



NORTH COAST SECTION SWIMMING CHAMPIONSHIPS

5 Crow Canyon Court, Suite 209, San Ramon, CA 94583

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DATE POSTED: JANUARY 2025

2025 SWIMMING CHAMPIONSHIP GUIDE

Coaches are responsible for reading this championship guide in its entirety, paying close attention to the deadline for entries. Deadlines highlighted in **yellow**. New items (2025) highlighted in **green**.

MANAGEMENT COMMITTEE

Pat Avilla, Craig Carson, Logan Champion, Cindi Coats, Steve Guthrie, Kevin Honey, John King, Leo Lin, Jean Ann Patridge, Ethan Schnell, Brendan Sullivan, Todd Tucker, JoAnne Wright, Monte Young and Bri Niemi.

CO-MEET DIRECTORS

Todd Tucker
toddtucker@comcast.net

Ethan Schnell
coachschnell@gmail.com

CO-MEET REFEREES

John King
sixkings@gmail.com

Leo Lin
leo.1.lin@gmail.com

SITE

Concord Community Pool: 3501 Cowell Rd., Concord, CA 94518

SATURDAY, MAY 3, 2025

Final date for league competition.

SUNDAY, MAY 4, 2025 – 1:15 PM PT

DEADLINE for ENTRIES. There will be NO EXCEPTIONS.

North Coast Section will utilize Club Assistant for entry to the NCS Swimming & Diving Championships. The Club Assistant site is expected to go live in March. **See page 3 (in this guide) for entry submission information and page 9 (in this guide) for instructions on receiving email confirmation of entries.**

Each individual school will be responsible for following the procedures for submission of their school's entries. All swimming, diving and Paralympic entries must be entered. Please see the Diving championship guide and Paralympic championship guide for entry information.

MONDAY, MAY 5, 2025

The seeding meeting will be conducted at the NCS office. Entries will be posted by no later than 10 p.m. on Mon., May 5.

FRIDAY, MAY 9, 2025 - SWIMMING TRIALS

8:00 a.m.	Coach/Participant Gate Opens
8:30 a.m. – 10:00 a.m.	Warm-ups. Coaches sign in – all swimmers must be represented.
8:30 a.m.	Spectator Gate Opens
9:30 a.m.	Officials Meeting
9:50 a.m.	<i>If Trials are Run, Paralympic Coaches Meeting (Tentative, depending on # of entries)*</i>
10:00 a.m.	Coaches Meeting
10:00 a.m. – 10:30 a.m.	<i>If Trials are Run, Paralympic Warm-ups. Coaches sign in – all swimmers must be represented. (Tentative, depending on # of entries)*</i>
10:30 a.m.	Competition Begins

*If 17 or more student-athletes are entered in a Paralympic event, both trials and finals will be run.

SATURDAY, MAY 10, 2025 - SWIMMING CONSOLATION & FINALS

8:00 a.m.	Coach/Participant Gate Opens
8:30 a.m. – 10:00 a.m.	Warm-ups. Coaches sign in – all swimmers must be represented.
8:30 a.m.	Spectator Gate Opens
9:30 a.m.	Officials Meeting
9:50 a.m.	Paralympic Coaches Meeting
10:00 a.m.	Coaches Meeting
10:00 a.m. – 10:30 a.m.	Paralympic Warm-ups. Coaches sign in – all swimmers must be represented.
10:30 a.m.	Competition Begins

THURSDAY, MAY 15 – SATURDAY, MAY 17, 2025 – CIF STATE SWIMMING AND DIVING CHAMPIONSHIPS

Clovis Olympic Swim Complex, Clovis West HS: 1070 East Teague Ave., Fresno, CA 93720

State CIF championship handbooks will be available online at the state website. The top 3 finishers (boys and girls) from the NCS championship on Saturday will automatically qualify for the CIF swimming championship, while the top 4 divers (boys and girls) from the NCS championship on Thursday will automatically qualify for the CIF diving championship.

