

SHELBY COUNTY HIGH SCHOOL SWIM LEAGUE GUIDELINES 2011-2012

TEAMS:

High Schools in Shelby County are eligible to join the Shelby County High School Swim League. Each School has one vote. The Memphis Home Education Association (MHEA) will be eligible to field one team with the following guidelines. Swimmers must be members of the MHEA, be between the ages of 14 and 19 (age determined at the first meet of the season), be in grades 9-12, and can have only four years of eligibility.

ELIGIBILITY:

Following TISCA rules, the Shelby County High School Swim League will be only open to 9th through 12th graders. No 7th & 8th graders will be allowed to swim, even exhibition.

TRANSFERS:

If any swimmer has transferred from any other school to your school, you must submit their name, the name of the school he/she is transferring from and to, and the reason for the transfer to Kate Chronic, President of TISCA, by October 1st for eligibility determination. chronicks@aol.com

FEES:

Shelby County League fees are \$335.00 payable to the Shelby County High School Swim League is due by October 15th. You should mail this fee to CBHS c/o Don Whittington, 5900 Walnut Grove, Memphis, TN 38120.

TISCA fees and deadlines are available at www.TISCA.net.

ROSTER :

A copy of your roster that includes each swimmer's full name, year in school, and gender needs to be emailed to margiewray@yahoo.com by October 15. **If you add swimmers throughout the season, please email those additions.**

WEBSITE:

All Shelby County Swim League information, heat sheets, results, etc. will be posted on the High School Dashboard on www.MemphisThunder.org. This will be our main source of information. However, any school or local team also wishing to post League information is welcome to do so.

MEETS

LEAGUE RELAYMEET:

The league will host a relay meet this year at St. George's High School on Saturday, October 22. More information will follow. This will count as a meet for swimmers, however no times will be used for County qualifying times, not even the lead off swimmer.

LOCAL/DUAL MEETS:

FACILITIES: Local meets will be held at the Bartlett Recreation Center and St. George's High School. Both are 8-lane, 25-yard pools.

FORMAT: Two meets will swim on each date, sessions 1 & 2. Girls start first with odd numbered events, and the boys have even numbered events. Format "A" will be one half of the full slate of events, and format "B" the other half. Both sessions of the 500 freestyle in format "B" will swim at the same time, between sessions. The 500 free will swim 5 minutes after the 1st session ends. Therefore, if you are in session 2 and have swimmers in the 500 free, you and your swimmers will need to arrive at least 45 minutes after the 1st session starts.

SWIMMER LIMIT: Swimmers may enter 2 individual events and 2 relays. Swimmers may not swim 3 individual events and 1 relay.

ENTRIES: Entries must be e-mailed no later than two days before the meet to margiewray@yahoo.com. Hy-Tek entries are preferred. Entry reports will be emailed back to coaches for corrections within 24 hours. **CHECK YOUR EMAIL AND THE REPORT FOR ERRORS.** Heat Sheets will be emailed and posted on the High School Dashboard o the day prior to the meet. Meet entry cards are still required for timing results.

MEET EVENT CARDS: Swimmers must have one event card for each race they will swim. Relays need one event slip per team per event. Swimmers will take their event card to the block and give them to the timer, before their race. Cards can be found on the High School Dashboard.

- Coaches: Fill out cards completely with male or female, event number, swimmer's full name, school, distance, stroke, and heat and lane from heat sheet. Please avoid using dark red cards since pencil does not show up clearly.
- Timers: Will fill in with stop watch times
- Runner: Will pick up the event slip and take to the scorers' table
- Scorers: The scorers will determine the official time and place.

SCORING: 8 places will score with points 9,7,6,5,4,3,2,1. Relays score double. All events are scored as timed finals.

SCHOOL SCORING LIMIT: Each school can only score points for 3 swimmers per individual event and “A” relays per relay event.

DISQUALIFICATIONS: Following TISCA rules, we will use USA Swimming rules, NOT high school. USA Swimming certified stroke and turn officials will be used.

VOLUNTEERS: We need 16 timers, a head timer, a runner, and two scorers per meet. Please ask your parents to help whenever they can. Swimmers can also help at meets they are not swimming.

GERMANTOWN INVITATIONAL:

Germantown Swim Team will host an invitational on Saturday afternoon, December 10th open to all teams in the Shelby County League. It will count as a local meet for the Shelby County Championship. Fees and deadlines are determined by Germantown Swim Team.

