



Jr. High Swim Team Swim Meet Information

Swim Meet Information

- All swim meets for the Jr. High program are held at the Wes Deist Aquatic Center.
- Each team will have five dual (1v1) swim meets, and one Championship (FFA) swim meet for a total of six meets.
- All swimmers are eligible to swim in all dual meets.
- To qualify for the Luptak Jr. High Championship Swim Meet, swimmers must attend 10 team practices and have a qualifying time from the current season.
 - The qualifying time for all events is 30:00.00 (30 minutes).
 - To obtain a qualifying time, a swimmer must swim an event faster than the qualifier of 30:00.00, without disqualification, at a swim meet from the current season.
 - Only events swam during this season of Jr. High Swim Team count.
- All swimmers must create an [active.com](https://www.active.com) account. This account is REQUIRED for swim meet participation.
 - All meet declarations are managed through this account.
 - For information on setting up this account, please see [Creating an Active.com Account](#).
- Parent volunteers are needed to help run the swim meets. Please volunteer if you can.
 - 17 volunteer timers are needed for each meet - 16 lane timers (two per lane) and one head timer.
 - Timing is a simple job that provides the best view of the races. If you don't know how to time, please volunteer anyway. Aquatic Center staff will teach you how just before the meet begins.
 - At least four officials are needed for each meet.
 - Officials enforce proper stroke technique and issue disqualifications for stroke infractions.
 - There will be additional training for officials.
 - If you are interested in volunteering, please email jrhighteam@idahofalls.gov.
- Heat sheets will be premade and emailed to all swimmers prior to each meet, *with the exception of the Luptak Jr. High Championship Swim Meet*.
 - Heat sheets can be printed at home.
 - There will be a limited quantity of heat sheets available for purchase (\$1.00) at the Aquatic Center during each meet.
 - Heat sheets can potentially change from the time they are sent out to the time of the meet.
 - Heat sheets for the Luptak Jr. High Championship Swim Meet are only available at the Aquatic Center and may be purchased for \$3.00 during the Championship meet.

- Results from each meet will be emailed to all swimmers, posted on the Aquatic Center's website, and sent to the Post Register for possible publication.

Swim Meet Rules

Coaches are responsible for following and enforcing the rules at each swim meet. This list is merely for information for parents and spectators.

- Female swimmers must swim in female events; male swimmers must swim in male events.
 - Relays should be co-ed if possible.
- Swimmers may swim in up to 4 total events at each meet, with no more than three individual events or three relay events.
- All swimmer events are subject to the Head Coach's approval.
- Swimmers in 5th- and 6th-grade may "swim up" in 7th- and 8th-grade events.
- No event may have more than four entries per team, with the exception of both freestyle events (50- and 100-yard freestyle) and backstroke events (50- and 100-yard backstroke). Both of these events may have up to 8 entries per team.
 - This is to limit the length of the swim meets.
- All events will be scored through 8th place.
 - The scoring for individual events at dual meets is as follows:
 - 1st place - 9 points
 - 2nd place - 7 points
 - 3rd place - 6 points
 - 4th place - 5 points
 - 5th place - 4 points
 - 6th place - 3 points
 - 7th place - 2 points
 - 8th place - 1 point
 - The scoring for relays is double the scoring for individual events:
 - 1st place - 18 points
 - 2nd place - 14 points
 - 3rd place - 12 points
 - 4th place - 10 points
 - 5th place - 8 points
 - 6th place - 6 points
 - 7th place - 4 points
 - 8th place - 2 points
- Only the top four swimmers in each event will score. All swimmers will keep their placing in each event, regardless of number of swimmers.
 - For example, if Team A takes places 1-5, and Team B takes places 6-10, Team A's swimmers will have places 1, 2, 3, 4, and 5, while Team B's swimmers will have places 6, 7, 8, 9, and 10. However, Team A will score for places 1, 2, 3, and 4, while Team B will score for places 5, 6, 7, and 8.
- The winner of the meet is the team that scores the most points at that meet.
- The starter counts as an official at every meet.

