

DATE OF SWIMMING CHAMPIONSHIP MEET Friday February 28, 2014 12:00 P.M. Saturday March 2, 2014 10:00 A.M. LOCATION OF MEET Cumberland Valley High School	Pennsylvania Interscholastic Athletic Association 2014 DISTRICT III SWIMMING	AAA Boys 429 Boys & above AAA Girls 412 Girls & above AA Boys 428 Boys & below AA Girls 411 Girls & below
---	---	--

RULES AND REGULATIONS GOVERNING DISTRICT III, PIAA

1. This championship meet shall be conducted under the jurisdiction of the District III Committee of PIAA
2. National Federation Swimming & Diving Rules and PIAA modifications shall govern the conduct of the meet.
3. **Points shall be awarded for the first 16 places as follows: first place 20, second place 17, third place 16, fourth place 15, fifth place 14, sixth place 13, seventh place 12, eighth place 11, ninth place 9, tenth place 7, eleventh place 6, twelfth place 5, thirteenth place 4, fourteenth place 3, fifteenth place 2, sixteenth place 1. Double Points for relays. Only swim schools are eligible for team scoring. Non-Swim schools may enter only individual swimmers and may not enter relay teams.**
4. Medals shall be awarded to the first **eight** place winners. The District Committee will supply duplicate medals in the event of ties.
5. A trophy shall be awarded to the school that scores the highest number of points in each class, boys and girls.
6. **The admission price will be: \$6.00 / EACH SESSION**
7. **PIAA scratch rule:** No athlete may be scratched from the PIAA Meet after the District entry form has been submitted to PIAA headquarters unless the scratch is for illness or injury and certified by a physician. Scratches for reasons other than certified illness or injury will result in an athlete being disqualified from the PIAA Meet.
8. **Student athletes must be accompanied by a school appointed and approved coach and swimmers must be wearing apparel that is specified in Rule #3, Section 3, Article 1 on page 20 of the NFHS Rules Book for Swimming.**
9. No banners, signs, balloons, whistles, or listening devices are permitted at PIAA events.
10. Medal winners must appear for awards dressed in their school issued warm-ups. No hats, shorts, towels, or tee shirts will be permitted during the awards presentation. Coaches presenting awards are also asked to appear in their school coaching staff shirts and clothing.

2014 DISTRICT III SWIMMING QUALIFYING GUIDELINES

Event	Girls AA	Girls AAA	Boys AA	Boys AAA
50 Freestyle	25.57	25.57	23.41	22.74
100 Freestyle	55.74	53.89	51.11	49.71
200 Freestyle	2:05.22	1:58.01	1:54.05	1:48.82
500 Freestyle	5:37.29	5:24.00	5:09.00	4:53.31
100 Backstroke	1:03.62	1:01.10	59.06	55.96
100 Breaststroke	1:13.30	1:09.65	1:08.28	1:03.37
100 Butterfly	1:03.18	1:00.75	58.20	54.10
200 Individual Medley	2:23.08	2:13.46	2:12.80	2:03.35
200 Medley Relay	1:56.5	1:52.62	1:46.92	1:41.45
200 Free Relay	1:45.51	1:40.24	1:33.44	1:29.88
400 Free Relay	3:54.87	3:37.94	3:27.56	3:15.88

Coaches:

MEETING A QUALIFYING TIME GUARANTEES ENTRY

At the request of coaches, the District III Swimming & Diving Steering Committee has developed qualifying times that are significantly more difficult than past years' guidelines, but will guarantee entry. We will accept the top (24 AA / 32 AAA) times submitted for individual events and the top 16 times for ALL relays. IN THE EVENT WE DO HAVE ADDITIONAL ENTRANTS MEET THE QUALIFYING TIME WE WILL ADD AN EXTRA HEAT. **IF IN DOUBT, SUBMIT YOUR SWIMMER.** Those swimmers & relay teams, to include ties, who qualify will be posted online at the entry website by Feb. 20, 2014 **Coaches must be prepared to defend performances that have been submitted and posted.**

(TIME SCHEDULE BELOW)

EMAIL SWIMMING ENTRY CONFIRMATION

Robert Baker – d3swimming@embarqmail.com

MUST BE RECEIVED BY FEBRUARY 17, 2014 by 8:00 AM

DISTRICT III SWIMMING

Order of Events and Approximate Time Schedule At Cumberland Valley High School

2014 PIAA District III Championship Meet Schedule

Day 1	Boys AA	Girls AA	Boys AAA	Girls AAA
Coaches/swimmers in locker room	11:00	1:15	4:00	6:30
Warm-up	11:15	1:30	4:15	6:45
Officials meeting	11:00	1:15	4:00	6:45
Ticket sales	11:00	1:15	4:00	6:30
Coaches meeting	11:30	1:45	4:30	7:00
200 Medley Relay	12:00	2:15	5:00	7:30
200 Freestyle	12:15	2:30	5:15	7:45
Awards MR	12:24	2:39	5:27	7:57
200 Ind. Medley	12:29	2:44	5:32	8:02
Awards 200 Free	12:38	2:53	5:44	8:14
50 Freestyle	12:43	2:58	5:49	8:19
Awards IM & break	12:46	3:01	5:53	8:23
100 Fly	12:57	3:12	6:04	8:34
Awards 50 free	1:03	3:18	6:12	8:42
200 Free Relay	1:18	3:33	6:27	8:57
Awards 50 Free & 200 FR	1:25	3:40	6:34	9:04
Clear pool	1:30	3:45	6:45	9:15

Day 2

Coaches/swimmers in locker room	9:00	11:15	2:00	4:30
Warm-up	9:15	11:30	2:15	4:45
Official's meeting	9:00	11:30	2:00	4:45
Ticket sales	9:00	11:15	2:00	4:15
Coaches meeting	9:30	11:45	2:30	5:00
100 Free	10:00	12:15	3:00	5:30
500 Free	10:06	12:21	3:08	5:38
Awards 100 Free	10:26	12:41	3:33	6:03
100 Back	10:31	12:46	3:38	6:08
Awards 500 Free	10:37	12:52	3:46	6:16
100 Breast	10:42	12:57	3:51	6:21
Awards Back & break	10:48	1:03	3:59	6:29
400 Free Relay	11:03	1:18	4:14	6:44
Awards Breast/400 FR/team	11:13	1:28	4:24	6:54
Clear pool	11:30	1:45	4:35	7:05