



Grand Forks Public Schools

A Great Place to Grow and Learn!



Established 1881

Mission Statement:
To Provide Opportunities for All Students to Develop Their Maximum Potential

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October 28, 2011

To: Head Coaches - Girls' Swimming and Diving
Athletic Directors

Fr: Todd Olson, Manager
Girls' State Swimming and Diving Meet

Re: Girls' State Swimming and Diving Meet
November 11-12 - UND Hyslop Sports Center

INFORMATION

SCHEDULE OF EVENTS

Friday, November 11, 2011

9:00 a.m.	Building Open for teams
11:00 a.m.	Coaches/Officials Scratch Meeting
11:15 a.m.	Diving Sheets Due
11:30 a.m.	Diving Warm-ups/Officials Meeting
12:30 p.m.	Diving Pre-lims
2:15 p.m.	Swim warm-ups
3:15 p.m.	Clear Pool
3:30 p.m.	Parade of Athletes Swimming Preliminaries

Saturday, November 12, 2011

9:00 a.m.	Sched Meeting/Building Open-teams
9:30 a.m.	Diving Warm-ups
11:00 a.m.	Diving Semi-finals
11:45 a.m.	Diving Warm-ups Coaches & Officials Meeting
12:15 p.m.	Swimming & Diving Warm-ups
1:15 p.m.	Clear Pool
1:30 p.m.	Parade of Athletes Swimming/Diving Finals

For the Fans: Admissions/doors will open at 10:15 on Friday and 9:15 on Saturday. Fans will not be allowed in to set up seats prior to admissions being opened.

PARKING

Team vehicles should be parked in the lot southeast of Hyslop Sports Center under the overpass. Fans will be charged for parking in UND lots.

ENTRY TO HYSLOP

Entrance to Hyslop will be in west doors only. East doors will be locked.

LOCKER ROOMS

Locker rooms will be available upon your arrival.

****EACH SCHOOL MUST BE RESPONSIBLE FOR THEIR OWN VALUABLES****

TEAM POSTERS

Each team will have a designated wall space of approximately 10 feet in width. Teams are responsible for removing all banners or signs at the end of the meet.

TEAM AREA ON DECK

All athletes seating will be located in special stands set up on the deck (cap.200). There will be a designated area for each team. According to the Hyslop Sports Center Management, State Health Department regulations indicate that the entire pool deck area is off limits for sleeping bags, pillow, pop, food, and other personal items. An area will be available for teams to lounge away from the deck. The multi-purpose room will be available during the meet.

HOSPITALITY ROOM

The hospitality room will be located in room 172. This room is for coaches and workers only.

COACHES MEETING

The meet coaches and officials meetings are at 11:00 a.m. on Friday and 11:45 a.m. on Saturday. The meetings will be held in room 172, across the hall from the multipurpose gymnasium next to the swimming pool. All state conference selections, senior athlete of the year and coach of the year selections will be discussed at that time.

SCHEDULING MEETING

There will be a meeting at 9:00 a.m. Saturday to discuss season scheduling.

WARM-UPS

Warm-ups are assigned based on the number of swimmers listed as entered for each team.

Warm-ups for swimming are scheduled from 2:15 – 3:15 on Friday and from 12:15 – 1:15 on Saturday. The first half hour of swimming warm-ups will be general warm-up in which you may use the assigned lanes in both pools. During the second half hour of warm-ups, Lanes 1 & 8 in the competition pool will be pace lanes and lanes 2 & 7 in the competition pool will be start lanes. If there is a coach's request, we will designate first lane 3 then lane 6 in the competition pool for relay take-offs during the last 15 minutes of warm-up. The shallow pool will be available for general warm-up the entire hour.

Diving warm-ups will occur from 11:30 – 12:30 Friday, and from 9:30 – 10:45 and 11:45 – 12:10 on Saturday. Both boards will be available.

CONCESSIONS

Concessions will be available throughout the weekend.

TRAINER

Altru Health Systems will have a trainer on duty during the entire meet. Rub down area will be within the swimming pool complex.

2011-2012 Swimming (Girls' and Boys') REGULATIONS:

One new regulations for the 2011-2012 seasons:

1. Do not use relay take-off pads for the 2011-2012 seasons but study for possible use in future seasons.

1. Girls' season shall consist of 13 weeks.

a. The starting date for practice and the first permissible meet is set by the Board.

b. Teams are limited to 16 meets a season plus the State Championship Meet.

c. The season shall end on the last day of the State Meet.

2. Boys' season shall consist of 14 weeks.

a. The starting date for practice and the first permissible meet is set by the Board.

b. Teams are limited to 16 competitions a season plus the State Championship Meet.

c. The season shall end on the last day of the State Meet.

3. Girls' and Boys':

a. There shall be at least 9 daily practice sessions prior to the date of the first meet. Individual participants must have participated in at least 9 daily practice sessions before being permitted to participate in an interscholastic contest.

b. Qualifying times shall be 105% (girls) and 107% (boys) of the average of the 20th place times from the previous three state meets. After the initial adjustment, the change in the qualifying time shall be not more than 1% plus or minus the current qualifying time. Diving qualifying/consideration requirements shall remain as is.

c. Divers shall qualify for the State Meet as follows:

Girls' Diving: 11 Dives - Qualification 275/Consideration 250; 6 Dives - No Qualification/ Consideration 150

Boys' Diving: 11 Dives - Qualification 235/Consideration 220; 6 Dives - No Qualification/Consideration 135

d. 7th, 8th, or 9th grade students involved in swimming may compete at either the junior high or senior high level but cannot compete in more than 2 meets per week or a total of 16 meets in a school year.

e. The junior high swimming season shall be no longer than the high school season and each school may set their own starting time.

f. The whistle start will be used for all regular season and post-season meets.

7-6-11