

High School Swim Meet 101

If you are new to High School swimming you will find it is different from club or summer league swimming. High School competition pools are short course pools, either 25 yards or 25 meters. There are eleven events per meet. One heat is held for each event; one for girls, one for boys, for a total of twenty-two events. There are no second heats in any event with the exception of multi-team championship meets. The eleven events are:

200 Medley Relay
200 Freestyle
200 IM
50 Freestyle
100 Butterfly
100 Freestyle
500 Freestyle
200 Free Relay
100 Backstroke
100 Breaststroke
400 Free Relay

During the season most meets will be dual meets against another school. End of season playoffs are determined by teams submitting their meet results for the two meets in which they scored the most power points. Note that order of each event above will go a heat of JV Girls, JV Boys, V Girls, and then V Boys.

Here is how a meet is run and scored. To start each event, swimmers are called to the starting position by the starter (usually a whistle) who visually checks that all swimmers are motionless. When all swimmers are set, the starting horn or gun is sounded to start the race. If the starter feels that one of the swimmers has moved, left early or achieved an unfair advantage, the guilty swimmer may be disqualified after the race for a false start. Should a swimmer inadvertently enter the water before the starting signal, they may be disqualified at the discretion of the officials.

Scoring is for the team with points awarded by finish place in each event. Point values are:

	1st	2nd	3rd	4th	5th
Individual events scoring	6	4	3	2	1
Relay events scoring	8	4	2	-	-

In dual meets (two teams head-to-head) there are 14 points available for each of the three relays for 42 points. Each of the eight individual events has 16 points available for 128 points. The total meet has 170 points available. Ties do occur. Note that the only place to not score points individually is 6th so every swimmers swim is important to the team score. **DO NOT MISS YOUR EVENT** as that is a guarantee of the team losing points.

Scoring in multi-team events, such as the county championships, is much more complex. First, there are multiple heats per event. Swimmers are seeded in advance by meeting qualifying times. Swimmers are placed in heats from highest qualifying time to

lowest. The fastest swimmers swimming last. The lowest event times determine the finish order. In multi-team meets the top twelve finishers receive points. The points system shown in the table below:

Place	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th
Individual Events	16	13	12	11	10	9	7	5	4	3	2	1
Relay Events	32	26	24	22	20	18	14	10	8	6	4	2

Each of the three relays is worth 93 points and each of the eight individual events is worth 186 points. The total meet has 1,767 points available. The team with the largest number of points is the winner. Trophies are awarded to the top two girls teams and top two boys teams. Medals are awarded to the top six finishers in individual events and to all members of the top three relay teams.

You may also hear Power Points mentioned. Power Points are determined for each swimmer in each event based on their finish time (either yards or meters). The NJSIAA has charts of Power Points for boys and girls on the Swimming page of their web site. Power Points are tallied throughout the meet and are also tracked for individual swimmers for the season by the coaches. Power Points are one of the tie breaking criteria.

Events

FREESTYLE

In freestyle events, the competitor may swim any stroke, but the fastest is what is often called the crawl, which is characterized by the alternate stroking of the arms over the water surface and an alternating (up-and-down) flutter kick. On turns and finishes, some part of the swimmer must touch the wall. Most swimmers do a flip turn.

BACKSTROKE

Backstroke consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may turn onto the stomach and do a flip turn (they cannot glide into the wall and then turn). Some part of the swimmer must touch the wall at the turn. The swimmer must finish on the back.

BREASTSTROKE

The breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pushed forward from the breast. In the return of the arms, the hand cannot go past the waist. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously. One of the hardest parts of the breaststroke is the start. After the dive, while still underwater, the swimmer can (but doesn't have to) do one arm pull where the hands can go past the waist, one dolphin kick, and then another arm pull-with a breaststroke kick - to bring them to the surface.

BUTTERFLY

Some consider the butterfly to be the most beautiful of the strokes. It features a simultaneous movement of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissor or breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish.

INDIVIDUAL MEDLEY (I.M.)

