

## METRO EDMONTON HIGH SCHOOL ATHLETIC ASSOCIATION SWIM LEAGUE INFORMATION

1. Each team shall swim five meets (one per week). These meets shall be used by swimmers to have a qualifying time for the Championship Meet.

All teams shall be assigned an equal number of lanes throughout the qualifying meets. Teams will be restricted to competing within the number of lanes assigned by Metro athletics at all events (qualifying meets and Championships). Teams may not fill empty lanes or lanes not used by their competition.

The schedule of heats, for qualifying events, provided by Metro Athletics shall not be altered in any way such as adding, rearranging, or combining heats or events.

2. There will be two categories for competition: NOVICE and OPEN

### DEFINITION OF A NOVICE SWIMMER

Any first year swimmer who has not been a registered club swimmer, diver, synchronized swimmer, or waterpolo player in the past three years is eligible to swim in novice events.

Note: Each stroke event (City Final Meet only) is considered separately - a swimmer may be eligible to swim a certain event as a Novice and another event as an open swimmer.

2. The swimmers for the various events at the Championship Meet will be determined at a coaches' scratch meeting. For this meeting each school will be provided with a chronological list (for each event) of times by swimmers that have been swum during the year.

3. In individual events at the Championship Meet the top eight times not scratched will be eligible for Heat A, the next eight not scratched will be eligible for Heat B. The number of swimmers will determine the number of heats. However, in any heat after heat A, minimum of four (4) swimmers is recommended to form any further heat.

4. A swimmer is allowed to enter two individual events and two relays unless the team is not large enough to field relay entries in all relays. In order for a swimmer to swim in a third relay event, all other swimmers must have swum in two relays. If a boys' or girls' team has 12 swimmers in the meet, no swimmer may swim a third relay.

5. In the Championship Meet, each team will be allowed two relay teams. Any one swimmer may not swim on an "A" team and a "B" team in the same event. Names of relay swimmers on a team are to be recorded on the time card.

6. All meets shall be conducted in accordance with the C.A.S.A. rules and regulations with respect to stroke requirements, order of strokes and disqualifications.

Modification: Swimmers will be allowed two false starts (disqualified from competition on third false start.)

7. Schools will be assigned responsibilities at the league meets and the Championship Meet. Please ensure these responsibilities are carried out.

### PLEASE REMIND SWIMMERS AND TIMERS OF THE FOLLOWING:

#### SWIMMERS:

- relays – swimmer must touch end before the next swimmer leaves the block;
- two hand touch before swimmer is completed; (breaststroke)
- strokes must be consistent from start to finish;
- show good sportsmanship – swimmers should remain in the pool until all swimmers have completed the race;
- ensure complete name, school, lane and event number are on time card;

#### TIMERS:

- two hand touch before swimmer is completed (breaststroke)
- check time cards for all required information – be sure lane number is correct
- if there are only two times – use the slowest time (not average). If there are three times use the middle time.