

**ARTICLE 26**  
**SWIMMING AND DIVING**

**2600. Sac-Joaquin Section Regulations**

- 2600.1 **Rules** – All swimming and diving competition in the Sac-Joaquin Section will be conducted under National Federation rules unless otherwise provided herein.
- 2600.2 There will be four approved classes for all dual and championship meets within the Sac-Joaquin Section.
- a. **Varsity boys** – any athlete otherwise eligible by CIF rules.
  - b. **Frosh-soph boys** – any athlete otherwise eligible by CIF rules who has not already completed four semesters after leaving the eighth grade and has not reached his 17th birthday before September 1 of the school year of competition.
  - c. **Varsity girls** – any athlete otherwise eligible by CIF rules.
  - d. **Frosh-soph girls** – any athlete otherwise eligible by CIF rules who has not already completed four semesters after leaving the eighth grade and has not reached her 17th birthday before September 1 of the school year of competition.
- 2600.3 The movement of athletes from classification to classification is within the jurisdiction of each league for its dual meet season and its conference for league meets (See Section Bylaw 301.2). No swimmer may compete in two different classifications in the same meet.
- 2600.4 Schools from outside the Sac-Joaquin Section will conform to this Section’s rules on swimming when entering meets sanctioned by this Section and schools from this Section shall abide by the rules of that Section when attending meets outside the Sac-Joaquin Section without being penalized by this Section.
- 2600.5 Starting date for practice is February 6 (Bylaw 511.1).
- 2600.6 Starting date for scrimmage is February 18 (Bylaw 511.2).
- 2600.7 Starting date for interscholastic contest is February 24 (Bylaw 511.3).
- 2600.8 Number of allowable contests is 27 (Bylaw 519.1).
- 2600.9 All competition must end by April 28 (Bylaw 511.4. Also, see 2011-12 Calendar on Page XV).
- 2600.10 **Unattached swims:** To be eligible to participate in the Section championships the following criteria must be met:
- a. The Section qualifying times **MUST** be swum in a HIGH SCHOOL DUAL MEET, with the participant representing his/her school;
    1. Participants’ names must appear on the official results showing they have done so.
  - b. Once the official start date for the Section is determined (February 6), individuals **FROM THAT POINT**, must compete unattached in outside competitions.
    1. The burden of proof lies with the athlete.
- 2600.11 **Playoffs**
- a. Sac-Joaquin Section competition will consist of boys varsity, girls varsity, boys frosh-soph and girls frosh-soph.
  - b. There will be no Subsection meets. Qualifying for Section will be by times (See Bylaw 2600.13 below).
    1. Qualifying for Section diving is at the discretion of each high school program.
  - c. Playoff formats will be published for swimming and diving.
    1. Diving – May 3-5, 2012
    2. Swimming – May 10-12, 2012
  - d. **Awards**
    1. The Sac-Joaquin Section will award a championship pennant for boys varsity and girls varsity.
    2. The Sac-Joaquin Section will award 1st place frosh-soph awards; 2nd and 3rd place awards in all classes.
    3. The Section will award medals for varsity (boys and girls) and frosh-soph (boys and girls) places 1 through 3.
  - e. **Entry fees** – \$5.00 per individual event per entrant. \$10.00 per relay team per event.
- 2600.12 **Scoring**  
By CIF Section adoption, scoring for non-relay events in dual meets may be changed to 7-4-3-2-1.

2600.13 **Section Qualifying Times for 2012**

Listed below are the qualifying times for the 2012 Sac-Joaquin Section season.

**2012 Sac-Joaquin Section Qualifying Times**

EVENT	FS Girls	FS Boys	Var Girls	Var Boys
200 Medley Relay	2:15.00	1:58.50	2:12.00	1:56.00
200 Freestyle	2:16.00	2:05.00	2:09.00	1:55.00
200 Ind. Medley	2:32.00	2:20.00	2:27.00	2:15.00
50 Freestyle	27.50	24.50	26.70	23.40
100 Butterfly	1:10.00	1:02.50	1:08.00	57.50
100 Freestyle	1:01.00	53.50	58.00	52.00
500 Freestyle	6:10.00	5:30.00	5:50.00	5:20.00
200 Free Relay	1:58.00	1:45.00	1:54.00	1:40.00
100 Backstroke	1:10.00	1:05.00	1:08.00	1:03.00
100 Breaststroke	1:20.00	1:12.00	1:17.00	1:09.00
400 Free Relay	4:25.00	3:56.00	4:20.00	3:50.00

