering diving are the lack of a proper facility and/ or a qualified coach. In trying to promote diving throughout the CIF-Southern Section, we would encourage all of our member schools to give interested student athletes an opportunity to compete in this event. If facilities are available, either at the school site or off-campus, and a qualified coach can be secured, the CIF Southern Section strongly supports any efforts that can be made to increase the number of schools and student/athletes participating in diving.

If competition is taking place with 2 **CONCURRENT** judging panels, a diving official must be assigned to each panel to properly view violations such as balks, incorrect dives, breaks in position, etc.

**DUAL MEETS -All Divisions (6 DIVE EVENTS)**

- A. (National Federation Rule 9-4-6). “In other meets, the competition shall consist of one voluntary dive which shall be done first -Week 1= forward group; Week 2 = back group; Week 3=inward group; Week 4=twisting group; Week 5=reverse group; etc. and five optional dives, coming from at least four of the five groups and which may include any of the dives other than the voluntary dive. Any dive from a group may be designated as a voluntary dive. It will receive its assigned DD through 1.8. Any designated voluntary dive with a DD greater than 1.8 will be assigned as DD of 1.8.”

Week	VOLUNTARY DIVE GROUP
February 29 – March 5	forward group
March 7 - 12	back group
March 14 - 19	inward group
March 21 - 26	twisting group
March 28 – April 2	reverse group
April 4 - 9	forward group
April 11 - 16	back group
April 18 - 23	inward group
April 25 - 30	twisting group

- B. There must be 3 or 5 diving judges, Rule 9, Section 6 in the NFHS Swimming and Diving Rules Book.  
**Note: In non-championship meets when only two judges are available, 50% of the total score shall be added to make the final score equate with a three judges’ score.**  
 (INVITATIONAL OR LEAGUE CHAMPIONSHIPS)
- C. Eleven (11) dives – 5 voluntary, 6 optional, Rule 9, Section 4, of the NFHS Swimming and Diving Rules Book.
- D. Five (5) to Nine (9) judges – Rule 9, Section 6.
- E. Consideration points require submitting one 11 dive contest sheet from an invitational or league meet.
- F. All score sheets **MUST** be signed by the DIVING REFEREE and the MEET DIRECTOR.  
 Blue Verification Cards are no longer required for entry to the CIF-SS Diving Championships

## APPENDIX 2

FINA TABLE OF DEGREES OF DIFFICULTY  
SPRINGBOARD

*Dives which have been changed are shaded.*

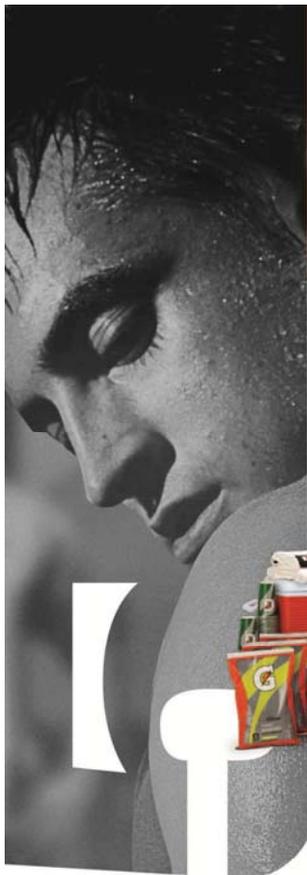
In the following table, a dive with (-) is not possible and dives with empty spaces have not been calculated

