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Swimming

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NOTE: ALL NEW RULES, REGULATIONS, AND POLICIES ARE UNDERLINED.

I. SWIMMING STATE CHAMPIONSHIPS

LOCATION: Jenks Aquatic Center, Jenks, OK

DATE: Friday, February 15, 2013
Saturday, February 16, 2013
See OSSAA website for schedule of events.

Swimming Rules Meetings:

October 3, 2012 - Broken Arrow High School 7:00 p.m.

October 17, 2012 - Edmond Santa Fe 7:00 p.m.

- A. RULES: The State high school Swimming Championships will be conducted under the rules established by the National Federation of State High School Associations 2012-2013 Rules and Case book.
- B. State rules meetings are mandatory for all coaches and must be completed by September 1. The penalty for failure to comply will result in the suspension of the head coach from all interscholastic competition until the coach comes into compliance. If you are unable to attend one of the meetings, the meeting is available on-line at www.ossaa.com, click on the sports link, the swimming for instructions. Written verification must be sent to the OSSAA for on-line meetings.
- C. Swimming will be divided into two classifications:
6A - 25 largest swimming schools on ADM sheet
5A - all remaining
The swimming entry form is due no later than November 1, 2012.
- AWARDS: Medals will be given to the first eight places in each event; team trophies will be given for state champion and runner-up in each classification.
- D. SCORING: Individual Events - 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 - Relays: - Points are Doubled
- E. ENTRIES: State Championship entry forms must be in the OSSAA office ON OR BEFORE 9:00 a.m., Monday, February 11, 2013. Entry forms that are not in the OSSAA office on or before the above deadline **will not be accepted.** Entries must be sent via HY-Tek to acassell@ossaa.com. Alternates must also be listed in Hy-Tek file. Electronic Entries will be accepted from the Hy-Tek program.
- F. ENTRY FEE: There is an entry fee of \$30.00 per school. DO NOT SEND AN ENTRY FEE, as your school should have included the entry fee in the total service fee paid in October.
- G. ENTRIES PER CONTESTANT: Each contestant may enter four (4) events, with no more than two (2) of which being individual events.
- H. QUALIFYING TIMES THE CHAMPIONSHIP MEET: In order for a contestant to be entered in any event in the State Championship Meet, he or she must have met the established qualifying time in the event in a high school competitive dual or high school invitational meet which was held during the current swimming season (November 1, 2012 - February 11, 2013). **No timed trial times may be entered as qualifying times in the State Championship meet.** The time entered at the State Championships in an event is to be no faster than the best time swum in that event during this season (November 7, 2012 – February 11, 2013); no aggregate relay times are allowed. Times may be entered in State meet qualifying times must be on file in the OSSAA office by 9:00 a.m., on February 11, 2013. Entry times will be posted on the OSSAA website (www.ossaa.com) by 4:00 February 13, 2013. Please carefully check your entries on the website, and report any omissions immediately. Observation forms must be included with entries to be considered.
- I. **Qualifying times met during the swimming season must be submitted to the OSSAA within 10 days after the meet. If the timeline for submitting results is not met the coach for the host team may be subject to penalty.**

J. **Perferential list of Officials:**

Schools participating may submit a list of officials on or before February 1. Submit lists via email to acassell@ossaa.com

K. BANNERS, FLAGS, and NOISE MAKERS: No bands of any size or nature, no noise makers, (including megaphones) and no banners, emblems, balloons, or placards will be permitted. Any exception to the above regulation would be considered at the main site only, of the state meet and must have the approval of the OSSAA.

L. OSSAA Play-Off Passes: The OSSAA Play-Off pass is the only pass that will admit the cardholder to a play –off event. A driver's license must be presented with all Play-Off passes.

M. One of the calculated risks that coaches must accept is that he/she, his/her players, or the officials may make mistakes during the course of the game or contest. The Board of Directors has established a policy of not honoring a protest based upon a rule situation, nor a situation which involves judgment on the part of the game official.

II. **STATE SWIMMING TIME SCHEDULE**

A. Friday, February 15, 2013 – Jenks Aquatic Center, Jenks, OK

6A Preliminaries

First Warm up Session	8:30 a.m. to 9:00 a.m.
Second Warm up Session	9:00 a.m. to 9:30 a.m.
Third Warm up Session	9:30 a.m. to 10:00 a.m.
One-Way Sprints	10:00 a.m. to 10:15 a.m.
Coaches Meeting	10:15 a.m. to 10:30 a.m.
6A Preliminaries Begin	10:30 a.m.

