

# Swimming

## Section I - Championship Eligibility

The following schools compete for the conference championship in swimming: Bryn Mawr (women only), Dickinson, Franklin & Marshall, Gettysburg, McDaniel, Swarthmore, Ursinus and Washington.

## Section II - Swimming Committee

*Chair:* Paul Richards, Dickinson.

*Liaison:* Alison Risser, Dickinson.

## Section III - Playing Season Regulations

- A. Length of Playing Season.** The length of an institution's playing season in swimming shall be limited to a maximum of 19 weeks (traditional and nontraditional segments combined). *(Adopted 1/12/04)*
- B. Preseason Practice.** A member institution shall not commence practice sessions before September 23. *(Revised 6/4/03)*
- C. First Date of Competition.** An institution shall not engage in its first date of competition (contest or scrimmage) against outside competition before November 1. If November 1 falls between Monday through Friday, a contest may be scheduled for the previous weekend in lieu of competition during that week. Teams that utilize this option are prohibited from scheduling a game or scrimmage during the following weekdays (Monday-Friday). The date cannot be used for a Centennial Conference meet. *(Revised 6/4/03; Revised 6/9/04; Revised 9/23/05)*
- D. Maximum Limitations.** An institution shall limit its playing schedule with outside competition in any one year to 16 dates of competition, except for those contests excluded in the *NCAA Manual*.

## Section IV - Rules Governing Championship

- A. Determining the Conference Champion.** The Conference champion will be determined by a championship meet.
- B. Eligibility for Conference Championship.** To be eligible for the Conference championship, a school must meet every school in dual or tri-meet competition.
- C. Suspension of Championship.** The liaison for the committee should be "on call" in the event that an unforeseen emergency causes the suspension of the championship. The liaison will serve as the administrative component in the decision-making process along with the administrators on the games committee. *(Adopted 5/31/06)*

## Section V - Regulations Governing Championship Competition

All NCAA rules apply unless amended below.

- A. Entry Fees.** To defray the expense of operating Conference championship events, the following fee will be assessed: \$10 per individual. The fee must be received by the host institution before that individual can compete. The deadline for entrants is **two weeks before the start of the championship**. *(Adopted 6/2/99)*
- B. Sites and Dates for Championships.** The championship meet should be conducted over three days on the last weekend of qualifying for the NCAA Division III Women's Championship. Franklin & Marshall will host the 2009 championship.
- C. Starting Times for Championship Meet.** The start times for the championship will be as follows: Friday – 11:30 a.m. and 7 p.m. Saturday - 10 a.m. and 6 p.m. Sunday - 10 a.m. and 6 p.m. The coaches meeting will begin at 10:30 a.m. on Friday. *(Adopted 6/5/96; Revised 6/7/00; Revised 6/1/05; Revised 5/30/07)*
- D. Diving.** Diving will not be contested in the Centennial Conference.
- E. Roster Size.** Teams are limited to an 18-person roster for the men's championship and the women's championship. Coaches may enter 20 swimmers on the team roster for the championship and cut the team down to 18 prior to the 6 p.m. Thursday scratch deadline. *(Adopted 6/9/04; Revised 5/31/06; Revised 5/30/07)*
- F. Relay Split Times.** An entrant may add 0.7 seconds per 100 yards to verifiable (i.e. proof of performance) relay split times for the breaststroke and butterfly strokes for use as entry times for the championship meet. These times may not be used as qualifying standards. *(Revised 6/3/98)*
- G. Entries.** Each swimmer can be entered in four individual events and compete in a maximum of three individual events. *(Adopted 6/4/97; Revised 5/30/07)*

- H. Entrants for Relays.** Each school has the option of entering two relay teams - A and B. All "A" teams swim in the championship final, while the "B" relay swims in the consolation final. *(Revised 6/7/00)*
  - I. Entry Times.** All teams must have verifiable entry times. The times must have been achieved during the current season. All coaches must hand-carry meet results to the championship meet. Challenges to entry times appearing on the unofficial psych sheet should be directed to the meet committee for potential action. *(Adopted 6/1/05)*
  - J. Championship Administration.** The host institution should hire three people – an entry coordinator, an announcer and a Colorado Systems time operator - to assist in the administration of the championship meet. *(Revised 6/1/05)*
  - K. Hosting a Conference Championship.** To host a Conference championship meet, a minimum of an eight-lane facility is required.
  - L. Travel/Practice at Championship Site.** Teams are prohibited from practicing at the championship site on the Thursday before the championship meet - host team excluded. If the championship is conducted at Franklin & Marshall, teams will not travel on the Thursday before the championship. Should inclement weather conditions arise, the decision to travel on Thursday then lies with the institution. *(Adopted 6/5/96)*
  - M. Championship Meet Committee.** A championship meet committee will be formed to handle any conflicts or concerns that might arise during the course of the meet. The committee will be comprised of the meet referee, a Conference representative or representative from the host institution, and two coaches who will serve on a rotating basis. *(Adopted 6/5/96)*
- | Year | coach               | coach               |
|------|---------------------|---------------------|
| 2009 | Gettysburg          | Franklin & Marshall |
| 2010 | Franklin & Marshall | Dickinson           |
| 2011 | Dickinson           | Bryn Mawr           |
| 2012 | Bryn Mawr           | Ursinus             |
- N. Scratch Procedure.** One carbon copy sheet to scratch all swimmers should be used on Saturday and Sunday. The form must be initialed by a meet official. Friday scratches are to be done or by Thursday and are to be sent via e-mail. *(Adopted 6/2/99)*
  - O. Heats for 1650 Freestyle.** The heats for the 1650 freestyle shall be Women - Men - Women - Men. *(Adopted 6/7/00)*
  - P. Meet Information.** The championship meet information should be e-mailed by the second Monday in December so all teams can make necessary arrangements. *(Adopted 6/1/05)*

## Section VI - Dual and Tri-Meet Competition

All NCAA rules apply unless amended below.

