

**43rd ANNUAL
MERCER COUNTY SWIMMING
AND DIVING CHAMPIONSHIPS**

**Tuesday, January 31st 2012
Mercer County Diving Championships
Location: Montgomery High School**

4:45 Locker Room Opens
5:00 – 5:45pm Diving Warm-Ups Boys & Girls
6:00 Diving Competition for Boys & Girls

**Thursday, February 2nd 2012
Qualifying Heats - *GIRLS*
Location: Lawrence High School**

3:45 Locker Room Opens
4:00 Scratch Meeting (Pool Office)
4:00 Swimming Warm-Ups
4:30 Meet Begins

**Friday, February 3rd 2012
Qualifying Heats - *BOYS*
Location: Lawrence High School**

3:45 Locker Room Opens
4:00 Scratch Meeting (Pool Office)
4:00 Swimming Warm-Ups
4:30 Meet Begins

**Saturday, February 4th 2012
Consolations and Finals for Boys and Girls
Location: Lawrence High School**

11:00 Locker Room Opens
11:30 Scratch Meeting (Pool Office)
11:30 Swimming Warm-Ups
12:00 Meet Begins

I. Diving Rules

The 2011-2012 National Federation Edition, Swimming and Diving Rules and Records and NJSIAA regulations will be used.

Each team will be allowed a total of eight (8) divers: four (4) boys and four (4) girls. The diving trials will consist of 3 dives, 1 voluntary (DD = 1.9 max) and 2 optional. At the end of the trials the sixteen (16) highest scoring girls and sixteen (16) highest scoring boys will advance to the finals. If there are sixteen (16) or less competing divers, there will be **NO** trials. In the finals each diver will perform 3 optional dives. The total of 5 optional dives must come from at least 4 of the 5 groups not including the voluntary dive.

Diving entry sheet for each diver, including all six (6) dives needs to be received no later than 3:30 p.m. on **Wednesday, January 25, 2012.**

Please send entries to: Ken Mason, Athletic Director
Lawrence High School
2525 Princeton Pike
Lawrenceville, NJ 08648
Phone: (609) 671-5516 x2 email kmason@ltps.org
FAX: (609) 671-3459

A student attending a school which competes on an interscholastic basis in both swimming and/or diving must swim as a member of his/her high school team in at least 50% of the school's total meets (before the entry form due date) to be eligible for the MCT. If no diving or no swimming team is offered by the school, an individual from that school may compete in the MCT, provided they have six practice sessions under the supervision of a school-appointed coach (consult the section on "Coaches Appointed to Accompany Individuals to Championships" in the NJSIAA Handbook.)

This individual may not score any team points. The appointed coach must be able to certify that the individual competing was present at the required six (6) practice sessions.

**The voluntary dive will be selected by the diver from the forward group.
The degree of difficulty is limited to a 1.9 maximum.**

Scores from the diving championships will not be carried over to the swimming championships on Saturday. A separate team diving championship will be presented with only those schools that compete with diving on an interscholastic basis being eligible. **The snow date for the diving is Wednesday February 1, 2012.**

The order and number of events are as follows:

Diving awards will be given out at the completion of the diving finals. Medals will be given to the first through sixth highest scoring boys and the same for the girls. Ribbons will be given to the seventh through twelfth place finishers for boys and girls.

II. Swimming Rules

The 2011-2012 National Federation Edition, Swimming and Diving Rules and records and NJSIAA regulations will be used. Six lanes will be used for preliminaries, consolations, and finals.

Teams are allowed four (4) entries per individual event and one (1) relay team per event. A contestant is permitted to compete in a maximum of four events, 2 of which may be an individual event. Participants must have competed in 50% of schools' meets (prior to the entry form due date) to be eligible unless the athlete's school does not sponsor a team. **Independents must have a certified faculty representative, acting as a coach, present at the meet and at least 6 practices prior to the event. Independents will not score points.

The top six swimmers in each event will make the finals. The next six (7th through 12th) will make the consolations. A swimmer in the consolations cannot place any higher than seventh (7th) place.

The thirteenth (13th) place finisher will be the first alternate.

See the head referee with the declared false starts **prior** to the race, if the athlete is declaring a false start.

