

4.19 - Swimming - Men/Women

- 4.191 In dual and conference championship meets, all events will be conducted in accordance with NCAA rules. There is a 16 event dual meet format for women with a limit of 4 entries with a maximum of 3 individual entries and 12 event dual meet format for men with a limit of 3 events for men.
- 4.192 The swimming season is limited to ~~42~~ 11 contests with two day conference championships and ~~44~~ 10 contests with three day conference championships. The season begins and ends as prescribed in the Constitution
- 4.193 Conference meets shall be scheduled on Fridays at 2:00 p.m.
- 4.194 Safety Precautions - When unusual lightning conditions exist, do not start the meet until conditions are safe. If the meet has started, suspend the meet. If conditions are not safe after one-half hour, reschedule the meet at a mutually agreeable date.
- 4.195 Dual swimming/diving

ARTICLE 1: DUAL MEETS

For dual meets, the visiting team shall have its choice of odd or even lanes. Once made, this choice applies to all swimming events on the program.

To host a conference meet, the host school must have an automatic timing device with touch pads. Recommend hi-tech program.

ARTICLE 2: DOUBLE-DUAL MEETS

Double-Dual Meets will only be held at a facility with a minimum of 6 lanes. Each competing team has ability to have 3 entries. Second heat may be necessary.

ARTICLE 3: CONFERENCE DUAL MEET FORMAT

Triple-Dual Meets will only be held at a facility with a minimum of 9 lanes. Each competing team has ability to have 3 entries. Second heat may be necessary.

A. Order of Events:

1. Men's 1 Meter Diving
2. Women's 1 Meter Diving
3. Men's 3 Meter Diving
4. Women's 3 Meter Diving
5. Women's 200 Medley Relay
6. Men's 400 Medley Relay
7. Women's 200 Individual Medley
8. Men's 1000 Freestyle
9. Women's 50 Freestyle
10. Men's 200 Freestyle
11. Women's 100 Backstroke
12. Men's 50 Freestyle
13. Women's 100 Breaststroke
14. Women's 200 Freestyle
15. Men's 200 Individual Medley
16. Women's 50 Butterfly

****10 Minute Break****

17. Women's 100 Freestyle
18. Men's 200 Butterfly
19. Women's 100 Butterfly
20. Men's 100 Freestyle
21. Women's 50 Backstroke
22. Men's 200 Backstroke
23. Women's 100 Individual Medley
24. Men's 500 Freestyle
25. Women's 500 Freestyle
26. Men's 200 Breaststroke
27. Women's 50 Breaststroke
28. Men's 400 Free Relay
29. Women's 200 Free Relay

B. Diving

There will be two diving events with total of twelve dives. There will be six dives on the three meter board. Dives are to include all five categories without duplicating a dive.

Diving will be held as the first event(s) of the meet. If both coaches agree, diving may be held at an alternate time. A ten-minute break will be inserted between the women's 50 butterfly and the women's 100 freestyle.

If a site does not have diving boards, diving shall be conducted at the nearest location to the school hosting the meet. An alternate site is acceptable if the coaches unanimously agree on a location.

If off site, diving results must be faxed or sent electronically to the host school within one hour after the start of the swim competition. A representative from each institution is required to attend this event. Coaches may officiate.

C. Scoring

Entries must be submitted electronically to meet administrator by 5 p.m. the night before the meet through "Club Assistant". **Changes to entries may be made past deadline per NCAA rules.**

NCAA Scoring Rule except men's diving will be scored as one event.

All meets should follow the same scoring for dual and double dual meets as follows:

Individual	Relays
1 st – 9 points	11 pts
2 nd – 4 pts	4 pts
3 rd – 3 pts	2 pts
4 th – 2 pts	
5 th – 1 pt	

DUAL MEETS

The scoring of place values in dual meets shall be: Relays, 11-4-2-0, with only the best two relays from each team scoring; Individual events, 9-4-3-2-1-0, with only three contestants from each team scoring. Non-Scoring individuals must be identified prior to

the meet. Additional heats require added by mutual consent.

DOUBLE-DUAL MEETS

The scoring of place values in double-dual meets shall be: Relays, 11-4-2-0, with only the best two relays from each team scoring; Individual events, 9-4-3-2-1-0, with only three contestants from each scoring. Non-scoring individuals must be identified prior to the meet. Additional heats require added by mutual consent.

DIVING

~~Diving will be held as the first event of the meet. If both coaches agree, diving may be held at an alternate time. A ten minute break will be inserted in-between events 16 and 17.~~

Diving will be scored as two events for the women. One event will be 6 dives on the 1-meter board. The other event will be 6 dives on the 3-meter board.

Diving for men will be scored as one event. Divers will dive 6 dives on the 1-meter and /or 6 dives on the 3-meter board. Scores for each board will be added to rank place. If a diver disqualifies on the 3 meter board, the 1-meter score will count.