5A Preliminaries

First Warm up Session	3:30 p.m. to 4:00 p.m.
Second Warm up Session	4:00 p.m. to 4:30 p.m.
One-Way Sprints	4:30 p.m. to 4:45 p.m.
Coaches Meeting	4:45 p.m. to 5:00 p.m.
5A Preliminaries Begin	5:00 p.m.

NOTE: Remember that a request for a specific warm up time may be made by filling in the session on the entry form. Please remember that in the event a session is too large, the meet director may move teams around to even out the sessions. Please check OSSAA web site (www.ossaa.com) for warm-up assignments.

B. Saturday, February 16, 2013

6A State Championship Finals

Pool opened for general warm up	8:30 a.m. – 9:30 a.m.
Sprints	9:30 a.m. – 9:45 a.m.
Meet begins	10:00 a.m.

Saturday, February 16, 2013

5A State Championship Finals

Pool opened for general warm up	3:00 p.m.
Sprints	4:00 p.m. – 4:15 p.m.
Meet begins	4:30 p.m.

C. Swimming - Timers for State Championships

Timers from schools will be posted to the website by January 1, 2013.

III. GIRLS STATE CHAMPIONSHIP QUALIFYING TIMES

Event	20 Yd. Pool	25 Yd. Pool	25 Meter Pool
200 Medley Relay	1:45.60(160)	2:17.00	2:32.89
200 Freestyle	2:15.00	2:17.00	2:31.80
200 Individual Medley	2:00.08(160)	2:36.00	2:53.16
50 Freestyle	21.90(40)	28.00	31.22
100 Butterfly	1:11.00	1:11.00	1:18.88
100 Freestyle	1:01.00	1:02.00	1:08.94
500 Freestyle	6:00.00	6:05.00	5:20.18
200 Free Relay	1:35.20(160)	2:04.00	2:18.50
100 Backstroke	1:10.00	1:11.00	1:18.88
100 Breaststroke	1:19.00	1:20.00	1:28.96
400 Free Relay	4:35.00	4:39.00	5:10.80

IV. BOYS STATE CHAMPIONSHIP QUALIFYING TIMES

Event	20 Yd. Pool	25 Yd. Pool	25 Meter Pool
200 Medley Relay	1:32.80(160)	2:01.00	2:14.91
200 Freestyle	2:02.00	2:04.00	2:17.40
200 Individual Medley	1:49.6(160)	2:22.00	2:37.76
50 Freestyle	19.7(40)	25.25	28.25
100 Butterfly	1:03.5	1:04.5	1:11.85
100 Freestyle	54.5	55.50	1:01.66
500 Freestyle	5:40.00	5:45.00	5:02.90
200 Free Relay	1:21.65(160)	1:47.00	1:59.41
100 Backstroke	1:05.00	1:06.00	1:13.33
100 Breaststroke	1:11.00	1:12.00	1:19.92
400 Free Relay	3:59.00	4:03.00	4:30.70

20 Yard Pool Conversions Used

160 yard time x 1.25 + 5 seconds = approximate 200 time

40 yard time divided by .78 = 50 yard time

20 yard time to 25 yard time = Add 1 second per 100 yards

(Except add 2 seconds per 100 yards for Breaststroke).

V. NCSA OFFICIAL METER/YARD CONVERSION FACTORS TABLE

Event	Girls Meters to Yards	Boys Meters to Yards
200 Medley Relay	0.8961	0.8969
200 Freestyle	0.9025	0.9025
200 Individual Medley	0.9009	0.9001
50 Freestyle	0.8969	0.8937
100 Butterfly	0.9001	0.8977
100 Freestyle	0.8993	0.9001
500 Freestyle	1.140	1.139
200 Free Relay	0.8953	0.8961
100 Backstroke	0.9001	0.9001
100 Breaststroke	0.8993	0.9009
400 Free Relay	0.8977	0.8977

NOTE: To convert times from meters to yards, take the meter time in seconds, and multiply by the 4-digit conversion factor to get the yard time in seconds.

