

2012 NORTH COAST SECTION/LES SCHWAB TIRES DIVING CHAMPIONSHIPS PRESENTED BY FARMERS

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TO: SWIMMING & DIVING COACHES, PRINCIPALS, ATHLETIC
DIRECTORS, LEAGUE COMMISSIONERS,
FROM: NCS MANAGEMENT COMMITTEE, and NCS STAFF
DATE: BRI NIEMI, ASSISTANT COMMISSIONER
JANUARY 2012



* * * IMPORTANT DIVING INFORMATION * * *

MANAGEMENT COMMITTEE

Pat Avilla, David Cottam, Mike Dare, Steve Guthrie, Kevin Honey, Todd Krohn, Gerry Ng, Millie Nygren, Jon Pallesen, Elias Totah, Todd Tucker, Mark Wooldridge, JoAnne Wright, Monte Young and Bri Niemi.

MEET DIRECTOR

Monte Young
monte.young@netzero.com

FACILITY COORDINATOR

Mike Dare
mjdare@gmail.com

SITE

Concord Community Pool
3501 Cowell Rd.
Concord, CA 94519



SATURDAY, MAY 12, 2012

Final date for league competition.

TUESDAY, MAY 1 - SUNDAY, MAY 13, 2012 – 10:00 AM – NEW!

DEADLINE for ENTRIES. There will be NO EXCEPTIONS.

North Coast Section will utilize *FastLane Tek* for entry to the NCS/Les Schwab Tires Swimming & Diving Championships. See page 2 for entry submission information.

Each individual school will be responsible for following the procedures for submission of their school's entries. Both swimming and diving entries must be entered.

MONDAY, MAY 14, 2012

The seeding will be conducted at the NCS Office. Entries will be posted by 5:00 p.m.

MONDAY, MAY 14, 2012 – 5:00 PM – NEW!

Team dive sheets due to the NCS via email or fax. See pages 6-7 for more information. Sending in a team dive sheet does **NOT** guarantee entry into the championships. Only those student-athletes who are submitted to *FastLane Tek* by the stated entry date (Sunday, May 13, 10:00 a.m.) will be considered for entry. Team dive sheets are supplemental to the entry process; they are **NOT** a form of entry.

THURSDAY, MAY 17, 2012

7:15 a.m. Coach/Participant Gate Opens
7:30 a.m. – 8:45 a.m. Boys' Diving Warm-ups. Coaches sign-in – all divers must be represented.
9:00 a.m. Boys' Competition Begins

Girls' diving warm-ups will immediately follow the conclusion of boys' competition. Coaches sign in - all divers must be represented. Competition begins 45 minutes after conclusion of the boys' competition - no earlier than 1:00 p.m. No divers are allowed in the pool until his/her coach has checked into the meet, or permission is granted by the Meet Director or NCS Administrative staff.

QUALIFYING FOR DIVING

1. The NCS/Les Schwab Tires Diving Championships will consist of 32 competitors, the league/conference champion will not automatically qualify to the NCS/Les Schwab Tires Championships. If there are fewer than 32 divers that qualify by achieving the “automatic” score, those that achieve the “consideration” score will be awarded entries until the 32 qualifiers-by-score field is filled. Automatic and consideration scores are based on the previous year’s NCS/Les Schwab Tires Diving Championships meet. To calculate the automatic score, the score or close to it of the 16th finisher is selected, unless the person was disqualified, then the next score is selected. The scores used are those achieved during the previous years’ NCS/Les Schwab Tires Diving Championships. The Consideration score is calculated on the score achieved by the 32nd submitted entrant or close to it.
2. For the 2012 NCS/Les Schwab Tires Diving Championships divers who achieve the Automatic Qualifying Score of all 11 dives of 250 for boys and 275 for girls in interscholastic competition will automatically qualify for the NCS/Les Schwab Tires Diving Championships. If there are fewer than 32 divers that qualify by achieving the “automatic” score, those that achieve the “consideration” score will be awarded entries until the 32 qualifiers is filled. For the 2012 NCS/Les Schwab Tires Diving Championships divers who achieve the Consideration Score cumulative point total of all 11 dives of 240 for boys and 255 for girls in interscholastic competition will be considered for entry to the NCS/Les Schwab Tires Diving Championships.
3. Schools are limited to four (4) qualifiers per individual event. An individual swimmer shall be permitted to enter a maximum of four (4) events, no more than two (2) of which may be individual events. Diving is an individual event and must also be entered with each school’s entries.

