

NSCIF DIVISION 1 SWIMMING CHAMPIONSHIPS

LOCATION: West Valley High School

DATE: Thursday October 27, 2011

Warmups: 10:30am to 11:45a.m. Meet starts at Noon.

ENTRIES:

1: All competitors must meet California State CIF requirements for the 2011-2012 school year, and the following to enter the Divisional meet--a. Swimmers must swim in two high school dual meets. b. Swimmers must swim in a CIF sanctioned league championship meet.

2: Complete the NSCIF Entry Form in its entirety. Schools must list each swimmer's first and last name, **year in school**, as well as enter the best times for all swimmers and relays. The names of 3 adults that will work at the meet must be listed.

3: Entries must be received by Saturday, October 22, 2011. Late entries will not be entered into the meet. Email entries to Stacey Woodard at swimclerk@yahoo.com.

4: Individual swimmers can swim in 2 individual events and 2 relays **or** 1 individual event and 3 relays. Each team can enter only one relay team per relay event.

CHECK-IN: All swimmers must be checked in by their coach no later than 11:30 a.m.

SCORING: Team scoring will be awarded through 16 places as follows: 20, 17, 16, 15, 14, 13, 12, 11 for places 1st thru 8th; 9, 7, 6, 5, 4, 3, 2, 1 for places 9th thru 16th. Relays are double the individual score.

Coaches, please adhere to the following NSCIF TIME STANDARDS when entering your swimmers:

GIRLS---- 200 free-2:30; 200 I.M.-3:05; 50 free-30.00; 100 fly-1:28;
100 free-1:07.5; 500 free-7:15 100 back-1:25; 100 breast-1:30.

BOYS----- 200 free-2:30; 200 I.M.-3:00; 50 free-28.00; 100 fly-1:25
100 free-1:05; 500 free-7:15; 100 back-1:22; 100 breast-1:26

AWARDS: 1ST and 2ND place teams will be awarded.

FEES: Per school-\$30 Per individual-\$2. Per relay-\$8 Due within 14 days of meet.

PAYMENT: Make check payable to NSCIF and mail to: Liz Kyle, 2241 St. George Lane Suite 2, Chico, CA 95926

MORE INFO: Jim Stack, Swim Advisory Committee Chair and Meet Director, 241-4161; jstack@suhsd.net