Sections can enter additional swimming competitors provided they have met or bettered the “at-large/consideration times” standard for their event during the finals (championship or consolation) of the section meet (see CIF website for time standards). All other placers from the Saturday results will be submitted as consideration times. There will be no at-large selections in diving. Complete information can be found at: http://cifstate.org/sports/swimming_and_diving/index.

Intent to compete forms for individual events will be ready 30 minutes after the conclusion of each NCS event. A swimmer who qualifies for the CIF state championships must sign individually YES (will participate) for EACH event they qualify for or tell the committee that they are scratching the event. **Failure to initial for an event will result in the swimmer not being advanced for the uninitialed event.**

STEP 1: Intent to compete forms for relay events will be ready 30 minutes after the conclusion of each NCS event. For relays that qualify for the CIF state championships, the coach must individually initial each relay.

STEP 2: Additionally, the coach must fill out the NCS state relay entry form. This is where the coach lists the swimmers they wish to enter for each relay event or indicate that there are no relay name changes. If there are changes, the coach must list all 8 names. **Failure to do so will result in the relay not being advanced for the uninitialed event.**

NCS Bylaw 26.609H CIF Swimming and Diving Advancers: Coaches and student-athletes must positively affirm their intent to swim/dive at the state meet, as outlined by the procedures established by the NCS swimming and diving management committee.

QUALIFYING FOR NCS SWIMMING

1. Swimmers who achieve the automatic time or faster will qualify in each event.
2. If there are fewer than 40 swimmers per event that qualify by achieving the automatic time, the swimmers with the fastest times between the automatic time and the consideration time will be awarded entries until the 40 qualifiers-by-time field is filled. Per January 2025 Board of Managers approval, in addition to the Top-40 competitors, two alternates (based on submitted entry seed time), will be allowed per swim event. These alternates will take the place of scratches in the Top-40, if applicable. There will be no re-seeding; alternates will swim in open lanes.
2. Qualifying for the NCS Championship Meet may be achieved in the following ways: high school dual meets, league/conference meets, or league/conference qualifying meets (time trials may only be scheduled as part of the league/conference qualifying meets) or any other interscholastic competition. **NOTE: THESE TIMES MUST BE MADE DURING THE CURRENT HIGH SCHOOL SEASON OF SPORT. THE FINAL DATE FOR LEAGUE COMPETITION IS SATURDAY, MAY 3, 2025. THE FINAL LEAGUE/CONFERENCE EVENT (INCLUDING LEAGUE PLAYOFFS, LEAGUE POST-SEASON TOURNAMENTS, LEAGUE MEETS) WILL BE THE END OF THE SEASON OF THE RESPECTIVE SPORT.**
4. EACH COACH MUST BE PREPARED AT THE MEET TO VERIFY WITH DOCUMENTATION ALL NCS SWIMMING AND DIVING CHAMPIONSHIP ENTRIES.
5. A relay team must qualify sometime during the current high school season.

6. Schools are limited to four (4) qualifiers per individual event and one relay per event. An individual swimmer shall be permitted to enter a maximum of four (4) events, no more than two (2) of which may be individual events. All entries must be entered to the 100th of a second. Times filled into tenths will be completed with a 9/100 or .09.

ENTRY PROCEDURES

North Coast Section will utilize Club Assistant for entry to the NCS Swimming & Diving Championships. Each individual school will be responsible for following the procedures for entry of their school's entries. It is recommended that the head coach perform this responsibility. It is also recommended that this entry responsibility is not delegated to another person or league representative. All swimming, diving and Paralympic entries (additional instructions for the complete entry of divers is located in the NCS diving championship guide) must be entered using the Club Assistant system.

Schools with new head coaches should contact the NCS in March to obtain a new username and password. If you experience a problem with entries to Club Assistant, contact Jean Ann Patridge at jeanann_patridge@sbcglobal.net or (925) 200-7421.

