**High School Swimmer Cheat Sheet**

1. Meets are governed by the National Federation of State High School Associations (NFHS) rules. Rules can differ from USA Swimming. Some rules are adopted before USSA like the new breaststroke pull down rule. Other rules are adopted after USSA (e.g. a 2015 NFHS rule change is regards not being fully submerged at the backstroke finish).
2. Swimmers earn competition points when they participate in a meet. Keeping track of competition points is important for swimmers making CIF qualifying times. Here are some key terms:
   1. Individual Competition Points – A competition point is earned when a swimmer competes in a meet.
      1. Dual Meets - 1 competition point
      2. Tri Meets – 1 competition point earned for each opponent
      3. Invitational/City Conference – 1 competition point
   2. Maximum Individual Points – A swimmer cannot earn more than 13 competition points. If a swimmer has reached 13 competition points prior to the City Conference meet (if applicable), then the swimmer cannot participate.
   3. Minimum Number of Points for CIF participation –Swimmers must earn more than half the maximum number of competition points in order to qualify for CIF (7 points). The points minimum applies to individual qualifiers and relay team members.
3. Maximum number of events per meet: 2 Individual events + 2 Relay events or 1 Individual Event + 3 Relay events
4. The order of events is the same for every meet with the exception of shorter distances can be used for JV meets.
   1. 200 Medley Relay
   2. 200 Free
   3. 200 IM
   4. 50 Free
   5. 6 Dive
   6. 11 Dive – Meets without diving events still observe a 10 minute break between the 50 FR and 100 FL
   7. 100 Fly (possible 50 for JV)
   8. 100 Free
   9. 500 Free
   10. 200 Free Relay
   11. 100 Back (possible 50 for JV)
   12. 100 Breast (possible 50 for JV)
   13. 400 Free Relay
5. In dual and tri-meets, the number of lanes in the pool determines the maximum number of swimmers that can participate in an event (e.g. 5 lanes or less no more than 2 swimmers per team per event). The coaches determine the scoring system for each meet.
6. For dual meets, the visiting coach gets to determine whether they want the odd lanes or even lanes for the meet.
7. Only fellow HS teammates can be used as lap counters. If the lap counter (500 FR) accidentally drops the lap counter into the water, all swimmers from the team for that event are subject to disqualification. Choose your lap counters wisely.
8. Time Standards – There are time standards for CIF qualification and City Conference. Times must be achieved during the High School season at High School meets:
   1. Automatic – Achieving an automatic time guarantees a spot at CIF
   2. Consideration – Minimum time for swimmer to submit for CIF participation
   3. 24 Cut – Determined after entry submission to CIF and prior to the meet. The 24th fastest time submitted determines the final cutoff for the year. The only exception would be if more than 24 swimmers achieved automatic cuts.
   4. City Conference – In order for a school to enter multiple swimmers in the same individual event, all swimmers must meet the required time standard.

With the addition of the State Championship meet for 2015, the CIF 24 cut could expand to 32, but no official information available on such a change.

1. State Meet – New for 2015
   1. Top 3 swimmers/relays in the San Diego CIF championship events receive automatic qualification (Div I and Div II). Swimmers can also qualify for an at-large entry with some caveats:
      1. Swimmer must meet the establish time standard for 2015.
      2. Qualifying time must be achieved during the CIF Finals Championship Heat.
      3. Fully Automated Timing only

The CIF Championship heat previously only included 6 swimmers. The championship heat could be expanded to 8 to provide more swimmers with the opportunity to achieve at-large bids. No official word on such a change yet.

The State meet will not be division based. Maximum # of swimmers/relays San Diego CIF could send to the State meet per event is 16 (i.e. 8 DI and 8 DII). The maximum would only be 12 if San Diego CIF maintains the current 6 swimmer Championship Finals.

1. Unattached Swimmers – Swimmers can still swim with club teams during the HS season, but must unattach for USA meets. Wearing a club or HS cap or uniform while swimming unattached could be a violation. Violating the rules around unattached swimming can result in a suspension for the first offense and a year long ban for subsequent offenses. The penalties are severe. **RE: CIF Green Book Section 600 and 601.**

Practice – Club swimmers cannot exclusively practice with their club teams. Club swimmers must practice with their HS team. The number of practices required is determined by the HS coach. **RE: CIF Green Book Section 2600.**

