

# 2019 NEPSAC DIVISION II SWIMMING & DIVING CHAMPIONSHIPS

**DATES:** Diving Trials & Finals— Wednesday, February 27, 2019 @ Williston (D2 & D3)  
Swimming Trials and Finals — Saturday, March 2, 2019 @ Wesleyan University

**SCHEDULE:**

<b>WEDNESDAY, February 27, 2019 @ Williston- Diving</b>	
1:00	Divers arrive and check-in
1-3:00pm	Boys and Girls warm up
3:00pm	Boys and Girls Diving Begins

<b>SATURDAY, MARCH 2, 2019 @ Wesleyan University- Swimming</b>	
7:00am	Swimming Warm-up
9:00am	Swimming Trials
4:00pm	Swimming Finals Warm-up
5:00pm	Swimming Finals

**RULES:**  
2018-2019 *National Federation of State High School Associations Swimming & Diving* rules will govern the meet.

**TIMELINE:**

These deadlines will be strictly enforced. Your cooperation is greatly appreciated.

<b>DEADLINE DATE</b>	<b>SUBMIT</b>	<b>TO</b>
Immediately	NEPSSA dues (\$80 per gender, per team)	David Fox, Andover
<u>Mon. February 18, 2019</u> <u>(7:00 PM)</u>	Team entries and fees.	John Liller, Worcester—Hy-Tek Entries David Fox, Andover—Meet Entry Fees (Check)
<u>Fri. February 22, 2019</u> <u>(7:00 PM)</u>	Completed diving sheets with PROOF OF SCORES (see below)	David Koritkoski, Williston (D2 & D3)
<u>Wed. February 27, 2019</u> <u>(7:00 PM)</u>	Scratch deadline, corrections, updated entry times.	John Liller, Worcester

**FEES:**

1. The **annual membership dues** of **\$80 per team/gender** (\$160 for boys and girls) are due immediately; checks made payable to **NEPSwim** are sent to: **David Fox**, Phillips Academy Andover, 180 Main Street, Andover, MA 01810
2. Meet **entry fees** payable to **NEPSwim** should also be sent to **David Fox**:
  - a. Individual events (entered not swum): **\$7.00/event**
  - b. Relay events (entered not swum): **\$15.00/ relay team** (\$30.00 for A and B relays)

### **ENTRIES:**

1. All swimming & diving entries are due by 7pm on Monday, Feb. 18, 2019. Any number of entries may be made in individual events but must be scratched down to **FOUR** entries per team per event by the scratch deadline (Wednesday, February 27, 2019 @ 7pm). **NOTE: ONLY THE TOP THREE SWIMMERS IN TRIALS FROM EACH TEAM ARE ELIGIBLE TO ADVANCE TO THE FINALS AND SCORE POINTS.** The fourth place swimmer's result will count as an exhibition swim.
2. Any number of competitors may be entered in either the A or B relays at \$15.00 per relay entered.
3. Relay cards will be given to the coaches prior to the finals so that the names of the swimmers actually swimming in the relay events may be submitted to the head table. Be sure to deliver the card to the table, as this will be the only record of who has swum in the relay. Relay cards improperly submitted or not submitted will result in the disqualification of the relay.

### **MEET ENTRY FILE:**

1. Use Hytek Meet Manager and return directly to John Liller. ([john.liller@worcesteracademy.org](mailto:john.liller@worcesteracademy.org)), Meet Entry Coordinator, by the deadline. See the league website for the meet entries file and/or Hytek Meet Manager Lite for those teams not yet using the program.
2. All times submitted should have been accomplished during the 2018-2019 season in interscholastic competition and recorded in short course yards. It is essential that coaches take care to be accurate *to the .00 decimal*.
3. For meter swims, convert according to the accepted meter conversion table in the 2018-2019 Federation Rule Book.
4. We are publishing once again a list of "suggested cut off times" for all teams to use at their discretion and as appropriate (please see the end of this document). The coaches in the league have agreed to respect each team's decision in regard to their entries, understanding that we are acting in good faith, balancing competing desires and needs.
5. In the interest of the best possible competition, fairness, and integrity, all submitted times should be the fastest times achieved in N.E.P.S.S.A. official league competition and during the winter 2018-2019 interscholastic season.