EFFECTIVE 1 OCTOBER 2013

SPRINGBOARD		1 METER				3 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
<b>Forward Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
101	Forward Dive	1.4	1.3	1.2	-	1.6	1.5	1.4	-
102	Forward Somersault	1.6	1.5	1.4	-	1.7	1.6	1.5	-
103	Forward 1½ Somersaults	2.0	1.7	1.6	-	1.9	1.6	1.5	-
104	Forward 2 Somersaults	2.6	2.3	2.2	-	2.4	2.1	2.0	-
105	Forward 2½ Somersaults	-	2.6	2.4	-	2.8	2.4	2.2	-
106	Forward 3 Somersaults	-	3.2	2.9	-	-	2.8	2.5	-
107	Forward 3½ Somersaults	-	3.3	3.0	-	-	3.1	2.8	-
108	Forward 4 Somersaults	-	-	4.0	-	-	3.8	3.4	-
109	Forward 4½ Somersaults	-	-	4.3	-	-	4.2	3.8	-
112	Forward Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
113	Forward Flying 1½ Somersaults	-	1.9	1.8	-	-	1.8	1.7	-
115	Forward Flying 2½ Somersaults	-	-	-	-	-	2.7	2.5	-
<b>Back Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
201	Back Dive	1.7	1.6	1.5	-	1.9	1.8	1.7	-
202	Back Somersault	1.7	1.6	1.5	-	1.8	1.7	1.6	-
203	Back 1½ Somersaults	2.5	2.3	2.0	-	2.4	2.2	1.9	-
204	Back 2 Somersaults	-	2.5	2.2	-	2.5	2.3	2.0	-
205	Back 2½ Somersaults	-	3.2	3.0	-	-	3.0	2.8	-
206	Back 3 Somersaults	-	3.2	2.9	-	-	2.8	2.5	-
207	Back 3½ Somersaults	-	-	-	-	-	3.9	3.6	-
208	Back 4 Somersaults	-	-	-	-	-	3.7	3.4	-
209	Back 4½ Somersaults	-	-	-	-	-	4.8	4.5	-
212	Back Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
213	Back Flying 1½ Somersaults	-	-	-	-	-	2.4	2.1	-
215	Back Flying 2½ Somersaults	-	-	-	-	-	3.3	3.1	-
<b>Reverse Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
301	Reverse Dive	1.8	1.7	1.6	-	2.0	1.9	1.8	-
302	Reverse Somersault	1.8	1.7	1.6	-	1.9	1.8	1.7	-
303	Reverse 1½ Somersaults	2.7	2.4	2.1	-	2.6	2.3	2.0	-
304	Reverse 2 Somersaults	2.9	2.6	2.3	-	2.7	2.4	2.1	-
305	Reverse 2½ Somersaults	-	3.2	3.0	-	3.4	3.0	2.8	-
306	Reverse 3 Somersaults	-	3.3	3.0	-	-	2.9	2.6	-
307	Reverse 3½ Somersaults	-	-	-	-	-	3.8	3.5	-
308	Reverse 4 Somersaults	-	-	-	-	-	3.7	3.4	-
309	Reverse 4½ Somersaults	-	-	-	-	-	4.7	4.4	-
312	Reverse Flying Somersault	-	1.8	1.7	-	-	1.9	1.8	-
313	Reverse Flying 1½ Somersaults	-	2.6	2.3	-	-	2.5	2.2	-
<b>Inward Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
401	Inward Dive	1.8	1.5	1.4	-	1.7	1.4	1.3	-
402	Inward Somersault	2.0	1.7	1.6	-	1.8	1.5	1.4	-
403	Inward 1½ Somersaults	-	2.4	2.2	-	-	2.1	1.9	-
404	Inward 2 Somersaults	-	3.0	2.8	-	-	2.6	2.4	-
405	Inward 2½ Somersaults	-	3.4	3.1	-	-	3.0	2.7	-
407	Inward 3½ Somersaults	-	-	-	-	-	3.7	3.4	-
409	Inward 4½ Somersaults	-	-	-	-	-	4.6	4.2	-
412	Inward Flying Somersault	-	2.1	2.0	-	-	1.9	1.8	-
413	Inward Flying 1½ Somersaults	-	2.9	2.7	-	-	2.6	2.4	-
<b>Twisting Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>