VI. OFFICIAL VERIFICATION CERTIFICATION OF HIGH SCHOOL TIMES

Official times achieved by United States Swimming athlete members in National Federation School Swim Meets during the 2012-2013 short course season will be acceptable for National Time Verification (NTV) and USA Times-of-Record consideration only if all the following conditions are met:

1. The meet must be a championship (for example: League, Conference, District, Sectional, State, Regional or NISCA) or a Meet specifically approved by Program Operations;
2. Request for USA observers for certification of times must be made to the LSC in advance of the State High School Championships;
3. USA observers shall be assigned or approved by the LSC and must be certified stroke and turn judges;
4. At least one USA observer must be present on deck at each end of the pool to verify compliance of the swim with USA Rules;
5. Requirements of the USA start rule are waived;
6. An NTV may be written for a time achieved by a high school relay team provided all four-relay swimmers are members of the same USA team;
7. The Meet Referee at the meet must be notified prior to the start of the meet of the individual swims for which certification will be requested on the attached NTV Observation for State Championships. Form available at www.ossaa.com.
8. The Meet Referee at the meet must be notified prior to the start of the meet, the full names, birthday or USA-S ID of those requesting NTV's on the attached Electronic Data Request Form.

VII. HOST SITE INFORMATION

Jenks Aquatic Center is proud to be a part of the entire spectrum of activities that is provided for high school students in our state. To help make the 2013 OSSAA Swimming Championships a success, we ask that you review the following policies that will be enforced:

- A. LOCKER ROOMS: Lockers are available on a daily basis for athletes use. Athletes must provide their own lock.
- B. SHAVING: To prevent possible blood borne infectious disease transmission, clipping and shaving is PROHIBITED at the Aquatic Center. We request that athletes clip, and shave, prior to arriving to the College.
- F. FOOD SERVICE: Jenks High School concession services will be available during the meet. No food will be allowed on the deck before, during, or after the meet. Water is permitted. No coolers on the pool deck.
- G. BANNERS/FLAGS: Flags, Banners, Balloons, or Noise Makers of any time will not be permitted inside the Aquatic Center at any time.
- H. WARM UP/WARM DOWN: the pool on the otherside of the bulkhead of the competition pool is available for continuous warm-up and warm-downs, as well as the additional pool located within the Aquatic Center.
- I. Deck space for athletes and coaches will be made available in the completion pool area, as well as the deck space at the second pool, located within the Aquatic Center.

VIII. SANCTIONING OF MEETS

The OSSAA will not sanction any meet where:

1. Starting platforms are too high for the appropriate water depth (see chart below).

Water Depth at Starting End	MAXIMUM Heights of Platforms/Deck Above Water Surface
4 Feet or More	30 Inches
Less Than 4 feet	Start From Deck/in Water

NOTE: This chart is in compliance with National Federation Rule High School Rules.

IX. LENGTH OF SEASON

1. Practices may start at any time - no restrictions.
2. Meets to begin on November 1, 2012.
3. Teams and/or individuals shall be limited to not more than 12 dates of competition, excluding the state and conference championships.
4. In addition to the Activities Association sponsored Championship tournament series, teams and/or individuals shall be limited to not more than the number of match games and tournaments as established by the OSSAA Board of Directors.
5. Off-Season Activities - No Restrictions.

X. ACADEMIC ACHIEVEMENT AWARD

SCHOLASTIC AWARD for HIGH SCHOOLS - The OSSAA will recognize swim teams that excel in academic achievement.

The academic GPA will be based on a 4 point system and computed to the nearest one-thousandth percentile: A=4.000; B=3.000; C=2.000; D=1.000. If you have a weighted grading system it must be converted to a 4 point system in computing the team GPA.

1. Three levels of award:
 - a. Academic Achievement Certificate -
 - 1) Swim teams with over-all GPA of 3.25 (based on 4 point grading system and computed to the nearest one-thousandth percentile) and rank in upper 1/3 of their classification to qualify.
 - b. Distinguished Academic Plaques (4) - Swim teams with over-all GPA of 3.5 to 4.0 (based on 4 point grading system and computed to the nearest one-thousandth percentile) and rank in the top five of their classification to qualify.
 - c. State Champion - Highest GPA for a girl's team and Highest GPA for a boy's team.
2. Qualifications: Must have a minimum of 12 participants on the team to qualify, (managers/trainers not included as participants). The GPA will be based on the first semester grades of the 12 participants of the current school year.
3. **Entry by local school option (application is found in the OSSAA 2011-2012 Entry Forms & Applications Booklet). Mail deadline is February 7, 2013 or faxed by February 8, 2013.**
4. Award Presentations:
 - a. The state championship trophy will be presented to the winning team at the state championship event on Friday.
6. Entries received after the entry deadline will not be considered. Incorrect information submitted on the entry form will also void the entry. Please report any corrections or changes on your academic application to the OSSAA office. The OSSAA will confirm finalists for the state championship award.
- 7.