The deadline for entries is Sunday, May 4, 2025, by 1:15 PM PT. THERE WILL BE NO EXCEPTIONS.

RELAY ENTRIES

Relay entries must include up to eight names for each relay event. Teams will be limited to the eight names listed. No substitutions/changes/additions to relay teams or alternates will be allowed after the entry deadline. Schools may swim only those athletes who have been submitted on the official entries to the Section meet. NFHS Swimming Rule Book, 3.2.3.

AUTOMATIC AND CONSIDERATION QUALIFYING TIMES

Automatic times for swimming are based on the 16th place time in the 2024 NCS Championship Meet Trials. Consideration times are based on the 55th place entry time or close to it from the 2024 NCS Championships. Times may be adjusted by the NCS Swimming & Diving Management Committee on an annual basis.

Girls' 2025 Times

<u>Order/Events</u>	<u>Event</u>	<u>Automatic</u>	<u>Consideration</u>
#1	Diving	330	270
#3	200 Medley Relay	1:55.07	2:04.99
#5	200 Free	1:56.17	2:05.99
#7	200 IM	2:12.78	2:21.55
#9	50 Free	24.27	25.66
#101	Paralympic 100 Free*	NT	NT
#11	100 Fly	58.44	1:02.99
#13	100 Free	53.26	57.99
#15	500 Free	5:17.51	5:34.99
#17	200 Free Relay	1:42.78	1:52.99
#19	100 Back	59.50	1:04.99
#21	100 Breast	1:06.87	1:12.99
#103	Paralympic 50 Free**	NT	NT
#23	400 Free Relay	3:48.09	4:11.55

Boys' 2025 Times

<u>Order/Event</u>	<u>Event</u>	<u>Automatic</u>	<u>Consideration</u>
#2	Diving	280	230
#4	200 Medley Relay	1:38.06	1:52.99
#6	200 Free	1:43.54	1:51.11
#8	200 IM	1:56.98	2:06.99
#10	50 Free	21.59	22.66
#102	Paralympic 100 Free*	NT	NT
#12	100 Fly	51.91	55.88
#14	100 Free	47.38	49.77
#16	500 Free	4:44.21	5:05.99
#18	200 Free Relay	1:29.00	1:39.99

#20	100 Back	52.82	57.99
#22	100 Breast	58.99	1:03.55
#104	Paralympic 50 Free**	NT	NT
#24	400 Free Relay	3:17.62	3:38.55

*To be run at the diving break & **To be run at the break prior to the 400 free relay.

For schools having only meter pools for dual meets, use the conversion formula listed in the NFHS Swimming Rule Book.

SWIMMING AND DIVING RULES

The National Federation Swimming and Diving Rules Book is the governing authority in Swimming and Diving.

ENTRIES/SCRATCHES/ALTERNATES

Entries close and are final at the posted deadline. No entry changes or additions will be accepted.

Per January 2025 Board of Managers approval, in addition to the Top-40 competitors, two alternates (based on submitted entry seed time), will be allowed per swim event. These alternates will take the place of scratches in the Top-40, if applicable. There will be no re-seeding; alternates will swim in open lanes.

ENTRY FEES

Schools will be billed by the section office and do not need to bring payment to the championship event. Entry fees at the rate of \$15.00 per each individual qualified and \$24.00 per relay team shall be paid to the North Coast Section.

RECORDS

Results will be checked immediately following the meet by the Meet Directors for the purpose of identifying and certifying new records to the Section Commissioner. No time trials will be allowed after the conclusion of the meet.

PARKING

Spectators may park in the Concord Community Pool parking lot in marked and available parking spaces. Individuals who do not obey parking lot markings may have their car towed. Please read posted signs carefully. As required by the City of Concord, some spaces will be reserved for the use of the tennis courts. Individuals using disabled parking spaces must have a valid disabled parking placard, issued to an individual riding in the car. If the parking lot is full then spectators may park on the surrounding streets, again obeying all traffic rules. On SATURDAY ONLY, El Monte Elementary School will be available for parking. Directions to El Monte Elementary School are available on the NCS website.