- A. Dual Meet Entries.** All coaches should send out Hy-Tek roster files to ease dual meet computer entry work, and finalize scheduled prior to the season as needed. *(Adopted 5/31/06)*
- B. Intermissions.** There shall be two breaks of 10 minutes each during the meet.
- C. Changes in Meet Format.** If mutually agreeable, changes in the normal dual meet format are permitted provided changes are requested a minimum of five (5) days in advance.
- D. Times for Swimmers.** The host institution is responsible for providing times for all swimmers, either through electronic timing or hand-held stopwatches for each lane.
- E. Officials.** There shall be a minimum of two officials for a dual meet, and three officials are highly recommended.
- F. Team Score.** The running team score for the meet should be displayed and/or announced at all meets.
- G. Split Times.** All dual meet split times are to be posted on the deck for swimmers to see as soon as possible after each event. *(Adopted 5/30/07)*
- H. Postponed Meets.** All postponed Conference meets will be rescheduled upon mutual agreement by the coaches or administrators. In the final week of regularly scheduled Conference play, a postponed Conference meet will be rescheduled for the next available date and shall have priority over non-Conference meets.
- I. Distribution of Results.** The host institution will send out meet results to all other Conference institutions on the Monday following the meet. Results of non-Conference meets must also be forwarded at the same time by all Centennial schools. Relay splits should be included. The results must not necessarily be typed, but must be readable.

- J. Jewelry.** Due to the potential for bodily injury, dismemberment, or even death, this policy regarding the wearing of jewelry, body piercing articles, and symbolic bracelets is recommended for all practices and games of Centennial Conference athletes. Tongue studs, spacers, or other objects are discouraged due to the potential for an obstructed airway or soft tissue damage. Protective mouthpieces are excluded from this policy. A player should not wear any jewelry, including earrings, chains, charms, watches, hair clips, bobby pins, tongue studs or items associated with piercing (visible or not visible), or bracelets. Exception: Medical alert bracelets or necklaces may be worn but should be taped to the body. Religious medals should be removed from chains and may be taped to the body or sewn under the uniform. *(Adopted 6/1/05)*

## Section VII - Awards

- A. All-Conference Team.** The winner of each event at the Conference championship meet will be named All-Conference, while the second-place finisher will be named honorable mention.
- B. Outstanding Performers of the Championship.** A male and a female swimmer will be recognized at the conclusion of the championship as the meet's outstanding performers. The selection criteria is as follows:
1. Individual Points Accumulated.
  2. Number of Conference records (set or tied) held at the conclusion of the meet.
  3. Number of NCAA "A" Qualifying times established at the meet.
  4. Number of Meet records (set or tied) held at the conclusion of the meet.
  5. Number of NCAA "B" Qualifying times established at the meet *(Revised 6/5/97, Revised 6/3/98)*
- C. Determination of Coach of the Year.** For Coach of the Year honors, coaches will be asked to nominate **one** opposing coach for Coach of the Year. Coaches should vote for 1st, 2nd and 3rd with five points for a 1st place vote, three for a 2nd place vote, and one for a 3rd place vote. **Once again, coaches may not vote for themselves.** Ties will not be broken and co-winners will be named.
- D. Weekly Honors.** The Conference Office, in cooperation with the Sports Information Directors committee, will compile an Honor Roll for individual performances during a selected period.
- E. Academic Honor Roll.** To be nominated/selected for the Academic Honor Roll, a student-athlete must meet the following criteria:
1. The student-athlete must be a starter or key reserve on her/his team.
  2. Must be a sophomore or higher in class standing.
  3. Must have a cumulative grade point average of 3.40 or higher (or its equivalent as determined by the institution) based on a 4.0 scale. The GPA must be at least 3.40, not 3.39 and rounded to the nearest tenth of a point.
- F. All-Sportsmanship Team.** All institutions will elect one member from their team who displays good sportsmanship throughout the season to be a member of the All-Centennial sportsmanship team. These individuals will be selected by the team and head coach and submitted to the Conference Office as part of the All-Conference nomination process. Only one student from each team may be selected. All institutions will have one representative on the All-CC sportsmanship team with the final decision made by each institution's head coach. *(Adopted 5/30/07)*

## Section VIII - Championship Meet Expenses

- A. Budget.** The host institution should pay for all expenses and submit a Championship Expense Report Form to the Conference Office for reimbursement. If expenses are entirely covered through ticket sales and extra revenue remains, it will be returned to the Conference Office to offset deficits from other championships. If expenses are not covered by the fees, the Conference Office will absorb the deficit, provided the host institution kept expenses within the budget guidelines.
- B. Admission Charge.** An admission charge will be assessed at each session of the Conference championship - \$3 for morning trials, \$5 for evening finals, and \$15 for all-sessions pass. No students at participating Conference institutions (with valid student ID) nor youth 12 and under will be charged an admission fee. There are no complimentary tickets for the Conference swimming championships, though an institution may purchase tickets for special guests and friends of the institution. *(Revised 6/2/99; Revised 6/1/05)*

## Section IX - Calendar

<b>Start of Practice:</b>	Tuesday, September 23, 2008
<b>First Contest:</b>	Saturday, November 1, 2008
<b>Conference Championship:</b>	Friday-Saturday-Sunday, February 20-21-22 at Franklin & Marshall College
<b>Committee Meeting:</b>	Tuesday, March 3, 2009
<b>NCAA Championship:</b>	March 18-21, 2009 at Minneapolis, Minn. (Macalester, host)