COUNTY CHAMPIONSHIP MEET:

FACILITIES: County Championships will be held January 28. Host team will be determined at the League meeting.

FORMAT: The County Championship is open to all Shelby County High Schools who have paid their county dues. It will be a timed final meet.

FEES: To be determined at the League meeting based on host teams bid.

ENTRY DEADLINE: Friday, January 20

ELIGIBILITY: Swimmers must have achieved a Championship Meet qualifying time during the 2011-2012 swim season at a local/dual meet in order to be eligible to swim in the meet. Last years times, or USA Swimming times are not acceptable. Relays will not have qualifying times; however individuals must have qualifying times in order to enter the meet.

Swimmers must swim in three (3) local/dual meets in order to be eligible for the Championship Meet. The Germantown Invitational and the Relay Meet are considered local/dual meets. Qualifying times are attached and on the High School Dashboard.

Only times achieved in our league meets this year will be used for seeding at the Championship Meet.

SWIMMER LIMIT: Swimmers may enter 2 individual events for which they have achieved a qualifying time and 2 relays **OR** 1 individual event for which they have achieved a qualifying time and 3 relays. Swimmers may not swim 3 individual events and 1 relay.

EXHIBITION: There will be no individual exhibition entries. All individuals entered must have qualifying times. EXHIBITION RELAYS WILL BE ALLOWED, BUT ONLY WITH SWIMMERS WHO ARE NOT SWIMMING AN INDIVIDUAL EVENT. You may “finish” off a relay with other swimmers. For example - If you have 2 swimmers not swimming in an individual event, you may enter ONE exhibition relay (your choice), and have 2 other swimmers.

SCHOOL ENTRY LIMIT: 4 swimmers per individual event, 1 relay per relay event.

SCORING: Only the fastest 3 swimmers and “A” relays per school are eligible to score. There are no exhibition entries in individual events.

20 PLACES: 21, 19, 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. Relays are awarded double points. All events are timed finals.

AWARDS: Individual awards 1-20. Only the top 20 score and receive awards. Team awards will be given to the top five men's, women's, and combined teams.

DISQUALIFICATIONS AND MISSED RACES: USA Swimming rules will apply. USA Swimming certified stroke and turn officials will be used. Swimmers who miss a race will be allowed to swim if there is room, but will not score. No new heats will be added.

STATE CHAMPIONSHIP MEET

MEMBERSHIP: TISCA (Tennessee Interscholastic Coaches' Association) oversees the State Meet. All guidelines and qualifying times can be found on their web site www.tisca.net.

DUES: Schools must be current TISCA members. Dues are \$15 and are due October 1st. Late fees are an additional \$25. Check the TISCA web site for additional State Championship entry fees.

TRANSFERS: Transfers to your school must be cleared through TISCA before they are eligible to swim. Submit their name, the school he/she is transferring from and to, and the reason for the transfer to Kate Chronic, President of TISCA, by October 1st for eligibility determination. chronicks@aol.com.

DATE: The meet will be held Friday, February 10 and Saturday, February 11 at the the Centennial Sportsplex in Nashville, TN. Meet information will be available at on our high school dashboard and www.swimnac.com as it comes available.

COACHES' MEETING: There is an annual membership meeting of TISCA each year at the State Swimming Championships. Check the TISCA website for date and time.

State and County Championship Meet 2011-2012 Time Standards

Women		Event	Men	
State	County		County	State
02:14.90	02:55.00	200 Freestyle	02:59.00	02:01.20
n/a	00:39.50	50 Backstroke	00:41.00	n/a
02:32.30	03:10.00	200 Individual Medley	03:10.00	02:18.20
00:27.30	00:33.00	50 Freestyle	00:30.00	00:24.10
n/a	00:42.00	50 Breaststroke	00:44.00	n/a
01:09.80	01:38.00	100 Butterfly	01:40.00	01:01.80
01:00.50	01:10.50	100 Freestyle	01:09.00	00:54.00
06:07.10	07:30.00	500 Freestyle	07:30.00	05:37.10
n/a	00:37.50	50 Butterfly	00:40.00	n/a
01:09.50	01:36.00	100 Backstroke	01:41.00	01:02.30
n/a	01:31.00	100 Individual Medley	01:41.00	n/a
01:17.60	01:31.50	100 Breaststroke	01:42.00	01:09.70