

**New Hampshire Interscholastic Athletic Association  
2010 Swimming and Diving Championships  
University of New Hampshire  
Durham, N.H.  
February 12-13, 2010**

**SITE:** U.N.H. Swazey Pool, Durham, New Hampshire is a 25-yard pool with six (6) lanes with non-turbulent lane lines, fully automatic Colorado Electronic timing system and a full six-lane scoreboard. The pool also has a diving well, warm-up and warm-down area. The starting end is minimum four feet deep. Capacity of the pool deck is 232 people. The pool also has a spectator area with seating capacity of 610.

**COMPETITION:**

Diving: Friday evening 5:30 p.m.

Division I: Saturday 8:30 a.m.

Division II: Saturday 4:30 p.m.

**MEET DIRECTOR:** Patty Deschaine

**MEET REFEREE:** MaryAnne Lustgraaf

**DIVING REFEREE:** Bob Menck

**RULES:** NFHS 2009-10 Rules and NHIAA 2009-10 Policies and Procedure Manual

**MEET FORMAT:** All individual events and relay events will be swum as timed finals events.

**ENTRY RULES:** Entries must be submitted on DirectAthletics [www.directathletics.com](http://www.directathletics.com) by 1:00 p.m. Friday, February 5, 2010.

**RELAY ENTRY RULES:** Any swimmer entered in the meet, or designated as an alternate, is eligible to swim relays. "Relay only swimmers" need to be designated as a member or alternate on one or more relays in order to be eligible for relays. **All relay teams must include one or more qualified athletes entered in the meet.** No team may enter more than **three (3) male and three (3) female** relay only swimmers on their team roster.

All relays will be swum as timed finals. All relay cards will be due by the times listed below. (These times may be adjusted by the meet director based on the time line of the meet)

Division I

200 Medley Relay – 7:45 a.m.

200 Free Relay – 10:00 a.m.

400 Free Relay – 11:00 a.m.

Division II

200 Medley Relay – 3:45 p.m.

200 Free Relay – 6:00 p.m.

400 Free Relay – 7:00 p.m.

**SWIMMING WARMUP:**

Division I warm-up 7:00-8:30 a.m.

Division II warm-up 3:00-4:30 p.m.

Warm-up assignments in ½ hour blocks will be made after entries are completed and will be posted on the NHIAA website at [www.nhiala.org](http://www.nhiala.org)**ALL INDIVIDUAL EVENTS IN THE PRELIMINARY HEATS EXCEPT BACKSTROKE WILL START WITH THE PRECEDING HEAT IN THE WATER.****ENTRY QUALIFICATION TIMES:****Tournament Qualification Standards  
Swimming: Division I**

<b>Event</b>	<b>Boys</b>	<b>Girls</b>
50 Freestyle	25.69	28.09
100 Freestyle	58.29	1:01.99
200 Freestyle	2:09.99	2:15.99
500 Freestyle	6:01.99	6:15.99
100 Butterfly	1:08.99	1:11.69
100 Backstroke	1:09.29	1:11.89
100 Breaststroke	1:15.19	1:20.89
200 Individual Medley	2:28.39	2:36.29

**Tournament Qualification Standards  
Swimming: Division II**

<b>Event</b>	<b>Boys</b>	<b>Girls</b>
50 Freestyle	25.69	28.19
100 Freestyle	58.29	1:02.89
200 Freestyle	2:12.89	2:19.99
500 Freestyle	6:11.49	6:15.99
100 Butterfly	1:08.59	1:13.99
100 Backstroke	1:10.99	1:11.99
100 Breaststroke	1:16.99	1:21.99
200 Individual Medley	2:29.99	2:39.49

**DIVING:** Divers will complete preliminary rounds of eight (8) dives, including one dive from each of the five (5) categories. The top six (6) male and female divers will advance and complete their remaining three (3) dives with their Division on Saturday. Divers may modify their dive sheets for preliminaries by 4:00 p.m. on February 12, 2010 and up to one hour prior to the scheduled start of diving within their Division on Saturday, February 13, 2010.