BUS DROP-OFF AT CONCORD COMMUNITY POOL

Busses may drop-off participants in the Concord Community Pool parking lot. Busses should approach the Concord Community Pool from the south on Cowell Rd. Turn right into the Concord Community Pool parking lot. Proceed to the top of the arch of the parking lot and momentarily stop to off-load participants. Once done off-loading participants proceed to the exit of the parking lot. Busses will not be allowed to park in the lot. Coaches are asked to arrange with bus drivers a pick-up time or secure a phone number where bus drivers may be contacted to pick-up participants at the end of the day.

DIRECTIONS

From North or South 680 take the Treat Blvd. exit in Concord. Proceed east approximately 4.0 miles and turn left on Cowell Rd. The Concord Community Park, where the pool is located, will be on your right.

SCORING

Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4 and 2.

Individual Entries: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2 and 1.

A consolation finalist shall not place higher than the highest contested place in the consolation finals regardless of time.

PARALYMPIC SCORING

Modified scoring will be as follows: 1st place = 2 points. 2nd – 6th place = 1 point each. The maximum point total obtained in the Para-Athlete division towards the team championship may not exceed 6 points in gender. Male and female competitors may be combined in the same race, but genders will be separated for the purposes of scoring. More information can be found in the Paralympic swimming guide.

CERTIFICATION OF COACHES

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9 (Federated Council 2/09). All coaches must fill out a Certificate of Authorized Personnel form and hand carry to the meet and submit to meet management. No students will be allowed to warm-up, compete or enter the facility until their coach is present with a properly completed Certificate of Authorized Personnel form.

TIMERS

The timing assignments are below. Your school is required to cover the position all day for each day you are assigned.

	Friday	Saturday
Lane 1	Liberty	San Ramon Valley
	College Park	Campolindo
	Mission San Jose	Amador Valley
Lane 2	Berkeley	Monte Vista
	American	San Ramon Valley
	American Canyon	California
Lane 3	Miramonte	Las Lomas
	Irvington	Miramonte
	Benicia	Foothill
Lane 4	Dougherty Valley	Campolindo
	Amador Valley	Monte Vista
	California	Las Lomas
Lane 5	Novato	Carondelet
	Marin Catholic	Carondelet
	College Prep	De La Salle
Lane 6	Heritage	Dougherty Valley
	Alameda	Northgate
	Terra Linda	Piedmont
Lane 7	Maria Carrillo	Foothill
	Castro Valley	Granada
	Tamalpais	Dublin
Lane 8	Archie Williams	Granada
	Washington	Northgate
	Redwood	Clayton Valley Charter

ADMISSION FEES

Adults.....\$12.00. Student/Child/Senior.....\$5.00. NCS uses GoFan for online ticketing for all Section championships.

ADMISSION OF COACHES AND PARTICIPANTS

All participants will receive tickets and be admitted free for all days through the COACH/PARTICIPANT ENTRANCE TO THE CONCORD COMMUNITY POOL. The certified coach shall pick up participant tickets outside the COACH/PARTICIPANT

ENTRANCE GATE prior to each day of competition. Coaches will receive a wristband, which must be worn at all times, according to the following NCS policy: 1 athlete = 1 coach; 2-6 athletes = 2 coaches; 7-12 athletes = 3 coaches; 13-18 athletes = 4 coaches; 19 or more athletes = 5 coaches.

POOL SAFETY AND CLEANLINESS

Do not bring glass items to NCS Championships. Broken glass in and around the swimming pool poses a serious threat to athletes and other individuals who are barefoot. Garbage bags will be provided to each school to assist in cleaning the pool deck, bleachers and surrounding area. Your cooperation is greatly appreciated.

NCS MERCHANDISE

Schools may purchase merchandise at the NCS office or online at www.cifncs.org. Coaches may use check, cash, credit card, school purchase order, requisition form and school billing form. Contact Kim Igneczi [kigneczi@cifncs.org] for bulk orders.