5111	Forward Dive ½ Twist	1.8	1.7	1.6	-	2.0	1.9	1.8	-
5112	Forward Dive 1 Twist	2.0	1.9		-	2.2	2.1		-
5121	Forward Somersault ½ Twist	-	-	-	1.7	-	-	-	1.8
5122	Forward Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5124	Forward Somersault 2 Twists	-	-	-	2.3	-	-	-	2.4
5126	Forward Somersault 3 Twists	-	-	-	2.8	-	-	-	2.9
5131	Forward 1½ Somersaults ½ Twist	-	-	-	2.0	-	-	-	1.9
5132	Forward 1½ Somersaults 1 Twist	-	-	-	2.2	-	-	-	2.1
5134	Forward 1½ Somersaults 2 Twists	-	-	-	2.6	-	-	-	2.5
5136	Forward 1½ Somersaults 3 Twists	-	-	-	3.1	-	-	-	3.0
5138	Forward 1½ Somersaults 4 Twists	-	-	-	3.5	-	-	-	3.4
5151	Forward 2½ Somersaults ½ Twist	-	3.0	2.8	-	-	2.8	2.6	-
5152	Forward 2½ Somersaults 1 Twist	-	3.2	3.0	-	-	3.0	2.8	-
5154	Forward 2½ Somersaults 2 Twists	-	3.6	3.4	-	-	3.4	3.2	-
5156	Forward 2½ Somersaults 3 Twists	-	-	-	-	-	3.9	3.7	-
5172	Forward 3½ Somersaults 1 Twist	-	-	-	-	-	3.7	3.4	-
5211	Back Dive ½ Twist	1.8	1.7	1.6	-	2.0	1.9	1.8	-
5212	Back Dive 1 Twist	2.0			-	2.2			-
5221	Back Somersault ½ Twist	-	-	-	1.7	-	-	-	1.8
5222	Back Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5223	Back Somersault 1½ Twists	-	-	-	2.3	-	-	-	2.4
5225	Back Somersault 2½ Twists	-	-	-	2.7	-	-	-	2.8
5227	Back Somersault 3½ Twists	-	-	-	3.2	-	-	-	3.3
5231	Back 1½ Somersaults ½ Twist	-	-	-	2.1	-	-	-	2.0
5233	Back 1½ Somersaults 1½ Twists	-	-	-	2.5	-	-	-	2.4
5235	Back 1½ Somersaults 2½ Twists	-	-	-	2.9	-	-	-	2.8
5237	Back 1½ Somersaults 3½ Twists	-	-	-	-	-	-	-	3.3
5239	Back 1½ Somersaults 4½ Twists	-	-	-	-	-	-	-	3.7
5251	Back 2½ Somersaults ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5253	Back 2½ Somersaults 1½ Twists	-	-	-	-	-	3.4	3.2	-
5255	Back 2½ Somersaults 2½ Twists	-	-	-	-	-	3.8	3.6	-
5311	Reverse Dive ½ Twist	1.9	1.8	1.7	-	2.1	2.0	1.9	-
5312	Reverse Dive 1 Twist	2.1			-	2.3			-
5321	Reverse Somersault ½ Twist	-	-	-	1.8	-	-	-	1.9
5322	Reverse Somersault 1 Twist	-	-	-	2.0	-	-	-	2.1
5323	Reverse Somersault 1½ Twists	-	-	-	2.4	-	-	-	2.5
5325	Reverse Somersault 2½ Twists	-	-	-	2.8	-	-	-	2.9
5331	Reverse 1½ Somersaults ½ Twist	-	-	-	2.2	-	-	-	2.1
5333	Reverse 1½ Somersaults 1½ Twists	-	-	-	2.6	-	-	-	2.5
5335	Reverse 1½ Somersaults 2½ Twists	-	-	-	3.0	-	-	-	2.9
5337	Reverse 1½ Somersaults 3½ Twists	-	-	-	3.6	-	-	-	3.5
5339	Reverse 1½ Somersaults 4½ Twists	-	-	-	-	-	-	-	3.8
5351	Reverse 2½ Somersaults ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5353	Reverse 2½ Somersaults 1½ Twists	-	3.5	3.3	-	-	3.3	3.1	-
5355	Reverse 2½ Somersaults 2½ Twists	-	3.9	3.7	-	-	3.7	3.5	-
5371	Reverse 3½ Somersaults ½ Twist	-	-	-	-	-	3.4	3.1	-
5373	Reverse 3½ Somersaults 1½ Twists	-	-	-	-	-		3.7	-
5375	Reverse 3½ Somersaults 2½ Twists	-	-	-	-	-		4.1	-
5411	Inward Dive ½ Twist	2.0	1.7	1.6	-	1.9	1.6	1.5	-
5412	Inward Dive 1 Twist	2.2	1.9	1.8	-	2.1	1.8	1.7	-
5421	Inward Somersault ½ Twist	-	-	-	1.9	-	-	-	1.7
5422	Inward Somersault 1 Twist	-	-	-	2.1	-	-	-	1.9
5432	Inward 1½ Somersaults 1 Twist	-	-	-	2.7	-	-	-	2.4
5434	Inward 1½ Somersaults 2 Twists	-	-	-	3.1	-	-	-	2.8
5436	Inward 1½ Somersaults 3 Twists	-	-	-	-	-	-	-	3.5

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- OPTION #4 – 10 Cases of Gatorade Recover® Whey Protein Bars (120 servings)

\*Create Your Own G Series must consist of 2 different options.



