

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

5 Crow Canyon Court, Suite 209, San Ramon, CA 94583

t 925.263.2110 x15

f 925.263.2120

w www.cifncs.org

e bniemi@cifncs.org

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



* * * IMPORTANT SWIMMING 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 and Bri Niemi.

CO-MEET DIRECTORS

Steve Guthrie
De La Salle High School
guthries@dlshs.org

Todd Tucker
toddtucker@comcast.net

HEAD REFEREES

Millie Nygren
m.nygren@att.net
Gerry Ng
fish_ng@yahoo.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.



FARMERS

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.** Please see the Diving Championship Bulletin for entry information.

MONDAY, MAY 14, 2012

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

FRIDAY, MAY 18, 2012 - SWIMMING TRIALS

8:00 a.m. Coach/Participant Gate Opens
8:30 a.m. – 10:00 a.m. Warm-ups. Coaches sign in – all swimmers must be represented.
8:30 a.m. Spectator Gate Opens
10:00 a.m. Coaches Meeting
10:30 a.m. Competition Begins

SATURDAY, MAY 19, 2012 - SWIMMING CONSOLATION & FINALS

8:00 a.m. Coach/Participant Gate Opens
8:30 a.m. – 10:00 a.m. Warm-ups. Coaches sign in – all swimmers must be represented.
8:30 a.m. Spectator Gate Opens
10:00 a.m. Coaches Meeting
10:30 a.m. Competition Begins

QUALIFYING FOR SWIMMING

1. Swimmers who achieve the automatic time or faster will qualify in each event.
2. If there are fewer than 40 swimmers per event that qualify by achieving the automatic time, the swimmers with the fastest times between the automatic time and the consideration time will be awarded entries until the 40 qualifiers-by-time field is filled.
3. Qualifying for the NCS/Les Schwab Tires Championship Meet may be achieved in the following ways: high school dual meets, league/conference meets, or league/conference qualifying meets (time trials may only be scheduled as part of the league/conference qualifying meets) or any other interscholastic competition. NOTE: THESE TIMES MUST BE MADE DURING THE CURRENT HIGH SCHOOL YEAR. THE FINAL DATE FOR LEAGUE COMPETITION IS SATURDAY, MAY 12, 2012. THE FINAL LEAGUE/CONFERENCE EVENT (INCLUDING LEAGUE PLAYOFFS, LEAGUE POST-SEASON TOURNAMENTS, LEAGUE MEETS) WILL BE THE END OF THE SEASON OF THE RESPECTIVE SPORT.
4. EACH COACH MUST BE PREPARED AT THE MEET TO VERIFY WITH DOCUMENTATION ALL NCS SWIMMING AND DIVING CHAMPIONSHIP ENTRIES.
5. A relay team must qualify sometime during the current high school season.
6. Schools are limited to four (4) qualifiers per individual event and one relay per 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. All entries must be entered to the 100th of a second. Times filled into tenths will be completed with a 9/100 or .09.

ENTRY PROCEDURES FOR SWIMMING 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.**

AUTOMATIC AND CONSIDERATION QUALIFYING TIMES

Automatic time based on the 16th place time in the 2011 NCS/Les Schwab Tires Championship Meet Trials. Consideration times are based on the 55th place entry time or close to it from the 2011 NCS/Les Schwab Tires Championships. Time may be adjusted by the NCS Swimming & Diving Management Committee on an annual basis.

Girls' 2012 Times

<u>Order/Events</u>	<u>Event</u>	<u>Automatic</u>	<u>Consideration</u>
#1	200Medley Relay	1:55.37	2:03.99
#3	200 Free	1:56.03	2:02.79
#5	200 I.M.	2:09.46	2:18.69
#7	50 Free	24.67	25.79
#9	Diving	275	255
#11	100 Fly	58.40	1:02.99
#13	100 Free	53.52	56.49
#15	500 Free	5:09.80	5:32.09
#17	200 Free Relay	1:42.44	1:51.09
#19	100 Back	59.48	1:04.99
#21	100 Breast	1:07.13	1:12.19
#23	400 Free Relay	3:43.45	4:08.99

Boys' 2012 Times

<u>Order/Event</u>	<u>Event</u>	<u>Automatic</u>	<u>Consideration</u>
#2	200Medley Relay	1:40.41	1:51.09
#4	200 Free	1:44.35	1:50.99
#6	200 I.M.	1:58.69	2:07.99
#8	50 Free	21.80	22.89

#10	Diving	250	240
#12	100 Fly	53.18	55.99
#14	100 Free	47.60	50.29
#16	500 Free	4:45.54	5:08.99
#18	200 Free Relay	1:29.88	1:38.19
#20	100 Back	53.73	58.29
#22	100 Breast	1:00.86	1:04.49
#24	400 Free Relay	3:19.53	3:43.99

For schools having only meter pools for dual meets, use the conversion formula listed in the NFHS Swimming and Diving Rule Book.

SWIMMING AND DIVING RULES

The National Federation Swimming and Diving Rules Book is the governing authority in Swimming and Diving.

ENTRY FEES

A check covering the total entry fees for each league/conference at the rate of \$8.00 per each individual qualified and \$15.00 per relay team 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 meet by the Meet Directors for the purpose of identifying and certifying new records to the Section Commissioner. No time trials will be allowed after the conclusion of the meet.

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.

BUS DROP-OFF AT CONCORD COMMUNITY POOL

Busses may drop-off participants in the Concord Community Pool parking lot. Busses should approach the Concord Community Pool from the south on Cowell Rd. Turn right into the Concord Community Pool parking lot. Proceed to the top of the arch of the parking lot and momentarily stop to off-load participants. Once done off-loading participants proceed to the exit of the parking lot. Busses will not be allowed to park in the lot. Coaches are asked to arrange with bus drivers a pick-up time, or secure a phone number where bus drivers may be contacted to pick-up participants at the end of the day.

