

# CENTRAL LEAGUE SWIMMING AND DIVING



## 2022 SWIMMING CHAMPIONSHIPS

FRIDAY, FEBRUARY 11<sup>TH</sup> & SATURDAY, FEBRUARY 12<sup>TH</sup>

**RIDLEY HIGH SCHOOL**

LIVESTREAMING VIA [RIDLEYTV.COM](http://RIDLEYTV.COM)

**Entries:** Due to Tom Robinson (ctrobinson1@verizon.net) by **10:00 PM, January 29, 2022**

\*TM Events File is available at <http://www.fordswimdive.com/clswimdive.htm>

### MEET SCHEDULE

<p><b>FRIDAY, FEBRUARY 11, 2022</b></p> <p><b>SESSION 1: BOYS</b></p> <p>2:00 PM // Warm-Up</p> <ul style="list-style-type: none"> <li>• <b>2:00 – 2:25</b> – RID, SDC, SH, CON (10)</li> <li>• <b>2:25 – 2:50</b> – PNC, MN, HAR, LME, CON (20)</li> <li>• <b>2:50 – 3:15</b> – UD, GAV, RAD, HAV</li> <li>• <b>3:15 – 3:25</b> – Sprints</li> </ul> <p>3:30 PM // Competition Start Time</p> <ul style="list-style-type: none"> <li>• 200 Medley Relay, 200 Free, 200 IM, 50 Free</li> <li>• Break / Awards                             <ul style="list-style-type: none"> <li>○ 200 Medley Relay, 200 Free, 200 IM</li> </ul> </li> <li>• 100 Butterfly</li> <li>• <b>10:00 Break</b></li> <li>• 200 Freestyle Relay</li> <li>• Awards                             <ul style="list-style-type: none"> <li>○ Senior Recognition</li> <li>○ 50 Free, 100 Fly, 200 Free Relay</li> </ul> </li> </ul>	<p><b>SATURDAY, FEBRUARY 12, 2022</b></p> <p><b>SESSION 1: BOYS</b></p> <p>12:00 PM // Warm-Up</p> <ul style="list-style-type: none"> <li>• <b>12:00 – 12:25</b> – RID, SDC, SH, CON (10)</li> <li>• <b>12:25 – 12:50</b> – PNC, MN, HAR, LME, CON (20)</li> <li>• <b>12:50 – 1:15</b> – UD, GAV, RAD, HAV</li> <li>• <b>1:15 – 1:25</b> – Sprints</li> </ul> <p>1:30 PM // Competition Start Time</p> <ul style="list-style-type: none"> <li>• Central League Sportsmanship Award</li> <li>• 100 Free, 500 Free, 100 Back, 100 Breast</li> <li>• Awards                             <ul style="list-style-type: none"> <li>○ 100 Free, 500 Free, 100 Back</li> </ul> </li> <li>• 400 Freestyle Relay</li> <li>• Awards                             <ul style="list-style-type: none"> <li>○ 100 Breast, 400 Freestyle Relay</li> <li>○ League Champions</li> </ul> </li> </ul>
<p><b>FRIDAY, FEBRUARY 11, 2022</b></p> <p><b>SESSION 2: GIRLS</b></p> <p>6:00 PM // Warm-Up</p> <ul style="list-style-type: none"> <li>• <b>6:00 – 6:25</b> – LME, SDC, RID, SH</li> <li>• <b>6:25 – 6:50</b> – HAV, GAV, HAR, CON (11)</li> <li>• <b>6:50 – 7:15</b> – RAD, UDA, PNC, CON (20)</li> <li>• <b>7:15 – 7:25</b> – Sprints</li> </ul> <p>7:30 PM // Competition Start Time</p> <ul style="list-style-type: none"> <li>• 200 Medley Relay, 200 Free, 200 IM, 50 Free</li> <li>• Break / Awards                             <ul style="list-style-type: none"> <li>○ 200 Medley Relay, 200 Free, 200 IM</li> </ul> </li> <li>• 100 Butterfly</li> <li>• <b>10:00 Break</b></li> <li>• 200 Freestyle Relay</li> <li>• Awards                             <ul style="list-style-type: none"> <li>○ Senior Recognition</li> <li>○ 50 Free, 100 Fly, 200 Free Relay</li> </ul> </li> </ul>	<p><b>SATURDAY, FEBRUARY 12, 2022</b></p> <p><b>SESSION 2: GIRLS</b></p> <p>4:30 PM // Warm-Up</p> <ul style="list-style-type: none"> <li>• <b>4:30 – 4:55</b> – LME, SDC, RID, SH</li> <li>• <b>4:55 – 5:20</b> – HAV, GAV, HAR, CON (11)</li> <li>• <b>5:20 – 5:45</b> – RAD, UDA, PNC, CON (20)</li> <li>• <b>5:45 – 5:55</b> – Sprints</li> </ul> <p>6:00 PM // Competition Start Time</p> <ul style="list-style-type: none"> <li>• Central League Sportsmanship Award</li> <li>• 100 Free, 500 Free, 100 Back, 100 Breast</li> <li>• Awards                             <ul style="list-style-type: none"> <li>○ 100 Free, 500 Free, 100 Back</li> </ul> </li> <li>• 400 Freestyle Relay</li> <li>• Awards                             <ul style="list-style-type: none"> <li>○ 100 Breast, 400 Freestyle Relay</li> <li>○ League Champions</li> </ul> </li> </ul>

