

2008-2009 Swimming (Girls' and Boys') REGULATIONS:

There are no new regulations for the 2009-2010 seasons.

1. Girls' season shall consist of 13 weeks and shall begin on the Monday three weeks prior to Labor Day.
 - a. Teams are limited to 16 meets a season plus the State Championship Meet.
 - b. The season shall end on the last day of the State Meet.
2. Girls' season shall consist of 14 weeks and end on the same weekend dates as the Class A Girls' Regional Basketball Tournaments.
 - 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 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.

Junior High Swimming (Girls' and Boys'):

1. 7th, 8th, or 9th grade students involved in swimming may compete at either the juniorhigh or senior high level, but cannot compete in more than 2 meets per week or a total of 16 meets in a school year.
2. The junior high swimming season shall be no longer than the high school season and each school may set their own starting time.