



MPSSAA SWIMMING AND DIVING BULLETIN

State Championships - February 24-25, 2023

University of Maryland - College Park

I. GENERAL INFORMATION

- A. The Maryland Public Secondary Schools Athletic Association (MPSSAA) is the official governing body for the Swimming Championships. Plans for the tournament will be formulated by the State Swimming Committee and approved by the Board of Control.
- B. Schools choosing to enter the tournament have the responsibility for reading and adhering to the rules and regulations stated in the front section of this publication, as well as those appearing within this Swimming and Diving Bulletin. Unless specifically stated, all rules and regulations stipulated in the NFHS Swimming and Diving Rule Book will be followed.
- C. Eligibility rules for all participants are defined in MPSSAA Bylaw .02 found in the current MPSSAA Handbook.
- D. General regulations for all state tournaments are contained in MPSSAA Bylaw .07, found in both the current Handbook, in the front section of this publication, and in the National Federation of State High School Swimming rules for administration of Championship/Large Meets. (Located on the Swimming and Diving page of NFHS.org)
- E. National Federation rulebooks are distributed by the MPSSAA office to every member school offering swimming. It is the responsibility of each coach to read and know the rules.
- F. Officials do a disservice to the sport and student athlete competitors when they set aside rules that apply to illegal uniforms or permit unsportsmanlike acts because they do not want to appear "too picky" or feel that "it is not a major meet." When those student athletes participate in a major competition, where the rules are enforced according to the code, they think that the rules are unfair or that they should have been warned, etc., because "no one called me on this all year." All too often, parents, coaches, and the media argue that the rules are unfair and that officials do not consider how devastating it is to a student athlete disqualified in a major meet because of an illegal uniform or meet conduct violation such as arriving late to the starting blocks. Certainly, this should not happen. However, such disqualifications are ultimately the responsibility of the student athlete and coach. Meet officials who tolerate illegal actions during the season must also assume some responsibility.
- G. Points of Emphasis
 - 1. Shaving - No on-site shaving before, during, or after a meet (NFHS Rule 3).
 - 2. Excessive celebration - For safety reasons, excessive celebration is prohibited on the pool deck. Example: Throwing a coach in the pool (NFHS Rule 3).
 - 3. A Designated False Start (DFS) counts as an event. A scratch removes the swimmer from the entire meet.
 - 4. Video and other image-producing devices will not be accepted as a basis for an appeal.

2022-2023 SWIMMING & DIVING TIME LINE		
	REGION MEETS	STATE MEETS
Dec. 5First play date		
Feb. 13Deadline for entry into region meets	Feb. 16-18Region Meets	Feb. 24-25State Meets
Feb. 14Scratch/late entry deadline for regions	Feb. 21Seeding of State Meets	Apr. 15.....Reimbursement request due

- H. Each school entering a meet agrees to abide by decisions made by that meet's swim committee. The referee shall resolve protests at dual, triple dual, or tri meets. Protests at the City, County, Conference, or District championships based upon classification or State Meets shall normally be resolved by the Referee. However, if deemed serious enough by the Referee and/or Meet Manager, an Appeals Committee will be convened promptly, to consist of the Meet Manager, Administrative Referee, and Referee, at the site of the meet, to render a decision. The State Rules Interpreter will be a member of the Appeals Committee at the state meet.
- I. The State Swimming Committee has approved the use of Hy-Tek Team and Meet Manager during the regular season. This software will be used during the regional and state meets. All jurisdictions must use the Windows version of HY-Tek Team Manager software to submit entries to the Region managers.
- J. There is a four event limit per competitor with no more than two of which may be individual events as per National Federation Rules.

II. REGION AND STATE MEETS

A. Meet Organization

- 1. Seeding Order.....8 lane pool6 lane pool
 From middle lane4-5-3-6-2-7-1-83-4-2-5-1-6
- 2. Specific information for order of swimming events is listed below. (NFHS Rule 5)
- 3. Meet Directors will be responsible for organizing the meets, securing officials, arranging for First Aid

ORDER OF SWIMMING & DIVING EVENTS

BOYS EVENTS	GIRLS EVENTS
1200-yard Medley Relay	2
3200-yard Freestyle	4
5200-yard Individual Medley	6
750-yard Freestyle	8
9Break/Diving TBD	10
11100-yard Butterfly	12
13100-yard Freestyle	14
15500-yard Freestyle	16
17200-yard Freestyle Relay	18
19100-yard Backstroke	20
21100-yard Breaststroke	22
23400-yard Freestyle Relay	24

services, scoring, and reporting to the Executive Director those who qualify for state competition. ALL MEETS shall be organized and structured in a uniform way for seeding, placement in lanes, etc.