NATIONAL FEDERATION - 2024-2025 SWIMMING HONOR ROLL TIME STANDARDS

Only performances in pools measured in yards will be accepted for the honor roll: no metric conversions will be permitted. The National Federation is responsible for compiling a National High School Swimming Honor Roll, listing the best performances made by high school boys and girls under standard conditions. The Honor Roll, a listing of the top 10 times in each event, is published annually in the National High School Sports Record Book. To be considered for listing on the National Honor Roll, performances must be equal too, or better than, the following minimums:

EVENT	GIRLS	BOYS	EVENT	GIRLS	BOYS
50 yd. freestyle	:23.00	:20.50	100 yd. butterfly	:54.50	:48.50
100 yd. freestyle	:50.20	:44.90	200 yd. indiv. medley	2:01.00	1:49.00
200 yd. freestyle	1:48.00	1:38.00	200 yd. medley relay	1:43.00	1:33.00
500 yd. freestyle	4:52.00	4:28.00	200 yd. freestyle relay	1:34.50	1:24.00
100 yd. backstroke	:54.20	:49.00	400 yd. freestyle relay	3:26.50	3:04.00
100 yd. breaststroke	1:02.00	:55.60			

The time of the leadoff swimmer in the 200 yd. freestyle relay could also be used for the 50 yd. freestyle standard; likewise, the leadoff in the 400 yd. freestyle relay could also qualify for the 100 yd. freestyle. Prior arrangement must be made to record the split.

NISCA/SPEEDO - 2024-2025 ALL-AMERICA SWIMMING TIME STANDARDS

All schools recognize the top 100 athletes as All-America First Team. Times are subject to change.

Boys All-America		High School	Girls All-America	
<u>Automatic</u>	<u>Consideration</u>	<u>Event in Yards</u>	<u>Consideration</u>	<u>Automatic</u>
1:32.38	1:34.11	200 Medley Relay	1:46.22	1:44.31
1:38.21	1:39.81	200 Freestyle	1:50.65	1:48.79
1:49.14	1:51.34	200 Individual Medley	2:04.11	2:01.38
:20.41	:20.80	50 Freestyle	:23.54	:23.08
:48.38	:49.53	100 Butterfly	:55.58	:54.32
:44.72	:45.56	100 Freestyle	:50.99	:50.16
4:28.60	4:32.95	500 Freestyle	4:58.35	4:53.16
1:24.15	1:25.57	200 Freestyle Relay	1:37.15	1:35.48
:48.94	:50.13	100 Backstroke	:55.91	:54.69
:55.22	:56.46	100 Breaststroke	1:03.85	1:02.53
3:05.17	3:08.08	400 Freestyle Relay	3:31.16	3:27.68

NISCA/SPEEDO - 2024-2025 ALL-AMERICA APPLICATIONS

NISCA/SPEEDO All-America applications will ONLY BE ACCEPTED ONLINE. See www.niscaonline.org for more information. Join the National Interscholastic Swimming Coaches Association (NISCA) Today. The NISCA membership year runs from August 1st to July 31st. The sooner you join, the more benefits you get.

Membership includes:

- \$1,000,000.00 Liability Policy per occurrence (up to \$3,000,000.00) that covers the NISCA Member Coach at any facility they are working in. This includes water polo, swimming or diving. \$1,000,000.00 personal injury, \$25,000.00 Accidental medical and dental and more.
- Free All-American and Scholar Athlete applications for Swimming, Water Polo and Para Swimming plus a reduced fee for All-American Diving applications.
- A bi-monthly journal with articles specifically geared toward HS swimming diving and water polo.
- Access to all of the resources for coaching on the NISCA website.

Membership Pricing:

- \$75.00 NISCA Membership
- \$225 Team Membership (up to 4 coaches at your school)
- \$110.00 Joint NISCA and American Swimming Coaches Association ASCA Memberships

Note: Many coaches pay for their membership through their school's swimming account.