ENTRY PROCEDURES FOR DIVING ENTRIES – NEW!

North Coast Section will utilize *FastLane Tek* for entry to the NCS/Les Schwab Tires Swimming & Diving Championships. Each individual school will be responsible for following the procedures for entry of their school’s entries. It is recommended that the head coach perform this responsibility. It is also recommended that this entry responsibility is not delegated to another person or league representative. **Both swimming and diving entries must be entered.**

Entries via Hy-Tek entry file can be sent to entries@fastlanetek.com OR online entries can be submitted via the following web address: <http://www.fastlanetek.com/meetentries/>. A password is not needed. Entries open on Tuesday, May 1, 2012.

If you experience a problem with upload or email of your entries to *FastLane Tek*, contact Millie Nygren at 408-464-2907. **The deadline for entries is Sunday, May 13, 2012 by 10:00 a.m. THERE WILL BE NO EXCEPTIONS.**

A list of specific dives must be submitted by the May 14, 2012 (5 p.m.) deadline using the team dive sheet on page 7. The completed form may either be faxed to the NCS office (925-263-2120) or emailed to bnieni@cifncs.org. Team **dive sheets are supplemental to the entry process; they are NOT a form of entry.**

Changes to the team dive sheet may be made up to one hour prior to the start of competition. Do not fax completed dive sheets filled out in soft pencil. Use dark ink and write legibly, or complete using a computer and the downloadable form.

AUTOMATIC AND CONSIDERATION QUALIFYING SCORES

Automatic time based on the 16th place score in the 2011 NCS/Les Schwab Tires Championship Meet Trials.

Girls' 2012 Scores

<u>Order/Events</u>	<u>Event</u>	<u>Automatic</u>	<u>Consideration</u>
#9	Diving	275	255

Boys' 2012 Scores

#10	Diving	250	240
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The National Federation Swimming and Diving Rules Diving Table will be used for all dives.

Requirements for NCS/Les Schwab Tires Diving Championships

- a) Eleven (11) dive format as outlined in the NFHS 2011-12 Rule Book, i.e.:
 - i) Prelims #1-5 = 2 required, 3 optional dives (any order)
 - ii) Semi’s #6-8 = 2 required, 1 optional dive (any order)
 - iii) Finals #9-11 = 1 required, 2 optional dives (any order)
- b) All five groups of dives must be covered within the first eight (8) rounds.

- c) Normal degree of difficulties for all required dives not to exceed 9.0 for the total of the five required dives. Required dives must have BOTH dive # and (DD), degree of difficulty **CIRCLED**.
- d) Cuts will be determined by the number of entries in the field as follows:
 - i) after five (5) dives field cut to 20 divers,
 - ii) after eight (8) dives field cut to final 16 divers.

DIVING RULES

The National Federation Swimming and Diving Rules will be used and enforced. Please review all uniform (Rule 3-3-1 to 5) and conduct (Rule 3-5-1 to 7) rules. Please note that competitors shall not wear jewelry (except religious/medical medal that must be taped to the body) or objectionable attire (Rule 3-3-5).

ENTRY FEES

A check covering the total entry fees for each league/conference at the rate of \$8.00 per each individual qualified shall be paid to the North Coast Section. Schools will be billed by the section office and do not need to bring payment to the championship event.

RECORDS

Results will be checked immediately following the North Coast Section Meet by the Meet Directors for the purpose of identifying and certifying new records to the Section Commissioner.

PARKING

Spectators may park in the Concord Community Pool parking lot in marked and available parking spaces. Individuals who do not obey parking lot markings may have their car towed. Please read posted signs carefully. As required by the City of Concord, some spaces will be reserved for the use of the tennis courts. Individuals using Handicap parking spaces must have a valid Handicap parking placard, issued to an individual riding in the car. If the parking lot is full then spectators may park on the surrounding streets, again obeying all traffic rules. On SATURDAY ONLY, El Monte Elementary School will be available for parking. Directions to El Monte Elementary School are available on the NCS website.

DIRECTIONS

From North or South 680 take the Treat Blvd. exit in Concord. Proceed east approximately 4.0 miles and turn left on Cowell Rd. The Concord Community Park, where the pool is located, will be on your right.

CERTIFICATION OF COACHES

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9 (Federated Council 2/09). All coaches must fill out a Certificate of Authorized Personnel form and hand carry to the meet and submit to meet management. No students will be allowed to compete or enter the facility until their coach is present with a properly completed Certificate of Authorized Personnel form.

