

<b>DATE OF SWIMMING CHAMPIONSHIP MEET</b> Friday March 2, 2012 10:00 A.M. Saturday March 3, 2012 10:00 A.M. <b>LOCATION OF MEET</b>  Cumberland Valley High School	<b>Pennsylvania Interscholastic Athletic Association</b>  <b>2012 DISTRICT III SWIMMING</b>	AAA Boys 436 Boys & above AAA Girls 408 Girls & above  AA Boys 435 Boys & below AA Girls 407 Girls & below
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**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: \$5.00 / 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.

**2012 DISTRICT III SWIMMING QUALIFYING GUIDELINES**

Event	Girls AA	Girls AAA	Boys AA	Boys AAA
(24) 50 Freestyle	27.00	26.00	24.50	24.00
(24) 100 Freestyle	1:00.00	57.00	53.50	52.00
(24) 200 Freestyle	2:10.00	2:05.00	2:01.00	1:54.00
(24) 500 Freestyle	5:55.00	5:40.00	5:30.00	5:12.00
(24) 100 Backstroke	1:09.00	1:05.00	1:05.00	1:00.50
(24)100 Breaststroke	1:17.00	1:14.00	1:11.00	1:07.00
(24) 100 Butterfly	1:07.50	1:03.50	1:02.00	:59.00
(24) 200 Individual Medley	2:30.00	2:22.00	2:20.00	2:12.50
(16) 200 Medley Relay	2:07.00	2:00.50	1:56.00	1:51.00
(16) 200 Free Relay	1:53.50	1:47.00	1:43.00	1:37.00
(16) 400 Free Relay	4:08.00	3:54.00	3:48.00	3:35.00

**Coaches:**

**\*\*\*MEETING A QUALIFYING TIME DOES NOT GUARANTEE ENTRY\*\*\***

In order to keep this swimming and diving championship a quality meet, the Meet Committee has set a maximum number of competitors for each event. This number is indicated to the left of the events ( ). If more than the maximum number of entries are submitted only **the top performers will compete** (example: Girls AA 100 Yd. Freestyle - 24 competitors expected. If more meet the qualifying standards, the Meet Committee will accept the **top 24 times only**). Conversely, should the qualifying time prove too difficult, and the maximum number of entries includes swimmers that do not meet the qualifying guidelines, the committee will accept the next fastest times. **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. 23, 2012. **Coaches must be prepared to defend performances that have been submitted and posted.**

## (TIME SCHEDULE BELOW)

EMAIL SWIMMING ENTRY CONFIRMATION  
FROM DIRECTATHLETICS.COM TO:

Robert Baker – d3swimming@embarqmail.com

**MUST BE RECEIVED BY FEBRUARY 20, 2012 by 8:00 AM**

### DISTRICT III SWIMMING

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

#### 2012 PIAA DISTRICT III CHAMPIONSHIP SWIM MEET SCHEDULE

##### Day 1 FRIDAY MARCH 2, 2012

	Girls AA	Boys AA	Girls AAA	Boys AAA
Coaches/swimmers in Locker room	9:00	11:15	2:00	4:15
Warm-up	9:15	11:30	2:15	4:30
Official's meeting	9:00	11:15	2:00	4:15
Ticket sales	9:00	11:15	2:00	4:15
Coaches meeting	9:30	11:45	2:30	4:45
200 Medley Relay	10:00	12:15	3:00	5:15
200 Freestyle	10:10	12:25	3:10	5:25
Awards MR	10:19	12:34	3:19	5:34
200 Ind. Medley	10:24	12:39	3:24	5:39
Awards 200 Free	10:33	12:48	3:33	5:48
50 Freestyle	10:38	12:53	3:38	5:53
Awards IM & break	10:41	12:56	3:41	5:56
100 Fly	10:52	1:07	3:52	6:07
Awards 50 free	10:58	1:13	3:58	6:13
200 Free Relay	11:08	1:24	4:08	6:24
Awards, 50 Fr & 200 F.R.	11:15	1:30	4:15	6:30
Clear pool	11:30	1:45	4:30	6:45

##### Day 2 FRIDAY MARCH 3, 2012

	Girls AA	Boys AA	Girls AAA	Boys AAA
Coaches/swimmers In locker room	9:00	11:15	2:00	4:15
Warm-up	9:15	11:30	2:15	4:30
Official's meeting	9:00	11:15	2:00	4:15
Ticket sales	9:00	11:15	2:00	4:15
Coaches Meeting	9:30	11:45	2:30	4:45
100 Free	10:00	12:15	3:00	5:15
500 Free	10:06	12:21	3:06	5:21
Awards 100 Free	10:26	12:41	3:26	5:41
100 Back	10:31	12:46	3:31	5:46
Awards 500 Free	10:37	12:52	3:37	5:52
100 Breast	10:42	12:57	3:42	5:57
Awards Back and break	10:48	1:03	3:48	6:03
400 Free Relay	11:00	1:15	4:00	6:15
Awards, Br., 400, Team	11:10	1:25	4:10	6:25
Clear pool	11:30	1:45	4:30	6:45 P.M.