Awards Procedure for State Championships – Saturday

Girls 200 Medley Relay	200 Individual Medley Awards	5 Minute break	Girls Team Results
Boys 200 Medley Relay	Girls 100 Butterfly	500 Freestyle Awards	Boys Team Results
5 minute break	Boys 100 Butterfly	Girls 100 Backstroke	
Girls 200 Freestyle	50 Freestyle Awards	Boys 100 Backstroke	
Boys 200 Freestyle	Girls 100 Freestyle	200 Free Relay Awards	
200 Medley Relay Awards	Boys 100 Freestyle	Girls 100 Breastroke	
Girls 200 Individual Medley	100 Butterfly Awards	Boys 100 Breastroke	
Boys 200 Individual Medley	Girls 500 Freestyle	100 Backstroke Awards	
200 Freestyle Awards	Boys 500 Freestyle	Girls 400 Free Relay	
Girls 50 Freestyle	100 Freestyle Awards	Boys 400 Free Relay	
Boys 50 Freestyle	Girls 200 Free Relay	100 Breastroke Awards	
15 minute break	Boys 200 Free Relay	400 Free Relay Awards	

OFFICIAL SIGN-UP FOR STATE HIGH SCHOOL SWIMMING
CHAMPIONSHIPS
MUST BE RETURNED BY JANUARY 21, 2012

Any registered official who would like to work the State High School Meet in Oklahoma City, February 17 and 18, 2012, please complete the following form.

Name _____

Address _____

Phone: Home _____

Work _____

To Work: Prelims _____ Finals _____

Position: Starter _____

Stroke & Turn: _____

Time: _____

Other: _____

RETURN AS SOON AS POSSIBLE TO

OSSAA
PO Box 14590
OKC OK 73113
(405) 840-1116

SWIMMING ENTRY FORM

ENTRY DEADLINE - November 1, 2012

Complete and return the following information to **Amy Cassell, OSSAA, P.O. Box 14590, Oklahoma City, OK 73113-0590.**
DO NOT SEND AN ENTRY FEE WITH THIS FORM. YOUR ADMINISTRATION WILL PAY THE FEE WITH ALL OTHER FEES.

SCHOOL _____

PLEASE CIRCLE: BOYS' SWIMMING GIRLS' SWIMMING BOTH

APPROXIMATE NUMBER OF SWIMMERS (BOYS)_____

APPROXIMATE NUMBER OF SWIMMERS (GIRLS)_____

COACH _____

ADDRESS _____

CITY _____ ZIP _____

EMAIL ADDRESS_____

SCHOOL PHONE _(____)_____

HOME PHONE _(____)_____

CELL PHONE_(____)_____

FOR OSSAA USE ONLY

CLASSIFICATION_____

INITIALS_____

OSSAA SWIMMING 2012-2013

Official verification certification of high school times-2012-2013

Official times achieved by United States Swimming athlete members in National Federation School Swim Meets during the 2012-2013 short course season will be acceptable for National Time Verification (NTV) and USA Times-of Record consideration only if all the following conditions are met:

1. The meet must be a championship (for example: League, Conference, District, Sectional, State, Regional or NISCA) or a meet specifically approved by Program Operations;
2. Request for USA observers for certification of times must be made to the LSC in advance of the State High School Championships;
3. USA observers shall be assigned or approved by the LSC and must be certified stroke and turn judges;
4. At least one USA observer must be present on deck at each end of the pool to verify compliance of the swim with USA Rules;
5. Requirements of the USA start rule are waived;
6. An NTV may be written for a time achieved by a High School Relay Team provided all four-relay swimmers are members of the same USA Team;
7. The meet Referee at the meet must be notified prior to the start of the meet of the individual swims for which certification will be requested on the attached NTV Observation For State Championships.
8. The Meet Referee at the meet must be notified prior to the start of the meet, the full names, birthday or USA-S ID of those requesting NTV's on the attached Electronic Data Request Form.