

**2009-2010 Blossom Valley Athletic League
WEST VALLEY DIVISION
BVAL SWIMMING AND DIVING CHAMPIONSHIPS
@ GUNDERSON (revised 01/27/10)**

DIVING: **Wednesday, May 12 @ Mt. Pleasant High School**
Warm-ups: 2:00PM Meet Start: 3:00PM

Diving sheets due @ 2:30 PM

*All divers **MUST** have a coach representing them that is an **INFORMED** and willing judge, or they may not compete.

SWIMMING: **F/S & JV Finals** West Valley Division &
All Varsity Trials West Valley Division
Friday, May 14 @ Gunderson High School

Warm-ups: 8:00 AM Coaches' Scratch meeting: 9:30 AM Meet Start: 10:00 AM

All Varsity Finals

Saturday, May 15 @ Gunderson High School

Warm-ups: 12:30 PM Coaches' Scratch meeting: 1:30 PM Meet Start: 2:00 PM

Meet Director: Jeff Borges from Andrew Hill High School

Cell: 408-848-6521

Fax: 408-347-4115

E-mail: borgesj@esuhsd.org

OR

Rashada Thomas from Lincoln

Cell: 408-220-4922

Fax: 408-535-2352

E-mail: rashada_thomas@sjusd.org

rastashada@yahoo.com

ENTRIES:

- All coaches must submit their **rosters** to the meet director by **Monday, March 15th**. They do not have to be final rosters; we just need to get the process of entries started.

- **Preliminary:** All head coaches must submit championship **entries** to the meet director by **7:00 PM on Monday, April 19th**. These entries may be e-mailed, faxed or hand delivered, and **must** be typed or written **neatly** on the forms provided. **No late entries will be accepted!**
 - **Final entries Due April 30**

- Each team shall be permitted unlimited entries in an individual event, and 3 team entries in a relay event.

- Each individual shall be permitted to enter a maximum of 4 events, no more than 2 of which may be individual events.
 - All entries must be complete with first name, last name, year in school, events, and qualifying time.
 - Scratches for trials and finals must be given at the scratch meeting both days.
- BVAL Boys and Girls Swimming & Diving Championships 2010, West Valley Division

TIMING LANE ASSIGNMENTS

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|--------------------|---------------------|
| Lane 1 Andrew Hill | Lane 5 Mt. Pleasant |
| Lane 2 Gunderson | Lane 6 Overfelt |
| Lane 3 James Lick | Lane 7 San José |
| Lane 4 Lincoln | Lane 8 Mt. Pleasant |

Each team needs to provide:

- 1 lap counter
- 1 clipboard per lane
- 2 stop watches per lane
- 2 pencils per lane for recording times

LOCKER ROOM SUPERVISION

Please check both boys and girls locker room 4 times an hour.

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|------------------|------------------|
| 12-1 Andrew Hill | 4-5 Mt. Pleasant |
| 1-2 Gunderson | 5-6 San José |
| 2-3 Lincoln | 6-7 Yerba Buena |
| 3-4 James Lick | |

* The same assignments pertain to Saturday, but begin at 12:30.

TEAM ASSIGNMENTS

- Andrew Hill/Lincoln – computer, timing system, entries, meet manager
- Yerba Buena – gate supervision and programs
- Lincoln – tee-shirt sales
- Andrew Hill – snack bar
- James Lick, San José, Gunderson and Lincoln – set up and tear down

Further details will be distributed via e-mail as they become available.

* Every swimmer and coach is responsible for cleaning his or her area at the end of **each** day. If there is excessive littering in your team's area at the end of the meet, your athletic director **will** be contacted.

BVAL Boys and Girls Swimming & Diving Championships 2009-10, West valley Division

RULES

- A. The 2009-10 **National Federation** Swimming & Diving Rules will be used.
- B. **SHAVE DOWN:** Shaving, in any form, is **NOT** allowed at the Meet venue. This will be considered “unsportsmanlike conduct” under Rule 3, Sec. 5, Art. 1 of the **NF** Swimming & Diving Rules.
- C. **DECK-CHANGING:** Deck-changing is **NOT** allowed at the Meet venue. This will be considered “unsportsmanlike conduct” under Rule 3, Sec. 5, Art. 1 of the **NF** Swimming & Diving Rules.
- D. **NO JEWELRY:** All jewelry and accessories must be removed during competition. Rule 3, Sec. 3, Art. 4 of the **NF** Swimming & Diving Rules.

SPORTSMANSHIP

- A. The member schools of the CIF/Central Coast Section are committed to providing a sportsmanlike environment for students, coaches, and spectators.