SCORING WILL BE AS FOLLOWS:

Relays - 32, 26, 24, 22, 20, 18, 14, 10, 8, 6, 4, 2
Individual - 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1

Awards will be as follows: Team plaque for the highest-scoring boy's team and the highest-scoring girl's team. Individual medals for the top six finishers in each event and ribbons for 7th through 12th place finishers. Second and third place team plaques will also be awarded.

EVENT NUMBER		EVENT
Girls	Boys	
1	2	200 yd/m Medley Relay
3	4	200 yd/m Free
5	6	200 yd/m Individual Medley
7	8	50 yd/m Free
	15 MINUTE BREAK	
9	10	100 yd/m Butterfly
11	12	100 yd/m free
13	14	400 meter free
	15 MINUTE BREAK	
15	16	200 yd/m Free Relay
17	18	100 yd/m Backstroke
19	20	100 yd/m Breaststroke
21	22	400 yd/m Free Relay

Boys and girls will alternate each event on Saturday. Warm-ups will be allowed during all breaks.

III. Entry forms and Seeding

Entry sheets and diving sheets need to be received no later than 10:00am on Friday January 27, 2012. In addition to the entry sheet we need a typed team roster of both teams. If you are hand carrying the entries that day, please let Ken Mason know in advance at 671-5516 x2. email kmason@ltps.org. Fax 671-3459.

If you have the ability to send your entries via email from TEAM MANAGER or MEET MANAGER please do so by emailing them to charlesrudnick@verizon.net . If you email them to Chuck you still must send a hard copy to Ken.

Please send entries to: Ken Mason, Athletic Director
Lawrence High School
2525 Princeton Pike
Lawrenceville, N.J. 08648

Back – Up Timer Assignments

GIRLS TRIALS

Lane 1 HW, HTS, HV
2 RVILLE, LAW, STN
3 ND, NOTT, WWN
4 PR, WWS, HW
5 HTS, HV, LAW
6 EW, ND, NOTT

BOYS TRIALS

Lane 1 PR, PEN, WWS
2 HW, HTS, HV
3 LAW, ND, WWN
4 NOTT, HW, HTS
5 HV, STN, LAW
6 EW, ND, NOTT

FINALS

Lane 1 PR, WWN, WWS
2 HW, HTS, HV
3 LAW, ND, WWS
4 NOTT, HW, HTS
5 HV, STN, LAW
6 EW, ND, NOTT

- Adult timers WITH WATCHES are needed from each school—each session.
- Timers report to blocks 15 minutes before start of the meet.
- Any school not listed above will be assigned to give breaks.

ENTRY SHEETS ARE VERY IMPORTANT, AS WE ARE USING THEM EXCLUSIVELY TO SEED BY COMPUTER.

There are no entry cards and no seeding meeting will be held.

IV. Additional Information

1. Spectator tickets will be sold for the event and there will be limited seating. (\$2.00 – students/senior citizen's \$3.00 - Adults)
2. No coach will be allowed on deck without a pass.
 - No shaving in the shower area is allowed.
 - No paint allowed on swimmers or non-swimmers or their suits.
 - No club/aquatic team suits allowed.
 - No fooling around in locker area.
3. Each school must provide 3 adult back-up timers--including time pieces
4. Use a yard to meter conversion chart for consistent calculations on entry forms. **Enter meter times only.** Entries will be listed in **meters.**
5. Only interscholastic times are allowed and coaches must be able to certify times with meet sheets, if challenged.
6. Boys and girls on a co-ed team compete and score as a boy's team. The females on a co-ed team have the option of swimming with the girls, but may not score team points. Independent swimmers (from schools with no swim team) will not score team points either. **Points will be vacated.** Swimmers **will not bump up.**
7. In the relays, 8 individuals may be designated, and it shall not count as an entry unless the competitor actually competes. Competing pertains to any portion of the meet regardless if a trial, consolation, or final. Once a swimmer competes in an event/relay, he/she may not switch to a different event/relay. Only the 4 swimmers from the 8 listed, who are declared with the marshall, are permitted to report the blocks and compete.
8. The 50 % rule may be appealed to the meet committee prior to the entry deadline.
9. Teams must not stand behind the blocks until their event/heat is called. Towels, shorts, extra suits, etc., must not be carried to the starting blocks.
10. **Do not** expect extra swimmers to be inserted into the meet.