In accordance with California Education Code and CIF rules, students will not be allowed to participate, be on deck or warm-up in the NCS/Les Schwab Tires Swimming or Diving Championships unless their coach has submitted the completed Certificate of Authorized Personnel Form.

ADMISSION FEES

All coaches, athletes and spectators will enter through a single gate. One or two coaches, depending on the number of qualifiers, will be admitted with the Certification of Authorized Personnel Form. Athletes will be allowed entry if they are included on the official entry list at the gate. Spectators will be charged admission based on the following:

Adults.....\$9.00 Students.....\$6.00 Child/Senior Citizens.....\$6.00

1 athlete = 1 coach

2 or more athletes = 2 coaches

SOUVENIRS

Schools may purchase NCS swimming and diving apparel at the championship site, at the NCS office or online at www.cifnco.org. Coaches may use check, cash, credit card, school purchase order, requisition form and school billing to purchase souvenirs. See the souvenir order form in the back of this packet for more information.

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SWIMMING & DIVING CERTIFICATION OF AUTHORIZED PERSONNEL

CIF Bylaws 506, 508 and 509

506 WHO MAY COACH

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1 and CIF Bylaw 22.B.9.

508 OUT-OF-STATE COACHING CERTIFICATION

Teams of affiliated CIF member schools (located outside of California) must be coached by staff members certified in their own state.

509 PENALTY FOR NON-CERTIFICATION AND IMPROPER COMPENSATION

Any team or individual, coached by an uncertified person, or by any person receiving any part of the salary for coaching from other than school funds without the approval of the school's governing board, is ineligible under California Interscholastic Federation rules.

Coaches will receive a wristband, which must be worn at all times, according to the following NCS policy:

1 athlete = 1 coach

2-6 athletes = 2 coaches

7-12 athletes = 3 coaches

13-18 athletes = 4 coaches

19 or more athletes = 5 coaches

Sport _____ School _____

Head Coach's Name _____ HM # () _____ WK # () _____

Head Coach's Address: _____

City _____

Assistant Coach's Name _____ HM # () _____ WK # () _____

Assistant Coach's Name _____ HM # () _____ WK # () _____

I hereby assert and verify that the person(s) named above is/are employed by _____ High School and meets the requirements of the above bylaw as of this date.

Signature of Principal _____ Date _____

Print Name _____

IDENTIFICATION REQUIRED. HAND CARRY A COPY OF THIS FORM, SIGNED BY THE PRINCIPAL, TO THE NCS/LES SCHWAB TIRES SWIMMING & DIVING CHAMPIONSHIPS. DO NOT FAX TO THE NCS OFFICE.

School Name	ABBR
Acalanes	ACHS
Alameda	ALAM
Albany	ALBY
Alhambra (Martinez)	ALHA
Amador Valley	AMVA
American High School	AMER
Analy	ANAY
Antioch	ANTI
Arcata	ARCA
Arroyo	ARRO
Athenian School	ATHE
Bay School Of San Francisco	BSSF
Bentley Upper	BENT
Berean Christian	BECH
Berkeley	BERK
Bishop O' Dowd High School	BOD
California (San Ramon)	CAHI
Campolindo	CAMP
Cardinal Newman	CANE
Carondelet	CARO
Casa Grande	CAGR
Castro Valley	CASV
Clayton Valley	CVHS
College Park	COPA
College Preparatory School	COPR
Concord High School	CONC
Contra Costa Christian	CCCC
De La Salle	DELS
Deer Valley	DVLY
Dougherty Valley	DVHS
Dublin	DUBL
El Cerrito	ELCE
El Molino	ELMO
Encinal (Alameda)	ENCI
Foothill (Pleasanton)	FOOT
Freedom	FREE
Granada	GRAN
Healdsburg	HELD
Hercules	HERC
Heritage	HERI
International (French-Amer)	FAIS
Irvington	IRVI
James Logan	JALO

