

Swim & Dive

TO: City Conference Swimming and Diving Coaches
FR: Scott Giusti
DA: April 3, 2018
SUBJ: **2018 CITY CONFERENCE SWIMMING AND DIVING MEET**

Dick Draz once again has accepted the responsibility of managing the 2018 City Conference Swimming and Diving Prelims and Finals. The swim meet will be held at the **Coggan Family Aquatic Center at La Jolla High School** and the diving meet will be held at **Mesa College Pool**. Details for the meet are outlined below. Please note this information can also be downloaded at www.sandi.net/athletics , **click** on City Conference then Tournaments.

1. **Meet Management:**

Manager: Dick Draz—Cell phone: (858) 922-5419
Asst. Manager: Randy Frankie—Cell Phone: (619) 884-7709
Asst. Manager: Jim Fegan—Mesa College Pool: (619) 388-2452

2. **Meet Site:**

Diving Meet—Mesa College Pool
Swim Meet—Coggan Family Aquatic Center

3. **Dates:**

Girls' Prelims: Tuesday, May 1, 5:10 PM *Warm-up at 3:30 PM
Boys' Prelims: Wednesday, May 2, 5:10 PM *Warm-up at 3:30 PM
Diving: Thursday, May 3, 3:00 PM *Warm-up at 2:00 PM
Finals: Friday, May 4, 5:10 PM *Warm-up at 3:30 PM
**See Item 12, page 3*

NOTE: DO NOT ENTER POOL AREA PRIOR TO 3:00 PM for SWIMMING and 2:00 PM for DIVING

4. **Events:**

The same order of events as in dual meets. Diving will be held on Thursday, May 3, Mesa College Pool.

5. **Entries:**

Entries must be submitted electronically only. Paper copy is to be used as your worksheet and for back up purpose only. Each team is allowed **FOUR SWIMMERS** for each event (**INCLUDING DIVING**) and one alternate, and one relay team with participants and alternates listed.

Diving competition will consist of a six (6) dive final. The voluntary dive will be the forward dive and five (5) optional dives, coming from at least four of the five groups, and may include any of the dives other than the voluntary dive. See Rule 9, Section 4—article 6-8 in the 2018 Swimming and Diving Rule book, page 79. To qualify for this City Conference Diving Championship, automatic entry is 145 or better for six dives. Consideration is given 130–143.

The voluntary dive for this year's CIF will be the twist dive.

For further information, please contact Jeff Owens at (562) 714-0559.

Note: On Saturday, May 5, 2018, at Fallbrook High School, the CIF San Diego Section will sponsor an eleven dive championship. If you are interested please contact Sean or Mary Redmond at (760) 728-9244 (home) or by email at seanmary@AOL.com.

Note: In 2010, league representatives voted to implement an entry system that promotes participation by all teams in the league. The details and rules are as follows:

Each school may enter one swimmer in the 50FR, 100FR, 100BA, 100 BR, 100 FLY and 200 IM, regardless of the event time standard. However, if a school wishes to enter two or more individuals into an event (*up to the maximum of four entries per individual event*) all entries into the event (*stroke and distance*) must meet the event time standards.

To enter one or more athletes into all other events each swimmer must meet the event time standard.

THE MINIMUM TIME STANDARDS FOR THIS CONFERENCE MEET 2018

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
*	200 Medley Relay	*
2:22.00	200 FREESTYLE	2:07.00
2:34.00	200 I.M.	2:24.00
: 28.50	50 FREESTYLE	:24.50
145.00 pts	DIVING	145.00 pts
1:12.22	100 BUTTERFLY	1:03.00
1:02.00	100 FREESTYLE	:54.80
6:27.00	500 FREESTYLE	5:44.50
*	200 Free Relay	*
1:15.50	100 BACKSTROKE	1:07.50
1:23.00	100 BREASTSTROKE	1:13.50
*	400 Free Relay	*

*There are no minimum time standards for the relays. See note above

DEADLINE FOR ENTRIES:

All entries must be sent **electronically** to Mike Saltzstein at cifentry@att.net by no later than **3:00 PM on Saturday, April 28, 2018**. If you need assistance with entering the data you must contact Mike Saltzstein to set up a meeting time. You can reach Mike at cell/text (619) 405-7660 or at home (619) 445-7660. You may email him at mikesaltzstein@att.net.