## Refuel and Restore: \$70

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### IDEAL TO REPLENISH ANY TEAM'S INVENTORY

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**Kari Mills**  
828-399-0717  
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North Orange County / North & West  
Inland Empire

## **ATTENTION FREELANCE SWIMMERS/DIVERS:**

Rule 3210 states that an individual must participate in at least 1/2 of the number of allowable contests permitted in a particular sport. Since the allowable number of contests in swimming/ diving is 12, in order for freelancers to be eligible for CIF Southern Section Swimming/Diving Championships, they must compete in at least 6 meets.

All PINK freelance entry cards **MUST** have official signatures verifying participation in 6 CIF Sanctioned Competitions, regardless of time or score obtained.

## **CIF-SS SWIMMING GUIDELINES**

### **BLUE BOOK**

Coaches are advised to review the Swimming & Diving Section of the 2015-2016 Blue Book, Article 260 beginning on page 212 and Officials Fees on page 150.

### **RULES**

All swimming and diving competition in the Southern Section will be conducted under National Federation rules unless otherwise provided herein.

### **MAXIMUM TEAM CONTESTS**

A swimming team will be permitted to compete in no more than 12 meets total during the season (this includes dual, triangular meets, and invitationals). There is no limit to the number of invitationals a team may enter (not to exceed 12 meets total during the season). The league championship meet and the CIF Southern Section championship meets are not considered part of the charged limits.

### **OUTSIDE COMPETITION**

Unattached competition is permissible for a student during the season of sport provided the student enters in the individual sports of badminton (singles and doubles), cross country, golf gymnastics, skiing, swimming and diving, tennis (singles and doubles), track and field (including unattached entry on relays) and wrestling.

Each CIF Section may grant approval, upon individual petition, for an athlete to travel to a foreign country to participate in national or international competition sanctioned by the governing body for that sport in the United States and the international governing body. Written permission must be obtained **PRIOR** to competition.

### **RULE 2613 PLAYER CONDUCT**

Any player ejected for any reason, or any player who leaves the confines of the bench or team area during a fight that may break out, or has broken out, shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest.

### **LEVEL OF COMPETITION**

No student shall participate in more than one level of competition in the same sport on the same day. Exception: Divers may dive at the varsity level and swim at lower levels. Diving is only scored at the Varsity level.

### **MAXIMUM ATHLETIC CONTESTS IN ONE DAY**

No team member will be permitted to enter two different meets on the same day.

### **INCIDENT REPORTS**

All incidents, injuries, or disruptions, regardless of the degree of seriousness involved, should be reported to insure accurate records in the event that further problems develop. The completed report is to be submitted in CIFSSHome.

## COACHING

Only school-authorized coaches will be permitted to coach at prelims and finals of the CIF Southern Section Swimming and Diving Championships.

**125.1 COACHEJECTION** - Upon ejection, the head or assistant coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. The next contest may not be a forfeited, postponed or canceled game. A second ejection will constitute a two-contest suspension and a third ejection will cause suspension for the remainder of the season. A coach who was ejected from the previous contest, who, knowingly or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of that contest.

*QUESTION: What is meant by attendance at a contest?*

*ANSWER: Attendance is defined as being present at the team bench/area, inside a gymnasium, stadium or playing area. Students ejected from a game in progress should remain under supervision of school staff. The intent of this rule is that the ejected person is not in attendance at the contest.*

**125.2 FAILURE TO COMPLETE A CONTEST** - When a school fails to complete a contest, due to a coach pulling his/her team from the floor, court, or field, it is MANDATORY that the Principal notify the CIF-SS office within 24 hours (excluding holidays and weekends). The competing schools and officials will be required to file written reports, and after review of the aforementioned material, the principal of the school involved will be required to respond to the CIF Southern Section Office concerning his/her investigation of the incident.