- a. Hand timed (HT) races shall be recorded to one one-hundredth (1/100) of a second. Fully automatic timed races (AT) shall be recorded to one one-hundredth (1/100) of a second.
 - b. All key, paid officials will be registered with the MPSSAA. It is preferred that these officials have no conflict of interest with any participants in the meet. All teams will be expected to provide the names of two adult timers for region meets and state meets who will stay for the duration of the meet if selected.
4. A coaches' meeting will be held prior to the start of their appropriate meet, unless otherwise noted.
- a. A printed meet schedule shall be handed out at the coaches' meeting and followed as closely as possible. Any necessary schedule adjustments will be made at this time. Whether present or not, each coach is responsible for all changes made at the meeting.
 - b. Entry in a relay becomes official when the team declares its four swimmers at the coaches' meeting prior to the meet. The lead swimmer and three others (in no order) will be designated for each

relay. All swimmers, by stroke, will be designated for the medley relays. A form will be provided. Any changes to relays after the coaches' meeting must be put in writing listing the event, swimmer(s) added, and swimmer(s) replaced. It should be given to and approved by the Admin Referee (**Swimmers must be one of the eight already declared in the Team Manager entry file.**)

- c. There will also be the opportunity for deck scratches, before or immediately after the coaches' meeting, using the form provided. A scratch at any time, including missing (failing to swim in) a scheduled event, disqualifies that swimmer or the designated lead swimmer of the relay team from the rest of their scheduled meet events. Teams at the coaches' meeting may scratch relays without penalty prior to the conclusion of the meeting.
 - d. Declared False Starts (DFS) can be stated at the coaches' meeting to all in attendance, including the REFEREE. A DFS made during the meet must be given to the Referee, who will let the field know before the start of the appropriate event and heat. A DFS will count as an event for that swimmer.
5. There will be a break of at least 15 minutes, including at least 10 minutes warm-up in the water just before the 100-yard butterfly. If there is no warm-up/warm-down pool, there will be a five-minute break following the 500 free to allow relay swimmers to get wet.
 6. Region Meet Directors shall email final meet results to State Meet Entry Coordinator Michael Kokoski (mpssaaswimdive@gmail.com) immediately following the completion of their meet(s) for posting on MPSSAA.org and County Sports Zone.

B. Playing Rules

1. All rules not modified here shall be in accordance with the current National Federation rules.
2. Eligible individuals may participate in a region meet provided they have a minimum of three weeks of supervised training and have participated in at least two MPSSAA-sanctioned meets.
3. There is a 8-minute cut-off time for boys entries and 8-minute, 30-second cut-off for girls entries in the 500 freestyle events.
4. Competitors must compete in school approved team uniforms. Suits and caps must meet NFHS guidelines. Team caps must be identical. Failure to comply shall result in a warning for the first offense and an event disqualification for any subsequent offense.
5. Contestants are to report on the first call to the staging area.
6. Team points will be scored to 16th place according to NFHS Championship Meet Scoring Rules.

C. General Policies

1. Each school shall supply its own lap counters and operators for the 500 freestyle events **if requested by the Meet Director**. All teams must bring stop watches for their timers.
2. Only designated officials and participants shall be permitted on deck. Coaches and members of their teams shall remain in their designated areas, from which point the coach can dispatch contestants to the proper location for participation.
3. Electronic audio devices are barred from use at pools during meets, especially around the starting blocks. The rule applies to spectators as well as participants. Any other devices emitting excessive noise will also be silenced.
4. Photography is PROHIBITED from behind the starting blocks (this includes cell phones).