### **PSYCH SHEETS:**

Copies of the completed entries (psyche sheets) will be sent to you as soon as John Liller has them prepared. If any mistakes are detected in our compiling of your entry, please call David Koritkoski at 413-695-1173 or John Liller at 508-839-5211 immediately or send an email: [john.liller@worcesteracademy.org](mailto:john.liller@worcesteracademy.org).

This year we are once again allowing the entry of two relay teams per school. The B relay cannot score points, but will allow swimmers who do not ordinarily swim at night to be part of the excitement of finals. Please be careful to distinguish the A and B relay times. Any relay submitted without a time will be entered at "No Time." You may enter as many swimmers as you wish.

**NOTE: The 200-yard medley relay, 500-yard freestyle, 200 free relay, and 400 free relay are all timed final events. All relays are swum in the evening sessions only.** Those swimmers seeded slower than the 16th seeded swimmer in the 500-yard freestyle will swim in the trials session only, but their times will qualify them in place according to all the times swum in the event, afternoon and evening. The top sixteen seeded swimmers in the 500-yard freestyle will swim in the finals session only. Final placement will be determined when the entire event has been contested.

**ELIGIBILITY:**

The meet is open to any swimmer or diver attending a member school of the New England Preparatory School Swimming Association (NEPSSA). **Membership in NEPSSA is defined using the following three criteria:**

1. The school must be a member of NEPSAC.
2. The school must have a varsity swim program.
3. The swim program must have competed against two (2) other NEPSSA member teams.

**DIVING COMPETITION:**

All divers from Division II will compete all 11 of their dives at the meet held on Wednesday afternoon, February 27<sup>th</sup>. The diving event will be completed in its entirety on Wednesday afternoon.

**DIVING ENTRIES:**

Diving entry sheets will be made available on the [www.nepssa.org](http://www.nepssa.org) website close to the meet entry season. Please use this form only. A standardized format will help the efficiency of the scoring table. Dive sheets must be emailed to David Koritkoski by February 22, 2019. Any changes may occur on deck during warm-up as long as they are made 30 minutes prior to the beginning of the trials. Dives and diving sheets must be in accordance with the specifications for championship competition in the National High School Federation 2018-2019 rule book.

**COACHES' MEETINGS:**

There will be a coaches' meeting in the upstairs conference room prior to the start of both the swimming trials and finals.

**SCORING & AWARDS:**

The top sixteen finishers will be awarded points toward the team scoring as follows:

Place	Relay	Individual	Place	Relay	Individual
<b>1st</b>	40	20	<b>9th</b>	18	9
<b>2nd</b>	34	17	<b>10th</b>	14	7
<b>3rd</b>	32	16	<b>11th</b>	12	6
<b>4th</b>	30	15	<b>12th</b>	10	5
<b>5th</b>	28	14	<b>13th</b>	8	4
<b>6th</b>	26	13	<b>14th</b>	6	3
<b>7th</b>	24	12	<b>15th</b>	4	2
<b>8th</b>	22	11	<b>16th</b>	2	1

Medals will be awarded to the top 3 finishers and ribbons to the fourth through sixteenth-place finishers in relay and individual events. Team trophies will be awarded to the winner and runner-up teams in each division.

The Babcock and Robertson Awards will be awarded to the male and female competitors, respectively, receiving the most votes from the head coaches at each of the divisional meets. **IT IS VITAL TO HAVE 100% OF THE COACHES VOTE ON THESE AWARDS!**

**TIMERS AND WATCHES:**

Each participating school is expected to furnish three timers each day. They will be called for at the appropriate time on the pool deck. It is assumed that the designated timers will be present for both the trials and the finals.