# CENTRAL LEAGUE SWIMMING AND DIVING



## INDIVIDUAL ENTRY GUIDELINES

- All schools are entitled to two (2) entries per event, regardless of the swimmer/diver meeting the qualifying time/score
- If a school's number of entries for an event exceeds their entitled two (2) events, all entrants must have the qualifying time/ score; each school is permitted an unlimited number of participants in an event provided each entrant meets the qualifying time/score
- All swimmers/divers can do a maximum of four (4) total events (including relays). Swimmers/divers can do a maximum of two (2) individual events
- If a swimmer qualifies for Central League Champs in an individual event, **they cannot swim at the Silver Meet**
- No event shall exceed 60 total entries; if an event has more than 60 entries, only the Top 60 times shall qualify for the event
- If a swimmer qualifies for Centrals in only one (1) individual event during the regular dual meet season, he/she can enter a 2nd bonus event at Centrals (regardless of having a qualifying time in that event)
- Swimmers/divers who have multiple qualifying times can only enter events for which they have a qualifying time/score
- Coaches need to enter the divers who will compete in Centrals in their entry file (Event #12)

## RELAY ENTRY GUIDELINES

- There are no qualifying times for relays
- All teams can enter a maximum of two (2) relays per relay event
- **Silver Meet** swimmers *can* swim relays **ONLY** at Centrals
- Entry times for "A" Relays should be your team's BEST time from the season (do not use a composite time unless you are entering a relay **slower** than your season's best time)
- All "B" Relays must have an entry time; coaches need to use their best judgement if compiling a "composite" time that would reflect the four swimmers who will compete in the relay
- Relay cards must be submitted prior the start of Heat 1 of the Relay Event (if they are different than what is listed in the program)

## SENIOR EXEMPTIONS FOR CENTRAL LEAGUE CHAMPIONSHIPS

- If a senior member of a team does not have a qualifying time for Central League Champs, coaches can enter that senior member into one (1) of the following:
  - Two (2) individual events at the Silver Meet
  - OR**
  - One (1) individual event at the Central League Championship Meet

## SCORING FOR CENTRAL LEAGUE CHAMPIONSHIPS

- A maximum of four (4) swimmers/divers per school can score in an individual event
- The Top Sixteen (16) finishers in each event, including relays, will score in the meet
- Scoring for Relay events will be as follows: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- Scoring for Individual events will be as follows: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- The Top Eight (8) finishers in each event will be recognized with a certificate from the Central League
- The Central League will compile the following two scores to determine the overall league championship and final team rankings for the season:
  - 20 points per dual meet victory during the season
  - Central League Championship Meet Score