The individual medley, commonly referred to as the I.M., features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one fourth of the race to backstroke, then breaststroke and finally freestyle. The rules of each stroke apply to that leg of the IM.

MEDLEY RELAY

In the medley relay, all four strokes are swum. The first swimmer swims backstroke, the second breaststroke, the third butterfly, and the final swimmer anchors the relay with freestyle.

FREESTYLE RELAY

The freestyle relay events consist of four swimmers, each swimming one quarter of the total distance of the event.

HIGH SCHOOL SWIMMING 101

New to High school swimming and diving? Never been to a swim meet before? Here are the basics...

TYPES OF MEETS

- **TIME TRIAL OR ALUMNI MEETS**
These are not formal meets. Time Trials provide a chance for the coaches to get times for the athletes to help them plan for the season start. Alumni Meets are a fun meet to invite former teammates to come back and race or dive with the team.
- **CONFERENCE RELAYS**
This is an all relay meet against other teams in our conference. A variety of relay events are swam that are not part of a typical dual meet.
- **DUAL MEETS**
This is a head to head meet against another team in our conference.
- **TRUE TEAM**
This meet is designed and scored to test a team's depth. Teams can enter four individuals and four relays in each event. *ALL* competitors score points in *EVERY* event. The teams competing are the same teams that are in our section. Not all teams choose to participate in this meet. Due to the limited number of entries, it is possible that not athletes will compete at this meet. The top team qualifies for the True Team State Meet which is held the following weekend
- **INVITATIONAL**
These are meets against other teams not typically in our conference or section. Multiple teams are invited to a meet with the same standard order of events as a dual meet. Scoring varies based on the type of invitational, how many team entries are accepted, and how many places score.
- **CHAMPIONSHIP MEETS**
Each athlete will compete in at least one end of season meet.
 - **JV CONFERENCE**
The JV Conference Meet is a final meet for athletes to strive for their season best races.

- **MSHSL SECTION MEET**
Each team selects the top four individual entries per event and one relay team for each relay to compete at the Minnesota State High School League Section Meets. The athletes will compete against teams in their assigned section. At this meet, athletes swim their strongest events in a preliminary session on Day 1. The top 16 swimmers and relay teams in each event advance to finals on Day 2. Qualifiers nine through sixteen swim in a consolation heat. Qualifiers one through eight compete in the championship heat. Medals are awarded to the top eight swimmers from the championship heat. A podium-ceremony is done following each event. A swimmer or relay may only qualify for the state competition during the consolation and championship finals on Day 2. The top two individual and relay finishers, along with any other competitors who swim a qualifying state time in each event at section finals, qualify for the State meet.
- **MSHSL STATE MEET** The Minnesota State High School League State Meet is held at the University of MN Aquatic Center. The meet is a prelims/finals format over three days (Day 1 – Diving Prelims, Day 2 - Swimming Prelims, Day 3 - Swimming and Diving Finals). It is a great achievement to qualify for this meet which celebrates the state’s top swimmers.
- **DIVING AT TRUE TEAM, SECTIONS AND STATE MEETS**
The format for these meets is different than the dual meets; yet, they are scored the same way. The top four divers from each team will compete at Sections. The top four divers at the Section meet will compete at State. In these meets, divers perform eleven dives rather than the six performed in dual meets. Of the eleven dives performed, five are voluntary dives and six are optional. Competitors must have a larger repertoire of dives they can perform, so only the more advanced divers attend these meets. The preliminary round goes through the first five dives, and the field is cut to twenty divers. The semi-final round then goes through eight dives, and the field is then cut to sixteen divers. The final round then goes through eleven dives, and the event is scored. The top four divers at the section meet advance to the state meet. There is no qualifying standard like swimming – only the top four places advance.

MEET PROGRESSION

During a swim and dive meet, the competition follows a standard order of events. This order is the same at all meets. For dual meets, each team enters three swimmers in each individual event and three relay teams in each relay event (in an 8-lane pool a fourth competitor for each team may be entered as exhibition). Swimmers may enter a maximum of four events, no more than two of which can be individual events. Swimmers are selected by the coach for each event or relay based on their times and the coach’s goals for that meet. By rule, the visiting team selects their choice of odd or even lanes. Depending on the number of athletes swimming in each individual event, there may be multiple heats swam in the following progression: Exhibition, JV, Varsity.