*QUESTION: How serious is such action?*

*ANSWER: It has been the position of the CIF-SS Executive Committee to expect the building principal of the school concerned to relieve the coach from his/her assignment for the balance of that season or the Executive Committee is empowered to consider recommendations for additional penalties*

## OFFICIALS FEES

### **SWIMMING**

A. Dual or Triangular Meet Pay Schedule - There are 11 swimming events for each level.

1 level (11 events) - \$65      5 levels (55 events) - \$109      9 levels (99 events) - \$153

2 levels (22 events) - \$76      6 levels (66 events) - \$120      10 levels (110 events) - \$164

3 levels (33 events) - \$87      7 levels (77 events) - \$131      11 levels (121 events) - \$175

4 levels (44 events) - \$98      8 levels (88 events) - \$142      12 levels (132 events) - \$186

\*If there are additional heats between levels, add \$1.00 for each additional heat.

**When competition is conducted in 8 lanes or more (open lanes count toward the 8), 2 officials will be required for CIF time standard verification. If 2 officials cannot be obtained, qualification will only be recognized within the first 6 lanes (open lanes count toward the 6) from the starter.**

### **DIVING**

If diving is held during the swimming competition, the fees are:

The pay schedule for a six (6) or eleven (11) dive program are the same.

1-6 divers = \$35.00, for each additional diver, add \$2.00

Championship Finals or Invitational Finals Meet Pay Schedule

The pay schedule for a SIX (6) dive program: 1-6 divers = \$71.00, for each additional diver, add \$2.00

The pay schedule for ELEVEN (11) dive program: 1-6 divers = \$79.00, for each additional diver, add \$3.00

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# **SUPERVISION OF ATHLETES**

## **ALL Athletes must have a certified supervisor in order to compete**

The Southern Section Office has experienced a problem which has perpetuated itself over the years as it pertains to proper supervision and entry of student-athletes in the post-season playoffs. The situation relates to individual sports, i.e. CROSS COUNTRY, INDIVIDUAL TENNIS, TRACK, SWIMMING, etc. and the official recognition and registration of entrants at the respective playoff sites.

State and Southern Section Rule 309 states:

No CIF team (i.e., individual) shall participate in inter-scholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Administrative Code Title V and CIF By-Law #506A and B. (Additionally, refer to Rule 123.)

### **Those persons APPROVED FOR SUPERVISION PURPOSES are limited to:**

- A. Certificated personnel
- B. Certified Coaches (certified credentialed coaches)
- C. Non-certificated temporary coaches (certified walk-on coaches.)

(It should be noted that schools representing the same DISTRICT might send one credentialed or certified supervisor for three or four athletes. These individuals have been recognized and are to continue to be recognized for registration and participation purposes in that the district has assigned the supervisory role for all students from its' member schools to this one individual.)

However, the concern is for those students who ARE NOT accompanied by a faculty representative and report to the playoff site by themselves or with a parent. ***GIVING PARENTS THE SUPERVISION AUTHORITY, WHETHER IN WRITING OR NOT, DOES NOT MEET THE STANDARDS SET FORTH IN THE ABOVE REGULATIONS. This also applies to parents who are the student's private coach but are not under contract to the member school.***

PLEASE NOTE, THIS RULE WAS REVIEWED BY THE STATE CIF OFFICE, ITS GENERAL COUNCIL AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE. IT HAS BEEN REAFFIRMED THAT THE INTERPRETATION STAND AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER DIRECT SUPERVISION IN ACCORDANCE WITH STATE AND SOUTHERN SECTION RULE 309, IS TO BE DENIED ENTRY FOR PARTICIPATION IN THE COMPETITION.

As pointed out by the Southern Section and State CIF attorney, there are inherent liability problems when an individual competes in violation of said rule. Please review this rule with your staff in that it will be strictly enforced as per the above application.



# **UNITED WE STAND**

**Together, for California.**

California Correctional Peace Officers Association



**The California School Employees Association is honored to partner with the CIF Southern Section in this important venture.**

**Our missions are similar. Whether through interscholastic sporting events, academic activities or building the communities that support our public schools, CSEA members are determined to enhance the lives of all California students.**

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TO: CIF-SS Principals, Athletic Director, and Aquatics Coaches  
FROM: Rob Wigod, Commissioner of Athletics  
SUBJECT: **Aquatics Legislation – Certification**  
DATE: January, 2016

Just a reminder that the following legislation took effect January, 1991:

Section 116033 of the Health and Safety Code reads as follows:

Persons providing aquatic instruction, including, but not limited to, swimming instruction, water safety instruction, water contact activities, and competitive aquatic sports, at a public swimming pool shall possess an American Red Cross Emergency Water Safety Course certificate, or have equivalent qualifications, as determined by the state department. In addition, these persons shall be certified in standard first aid and cardiopulmonary resuscitation (CPR). All of these persons shall meet these qualifications by January 1, 1991. Persons, who only disseminate written materials relating to water safety, are not persons providing aquatic instruction within the meaning of this section.