III. REGION MEETS

A. Meet Organization

1. Any swim team that makes formal application (submits Team Manager entry files) by the established deadline (6 PM on February 13th) will be entered in the meet. Files must be emailed to the appropriate region meet managers. The Hy-tek entry report with times must be signed by coach, athletic director and principal, and emailed or faxed to the meet director by 6 PM on February 13th.
2. Late entries, in the correct format, will be accepted up to 24 hours after the deadline, (Late entry deadline: 6 PM on February 14th). A late entry fee of \$100 must accompany the entries. NO entries will be accepted without this fee or in an incorrect format.
3. Team Manager files received after the late meet entry deadline (6 PM on February 14th) will not be accepted. The burden of proof is on the school.
4. The Region Meet Directors are responsible for contacting those schools whose Team Manager files are incomplete or were not received by the deadline.
5. Coaches are responsible for verifying their entries before the file is submitted.
6. Coaches are responsible for emailing or faxing to the Region Meet Director, a team administrative roster of coaches, manager names, and **two** adult timers. This form must be submitted with the Hy-tek entry by the entry deadline date (6 PM on February 13th).
7. This will be a timed finals meet.
8. Entry Guidelines
 - a. **A diving entry does not count towards the entry limits.**
 - b. No more than two competitors from a given school shall be allowed to enter in any individual event with documented times from a regularly scheduled swim meet in 2022-2023 (i.e., based upon a minimum of two “watch times” averaged or electronic timing). Each team will also submit their one automatic relay entry with up to eight swimmers per relay event and the documented seed time. (See II. A. 4. c. for entry in relays.) "No time" entries will not be accepted.
 - c. Competitors that are entered into, compete in, and qualify from their region meet are expected to participate in their State Championship Meet or be subject to “misconduct detrimental to the tournament” and its’ penalties as found in the MPSSAA Handbook.
 - d. **Schools are reminded they must be in compliance of COMAR 13A.06.03.02G related to participation on high school and outside teams.**
9. The Meet Director or Meet Administrator has the right to challenge any entry that is not consistent with a verifiable performance throughout the current Swimming Season. The Meet Director or Meet Administrator will notify the coach of the concern.
10. Directions for Entry
 - a. Go to the MPSSAA Swimming page and click on the link “MPSSAA Swimming Championships Entry Page.”
 - b. If Team Manager is not used during the regular season, download TM Lite and the Team Manager startup database for your region.
 - c. Create a team roster file in this database. This file must include the following information:
 - * Swimmer's last name, first name, middle initial (**Do NOT include date of birth.**)
 - * Gender.

* Three-letter MPSSAA team code only; **No LSC Code (MPSSAA Handbook pages 48-49).**

* Current school year (Example: Fr/So/Jr/Sr).

- d. Create an entry file. Entry limitations (See II. B. 2.) will be enforced.
- e. Export the roster file (An example of the team roster file name being exported and emailed is: LAC - Roster 001.) and the entry file (An example of the meet entry file being exported and e-mailed is: LAC-Entries 001.) from Team Manager.
- f. Print out a meet entry report from Hy-Tek, which includes proof of times. This report shall be signed by the school's Principal, Athletic Director and Swim Coach, and sent to the meet manager. A back up copy brought to the meet is strongly encouraged.
- g. Export a meet attendance report from Hy-Tek. This report is found under Reports > Meet Reports > Number of Meets Attended. Set the date filter for 12/5/2022.
- h. E-mail these four files (team roster file (zip), entry file (zip), meet entry report (pdf), meet attendance report (pdf)) to the Region Meet Manager/Hy-Tek Operator in your region.
**More specific instructions are available on the Entry Page.
- i. A return e-mail will be sent from the Region Meet Manager to confirm receipt of the files (This email does not confirm the validity of the entries, only the receipt of the files.).

11. Diving

- a. State and Region competition will consist of 11 dives per National Federation Rule 9.
- b. Diving shall be administered by a diving referee. There will be five, seven, or nine dive judges. An announcer shall announce the dives, competitors, describe the dives, and the awards given by each judge (NFHS Rule 9).
- c. Official entry card/score sheet with divers' first and last name, and school will be sent to the appropriate Meet Managers through the jurisdictional representative at the same time the swim entries are submitted.
- d. Divers will be limited to two boys and two girls per school.
- e. The top four scores in each region will advance to the State Finals.
- f. If a region does not fill the top four spots or state qualifier must withdraw, the next highest non-qualifier (from any region) shall be invited to the State Meet in order to guarantee a full complement of finalists.

12. All entries are Final at 6 p.m., February 14, 2023. NO events will be reseeded. If a swimmer needs to be scratched from the meet (complete removal from the meet) they may be replaced, in individual events only, by another swimmer on the previously submitted electronic roster who has not exhausted their compliment of events. Scratches must be completed by the end of the coaches meeting.

13. There will be a meeting prior to the region meet for Region Meet Directors/Hy-Tek Operators who are unfamiliar with or who have not worked with the computer software.

14. Each District Representative/Meet Director shall email their region Meet Manager backup files to State Meet Entry Coordinator Michael Kokoski (mpssaaswimdive@gmail.com) immediately following the completion of their meet(s) for the seeding of the State Meets.

B. General Policies

1. Awards: Plaques will be given to the winning boys and girls team in each classification. Ribbons will be

awarded to the top eight finishers in each event.