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List of Conference Relays

- | | | | |
|-----|-------------------------|-----|-------------------------|
| 1. | Co-Ed 8x50 Medley | 11. | W/400 Individual Medley |
| 2. | W/400 Free Relay | 12. | M/400 Individual Medley |
| 3. | M/400 Free Relay | 13. | W/200 Free Relay |
| 4. | W/200 Fly | 14. | M/200 Free Relay |
| 5. | M/400 Fly | 15. | W/200 Breaststroke |
| 6. | W/200 Backstroke | 16. | M/400 Breaststroke |
| 7. | M/400 Backstroke | 17. | W/400 Breaststroke |
| 8. | W/200 Medley | 18. | M/400 Medley |
| 9. | M/200 Medley | 19. | W/850 Free Relay |
| 10. | W/400 Individual Medley | 20. | Co-Ed 8x50 Free Relay |

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Conference Championships

- A. Dates - Conference championships shall be held *one week prior to the State Championships*.
- B. Site/Host - Job assignments will be rotated alphabetically among conference colleges. The site will be selected by the coaches.
- C. Qualifiers - Any eligible swimmer may enter the Conference Championships. Only 18 officially entered swimmers are eligible to earn points in consolations and finals. *Non-scoring swimmers may be entered in individual events with no time.*
- D. Scoring - NCAA Scoring Rules.
- E. Conduct of the Meet
If hosting event, you are responsible for scoring the meet. Each team allowed one

scorer.

Thursday

1. 200 yd Freestyle Relay W
2. 200 yd Freestyle Relay M
3. 500 yd Freestyle W
4. 500 yd Freestyle M
5. 100 yd Ind. Medley W
6. 200 yd Ind. Medley M
7. 50 yd Freestyle W
8. 50 yd Freestyle M

****15 Minute Break****

9. 400 yd Medley Relay W
10. 400 yd Medley Relay M

Friday

13. 200 yd Medley Relay W
14. 200 yd Medley Relay M
15. 200 yd Medley W
16. 400 yd Ind. Medley W
17. 50 yd Butterfly W
18. 100 yd Butterfly M
19. 200 yd Freestyle W
20. 200 yd Freestyle M
21. 50 yd Breaststroke W
22. 100 yd Breaststroke M

~~****15 Minute Break****~~

23. 50 yd Backstroke W
24. 100 yd Backstroke M

****15 Minute Break****

25. 800 yd Freestyle Relay W
26. 800 yd Freestyle Relay M

Saturday

29. 1650 yd Freestyle W* (If multiple heats faster heat swims 1st)
30. 1650 yd Freestyle M* (If multiple heats faster heat swims 1st)
31. 100 yd Freestyle W
32. 100 yd Freestyle M
33. 100 yd Backstroke W
34. 200 yd Backstroke M
35. 200 yd Butterfly M
36. 200 yd Butterfly M
37. 100 yd Breaststroke W
38. 200 yd Breaststroke M

****For prelims 15 minute break required****

39. 400 yd Freestyle Relay W
40. 400 yd Freestyle Relay M

*The 1650 is a timed final. The first heat of the 1650 will swim in the morning. The fastest eight (8) will swim in the afternoon finals.

NOTE: Diving event will be held at the So. Cal. Championships.
Women's 1m Diving Women's 3m Diving
Men's 3m Diving Men's 1m Diving

F. Seeding

1. *Conference seeding will be done electronically. Final entries are due the Sunday prior to the start of competition at 12:00 pm, after 12:00 pm you may not enter any athletes in an event. You have till Monday at 10:00 am if there are any corrections (i.e. entered wrong time). A final copy will be sent out by 12:00 pm on Monday.*
2. Prelims:
 - a. 9:30 am - Thursday, Friday, Saturday
 - b. 3:30 pm - Thursday, Friday
3:00 pm -Saturday
3. Exhibition Swimmers: Seeded as no-time.

G. Finances

1. The manager of the meet shall prepare a budget.
2. After the host institution has been reimbursed for the approved expenses of the meet, the net income shall be returned to the conference.

H. Pre-Meet Organization

1. Entries must be completed electronically with procedure determined by host school.

I. Meet Committee

There shall be a meet committee charged with the responsibility for the detailed administration of the meet. Such Meet Committee shall consist of men's and women's head swimming coaches of the colleges entered in the meet.

J. Meet Manager

The meet manager shall be the coach of the college hosting the event or any other appointed college representative.

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Conference Championship

A. Conference Championship

The conference shall declare an Orange Empire Conference Champion based upon the results of the conference championship meet.

- B. Awards shall follow the conference guidelines as specified. The male and female swimmers of the year shall be the swimmers who score the highest number of points in individual events (excluding relays) during the Conference Championships. In addition, an athlete of the year award shall be awarded to the male and female diver of the year.

- C. Any additional awards, not authorized by the conference, must be provided at no cost to participating colleges.

Dual Team Champion

The conference shall declare a Dual Team Champion based upon the win/loss record during dual team competition. In the event of a tie, co-champions shall be declared.

~~Revised December 8, 2008~~

~~Revised May 3, 2010~~

Revised April 25, 2011