**SWIMMING AND DIVING HANDBOOK**

**I. Sac-Joaquin Section Swimming Committee**

**A. Section Chairperson**

- (1) The chairperson shall be appointed by the Section Commissioner.
- (2) The chairperson shall preside over all general meetings of the Sac-Joaquin Section Swimming Committee.
- (3) Should the chairperson vacate his/her office before the expiration of his term, the vacancy shall be filled by a person on the existing committee.
- (4) The swimming chairperson shall call one meeting of the swimming committee each year, which shall be held prior to the fall Board of Managers meeting wherein business for the next year's season shall be discussed. The time, place and date of the meeting shall be decided by the Section swimming chairperson and the Section Commissioner.
- (5) The swimming chairperson may call additional meetings at his/her discretion.
- (6) The chairperson may call for a general meeting of all swimming coaches in the Section at a place, time and date of his/her choosing. This meeting may be held in conjunction with the annual committee meeting. Each coach will have one vote on any item of business.
- (7) The swimming chairperson shall be a non-voting member of the committee except when necessary to break a tie vote.

- B. Resolutions on the subject of swimming shall be submitted by schools with swimming teams through their coaches to the Section chairperson. The resolution shall then be discussed and voted on by represented schools at that meeting. A majority vote is required for passage. If passed, the resolution is then submitted to the Section Board of Managers for its final approval. If approved, the resolution then becomes binding on all schools in the Section.

**II. Conduct of the Sac-Joaquin Section Championships**

- A. **Aim:** The Sac-Joaquin Section championship meet shall be conducted annually to determine individual and relay champions in all authorized events and overall team champions in each classification.
- B. **Selection of Site:** The Section office will determine the date and site of the Section championship.
- C. **Meet Director:** The Section chairperson shall be the meet director. The director shall be responsible for conducting the business details according to the adopted administrative policies and procedures in accordance with any additional direction provided by the swimming committee.
- D. **Entry Blanks, Entry Fees and Scratch Deadlines for the Section meet:**
  - (1) The Section meet director will collect entries and entry fees.
  - (2) Entries for both swimming and diving must be postmarked on the Monday following league championships. ABSOLUTELY NO LATE ENTRIES WILL BE ACCEPTED. ENTRY SHEETS FILLED OUT INCORRECTLY WILL BE DISQUALIFIED. A consolidated list must accompany all entries and must be signed by the A.D. or principal from submitting school. Upon receipt of each school's entries, the meet director will return a stamped postcard which will accompany the entries showing that the entries have been received. If this postcard is not received by the Monday preceding the Section meet, please contact the meet director to verify that entries have been received.
  - (3) To be eligible to compete in the Section meet, a contestant's qualifying time must have been swum in a high school meet of that season. Qualifying times are determined by the 25th time of the preceding year.
  - (4) The host school shall be responsible for securing the necessary officials to run the meet.
  - (5) The top 16 swimmers in each event will qualify for the finals. Alternates will be the 17th and 18th placers. The top eight will swim in the championship heat, the next eight will swim in the consolation heat.
  - (6) Each school entering the Section meet shall pay entry fees which are established for that year. The entry fee will be paid directly to the host school and must accompany entries. The Section chairperson will make any final decisions concerning late or unpaid entries.

- II. D. (7) Diving: There will be a north and south Subsection. The top eight divers from the north qualifying and the top eight divers from the south qualifying in each of the three classifications of competition will meet for the Section meet.
- E. **Section Meet**  
The host school shall be responsible for the following:
  - (1) Printing of official program.
  - (2) Printing of meet summary and forwarding same to the Section office and each school in the Sac-Joaquin Section with swimming teams.
  - (3) Submission of all Section records to the Section chairperson within two weeks of the date of the meet.
  - (4) Submission of All-American applications to the All-American Selection Committee is the responsibility of each coach for his swimmers.
  - (5) Sending meet summary to NISCA and SWIMMING WORLD.
  - (6) Following general playoff regulations established by the Board of Managers for all Section playoffs and championships.
- F. **Awards**
  - (1) The Sac-Joaquin Section will provide a championship pennant for varsity men and varsity women.
  - (2) The Section will award a 1st place frosh-soph men's and frosh-soph women's award and 2nd place awards for all classes.
  - (3) The Section will award medals for varsity men, varsity women, frosh-soph women and frosh-soph men; places 1 through 3.
- G. There will be no "unofficial" timed swims or diving allowed.
- H. Junior high students may not swim unofficial in a CIF sanctioned dual or championship meet.
- I. See Bylaw 600 in the constitution and bylaws for regulations on "unattached competition."