

DISTRICT XI SWIMMING AND DIVING CHAMPIONSHIPS
presented by St. Luke's University Health Network

DATES, LOCATIONS, TIMES OF SWIMMING AND DIVING CHAMPIONSHIPS:

DIVING	February 24, 2024	Emmaus High School
SWIMMING	March 1 & 2, 2024	Parkland High School

SCHEDULE

Order of Events and Approximate Time Schedule

Friday – March 1, 2024

Boys & Girls AA

1:30 pm	Swimmers may enter locker rooms
2:00 pm	Ticket Sales Open to Spectators
1:45-2:45 pm	Warmups
1:45 pm	Coaches/Officials Meeting
2:45 pm	Girls 200 Medley Relay
2:52 pm	Boys 200 Medley Relay
2:59 pm	Girls 200 Freestyle
3:10 pm	Boys 200 Freestyle
3:21 pm	Awards – Girls & Boys Medley Relay
3:26 pm	Girls 200 Ind. Medley
3:38 pm	Boys 200 Ind. Medley
3:50 pm	Awards – Girls & Boys 200 Free
3:55 pm	Girls 50 Freestyle
4:02 pm	Boys 50 Freestyle
4:09 pm	Awards – Girls & Boys 200 IM
4:14 pm	Five Minute Break
4:19 pm	Girls 100 Fly
4:27 pm	Boys 100 Fly
4:35 pm	Awards – Girls & Boys 50 Free
4:40 pm	Five Minute Break
4:45 pm	Girls 200 Free Relay
4:51 pm	Boys 200 Free Relay
4:57 pm	Awards – 100 Fly, 200 Free Relay
5:10 pm	Clear Pool

Boys & Girls AAA

5:45 pm
6:15 pm
6:00-7:00 pm
6:00 pm
7:00 pm
7:07 pm
7:14 pm
7:25 pm
7:36 pm
7:41 pm
7:53 pm
8:05 pm
8:10 pm
8:17 pm
8:24 pm
8:29 pm
8:34 pm
8:42 pm
8:52 pm
8:57 pm
9:02 pm
9:08 pm
9:14 pm
9:27 pm

Saturday – March 2, 2024

Boys & Girls AA

8:45 am	Swimmers may enter locker rooms
9:00-10:00 am	Warm Ups
9:15 am	Ticket Sales Open for Spectators
10:00 am	Girls 100 Freestyle
10:08 am	Boys 100 Freestyle
10:16 am	Girls 500 Freestyle
10:40 am	Boys 500 Freestyle
11:03 am	Awards – Girls & Boys 100 Free
11:08 am	Girls 100 Backstroke
11:17 am	Boys 100 Backstroke
11:26 am	Awards – Girls & Boys 500 Free
11:31 am	Girls 100 Breaststroke
11:40 am	Boys 100 Breaststroke
11:49 am	Awards – Girls & Boys 100 Back
11:54 am	Five Minute Break
11:59 am	Girls 400 Free Relay
12:10 pm	Boys 400 Free Relay
12:18 pm	Awards – Girls & Boys 100 Breast 400 Free Relay
12:40 pm	Clear Pool – Team Awards

Boys & Girls AAA

1:15 pm
1:30-2:30 pm
1:45 pm
2:30 pm
2:37 pm
2:46 pm
3:07 pm
3:28 pm
3:33 pm
3:42 pm
3:50 pm
3:55 pm
4:04 pm
4:13 pm
4:23 pm
4:28 pm
4:38 pm
4:48 pm
5:15 pm

DISTRICT COMMITTEEPERSON IN CHARGE OF CHAMPIONSHIPS

District XI Committee Swimming & Diving Chairperson: Ray Ramella

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Meet Director: Don Harakal

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ELIGIBILITY FOR SWIMMING: Contestants are limited in competition to no more than four (4) events – two individual and two relays, or one individual and three relays. Being designated as a relay contestant shall not count as an event **until officially assigned** at the coaches meeting on the day of competition.

TEAM SCORING: For those schools that sponsored a team during the regular season and participated in at least nine (9) dual meets, sixteen-place championship scoring will be used to determine a team champion.

PRE-MEET WARM-UP FOR SWIMMING: On Saturday, February 24, 2023 there will be a pre-swimming warm-up held at Parkland from 2:00 pm – 5:00 pm for any swimmers entered in the swimming championships. This session requires that the school's head and/or assistant coaches be present to supervise their athletes from the time they enter the building until the time they exit the building. No official coach - no warm-up!

ASSIGNMENT OF OFFICIALS: Officials will be assigned by District XI Committeeperson in charge of Swimming and Diving or their designee.

SPORTSMANSHIP STATEMENT: PIAA requires all registered sports' officials to enforce the sportsmanship rules for coaches and contestants. Actions meant to demean opposing contestants, teams, spectators and officials are not in the highest ideals of interscholastic education and will not be tolerated. Let all contests reflect mutual respect. Coaches will certify prior to the contest that teams are legally equipped according to the rules of that contest.

DATA COLLECTION: All swimming and diving meets with the expectation to be used for the qualification in the District XI Championship should be sent to the appropriate result collector within 72 hours following completion of the event. In situations where results files are not sent within 72 hours, those results will not be used for District entry and qualification.

QUALIFICATION FOR ENTRY: There will be 16 team or individual qualifiers in every event, except for the 50 Freestyle, where there will be a maximum of 24 qualifiers.