Our Sportsmanship Definition is:

A person who can take a loss or defeat without complaint, or victory without gloating, and who treats his/her opponents with fairness, courtesy and respect.

- B. The following behavior is **unacceptable** at all CIF/CCS High School contests:

- berating your opponent’s school or mascot
- complaining about officials’ calls (verbally or in gestures)
- artificial noisemakers
- obscene cheers/gestures
- berating opposing players
- negative signs

Coaches will attend a coaches meeting the first morning of the Meet, where they will be reminded of the importance of good sportsmanship and to make certain their Administrator has reviewed this information with their athletes in the past week. Coaches are expected to remain at the event throughout the event. All student-athletes competing in any CCS contest (scrimmages, alumni contests, pre-season, League, and CCS Play-offs) must be accompanied by a coach that meets the following criteria, as addressed in CIF Bylaws 307 and 506:

1. MUST BE THE “REGULAR COACH”

The coach of either a public or private school team or athlete must be the coach of record for that school for the current season, complying with all requirements of CIF Bylaw 506.

- a. **PUBLIC SCHOOL** – All public school teams must be coached by persons who meet the requirements of the California Education Code and California Administrative Code Title V.
- b. **NON-PUBLIC SCHOOLS** – In the case of a non-public school, persons engaged by that school on a yearly contract basis as regular members of the school coaching or teaching staff and certified by the administrator for that school competent for the position held.

2. NO COACH PRESENT - STUDENT INELIGIBLE.

ORDER OF SWIMMING EVENTS

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|-------------------------------|-----------------------------|------------------------------|
| 1. 200 Yard Medley Relay | 5. 100 Yard Butterfly | 9. 100 Yard Backstroke |
| 2. 200 Yard Freestyle | 6. 100 Yard Freestyle | 10. 100 Yard Breaststroke |
| 3. 200 Yard Individual Medley | 7. 500 Yard Freestyle | 11. 400 Yard Freestyle Relay |
| 4. 50 Yard Freestyle | 8. 200 Yard Freestyle Relay | |

SCORING

A. Scoring for 16 places shall be as follows:

Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 08, 06, 04, 02

Individual: 20, 17, 16, 15, 14, 13, 12, 11, 09, 07, 06, 05, 04, 03, 02, 01

B. In case of a tie by two (2) or more competitors for any place scoring in an event, points for all places involved shall be divided equally among the tying competitors.

C. Individual Events: Only four (4) individual entries per school will score in each event.

D. Relay Events: Only two (2) relays per school will score in each event.

WARM-UP PROCEDURE

The following procedure will be strictly enforced at the CCS Swimming & Diving Championships (athletes are expected to be aware of these procedures and to follow them during any warm-up period for the Championships):

A. Coaches will be supervising the warm-ups to ensure that proper procedures are followed.

B. Important points for specific warm-up periods:

1. No racing starts or diving in lanes other than those designated for diving;
2. All swimmers shall start in all lanes at starting end of the pool;
3. Coaches should stand at starting end of the pool when verbally starting swimmers on sprint or pace work.
4. Swimmers should be reminded by coaches that breaststrokers need more lead-time than freestyle or butterfly swimmers.
5. Backstrokers should be reminded of the dangers of leaving the block. No one should be allowed on the starting block until the backstroker has executed his/her start.

D. Coaches are expected to cooperate with these efforts to protect their swimmers' safety and to provide the maximum use of warm-up time for all participants.

E. The above procedures are those recommended by USS, the National Governing Body of Swimming in the United States.

ELIGIBLE ATHLETES

A. No athlete will be allowed to compete that is not accompanied by a coach or faculty member of the school, which he/she is representing.

B. All athletes must be in good standing with their League, school and CCS in order to compete. No ineligible athletes will be allowed to compete.

C. Any athlete or coach who is disqualified from a Tournament contest for FLAGRANT MISCONDUCT of UNSPORTSMANLIKE BEHAVIOR will be disqualified from all remaining contest in that sport that season.

COMPLIMENTARY ADMISSION

PARTICIPANTS: All participants in the Meet will be admitted through the designated "Pass-Gate."

COACHES' PACKETS – Andrew Hill/Lincoln

Coaches should pick up a team packet with heat sheet from the Meet Director on the first morning of competition.

PROGRAMS – Yerba Buena High School

ADMISSION – Yerba Buena High School

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| Adults & Non-ASB Card-holders from participating high schools | \$5.00 |
| Senior Citizens 65-up | \$4.00 |
| ASB Card-holders from participating high schools | \$1.00 |
| Children 5-12 | \$1.00 |
| Children 4-under | Free |

SNACK BAR – Andrew Hill High School