**DIVING WARM-UP:** Will begin at 3:30 p.m. on Friday, February 12, 2010.

**DIVING ENTRY RULES:** Divers shall have successfully completed (a score greater than zero) a minimum of eleven (11) different dives in competition during the qualifying period: Two (2) different dives from each of the five (5) categories and one (1) additional optional dive from any of the five (5) categories to total a minimum of eleven (11) different dives. No diver shall attempt a dive at the State Championship Meet that he/she has not completed at least once during the qualification period.

An official diving form, completely filled out, listing all 11 dives (including signature of athlete and coach) with voluntary dives circled, must be submitted for each diver and sent to the NHIAA office (by February 5, 2010). Divers will be allowed to change dives up to 1 hour before the start of each diving competition.

**AWARDS:** NHIAA Championship and Runner-up plaques will be awarded to the respective Champion and Runner-up team for boys and girls. Custom medals will be awarded for first through sixth place in all events; custom ribbons will be awarded for seventh through twelfth place in all events .

**AWARDS PRESENTATION:** The first through sixth place swimmers are required to remain in the starting area immediately following their event to be acknowledged.

**COACHES' MEETING:** There will be a coaches' meeting to which each team must send one coach at 8:00 a.m. for Division I and 4:00 p.m. for Division II at a location to be designated by the meet director.

**SHAVING:** No shaving is permitted within the swimming venue.

**VERIFICATION:** All qualifying times will be considered verified if they have been verified by a referee and submitted to Direct Athletics and posted on their website. All individual swimmers must have completed the four (4) meet minimum and met the meet qualifying time. Swimmers who have not met these requirements will not be allowed to enter on Direct Athletics.

**DECK RESTRICTIONS:** The number of swimmers and coaches on deck will be limited due to fire codes. A separate staging area will be available for team personnel that are not allowed on deck at any one time.

**COMPETITOR SEATING:** Each NHIAA school entered in the meet will be assessed a \$25.00 competitor seating fee. This fee will be assessed once for the whole weekend.

**ADMISSION AND FEES:**

FRIDAY	\$ 5.00 STUDENT	\$7.00 ADULT
SATURDAY	\$ 7.00 STUDENT	\$10.00 ADULT

Only those swimmers entered in the meet will be admitted to the competitor seating area. All others are required to pay the admission fee.

**PROGRAMS:** Will be available at the meet.

**SCRATCHES:** The scratch time for all events is 30 minutes prior to the start of the event. An athlete who intends to scratch an event for finals must scratch within 30 minutes of the conclusion of the final individual event of the trials session (Rule 3(2)(4)). Alternates must be ready to swim at the time the event is announced. All scratched events still count as an event for the athlete.

An athlete who is entered in a an event who intends not to swim must indicate to the Referee an intention to declare a false start prior to the time the heat is called to the starting blocks (Rule 3(2)(3)).

**MEET COMMITTEE:** The Meet Director will designate a Meet Committee consisting of two (2) coaches, the Meet Director, the Meet Referee, the Diving Referee and one (1) athlete.

**UNH FOOD SERVICE:** Following the Saturday morning preliminaries, the UNH Dining Service will provide a lunch meal at a designated dining hall for a set fee. Information as to the location and time and advance reservations will be available via a flyer that will be circulated to teams. **ADVANCE RESERVATIONS MUST BE MADE.**

**DIRECTIONS:** Take the Route 155A exit off Route 4 in Durham. The pool is in the athletic complex on the right.

**PARKING:** Parking is available for busses in the Mast Lot II (Dirt Lot) without a permit on Friday, with parking available for cars in the Visitors Information Center Parking lot. All other posted parking restrictions for all other lots, meters, etc. will still apply. If you are coming for warm-ups on Friday before 4:00 PM, you will need to park at a metered spot to avoid a ticket. Please be considerate of the students and other users of the UNH facilities.

**MEET OF CHAMPIONS QUALIFICATION:**

- The top nine (9) qualifiers from each event (individual events and relay events) in both the Division I and Division II Tournaments will qualify for the Meet of Champions.
- An individual athlete who has qualified in either an individual event or as a member of a qualified relay, at the Divisional Tournaments, will be eligible for the Meet of Champions relay teams.

**AWARDS REMINDER:** Upon conclusion of the State Meet, please be sure to collect your awards (medals and ribbons) from the Meet Director.