At invitational swim meets and championship swim meets there will often be multiple heats of swimmers grouped together by time. Heats progress in order from slowest times to fastest times. At these meets diving usually takes place at another time and/or location.

In diving, all divers compete at the same time – varsity divers compete in 6 dives each, while JV divers complete a number of dives determined by their diving coach. The diving format for dual meets can get a bit confusing. Divers are required to perform one voluntary dive and five optional dives for a total of six dives for each meet. Voluntary dives are the simpler ones, such as a front dive, a back dive, a reverse dive, or an inward dive. Optional dives can be any dive except the one performed for the voluntary dive. If you thought that part was confusing, just wait... Each week, the voluntary dive that must be performed changes. The first meet, a front must be done as the voluntary; the second meet, a back; the third meet, a reverse; the fourth meet, an inward; the fifth meet, a twister; and that cycle continues until the dual meet season is over. The divers must perform five optionals from only four groups, without repeating the dive they did for their voluntary.

MEET ORDER OF EVENTS

As stated above, every meet follows a standard order of events. Each event consists of either one competitive stroke or all four competitive strokes: freestyle, butterfly, backstroke, breaststroke. In addition, every race is a specific distance of 50 yards, 100 yards, 200 yards or 500 yards. Each length of the pool is 25 yards – therefore, a 50-yards race is 2 lengths, a 100-yard race is 4 lengths, a 200-yard race is 8 lengths, and a 500-yard race is 20 lengths.

ORDER OF EVENTS

1. **200-yard Medley Relay**
4 Swimmers, 50-yards each in the following order – Backstroke, Breaststroke, Butterfly, Freestyle
2. **200-yard Freestyle**
3. **200-yard Individual Medley (IM)**
50-yards of each stroke in the following order – Butterfly, backstroke, breaststroke, freestyle
4. **50-yard Freestyle**
5. **Diving**
6. **100-yard Butterfly**
7. **100-yard Freestyle**
8. **500-yard Freestyle**
9. **200-yard Freestyle**
4 swimmers, 50-yards each – All Freestyle
10. **100-yard Backstroke**
11. **100-yard Breaststroke**
12. **400-yard Freestyle Relay**
4 swimmers, 100-yards each – All Freestyle

SCORING

At a dual meet, there are 170 points available. There are 14 points available for each of the three relays (totaling 42 points), and each of the eight individual events has 16 points available (totaling 128 points).

- **RELAYS** – The top 3 places are scored; only two relay teams being allowed to score for each team. There are 14 points available for each of the relays (totaling 42 points).
- **INDIVIDUAL EVENTS** – The top 5 places are scored; only three individuals being allowed to score for each team. There are 16 points available for each individual swim event (totaling 128 points). Note: If there are empty lanes for relays or individual events, these points are forfeited from the meet.
- **DIVING** – The diving competition is scored as an individual event and the top 5 places are scored the same as an individual event. The judging is comprised of three judges, one from each team's coaching staff, and one official. Each dive, no matter what it is, is assigned a degree of difficulty based on how difficult the dive is to perform. Each dive's total score is added up to get a final score, which then determines the final ranking of the divers.

All varsity dual meets are scored the same using the following point system:

RELAYS		INDIVIDUAL EVENTS	
1 st Place	8 Points	1 st Place	6 Points
2 nd Place	4 Points	2 nd Place	4 Points
3 rd Place	2 Points	3 rd Place	3 Points
4 th - 8 th Place	0 Points	4 th Place	2 Points
		5 th Place	1 Points

Once a team has secured a victory (94 points), in the spirit of sportsmanship, coaches may forfeit their remaining points. Remaining varsity swimmers for the victorious team will be counted as exhibition swims and will not earn points towards their team's total.