**Consolidated View of Times**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Girls** |  |  |  |  |  |  |  |  |
| **Event** | **2015 City Conference** | **Div I 2015 Consideration** | **Division I 2014 24 Cut** | **Division I 2015 Automatic** | **Div II 2015 Consideration** | **Division II 2014 24 Cut** | **Division II 2015 Automatic** | **State At-Large 2015\*** |
| **200 Med Rly** | None | 2:21.00 | 2:14.28 | 2:02.00 | 2:21.00 | 2:16.54 | 2:03.00 | 1.48.62 |
| **200 FR** | 2:22.00 | 2:13.00 | 2:06.75 | 2:03.00 | 2:13.00 | 2:06.32 | 2:04.00 | 1.51.29 |
| **200 IM** | 2:34.00 | 2:33.00 | 2:25.26 | 2:21.00 | 2:34.00 | 2:25.21 | 2:21.00 | 2.04.84 |
| **50 FR** | 28.50 | 28.00 | 26.63 | 25.50 | 28.50 | 26.64 | 26.00 | 24.04 |
| **100 FL** | 1:13.00 | 1:12.00 | 1:04.35 | 1:03.00 | 1:11.00 | 1:07.00 | 1:03.00 | 56.08 |
| **100 FR** | 1:02.00 | 1:01.00 | 58.24 | 56.00 | 1:01.60 | 58.90 | 56.00 | 51.83 |
| **500 FR** | 6:27.00 | 6:00.00 | 5:42.21 | 5:36.00 | 6:00.00 | 5:40.24 | 5:38.00 | 59.23 |
| **200 FR Rly** | None | 2:07.00 | 2:01.60 | 1:50:00 | 2:05.00 | 2:00.78 | 1:50.00 | 1.38.37 |
| **100 BK** | 1:16.50 | 1:12.00 | 1:07.43 | 1:04.00 | 1:12.00 | 1:07.90 | 1:05.00 | 57.45 |
| **100 BR** | 1:23.00 | 1:20.00 | 1:15.85 | 1:13.00 | 1:21.00 | 1:16.89 | 1:13.00 | 1.04.33 |
| **400 FR Rly** | None | 4:29.00 | 4:24.14 | 3:59.00 | 4:40.00 | 4:31.20 | 4:00.00 | 3.34.38 |
|  |  |  |  |  |  |  |  |  |
| **Boys** |  |  |  |  |  |  |  |  |
| **Event** | **2015 City Conference** | **Div I 2015 Consideration** | **Division I 2014 24 Cut** | **Division I 2015 Automatic** | **Div II 2015 Consideration** | **Division II 2014 24 Cut** | **Division II 2015 Automatic** | **State At-Large 2015\*** |
| **200 Med Rly** | None | 2:07.00 | 1:59.42 | 1:49.00 | 2:05.00 | 2:06.11 | 1:50.00 | 1:35.22 |
| **200 FR** | 2:07.00 | 2:00.00 | 1:53.32 | 1:51.00 | 2:01.00 | 1:55.74 | 1:52.00 | 1:40.26 |
| **200 IM** | 2:24.00 | 2:19.00 | 2:11.18 | 2:07.00 | 2:19.00 | 2:11.92 | 2:08.00 | 1:53.91 |
| **50 FR** | 24.50 | 25.50 | 23.52 | 23.00 | 24.00 | 22.99 | 22.80 | 21.13 |
| **100 FL** | 1:03.00 | 1:03.00 | 58.00 | 57.00 | 1:02.00 | 56.82 | 57.00 | 50.21 |
| **100 FR** | 55.00 | 58.00 | 51.94 | 51.50 | 54.50 | 51.03 | 51.50 | 46.65 |
| **500 FR** | 5:52.00 | 5:31.00 | 5:18.86 | 5:09.00 | 5:33.00 | 5:16.26 | 5:09.00 | 4:38.01 |
| **200 FR Rly** | None | 1:53.00 | 1:46.37 | 1:36.00 | 1:49.00 | 1:43.74 | 1:36.00 | 1:27.38 |
| **100 BK** | 1:08.00 | 1:04.00 | 1:00.23 | 59.00 | 1:06.00 | 59.60 | 59.00 | 50.91 |
| **100 BR** | 1:13.50 | 1:11.00 | 1:06.00 | 1:05.50 | 1:11.00 | 1:07.85 | 1:05.50 | 58.04 |
| **400 FR Rly** | None | 3:58.00 | 4:01.11 | 3:31.00 | 4:04.00 | 4:03.19 | 3:31.00 | 3:11.41 |

**Key Web site Links:**

<http://si-swimming.com/?page_id=676>

<http://www.sandi.net/Page/278>

<http://www.cifsds.org/swimming--diving.html>

<http://www.cifsds.org/uploads/2/3/3/6/23368454/2014-15_swimming_and_diving_pres-season.pdf>

<http://www.cifsds.org/uploads/2/3/3/6/23368454/final_greenbook_2014-15a_1.docx>

<http://www.cifstate.org/sports/swimming_and_diving/index>

<http://www.cifstate.org/governance/constitution/Blue_Pages.pdf> - Page 8

<http://www.cifstate.org/sports/swimming_and_diving/handbook/2015_Swimming_and_Diving_Handbook.pdf>