



ANDOVER HIGH SCHOOL SWIM & DIVE

DUAL MEET GUIDE

Dual meets are competitions between two swim and dive teams. These include conference meets and nonconference meets. The Andover High School Swim & Dive teams are members of the Northwest Suburban Conference (www.nwsconference.org), which is comprised of the following high schools¹:

Andover
Anoka
Armstrong
Blaine
Centennial

Champlin Park
Coon Rapids
Elk River
Maple Grove
Osseo

Park Center
Rogers
Spring Lake Park
Totino-Grace

Dual Meet Events

Dual meets follow a standard order of events:

200 Medley Relay	200 yard event (8 lengths) - A relay of four swimmers, with each swimmer assigned 50 yards (2 lengths) of a different stroke (backstroke, breaststroke, butterfly, and freestyle – in that order)
200 Freestyle	200 yard event (8 lengths) - Any legal stroke may be utilized; however, the front crawl (swim on stomach with arms reaching and pulling combined with a flutter kick) is the preferred stroke
200 Individual Medley	200 yard event (8 lengths) - Swimmers swim 50 yards (2 lengths) of each different stroke (butterfly, backstroke, breaststroke, and freestyle – in that order)
50 Freestyle	50 yard event (2 lengths) - Any legal stroke may be utilized; however, the front crawl is the preferred stroke
Diving	See Dual Meet Diving section below
100 Butterfly	100 yard event (4 lengths) - A simultaneous over arm stroke and dolphin kick. Swimmers must touch with both hands at the same time when they reach a wall
100 Freestyle	100 yard event (4 lengths) - Any legal stroke may be utilized; however, the front crawl is the preferred stroke

¹ Rogers's boys co-ops with Elk River and Totino-Grace girls and boys co-op with Coon Rapids

500 Freestyle	500 yard event (20 lengths) - Any legal stroke may be utilized; however, the front crawl is the preferred stroke
200 Freestyle Relay	200 yard event (8 lengths) - A relay team of four swimmers, with each swimmer assigned 50 yards (2 lengths) of freestyle
100 Backstroke	100 yard event (4 lengths) - A long axis stroke swam on the back rotating from side to side.
100 Breaststroke	100 yard event (4 lengths) - A short axis stroke, which uses both arms at the same time in an extended pull with a “whip” kick. Swimmers must touch with both hands at the same time when they reach a wall.
400 Freestyle Relay	400 yard event (16 lengths) - A relay team of four swimmers, with each swimmer assigned 100 yards (4 lengths) of freestyle.

Dual Meet Diving

Dives are broken into five groups: Forward (100s), Back (200s), Reverse (300s), Inward (400s), and Twist (500s).

For each group, dives may be performed in four different positions: Straight (A), Pike (B), Tuck (C), or Free (D).

Each dive is preassigned a degree of difficulty (DD) based upon the group, position, and number of somersaults or twists. The degree of The DD is based on how hard the dive is to perform:

For example, a forward dive in the tuck position (Dive Number 101C) may have a DD of 1.2, and a forward dive with 2 somersaults in the tuck position (Dive Number 104C) may have a DD of 2.2.

Each diver performs six dives. A diver may not repeat a dive in a single Dual Meet. Each week, Varsity divers are required to perform their first dive from a predetermined group. This is called a Voluntary Dive. The diver may then choose five other dives; however, the diver must complete dives from at least four of the five groups per Dual Meet. The following is a sample list of the Voluntary Dive groups by week:

Week 1	Practice	Week 8	Reverse (300s)
Week 2	Practice	Week 9	Forward (100s)
Week 3	Forward (100s)	Week 10	Back (200s)
Week 4	Back (200s)	Week 11	Inward (400s)
Week 5	Inward (400s)	Week 12	Twist (500s)
Week 6	Twist (500s)	Week 13	Reverse (300s)

For each dive, divers score points from three judges. Judges will look at the approach, hurdle, take-off, execution, and entry. Scores range from 0 to 10 in 0.5 point increments. The scores from each judge are added together and multiplied by the dive’s specific DD.

For example, a forward dive in the tuck position (Dive Number 101C) with a DD of 1.2, scoring a 4, 5, and 6 from the judge will earn the diver a total of 18 points: $4+5+6 = 15 * 1.2 \text{ DD} = 18 \text{ points}$.

Dual Meet Individual and Relay Event Entries

Each athlete is permitted to enter a maximum of four events per Dual Meet, no more than two of which may be individual events. Diving counts as one individual event. Typically, athletes will swim two relay events and participate in two individual events at Dual Meets. Coaches enter the athletes in the events.

Each event has a Junior Varsity (JV) event first and Varsity event second. Most events will have one heat; however, additional exhibition heats may also be scheduled.

Dual Meet Team Scoring

Only Varsity events score points for the swimmers' respective teams (Team Points).

Individual Swimming Event Scoring

Each team is allowed up to three scored entries per individual event. At pools with more than six lanes, swimmers may swim an exhibition (not scored) swim during a scored heat. Coaches may have a swimmer swim in an exhibition heat to gain experience with an event the swimmer does not normally compete in. Exhibition swimmers (if any) do not earn Team Points regardless of finishing place.

Varsity individual swimming event Team Points scoring is as follows:

1st Place	6 points
2nd Place	4 points
3rd Place	3 points
4th Place	2 points
5th Place	1 point
6th Place	0 points

A swimmer may be disqualified for starting early, stroke infractions, and other technical violations. If a swimmer is disqualified, that swimmer does not earn Team Points regardless of finishing place.

Ties are rare because swimmers are timed to the 1/100 of a second; however, ties may still occur. In that case, the Team Points for that place and the subsequent place are combined and then split evenly between the two swimmers.

For example, a tie for 2nd Place would net each swimmer 3.5 Team Points: 4 Team Points for 2nd Place + 3 Team Points for 3rd Place = 7 Team Points / 2 swimmers = 3.5 Team Points for each swimmer's respective team.

Relay Event Scoring

Each team is allowed up to two scored entries per relay event. Swimmers may swim in an exhibition (not scored) relay. Coaches may have a swimmer swim in an exhibition to gain experience with an event the swimmer does not normally compete in.

Relay teams earn Team Points as follows:

1st Place	8 points
2nd Place	4 points
3rd Place	2 points
4th Place	0 points

A relay team may be disqualified if any swimmer on that relay team starts early, has a stroke infraction, or has another technical violation. If any swimmer in a relay team is disqualified, the relay team does not earn Team Points regardless of finishing place.

Diving Event Scoring

Each diver's score from each of the six rounds are added together and the divers are then placed 1st through 6th based on their total individual points. Each Varsity diver's respective team then earns Team Points based on the diver's placing:

1st Place	6 points
2nd Place	4 points
3rd Place	3 points
4th Place	2 points
5th Place	1 point
6th Place	0 points

Not all divers have the skill required to perform six dives from at least four different groups. Those divers may participate as exhibition divers and may complete less than six rounds of competition. Exhibition divers do not earn Team Points regardless of the number of individual points the diver may have earned from the diving judges.

A diver may be disqualified for failing two dives during a single meet. The diving referee determines whether the dive is a failed dive. If a diver is disqualified and has dives remaining those dives are not performed, and the diver does not place and cannot score any Team Points regardless of the number of individual points the diver may have earned prior to the disqualification.

Overall Dual Meet Scoring

Each Dual Meet has a total of 186 Team Points available. The team with the most Team Points at the conclusion of all events is the winner of the Dual Meet.