- Any official ruling may be upheld or overturned at any time by the program director.
- Only those that are "Dive Certified" may use the diving blocks.
 - Coaches will mark off those who have successfully gone through the progression of diving off the blocks.
 - The goal is to have every swimmer dive certified by the first meet of the season.
 - Those that are not dive-certified must start in the water.
- Swimmers will be disqualified for stroke infractions beginning with the first swim meet of the season.
 - Swimmers score no points for disqualified events.
 - Swimmers do not obtain either seed times or qualifying times for disqualified events.
 - For a full list of Jr. High Swim Team Disqualifications, please see Jr. High DQs.
- Only Junior High Swim Team or blank caps may be worn during races.
 - Any cap from another team is not allowed.
- Unsportsmanlike conduct by any swimmer, coach, or spectator will not be tolerated.
 - Those acting in such a manner will be asked to leave the facility for the day.
 - Continuing to act in such a manner could result in dismissal from the team.

Additional Rules for the Luptak Jr. High Championship Swim Meet

- For the Luptak Jr. High Championship Swim Meet, "No Times" will not be accepted; all swimmers must have a qualifying time for each event entered.
- To qualify for the Luptak Jr. High Championship Swim Meet, swimmers must attend 10 team practices and have a qualifying time from the current season.
 - The qualifying time for all events is 30:00.00 (30 minutes).
 - To obtain a qualifying time, a swimmer must swim an event faster than the qualifier of 30:00.00, without disqualification, at a swim meet from the current season.
 - Only events swam during this season of Jr. High Swim Team count.
- Swimmers must be entered into a minimum of one individual event and one relay event.
- No event may have more than four entries per team.
- There will be exhibition heats of the 50- and 100-yard Freestyle, the 50- and 100-yard Backstroke, and the 50- and 100-yard Breaststroke. These events will take place immediately following the regular event of the same stroke and distance.
 - These heats do not score points.
 - Entries in these events must be declared by the coaches before the meet, just as with every other event.
 - This will allow swimmers to have additional entries, even if they are not scoring points for their team.
- All events will be scored through 20th place.
 - Any place after 20th will not score points.
 - The scoring for individual events for the Championship Meet is as follows:
 - 1st place - 21 points
 - 2nd place - 19 points
 - 3rd place - 18 points
 - 4th place - 17 points
 - 5th place - 16 points

- 6th place - 15 points
 - 7th place - 14 points
 - 8th place - 13 points
 - 9th place - 12 points
 - 10th place - 11 points
 - 11th place - 10 points
 - 12th place - 9 points
 - 13th place - 8 points
 - 14th place - 7 points
 - 15th place - 6 points
 - 16th place - 5 points
 - 17th place - 4 points
 - 18th place - 3 points
 - 19th place - 2 points
 - 20th place - 1 point
- The scoring for relay events at the Championship meet is double the total of the individual events.
 - 1st place - 42 points
 - 2nd place - 38 points
 - 3rd place - 36 points
 - 4th place - 34 points
 - 5th place - 32 points
 - 6th place - 30 points
 - 7th place - 28 points
 - 8th place - 26 points
 - 9th place - 24 points
 - 10th place - 22 points
 - 11th place - 20 points
 - 12th place - 18 points
 - 13th place - 16 points
 - 14th place - 14 points
 - 15th place - 12 points
 - 16th place - 10 points
 - 17th place - 8 points
 - 18th place - 6 points
 - 19th place - 4 points
 - 20th place - 2 points

Record Rules

- Records will be given to those individual swimmers who swim in an event and obtain a better time than the current record.
- 5th- and 6th-grade league records can be made by a 5th or 6th grader swimming up in a 7th/8th grade event.

- Records will be awarded from individual races of event length only. Split times and relay races, including relay lead-offs, will not count towards any individual records.
- Individual and relay records can only be made for the team that the swimmer is currently registered for and only if they live within that team's boundaries. Swimmers cannot make records for a team in whose boundaries they do not currently reside.
 - Those that do not attend one of the public area schools must be registered for the school team they would be attending if in public school.
- If there is a tie for a record, both parties will be listed on the official record sheet.
- Relays that score records must be co-ed.