Each participating school is also expected to provide stopwatches calibrated to 1/100 of a second before the start of the swimming trials each day. Please put your school's name on the back of each watch and retrieve these watches at the conclusion of the meet.

**MEALS:** Wesleyan University will not be providing meals for swimmers.

**COACHES' INFORMATION PACKETS:** May be picked up on the pool deck beginning at 7:00 A.M. Saturday.

**LOCKERS, RAZORS, TOWELS, SECURITY, DECK SPACE, & SAFETY:**

- Only athletes and coaches are permitted in the locker rooms and on the pool deck.
- Towels will not be available.
- Razors and shaving cream are prohibited in the locker rooms and on the pool deck.
- No lockers will be available and teams are reminded that Wesleyan will not be responsible for lost or stolen items.
- Absolutely no glass containers should be brought into the pool area.
- No food is to be brought on deck and absolutely no valuables should be left anywhere.
- We ask that teams and spectators abide by the host school's campus security's special directions for parking and traffic circulation this weekend.
- We ask that coaches please make their athletes and parents aware that spectator seating is limited and that, as guests, we will not have access to the entire facility.

**FRIDAY NIGHT WARM UP:**

- Please note that the pool will NOT be available for swimming warm up on Friday evening.

**IMPORTANT ADDRESSES, PHONE NUMBERS, EMAILS at a glance:**

- ***NEPSSA Membership Dues, New Englands Meet Entry Fees:***

David Fox Phillips Academy Andover 180 Main Street Andover, MA 01810	N.E.P.S.S.A. Treasurer  Phone: Email: <a href="mailto:dfox@andover.edu">dfox@andover.edu</a>
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- ***Information, etc.***

David Koritkoski The Williston Northampton School 19 Payson Ave Easthampton, MA 01027	N.E.P.S.S.A. President  Phone: (413) 695-1173 Email: <a href="mailto:dkoritkoski@williston.com">dkoritkoski@williston.com</a>
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Keith Moon The Hotchkiss School PO Box 800 Lakeville, CT 06039	N.E.P.S.S.A. Vice President  Phone: Email: <a href="mailto:kmooon@hotchkiss.org">kmooon@hotchkiss.org</a>
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- ***NEW ENGLANDS' COMPUTER ENTRIES, SCRATCHES:***

John Liller Worcester Academy 81 Providence St. Worcester MA, 01604	  Fax: (508) 363-3481 Email: <a href="mailto:john.liller@worcesteracademy.org">john.liller@worcesteracademy.org</a>
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- ***DIVING ENTRY SHEETS (D2 & D3):***

David Koritkoski	Due February 22, 2019 by 7pm Email:
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- ***DIVISION II MEET DIRECTOR:***

David Koritkoski The Williston Northampton School 19 Payson Ave. Easthampton, MA 01027	Phone: 413-695-1173 Email: <a href="mailto:dkoritkoski@williston.com">dkoritkoski@williston.com</a>
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## **2019 NEPSAC Swimming and Diving Championships Suggested Cut-Off Times**

<u>Event</u>	<u>D2 Girls</u>	<u>D2 Boys</u>
200 Freestyle	2:35.00	2:25.00
200 IM	2:55.00	2:45.00
50 Freestyle	0:33.00	0:30.00
100 Butterfly	1:30.00	1:20.00
100 Freestyle	1:10.00	1:00.00
500 Freestyle	7:00.00	6:35.00
100 Backstroke	1:25.00	1:15.00
100 Breaststroke	1:35.00	1:25.00

### **Diving Requirements for D2 NEPSAC Championships:**

1. Divers must have participated and legally completed a six dive program in at least 2 meets for their school during the season. (this is consistent with the rules for swimmers).
2. Divers must have scored at least 145.00 points in one of those meets.
3. Coaches must certify that they are comfortable with each dive on their diver's sheets and that they can complete each dive safely. The meet committee reserves the right to disqualify any divers who violate the spirit of this policy.