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.

SCORING

Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4 and 2.

Individual Entries: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2 and 1.

A consolation finalist shall not place higher than the highest contested place in the consolation finals regardless of time.

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 Certification of Authorized Personnel Form.

TIMERS

The timing assignments are below. Your school is required to cover the position all day for each day you are assigned.

	Friday	Saturday
Lane 1	Irvington	San Ramon Valley
	Washington	San Ramon Valley
	Mission San Jose	Amador Valley
Lane 2	San Marin	Monte Vista
	Marin Catholic	Monte Vista
	Redwood	California
Lane 3	Las Lomas	Miramonte
	Acalanes	Miramonte
	Northgate	Acalanes
Lane 4	College Prep	Campolindo
	Amador Valley	Campolindo
	California	Las Lomas
Lane 5	De La Salle	Carondelet
	Foothill	Carondelet
	Granada	De La Salle
Lane 6	Heritage	Dougherty Valley
	Alameda	Northgate
	Clayton Valley	Clayton Valley
Lane 7	Dougherty Valley	Foothill
	Deer Valley	Granada
	Ygnacio Valley	Heritage
Lane 8	Sir Francis Drake	Terra Linda
	Terra Linda	Redwood
	Castro Valley	Mission San Jose

ADMISSION FEES

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

ADMISSION OF COACHES AND PARTICIPANTS

All participants will receive tickets and be admitted free for all days through the COACH/PARTICIPANT ENTRANCE TO THE CONCORD COMMUNITY POOL. The certified coach shall pick up participant tickets outside the COACH/PARTICIPANT ENTRANCE GATE prior to each day of competition. 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

POOL SAFETY AND CLEANLINESS

Do not bring glass items to NCS/Les Schwab Tires Championships. Broken glass in and around the swimming pool poses a serious threat to athletes and other individuals who are barefoot. Garbage bags will be provided to each school to assist in cleaning the pool deck, bleachers and surrounding area. Your cooperation is greatly appreciated.

NATIONAL FEDERATION – 2011-2012 SWIMMING HONOR ROLL TIME STANDARDS

Only performances in pools measured in yards will be accepted for the honor roll: no metric conversions will be permitted. The National Federation is responsible for compiling a National High School Swimming Honor Roll, listing the best performances made by high school boys and girls under standard conditions. The Honor Roll, a listing of the top 10 times in each event, is published annually in the National High School Sports Record Book. In order to be considered for listing on the National Honor Roll, performances must be equal to, or better than, the following minimums:

EVENT	GIRLS	BOYS
50 yd. freestyle	:23.50	:21.20
100 yd. freestyle	:51.20	:46.00
200 yd. freestyle	1:49.00	1:40.50
500 yd. freestyle	4:49.00	4:33.00
100 yd. backstroke	:55.00	:51.30
100 yd. breaststroke	1:02.20	:57.40
100 yd. butterfly	:55.50	:50.20
200 yd. indiv. medley	2:01.50	1:52.00
200 yd. medley relay	1:46.00	1:35.50
200 yd. freestyle relay	1:36.80	1:25.50
400 yd. freestyle relay	3:30.00	3:08.00

The time of the leadoff swimmer in the 200 yd. freestyle relay could also be used for the 50 yd. freestyle standard; likewise, the leadoff in the 400 yd. freestyle relay could also qualify for the 100 yd. freestyle. Prior arrangement must be made to record the split.

NISCA/SPEEDO – 2011-2012 ALL-AMERICA SWIMMING TIME STANDARDS

All schools recognize the top 100 athletes as All-America First Team. Times are subject to change.

Boys All-America		High School	Girls All-America	
<u>Automatic</u>	<u>Consideration</u>	<u>Event in Yards</u>	<u>Automatic</u>	<u>Consideration</u>
1:35.11	1:36.66	200 Medley Relay	1:46.68	1:48.70
1:39.51	1:41.12	200 Freestyle	1:49.79	1:51.69
1:51.71	1:53.60	200 Individual Medley	2:03.44	2:05.70
:20.86	:21.17	50 Freestyle	:23.49	:23.86
:49.81	:50.73	100 Butterfly	:55.33	:56.52
:45.55	:46.21	100 Freestyle	:50.88	:51.67
4:30.76	4:35.61	500 Freestyle	4:53.20	4:58.39
1:25.51	1:26.90	200 Freestyle Relay	1:36.88	1:38.38
:50.44	:51.66	100 Backstroke	:55.82	:57.06
:57.19	:58.27	100 Breaststroke	1:03.87	1:05.18
3:07.89	3:10.95	400 Freestyle Relay	3:30.30	3:33.89

NISCA/SPEEDO – 2011-2012 ALL-AMERICA APPLICATIONS

NISCA/SPEEDO All-America applications will ONLY BE ACCEPTED ONLINE. See www.niscaonline.org for more information.

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

5 Crow Canyon Court, Suite 209, San Ramon, CA 94583

t 925.263.2110 x15

f 925.263.2120

w www.cifncs.org

e bniemi@cifncs.org

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	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

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:
Payment method:
Sport/location:
Sales person:
Date:



Address label (Please Print)
NAME:
ADDRESS:
CITY, ZIP:

Send to: North Coast Section, CIF
5 Crow Canyon Ct., Ste. 209
San Ramon, Ca 94583
(925) 263-2110
Fax: (925) 263-2120
www.cifncs.org