It is important to note, unlike club meets, times swam at high school meets do not qualify a swimmer for the MSHSL state meet. State qualifying times must be achieved at SECTION FINALS (not prelims). There are no ribbons or other awards at dual meets, just an opportunity for swimmers to better their times, help the team score points, and maybe even set a new record - personal, pool, and/or team!

dive and should not be over judged. Splashless entries (known as “rip” entries) are impressive and are a critical part of the total dive. However, since the entry is the last part of the dive seen, it is easy to judge the entry, forgetting mistakes in takeoff and/or flight. Avoid this common trap. Conversely, a good dive with a rip entry is automatically a better dive and deserves a higher score.

- The dive is completed and scored when the body passes below the surface of the water.

Properly executed dives should be performed a safe distance from the board and walls.

DIVING POINT AWARDS

9 – 10	Exceptional – No visible flaws – Approach, hurdle, height, distance, execution and entry are all exceptional.
7½ – 8½	Excellent – Approach, hurdle, height and distance slightly affected. Execution well defined.
6 – 7	Good – Approach and hurdle unaffected. Height and distance acceptable. Execution defined, entry controlled, but slightly affected.
4½ – 5½	Satisfactory – Approach and hurdle acceptable. Height and distance adequate. Execution complete and entry slightly over or under.
2½ – 4	Deficient – Approach and hurdle affected. Height and distance inadequate. Execution affected and entry over or under.
½ – 2	Unsatisfactory – Approach and hurdle affected. Height and distance inadequate. Execution not complete or broken position. Entry significantly affected.
0	Failed dive.

Diving judge’s deductions:

- Deficient dives:
 - the diver partially alters the position of the dive during flight;
 - a diver enters the water with one or both hands above the shoulders on a dive requiring a feet-first entry, or with one or both hands below the shoulders on a dive requiring a head-first entry.
- Mandatory ½ – 2 point deduction:
 - not stopping the oscillations of the board just before or after the starting position is assumed in a back/inward takeoff;
 - excessive oscillation during a back/inward takeoff;

- feet/foot leaving the board prior to a back/inward takeoff;
- obviously spreading knees in the tuck position outside the shoulders;
- when executing flying somersaults, does not hold the straight position until the body is horizontal to the surface of the water;
- entering the water to the side of the board, and;
- twisting manifestly from the board.

Diving referee's deductions:

- 2 point deduction from each judge's score for:
 - violations of the forward approach
 - balks (Declared before the diving judges have scored the dive)
 - It is a balk if the diving referee believes the diver interrupts the continuous execution of the dive after assuming starting position.

- Unsatisfactory dive (maximum score of 2 points):
 - a dive clearly done in a position other than that described on the diving scoresheet;
 - a diver hitting the board;
 - a diver not attempting to come out of the tuck or pike position, and;
 - a diver does not attempt to come out of the twist.

- Failed dive (0 points awarded):
 - executing a dive other than that given on the diving scoresheet;
 - not assuming a starting position;
 - falling into the water;
 - being assisted by another person;
 - not executing the pike before the twist for dives #5111B and 5211B;
 - does not contact the water with the head or hands first on a head-first dive or with the feet first on a feet-first dive;
 - executes a twist, as determined by the diver's shoulder position, more or less than 90 degrees indicated on the diving scoresheet when the diver's feet/hands contact the water;
 - in a twisting dive, twist the shoulders past 90 degrees before the feet leave the board;
 - repeats a dive;
 - steps off the board (without permission) after assuming the starting position;
 - performs a dive requiring a forward approach from the standing forward position;
 - does not record the official description of the dive (dive number and position) on the diving scoresheet;
 - commits two balks on the same dive;
 - in a dual meet, does not perform the voluntary dive first;
 - in a championship meet, does not perform the voluntary and optional dives as specified;
 - performs a dive not listed on the diving table, or;

- twists the shoulders more than 90 degrees before the feet leave the board.
- Disqualifications by the diving referee:
 - diver does not make a sincere attempt to perform the dive;
 - it becomes obvious the dives listed on the diver's scoresheet are too difficult for the diver;
 - diver unnecessarily delays in the performance of a dive;
 - diver behaves in an unsporting manner, or;
 - diver fails two dives for any reason.