The electronic input in the Hy-Tek Meet Manager System is mandatory (Page 4). It is the coach's responsibility to ensure that athletes are entered. **Please note: if the entries are not submitted electronically there will be no entries.**

6. Officials/Timers:

Two officials will be provided by the City Conference from the San Diego County Swimming Officials Association. **Remember: Each school must provide 2 qualified timers with 2 good digital watches. They should be at the meets held on Tuesday, Wednesday, and Friday at 4:30 p.m. each day**

7. **Checking In:**
 Swimmers will check in at starting block at least one event prior to the beginning of their event.
8. **Coaches' Meeting:**
 There will be a coaches' meeting at **5:00 PM** each day on the pool deck by the officials' table for the purpose of scratches and resolving any problems.
9. **Supervision:**
 Each school is requested to provide one certificated supervisor in addition to the head swimming coach.
10. **Rules:**
 The meet will be governed under the 2018 National Federation Swimming and Diving Rules.
11. **Refreshments:**
 Concessions will be handled by La Jolla High. PLEASE - Clean up your area at the end of each day's competition.
12. **Warm-up Times and Lane Assignments -**
 Prelims and Finals: If you want to warm up in the competition lanes please see times below.

3:30-4:00 PM	Lane No.	4:00-4:30 PM	Lane No.	4:30-5:00 PM
Sprints	1	Sprints	1	Sprints
OLP/St. Augustine	2	Cathedral Catholic	2	University City
La Jolla Country Day	3	Bishop's	3	San Diego
Patrick Henry	4	Pt. Loma	4	Serra
Mission Bay	5	Clairemont	5	Mira Mesa
Hoover	6	Christian	6	Kearny
La Jolla	7	Coronado	7	Scripps Ranch
Sprints	8	Sprints	8	Sprints

13. **Meet Responsibilities:**

	<u>Girls' Prelims/Finals</u>	<u>Boys' Prelims/Finals</u>
Seeding	Mike Saltzstein	Mike Saltzstein
Programs	Sandra Garibay	Sandra Garibay
Announcer	Richard Draz	Richard Draz
Official	Bob Eisele	Bob Eisele
Score Table	TBD	TBD
Posting of Time	Mira Mesa/Mission Bay Pt. Loma	Mira Mesa/Mission Bay Pt. Loma
Results to Paper	OLP/St. Augustine	OLP/ St. Augustine
Clean-up	<i>Every School is responsible for their own area.</i>	
Runners	La Jolla	La Jolla
Timers	Scripps Ranch	Scripps Ranch
Records	Mike Saltzstein	Mike Saltzstein
Diving	Cathedral Catholic	Cathedral Catholic

Please see the instructions for entering CIF-San Diego Section Swimming and Diving Championships on page 4.

Instructions for Entering City Conference and CIF – San Diego Section Swimming and Diving Championships

1. **Plan Ahead.**
2. Download Hy-Tek TeamManager Lite. If you have a full version of Team Manager, follow the instructions that came with the program.
www.hy-tek.com/downloads.html#swimdemo. Run the Download.
3. Program will install on your computer, you will have to accept the license agreement and click “ok” a couple of times. You may have to download the program again even if the program is still on your computer from last season.
4. This program will put an icon on your Desktop, “TM Lite”.
5. Double click on the TM Lite Icon.
6. The first time (*and only the first time*) you run the program you must set the program up for your High School. File/Open and enter your school name.
7. If you need an event file please contact Mike Saltzstein at cell (619) 405-7660 or home (619) 445-7660. You may also email him at mikesaltzstein@att.net.
8. Now go to the FILE tab, open IMPORT then Meet Events and find the file you have as an enclosure, or you downloaded from the CIF web-site. Follow the on-screen instructions.
9. Then click on the TEAM tab on the top of the screen and enter the information about your school. Once done, leave the menu by clicking on the SMALL “x” on the second line at the right of the screen.
10. Next click on the ATHLETES tab and enter ALL of your team swimmers. You are only required to enter their first and last name, and school year. Please use FR, SO, JR or SR for school grade level.
11. Proceed to the MEETS (select the option to enter by event or name). Use the Custom entry time field to enter the athlete (or relay’s time). The system will automatically add the required punctuation; you only need to enter the numbers. Relays can only be added using the “by event” option.
12. Next, print and **VERIFY** that all your athletes are in their proper events by **PRINTING** a copy of your entry. REPORTS tab, PERFORMANCE, MEET ENTRIES. **Please check for ALL Swimmers, Divers and Relay Teams, including Relay only Swimmers.** Athletes not submitted properly **WILL NOT be able to participate in the championship (prelims or finals)**. Save with your TEAM initials and email file as an attachment to CIFentry@att.net.
13. If you have not received an email confirming that your entries are received by **3 PM, Saturday, April 28, you MUST resubmit your entries. Entries or changes received after 3 PM on May 28^h, will not be accepted.** Please review the confirmation you receive carefully and prior to the deadline.
14. Thank you and please **PLAN AHEAD.**