Go to the following link for more information and to join: <https://www.niscaonline.org>.



NORTH COAST SECTION SWIMMING CHAMPIONSHIPS

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SWIMMING, DIVING & PARALYMPIC CERTIFICATION OF AUTHORIZED PERSONNEL ONE FORM CAN BE USED FOR ALL THREE DAYS

CIF Bylaw 503

503 - ADMINISTRATIVE OVERSIGHT

The principal of each school shall be held responsible for the amateur standing and eligibility of the school's teams and team members under CIF, Section and league rules.

F. Coaching

Principals are responsible to ensure that all coaches of the CIF member school for all individual or team(s) meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.(9). (Revised February 2009 Federated Council)

Coaches will receive a wristband, which must be worn at all times, according to the following NCS policy:

1 athlete = 1 coach

2-6 athletes = up to 2 coaches

7-12 athletes = up to 3 coaches

13-18 athletes = up to 4 coaches

19 or more athletes = up to 5 coaches

Sport _____ School _____

Head Coach's Name _____ Cell # _____

Head Coach's Address: _____

Assistant Coach's Name _____ Cell # _____

Assistant Coach's Name _____ Cell # _____

Assistant Coach's Name _____ Cell # _____

Assistant Coach's Name _____ Cell # _____

I hereby assert and verify that the person(s) named above is/are employed by
_____ High School and meets the requirements of the above bylaw as of this date.

Signature of Principal _____ Date _____

Print Name _____ Cell # _____

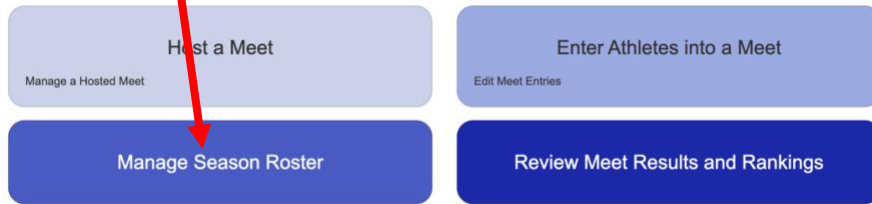
If a school administrator needs to be reached on Saturday, call: _____

IDENTIFICATION REQUIRED. HAND CARRY A COPY OF THIS FORM, SIGNED BY THE PRINCIPAL, TO THE NCS SWIMMING & DIVING CHAMPIONSHIPS.

Instructions for the [YOUR TEAM] Boys and/or Girls Coach

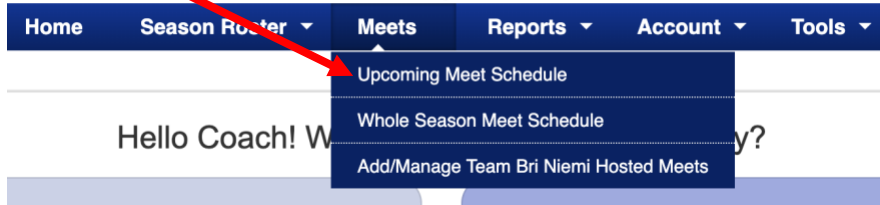


1. Season Roster - Add/edit/review your athletes in the [YOUR TEAM] "Season Roster".



2. Meets - Review "Upcoming Meet Schedule" below.

Coach of: Boys and Girls



Click the radio button under "OPEN" to add that swimmer added to the meet

3. Meet Roster - Select the athletes who will be attending the meet.

Dates	Name	Meet Roster	Individual Events	Relay Events	Reports
05/02/2025-05/04/2025	DEMO MEET FOR INSTRUCTIONS <i>Entries are open now.</i> Coach Entries Due: 04/28/2025 01:15 PM PT Meet Host: Team Bri Niemi CIF-NCS Meet Administrator: Sergey Mariniuk Questions: Contact Meet Host	Girls Boys	Girls • Open Boys • Open	Girls • Open Boys • Open	Split Report