1. Each event except the 50 free will have a maximum of 16 swimmers. Events with less than 16 automatic qualifiers will have the remaining lanes filled with the next fastest consideration times submitted. This will allow for 2 full heats of swimmers.
2. Should there be 17 or more automatic qualifiers, a 3rd heat will be run. If a 3rd heat is necessary, there will be no consideration times used. In no case will there be more than 24 swimmers in an event.
3. The 50 freestyle will have 3 full heats using consideration times if needed to fill to the 24th seed. Again, in no case will there be more than 24 swimmers in an event.
4. Each school who desires to enter one relay team in each relay event may do so. Qualification and consideration time are not standards for relays. A maximum of one relay team per school is allowed.

Qualification Times for the 2024 District XI Championships

BOYS AA		Event	GIRLS AA	
Consideration	Qualifying		Qualifying	Consideration
NA	NA	200 YD MEDLEY RELAY	NA	NA
2:22.00	2:09.27	200 YD. FREESTYLE	2:17.37	2:30.00
2:47.00	2:34.92	200 YD. IND. MEDLEY	2:42.20	2:55.00
:28.00	:24.30	50 YD. FREESTYLE	:27.48	:31.00
1:15.00	1:08.20	100 YD. BUTTERFLY	1:10.89	1:17.00
NA	NA	200 YD FREE RELAY	NA	NA
1:02.00	:55.02	100 YD. FREESTYLE	1:01.62	1:08.00
6:37.00	6:06.56	500 YD. FREESTYLE	6:21.03	6:52.00
1:21.00	1:14.38	100 YD. BACKSTROKE	1:10.70	1:17.00
1:24.00	1:17.62	100 YD. BREASTSTROKE	1:19.64	1:26.00
NA	NA	400 FREE RELAY	NA	NA

BOYS AAA		Event	GIRLS AAA	
Consideration	Qualifying		Qualifying	Consideration
NA	NA	200 YD MEDLEY RELAY	NA	NA
2:07.00	1:54.82	200 YD. FREESTYLE	2:05.04	2:17.00
2:22.00	2:09.76	200 YD. IND. MEDLEY	2:21.87	2:34.00
:27.00	:23.08	50 YD. FREESTYLE	:26.04	:29.00
1:02.00	:55.69	100 YD. BUTTERFLY	1:03.09	1:10.00
NA	NA	200 YD FREE RELAY	NA	NA
:58.00	:51.21	100 YD. FREESTYLE	:56.75	1:03.00
5:38.00	5:07.96	500 YD. FREESTYLE	5:55.37	6:26.00
1:04.00	:57.58	100 YD. BACKSTROKE	1:03.37	1:10.00
1:12.00	1:05.12	100 YD. BREASTSTROKE	1:13.87	1:20.00
NA	NA	400 FREE RELAY	NA	NA

DATES, LOCATIONS, AND TIMES OF DISTRICT XI DIVING CHAMPIONSHIPS:

Saturday, February 24, 2024 – at Emmaus High School

Girls' Warm-ups: 8:30 am – Meet 10:00 am

Boys' Warm-ups: 12:15 pm – Meet 1:45 pm

ENTRY DEADLINE FOR DIVING: Diving sheets must be received no later than 12:00pm (noon) on Monday, February 19, 2024 per the instructions below.

PRE-MEET WARM-UPS FOR DIVING: There will be a pre diving warm-up held on Wednesday, February 21, 2024 from 6:00 pm – 8:00 pm at Emmaus for any divers entered in the diving championships. This session requires that the school's head and/or assistant coaches be present to supervise their athletes from the time they enter the building until the time they exit the building. No official coach - no warm-up!

WHO IS ELIGIBLE TO COMPETE: Each school may name up to five (5) entries in diving providing they meet established qualifying standards, but only four (4) may compete. The four divers will be identified prior to warm-ups for the competition.

DIVING INFORMATION: The 2024 District XI Diving Championship will follow the PIAA 11 dive format. Sixteen (16) divers, in AAA Girls', AAA Boys', AA Girls' and AA Boys', will qualify for the 2024 District XI Diving Championship. All sixteen (16) divers will score points for their respective team unless disqualified. Once a dive sheet is submitted for District entry, only a position on a dive can be changed.

The Standing Forward Take-off shall not be permitted. No diver shall repeat a dive. All dives of the same number, whether tuck, pike, straight or free positions are considered the same dive. The NFHS standard dive sheet shall be used. Both 2A and 3A divers will perform 11 dives and there will be no cuts.

Each school may name up to five (5) entries in each event providing they meet the established qualifying standards, but only four (4) may compete. Diving will be conducted following NFHS Championship rules with an 11-Dive program. In addition, each diver must submit a signed (by PIAA official) dive sheet from the 2023-2024 PIAA Swimming/Diving season to verify a minimum score from a six (6) or eleven (11) dive program.

With a six (6) dive minimum score of:

AA Girls 140 AAA Girls 150

AA Boys 140 AAA Boys 150

or with an eleven (11) dive minimum score of:

AA Girls 240 AAA Girls 250

AA Boys 240 AAA Boys 250

to be eligible to participate in the 2024 District XI Diving Championships.

DATES AND LOCATION FOR PIAA CHAMPIONSHIP: March 13-16, 2024 at Bucknell University.