The requirements of this section shall be waived under either of the following circumstances: (a) when one or more aquatic instructors possessing the American Red Cross Emergency Water Safety Course Certificate or its equivalent are in attendance continuously during periods of aquatic instruction, or (b) when one or more lifeguards meeting the requirements of Section 116028 are in attendance continuously during periods of aquatic instruction.

\* \* \* \* \*

Please Note: The Emergency Water Safety certificate is no longer offered by the American Red Cross. The legislation above has not been revised, despite numerous requests from water safety people around the State, and it is not clear what the “state department” has established as equivalent qualifications.

It is strongly recommended that all coaches enroll in the Safety Training for Swim Coaches course currently offered by the American Red Cross, as an interim solution to the missing EWS certificate. Not many ARC Chapters offer the class, so you may need to do some investigating to locate one that does. The Long Beach Chapter has offered the class as recently as spring 2003, so that might be a good starting point for you.

**National Interscholastic Swimming Coaches Association  
2015-2016 NISCA/Speedo Swimming All-America  
Yard Time Standards**

**\*Top 100 Athletes determined by time will be recognized  
as All-America in individual and relay events.**

**\*Note: This is the 2nd season to recognize the top 100.**

**Top 100 Athletes are recognized as All-America**

<b>Boys All-America</b>		<b>High School</b>	<b>Girls All-America</b>	
<u>Automatic</u>	<u>Consideration</u>	<u>Event in Yards</u>	<u>Consideration</u>	<u>Automatic</u>
1:34.13	1:35.69	<b>200 Medley Relay</b>	1:47.45	1:45.59
1:39.07	1:40.69	<b>200 Freestyle</b>	1:50.82	1:49.09
1:50.28	1:52.59	<b>200 Individual Medley</b>	2:04.60	2:02.49
:20.72	:21.04	<b>50 Freestyle</b>	:23.71	:23.31
:49.37	:50.27	<b>100 Butterfly</b>	:55.98	:54.84
:45.28	:46.97	<b>100 Freestyle</b>	:51.40	:50.59
4:29.64	4:34.58	<b>500 Freestyle</b>	4:57.63	4:52.18
1:25.05	1:26.40	<b>200 Freestyle Relay</b>	1:37.45	1:36.02
:49.85	:51.13	<b>100 Backstroke</b>	:56.51	:55.31
:56.25	:57.49	<b>100 Breaststroke</b>	1:04.66	1:03.22
3:06.58	3:09.68	<b>400 Freestyle Relay</b>	3:32.15	3:28.71

**DIVING QUALIFYING SCORES 2015-2016**

**BOYS:** Minimum score of 375 points and D.D. of Optional Dives 13.3 or higher.

**GIRLS:** Minimum score of 375 points and D.D. of Optional Dives 13.0 or higher.

*All-American application forms are available on-line at  
[www.niscaonline.org](http://www.niscaonline.org).*

# 2016 Exam Calendars

## 2016 Exam Calendar - Week 1

	Morning – 7:30 a.m.	Afternoon – 11:30 a.m.
<b>Monday, May 2</b>	Chemistry Environmental Science	Psychology
<b>Tuesday, May 3</b>	Computer Science A Spanish Language and Culture	Art History Physics 1: Algebra-Based
<b>Wednesday, May 4</b>	English Literature and Composition	Physics 2: Algebra-Based
<b>Thursday, May 5</b>	Calculus AB Calculus BC	
<b>Friday, May 6</b>	United States History Studio Art	

## 2016 Exam Calendar - Week 2

	Morning – 7:30a	Afternoon – 11:30a	Afternoon – 1:30p
<b>Monday, May 9</b>	Biology	Physics C: Mechanics	Physics C: Electricity and Magnetism†
<b>Tuesday, May 10</b>	U.S. Government and Politics	French Language and Culture Spanish Literature and Culture	
<b>Wednesday, May 11</b>	English Language and Composition	Macroeconomics	
<b>Thursday, May 12</b>	World History	Statistics	
<b>Friday, May 13</b>	Microeconomics		



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# 2016 CIF SOUTHERN SECTION FORD SWIMMING & DIVING CHAMPIONSHIPS

## RIVERSIDE AQUATIC COMPLEX

Riverside Community College

4800 Magnolia Avenue

Riverside, CA 92506

### DIRECTIONS

From Magnolia Avenue, take Fifteenth street north, to Prospect Avenue, follow signs towards Cutter Pool

### PARKING

\$5 "SPECIAL EVENT" PARKING PASS MUST BE PURCHASED/ DISPLAYED IN VEHICLE

They can be purchased in one of two ways...