Last, First Name	Grade	Open	Not Attending	Individual Events	Relay Events	Remove
Marichal, Juan	Jr	<input checked="" type="radio"/>		2 events	0 events	
McCovey, Willie	So	<input checked="" type="radio"/>		2 events	0 events	
Ott, Mel	Sr	<input checked="" type="radio"/>		2 events	0 events	

4. Individual Events - Enter "Individual Events" with times for each athlete.

Click on "OPEN" for boys or girls to get to this screen

Dates	Name	Meet Roster	Individual Events	Relay Events	Reports
05/02/2025-05/04/2025	DEMO MEET FOR INSTRUCTIONS <i>Entries are open now.</i> Coach Entries Due: 04/28/2025 01:15 PM PT Meet Host: Team Bri Niemi CIF-NCS Meet Administrator: Sergey Mariniuk Questions: Contact Meet Host	Girls Boys	Girls • Open Boys • Open	Girls • Open Boys • Open	Split Report

Last, First Name	Gr	Ev 2 1M Dives	Ev 4 200 Medley Relay	Ev 6 200 Free	Ev 8 200 IM	Ev 10 50 Free	Ev 12 100 Fly	Ev 14 100 Free	Ev 16 500 Free	Ev 18 200 Free Relay	Ev 20 100 Back	Ev 22 100 Breast	Ev 24 400 Free Relay	Ind Event Total	Relay Event Total	Event Total
Marichal, Juan	Jr	240.00	1:52.99	1:51.99	2:06.99	22.55	55.88	49.99	5:05.99	1:39.99	57.99	1:03.55	3:37.99	0	0	0
McCovey, Willie	So													0	0	0
Ott, Mel	Sr													0	0	0
Scoring		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Limits		4	1	4	4	4	4	4	4	1	4	4	1	36	3	39

Event Entries By Athlete - Open Boys

3 Athletes

Email Myself a Summary

Edits/additions allowed until entries close on 4/28/2025 1:15 PM.

		Ev 2 1M Diving 11 Dives	Ev 4 200 Medley Relay	Ev 6 200 Free	Ev 8 200 IM	Ev 10 50 Free	Ev 12 100 Fly	Ev 14 100 Free	Ev 16 500 Free	Ev 18 200 Free Relay	Ev 20 100 Back	Ev 22 100 Breast	Ev 24 400 Free Relay	Ind Event Total	Relay Event Total	Event Total	
Last, First Name	Gr	240.00	1:52.99	1:51.99	2:06.99	1:51.99	2:06.99	22.55	55.88	49.99	5:05.99	1:39.99	57.99	1:03.55	3:37.99		
Marichal, Juan	Jr				2:02.02			50.49							2	0	2
McCovey, Willie	So			1:37.32						4:33.29					2	0	2
Ott, Mel	Sr					20.91		43.32							2	0	2
Scoring		0	0	1	1	1	1	1	1	0	0	0	0	6	0	6	
Limits		4	1	4	4	4	4	4	4	1	4	4	1	36	3	39	

Click on one name at a time to enter that athlete into the event(s) you want them in based on qualification time. Hit submit. **ALL DIVE** entries require a score to be entered. We suggest **ALL** team entries be performed by the head coach.

5. Relay Events - Enter "Relay Events" with times and swimmers for each relay.

a. SEE #4 but click on RELEY EVENTS

6. Summary - You may "Print" and "Email a Summary" of your entries at any time.

a. In above image "Event Entries by Athlete..." there is a BUTTON that says, "EMAIL MYSELF A SUMMARY" – this will send you a copy of what you have entered. VERY IMPORTANT.

Changes - You may continue to make changes up until the "Entries Due" date. IF YOU MAKE CHANGES, "EMAIL MYSELF A SUMMARY" AGAIN AND AGAIN

Final Submit - When you are done making changes, "Logout". DID YOU "EMAIL MYSELF A SUMMARY?"