2. Individuals 7 years of age and older will be charged an admission of \$6.

IV. STATE MEETS

A. Meet Organization

1. The State meet will be seeded from region results, based on time.
2. **Swimming Championships:**
 - a. In addition to the top three individuals and top three relay teams advancing from their region to the state meet, the individual competitors or relay teams who, in their region meet final, are among the top 12 statewide times will qualify for the state meet. (Excluding automatic qualifiers). In the event a tie for 24th, both individuals will be included.
 - b. If a tie exists for third place in a region, both individuals or relay teams will qualify for states and an at-large position will be lost in that event.
 - c. For individual events, the next two **fastest** non-qualifiers (alternates) shall be invited to the state meet in order to guarantee a full complement of finalists. If both alternates have the same time, then their position as first or second alternate will be assigned randomly. An alternate may elect to not swim if doing so would create a situation in which they would exceed the allowable number of swims. Heats will not be reseeded.
3. **Diving Championships:** The top four male and female individual divers advancing from their region will compete at the state meet. If needed the next highest nonqualifier will advance in order to guarantee a full complement of finalists. **Divers will be seeded (regardless of region) based on regional scores.**
4. The 2023 Championships will be held February 24-25 at the University of Maryland, College Park Epley Recreation Center. Information on mpssaa.org.
 - a. Competition for diving will take place Friday, February 24th beginning at 5:00 PM.
 - b. Competition for the 4A/3A meet will take place Saturday, February 25th at 9:30 AM.
 - c. Competition for the 3A/2A/1A meet will take place Saturday, February 25th at 4:00 PM.

B. General Policies

1. Awards: Plaques will be given to the top boys and girls team in each classification. Medals will be awarded to the top three finishers and ribbons will be awarded to the fourth through eighth place finishers in each individual and relay event.
2. Individuals 7 years of age and older will be charged an admission of \$10.

PROJECTED MPSSAA SWIMMING & DIVING CHAMPIONSHIP DATES

2024 - February 23/24

2025 - February 21/22

2026 - February 20/21

REGION DIVING MEET SCHEDULE (Girls Dive First in 2023)

4A-3A West Kennedy Shriver Aquatics Center February 16 (3:00 p.m.)	4A-3A North (inc. Frederick Co.) Kennedy Shriver Aquatics Center February 17 (3:00 p.m.)	3A-2A-1A West Kennedy Shriver Aquatics Center February 17 (3:00 p.m.)
Entry DeadlineFeb. 14 Meet Dir.Michael Good Phone301-471-2571	Entry DeadlineFeb. 14 Meet Dir.Michael Good Phone301-471-2571	Entry DeadlineFeb. 14 Meet Dir.Michael Good Phone301-471-2571

Diving warm-up times shall begin one hour prior to the start of each region meet.

REGION SWIMMING MEET SCHEDULE

4A-3A West Martin Luther King Swim Center February 18 (8:00 a.m.) 7:00 a.m. Warm Up	4A-3A North St. Mary's College February 18 (3:00 p.m.) 1:45 p.m. Warm Up	4A-3A South Fairland Aquatic Center February 18 (9:00 a.m.) 8:00 a.m. Warm Up	4A-3A East Arundel Swim Center February 18 (9:00 a.m.) 7:30 a.m. Warm Up
Entry DeadlineFeb. 14 Meet Dir.Jason Blanken Phone240-286-4699	Entry DeadlineFeb. 14 Meet Dir. Penelope Michaels Phone240-340-2689	Entry DeadlineFeb. 14 Meet Dir.John Venit Phone301-725-7711	Entry DeadlineFeb. 14 Meet Dir.John Adey Phone443-995-5072
3A-2A-1A West Fairland Aquatic Center February 18 (3:00 p.m.) 2:00 p.m. Warm Up	3A-2A-1A North Magnolia Middle School February 18 (10:00 a.m.) 8:30 a.m. Warm Up	3A-2A-1A South St. Mary's College February 18 (9:00 a.m.) 7:45 p.m. Warm Up	3A-2A-1A East Arundel Swim Center February 18 (3:00 p.m.) 1:30 p.m. Warm Up
Entry DeadlineFeb. 14 Meet Dir.John Venit Phone301-725-7711	Entry DeadlineFeb. 14 Meet Dir.Chris Bley Phone301-752-1538	Entry DeadlineFeb. 14 Meet Dir. Penelope Michaels Phone240-340-2689	Entry DeadlineFeb. 14 Meet Dir.John Adey Phone443-995-5072

STATE MEET SCHEDULE

Diving Championship (All classes) University of Maryland - Eppley Recreation Center February 24 (5:00 p.m.)	4A-3A Swimming Championship University of Maryland - Eppley Recreation Center February 25 (9:30 a.m.)	3A-2A-1A Swimming Championship University of Maryland - Eppley Recreation Center February 25 (4:00 p.m.)
Meet DirectorMichael Good Phone301-471-2571	Meet DirectorChris Bley Phone301-752-1538	Meet DirectorChris Bley Phone301-752-1538

Email addresses for all site directors can be found on the Swimming page of mpssaa.org.