SIMPLIFYING THE DIVE NUMBERS

The meaning of the dive numbers:

- It is important for a diving judge to know the meaning of the dive numbers so they can begin to prepare to judge the dive at the time it is announced by the diving announcer. The dive number and position define the dive to be performed.
 - 100's = forward dives
 - 200's = back dives
 - 300's = reverse dives
 - 400's = inward dives
 - 5000's = twisting dives
 - Position designations:
 - Straight or layout position = "A"
 - Pike position = "B"
 - Tuck position = "C"
 - Free position = "D"
- For forward, back, inward and reverse dives:
 - the first number indicates the direction of travel;
 - the third number indicates the number of half somersaults;
 - 2 = 1 somersault
 - 3 = 1½ somersaults
 - 4 = 2 somersaults, etc.
 - 1, 2 or 3 somersaults = a feet-first entry;
 - 1½, 2½ or 3½ = a head-first entry;
 - dives with an odd third number should always enter the water head-first;
 - dives with an even third number should always enter the water feet-first,

- non-twisting dives with the second number of “1” indicates a “flying” dive.
- For twisting dives:
 - the second number indicates the direction of travel;
 - the third number indicates the number of half somersaults;
 - the fourth number indicates the number of half twists to be performed.
 - 1 = ½ twist
 - 2 = 1 full twist
 - 3 = 1½ twists
 - 4 = 2 full twists
 - 5 = 2½ twists
 - 6 = 3 full twists

See the chart below for examples of what the four numbers in a twisting dive mean.

Group	Category	Somersaults	Twists
5	1	3	2
Twisting	Forward	# of ½ SS	# of half Twists

- Twisting dives with a head-first entry

Dive Group	0, 1, 2, 3 Twists	½, 1½, 2½ Twists
Forward	Facing the board	Looking away
Back	Looking away	Facing the board
Reverse	Facing the board	Looking away
Inward	Looking away	Facing the board
- Twisting dives with a feet-first entry

Dive Group	0, 1, 2, 3 Twists	½, 1½, 2½ Twists
Forward	Looking away	Facing the board
Back	Facing the board	Looking away
Reverse	Looking away	Facing the board
Inward	Facing the board	Looking away

ONE METER DIVING TABLE

Any dive from a group may be designated as a voluntary dive. It will receive its assigned DD through 1.8. Any voluntary dive with a DD greater than 1.8 will be assigned a DD of 1.8.

NFHS One Meter Diving Table

Dive No.	Forward Dives	C Tuck	B Pike	A Straight	D Free
101	Forward Dive	1.2	1.3	1.4	---
102	Forward 1 SS	1.4	1.5	1.6	---
103	Forward 1½ SS	1.6	1.7	2.0	---
104	Forward 2 SS	2.2	2.3	2.6	---
105	Forward 2½ SS	2.4	2.6	---	---
106	Forward 3 SS	2.9	3.2	---	---
107	Forward 3½ SS	3.0	3.3	---	---
112	Forward Flying 1 SS	1.6	1.7	---	---
113	Forward Flying 1½ SS	1.8	1.9	---	---
Back Dives		C	B	A	D
201	Back Dive	1.5	1.6	1.7	---
202	Back 1 SS	1.5	1.6	1.7	---
203	Back 1½ SS	2.0	2.3	2.5	---
204	Back 2 SS	2.2	2.5	---	---
205	Back 2½ SS	3.0	3.2	---	---
212	Flying Back 1 SS	1.6	1.7	---	---
Reverse Dives		C	B	A	D
301	Reverse Dive	1.6	1.7	1.8	---
302	Reverse 1 SS	1.6	1.7	1.8	---
303	Reverse 1½ SS	2.1	2.4	2.7	---
304	Reverse 2 SS	2.3	2.6	2.9	---
305	Reverse 2½ SS	3.0	3.2	---	---
312	Flying Reverse SS	1.7	1.8	---	---
Inward Dives		C	B	A	D
401	Inward Dive	1.4	1.5	1.8	---
402	Inward 1 SS	1.6	1.7	2.0	---
403	Inward 1½ SS	2.2	2.4	---	---
404	Inward 2 SS	2.8	3.0	---	---
405	Inward 2½ SS	3.1	3.4	---	---
412	Inward Flying SS	2.0	2.1	---	---
413	Inward Flying 1½ SS	2.7	2.9	---	---
Twist Dives		C	B	A	D
5111	Forward Dive, ½ Twist	1.6	1.7	1.8	---
5112	Forward Dive, 1 Twist	---	1.9	2.0	---
5121	Forward 1 SS, ½ Twist	---	---	---	1.7
5122	Forward 1 SS, 1 Twist	---	---	---	1.9
5124	Forward 1 SS, 2 Twists	---	---	---	2.3
5126	Forward 1 SS, 3 Twists	---	---	---	2.8
5131	Forward 1½ SS, ½ Twist	---	---	---	2.0
5132	Forward 1½ SS, 1 Twist	---	---	---	2.2