- PARKING IS AVAILABLE IN LOTS K & J – Staff will be selling passes at the entrance to lots K & J
- CASH ONLY

**PARKING IS STRICTLY ENFORCED**

### ADMISSION

PRELIMS: General Admission \$10.00, Student (w/ high school ID) and Children \$5.00

FINALS: General Admission \$10.00, Student (w/ high school ID) and Children \$5.00

\*\* Admission tickets are per day. You will need a separate admission for each day. **CASH ONLY**

SCHEDULE – Spectator entrance will open 1/2 hour prior to competition

**Monday, May 9** – Division 2 Diving (Boys @ 8:30 a.m.; Girls @ 1:00 p.m.)

Division 3 Diving (Boys & Girls @ 5:00 p.m.)

**Tuesday, May 10** – Division 1 Diving (Boys @ 8:30 a.m., Girls @ 1:00 p.m.)

Division 4 Diving (Boys & Girls @ 5:00 p.m.)

**Wednesday, May 11** – Division 4 Swimming Prelims @ 9:00 a.m.; Division 3 Swimming Prelims @ 4:00 p.m.

**Thursday, May 12** – Division 1 Swimming Prelims @ 9:00 a.m.; Division 3 Swimming Finals @ 5:00 p.m.

**Friday, May 13** – Division 2 Swimming Prelims @ 9:00 a.m.; Division 4 Swimming Finals @ 5:00 p.m.

**Saturday, May 14** – Division 2 Swimming Finals @ 10:00 a.m.; Division 1 Swimming Finals @ 5:00 p.m.

Diving State Qualifications (Top 16 boys & Top 16 girls) @ 1:30 p.m.

### CIF EVENT HOTEL/ LODGING information on following page

Must reference "C.I.F. Swimming & Diving Championships" to receive group rate



**CA Interscholastic Federation**  
**2016 Swim and Dive Championships**  
**May 8-14, 2016**  
**Riverside Aquatics Complex at**  
**Riverside City College**



**Partnering Hotels:**

**\*\*\*All groups please reference "CIF Swim and Dive Championships" for discounted group rate.\*\*\***

**Riverside Marriott. 9 blocks from RAC**

3400 Market Street  
 Riverside, CA 92501  
 Reservations: (800) 228-9290 or (951) 784-8000  
 Rate: \$115.00  
 \* Discounted parking \$8.00/day  
 \* Complimentary high-speed internet and use of fitness center



**Hyatt Place. 9 blocks from RAC**

3500 Market Street  
 Riverside, CA 92501  
 Reservations: (888) 492-8847  
 Rate: \$115.00 King \$125.00 Two Queens  
 \* Discounted parking \$5.00/day  
 \* Complimentary hot and cold breakfast; high-speed internet; and use of fitness center



**Comfort Inn. 1.5 miles from RAC**

1590 University Ave  
 Riverside, CA 92507  
 Reservations: (951) 683-6000  
 Rate: \$85.00  
 \* Complimentary parking  
 \* Complimentary hot breakfast; high-speed internet; and use of fitness center



**Courtyard Marriott. 1.5 miles from RAC**

1510 University Ave  
 Riverside, CA 92507  
 Reservations: (951) 276-1200  
 Rate: \$119.00  
 \* Complimentary parking  
 \* Complimentary high-speed internet and use of fitness center



**Hampton Inn & Suites. 8 miles from RAC**

4250 Riverwalk Parkway  
 Riverside, CA 92505  
 Reservations: (951) 352-5020  
 Rate: \$94.00 King \$104.00 Two Queens  
 \* Complimentary parking  
 \* Complimentary hot breakfast; high-speed internet; and use of fitness center



**Riverside Aquatics Complex (RAC)**  
 4800 Magnolia Ave, Riverside, CA 92506  
 \$5 Per Day Event Parking



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