John Swett	SWET
Justin-Siena	JUST
Las Lomas	LALO
Liberty	LIBY
Lick-Wilmerding	LICK
Livermore	LIHI
Maria Carrillo	MCAR
Marin Academy	MACA
Marin Catholic	MCAT
Miramonte	MIRA
Mission San Jose	MSJH
Monte Vista (Danville)	MOVI
Montgomery (Santa Rosa)	MONT
Moreau Catholic	MOCA
Newark Memorial	NMEM
Northgate	NOGA
Novato	NOVA
Petaluma	PETA
Piedmont	PIED
Pinole Valley	PIVA
Pittsburg	PITT
Rancho Cotate	RACO
Redwood (Larkspur)	REDW
San Francisco University	SFUH
San Leandro	SANL
San Marin	SMHS
San Rafael	SRAF
San Ramon Valley	SAN R
Santa Rosa	SROS
Sir Francis Drake	SFRD
St. Mary's College	STMA
St. Patrick-St. Vincent	SPSV
St. Vincent	STVI
Summerfield Waldorf Of Santa Rosa	SWSR
Tamalpais	TAMA
Tennyson	TENN
Terra Linda	TERRA
The Branson School	BRAN
Ukiah	UKHS
Valley Christian	VCHI
Washington (Ncs)	WASH
Willits	WILL
Windsor	WIND
Ygnacio Valley	YGVA

Requirements for NCS/Les Schwab Tires Diving Championships:

- 1) Eleven (11) dive format as outlined in NFHS 2011-2012 rule book, i.e.:
 Prelims #1-5 = 2 required, 3 optional dives (any order)
 Semi's #6-8 = 2 required, 1 optional dives (any order)
 Finals #9-11 = 1 required, 2 optional dives (any order)
- 2) All five groups of dives must be covered within the first eight (8) rounds.
- 3) Normal degree of difficulties for all required dives not to exceed 9.0 for the total of the five required dives. Required dives must have **BOTH dive #** and **(DD)**, degree of difficulty **CIRCLED**.
- 4) Cuts will be determined by the number of entries in the field as follows:
 After 5 dives field will be cut to 20 divers, after 8 dives cut to final 16 divers.

One Meter Diving Table C=Tuck, B=Pike, A=Straight, D=Free Position

1/04

Dive #	Forward Dives	C	B	A	Dive #	Twisting Dives	C	B	A	D
101	Forward Dive	1.2	1.3	1.4	5111	Forward Dive ½ Twist	1.6	1.7	1.8	
102	Forward 1 SS	1.4	1.5	1.6	5112	Forward Dive 1 Twist		1.9	2.0	
103	Forward 1.5 SS	1.6	1.7	2.0	5121	Forward 1SS ½ Twist				1.7
104	Forward 2 SS	2.2	2.3	2.6	5122	Forward 1 SS 1 Twist				1.9
105	Forward 2.5 SS	2.4	2.6		5124	Forward 1 SS 2 Twists				2.3
106	Forward 3 SS	2.9	3.2		5126	Forward 1 SS 3 Twists				2.7
107	Forward 3.5 SS	3.0	3.3		5131	Forward 1.5 SS ½ Twist				2.0
112	Forward Flying 1 SS	1.6	1.7		5132	Forward 1.5 SS 1 Twist				2.2
113	Forward Flying 1.5 SS	1.8	1.9		5134	Forward 1.5 SS 2 Twists				2.6
	BACK DIVES				5136	Forward 1.5 SS 3 Twists				3.0
201	Back Dive	1.5	1.6	1.7	5152	Forward 2.5 SS 1 Twist	3.0	3.2		
202	Back 1 SS	1.5	1.6	1.7	5211	Back Dive ½ Twist			1.8	
203	Back 1.5 SS	2.0	2.3	2.5	5212	Back Dive 1 Twist			2.0	
204	Back 2 SS	2.2	2.5		5221	Back 1 SS ½ Twist				1.7
205	Back 2.5 SS	3.0	3.2		5222	Back 1 SS 1 Twist				1.9
212	Back Flying 1 SS	1.6	1.7		5223	Back 1 SS 1.5 Twist				2.3
					5225	Back 1 SS 2.5 Twists				2.7
	REVERSE DIVES				5227	Back 1 SS 3.5 Twists				3.1
301	Reverse Dive	1.6	1.7	1.8	5231	Back 1.5 SS ½ Twist				2.1
302	Reverse 1 SS	1.6	1.7	1.8	5233	Back 1.5 SS 1.5 Twist				2.5
303	Reverse 1.5 SS	2.1	2.4	2.7	5235	Back 1.5 SS 2.5 Twists				2.9
304	Reverse 2 SS	2.3	2.6	2.9	5251	Back 2½ SS, ½ Twist	2.7	2.9		
305	Reverse 2.5 SS	3.0	3.2		5311	Reverse Dive ½ Twist			1.9	
312	Reverse Flying 1 SS	1.7	1.8		5312	Reverse Dive 1 Twist			2.1	
	INWARD DIVES				5321	Reverse 1 SS ½ Twist				1.8
401	Inward Dive	1.4	1.5	1.8	5322	Reverse 1 SS 1 Twist				2.0
402	Inward 1 SS	1.6	1.7	2.0	5323	Reverse 1 SS 1.5 Twists				2.4
403	Inward 1.5 SS	2.2	2.4		5325	Reverse 1 SS 2.5 Twists				2.8
404	Inward 2 SS	2.8	3.0		5331	Reverse 1.5 SS ½ Twist				2.2
405	Inward 2.5 SS	3.1	3.4		5333	Reverse 1.5 SS 1.5 Twists				2.6
412	Inward Flying 1 SS	2.0	2.1		5335	Reverse 1.5 SS 2.5 Twists				3.0
413	Inward Flying 1.5 SS	2.7	2.9		5351	Reverse 2½ SS, ½ Twist	2.7	2.9		
					5411	Inward Dive ½ Twist		1.7	2.0	
					5412	Inward dive 1 Twist		1.9	2.2	
					5421	Inward 1 SS ½ Twist				1.9
					5422	Inward 1 SS 1 Twist				2.1
					5432	Inward 1.5 SS 1 Twist				2.7
					5434	Inward 1.5 SS 2 Twists				3.1