5134	Forward 1½ SS, 2 Twists	---	---	---	2.6
5136	Forward 1½ SS, 3 Twists	---	---	---	3.1
5152	Forward 2½ SS, 1 Twist	3.0	3.2	---	---
5211	Back Dive, ½ Twist	---	---	1.8	---
5212	Back Dive, 1 Twist	---	---	2.0	---
5221	Back 1 SS, ½ Twist	---	---	---	1.7
5222	Back 1 SS, 1 Twist	---	---	---	1.9
5223	Back 1 SS, 1½ Twists	---	---	---	2.3
5225	Back 1 SS, 2½ Twists	---	---	---	2.7
5227	Back 1 SS, 3½ Twists	---	---	---	3.2
5231	Back 1½ SS, ½ Twist	---	---	---	2.1
5233	Back 1½ SS, 1½ Twists	---	---	---	2.5
5235	Back 1½ SS, 2½ Twists	---	---	---	2.9
5251	Back 2½ SS, ½ Twist	2.7	2.9	---	---
5311	Reverse Dive, ½ Twist	---	---	1.9	---
5312	Reverse Dive, 1 Twist	---	---	2.1	---
5321	Reverse 1 SS, ½ Twist	---	---	---	1.8
5322	Reverse 1 SS, 1 Twist	---	---	---	2.0
5323	Reverse 1 SS, 1½ Twists	---	---	---	2.4
5325	Reverse 1 SS, 2½ Twists	---	---	---	2.8
5331	Reverse 1½ SS, ½ Twist	---	---	---	2.2
5333	Reverse 1½ SS, 1½ Twists	---	---	---	2.6
5335	Reverse 1½ SS, 2½ Twists	---	---	---	3.0
5351	Reverse 2½ SS, ½ Twists	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 1½ SS, 1 Twist	---	---	---	2.7
5434	Inward 1½ SS, 2 Twists	---	---	---	3.1

High school diving is scored by a panel of judges who evaluate each dive on a scale of 0 to 10 in half-point increments:

- **10:** Excellent
- **8.5–9.5:** Very good
- **7–8:** Good
- **5–6.5:** Satisfactory
- **2.5–4.5:** Deficient
- **0.5–2:** Unsatisfactory
- **0:** Completely failed

Judges consider a number of factors when scoring a dive, including:

- **Approach**

The diver's steps toward the end of the board before the hurdle and takeoff

- **Takeoff**

The diver's lift from the board, which should show control, balance, and the correct angle

- **Elevation**

The amount of lift the diver receives from the takeoff

- **Execution**

The dive itself, which should demonstrate proper technique, form, and grace

- **Entry**

The diver's entry into the water, which should be graceful and vertical with minimal splash

To calculate the final score, the judges' scores for each dive are added together and multiplied by the dive's degree of difficulty. The scores for all dives are then added to get the total diving score.