2022-23 ALIGNMENT FOR SWIMMING & DIVING

CLASS 4A-3A-WEST		CLASS 4A-3A-NORTH		CLASS 4A-3A-SOUTH		CLASS 4A-3A-EAST	
1. Bethesda-Chevy Chase	Mtg	1. Northern (Cal.)	Cal	1. Frederick	Fre	1. Annapolis	AA
2. Clarksburg	Mtg	2. North Point	Cha	2. Thomas Johnson	Fre	2. Arundel	AA
3. Col. Zadok Magruder	Mtg	3. Albert Einstein	Mtg	3. Tuscarora	Fre	3. Broadneck	AA
4. Gaithersburg	Mtg	4. James Blake	Mtg	4. Urbana	Fre	4. Crofton	AA
5. Northwest	Mtg	5. John F. Kennedy	Mtg	5. Bladensburg	PG	5. Glen Burnie	AA
6. Quince Orchard	Mtg	6. Northwood	Mtg	6. Bowie	PG	6. Meade	AA
7. Richard Montgomery	Mtg	7. Montgomery Blair	Mtg	7. C H Flowers	PG	7. North County	AA
8. Seneca Valley	Mtg	8. Paint Branch	Mtg	8. Dr. Henry A Wise Jr	PG	8. Old Mill	AA
9. Thomas S. Wootton	Mtg	9. Sherwood	Mtg	9. Duval	PG	9. Severna Park	AA
10. Walt Whitman	Mtg	10. Springbrook	Mtg	10. Eleanor Roosevelt	PG	10. South River	AA
11. Walter Johnson	Mtg	11. Wheaton	Mtg	11. High Point	PG	11. Digital Harbor	Balt
12. Watkins Mill	Mtg	12. Chopticon	StM	12. Laurel	PG	12. Mergenthaler	Balt
13. Winston Churchill	Mtg	13. Great Mills	StM	13. Northwestern (PG)	PG	13. Poly	Balt
		14. Leonardtown	StM	14. Parkdale	PG	14. Western	Balt
				15. Suitland	PG	15. Aberdeen	Hfd
						16. Bel Air	Hfd
CLASS 3A-2A-1A-WEST		CLASS 3A-2A-1A-NORTH		CLASS 3A-2A-1A-SOUTH		CLASS 3A-2A-1A-EAST	
1. Brunswick	Fre	1. Benjamin Franklin	Balt	1. Calvert	Cal	1. Chesapeake	AA
2. Catoclin	Fre	2. Carver Vo-Tech	Balt	2. Huntingtown	Cal	2. Northeast (AA)	AA
3. Linganore	Fre	3. City	Balt	3. Patuxent	Cal	3. Southern (AA)	AA
4. Middletown	Fre	4. Coppin Academy	Balt	4. La Plata	Cha	4. Edmondson/Westside	Balt
5. Oakdale	Fre	5. Dunbar	Balt	5. Lackey	Cha	5. Forest Park	Balt
6. Walkersville	Fre	6. Patterson	Balt	6. McDonough	Cha	6. Frederick Douglass-B	Balt
7. Damascus	Mtg	7. Bohemia Manor	Cec	7. St. Charles	Cha	7. Cambridge-SD	Dor
8. Poolesville	Mtg	8. Elkton	Cec	8. Thomas Stone	Cha	8. Kent County	K
9. Rockville	Mtg	9. Perryville	Cec	9. Westlake	Cha	9. Kent Island	Qa
10. Central	PG	10. C. Milton Wright	Hfd	10. CMIT South	PG	10. Queen Anne's	Qa
11. Fairmont Heights	PG	11. Edgewood	Hfd	11. Crossland	PG	11. Easton	Tal
12. Largo	PG	12. Fallston	Hfd	12. Frederick Douglass	PG	12. Pocomoke	Wor
13. Oxon Hill	PG	13. Harford Tech	Hfd	13. Friendly	PG	13. Stephen Decatur	Wor
14. Surrattsville	PG	14. Havre de Grace	Hfd	14. Gwynn Park	PG		
		15. Joppatowne	Hfd				
		16. North Harford	Hfd				
		17. Patterson Mill	Hfd				

SWIMMING

MPSSAA Swimming and Diving Committee Members are listed on the MPSSAA Website at www.mpssaa.org