North Coast Sections Diver Registration Form

School _____ League _____

Coach's Name _____ Phone Number _____

Email _____

*please write dive numbers and positions for each dive under "Diver Name" and circle all 5 voluntaries

Female Entries										
Diver Name					Qualifying Score			Grade		
Diver name					Qualifying Score			Grade		
Diver Name					Qualifying Score			Grade		
Diver Name					Qualifying Score			Grade		

Male Entries										
Diver Name					Qualifying Score			Grade		
Diver name					Qualifying Score			Grade		
Diver Name					Qualifying Score			Grade		
Diver Name					Qualifying Score			Grade		

Example:

Diver Name John Doe					Qualifying Score 310.55			Grade 11th		
(103B)	(29B)	203C	104C	512D	(301B)	(401B)	408C	(5223D)	303C	105C

NCS Order Form SWIMMING DIVING

(Payment must accompany all orders)

DEADLINE TO ORDER: JUNE 1, 2012
THERE IS NO DEADLINE FOR ORDERING PATCHES

Description	Sizes					Unit Price	Unit Total	Shipping	Shipping Total	TOTAL
	S	M	L	XL	XXL (add \$2.00)					
T-Shirt						\$17.00		\$3.50each		
Sweatshirt (Hooded)						\$33.00		\$4.60 each		
Sleeveless						\$17.00		\$3.50 each		
Long Sleeve T-Shirt						\$20.00		\$3.50each		
NEW Cinch Sack						\$10.00		\$1.50 Each		
Patch, Sport (sport/year: _____)						\$17.00		\$1.50each		
Patch, Scholar (sport/year: _____)						\$17.00		\$1.50each		
Patch, Scholastic (sport/year: _____)						\$17.00		\$1.50each		
NCS Hat (circle color: Black, Navy, Tan, Grey, Red)						\$17.00		\$1.50each		
NCS Visor (circle color: Black, Navy, Grey, Red)						\$13.00		\$1.50each		
Program (sport: _____) (not available in Tennis, Golf, Badminton)						\$3.00		\$1.50each		
Polar Tec Vest (circle color: Black, Grey)						\$28.00		\$3.50each		
Polo Shirts (circle color: Tan, Navy, Black, Green)						\$48.00		\$3.50each		
Windshirts (circle color: Tan, Navy, Black, Green)						\$28.00		\$3.50each		
						\$48.00		\$3.50each		
									Tax (INCLUDED)	
									TOTAL	

Merchandise subject to availability. All prices subject to change without notice.
***Shipping and Handling charges on TEAM orders shall not exceed actual shipping charges plus 1.5%.**

When filling out credit card orders please complete all of the following. Credit Cards will be processed the day the merchandise is shipped.

Method of Payment (circle one) Cash, Check, VISA, MASTERCARD, DISCOVER			
Name on card	Expiration Dat	Card Number	Zip Code

Home phone	Date	Authorized Signature if using P.O. or school requisition

Name:		Address label (Please Print)
Payment method:		NAME:
Sport/location:		ADDRESS:
Sales person:		CITY, ZIP:
Date:		

Send to: North Coast Section, CIF
 5 Crow Canyon Ct., Ste. 209
 San Ramon, Ca 94583
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 Fax: (925) 263-2120
 www.cifncs.org