



CIF/Central Coast Section  
**2024 SWIMMING & DIVING CHAMPIONSHIPS**  
 Participant Information Bulletin



This Bulletin was e-mailed to all member-schools on or about April 12, 2024

Contact: David Grissom - Email: [dgrissom@cifccs.org](mailto:dgrissom@cifccs.org)

(408) 224-2994

**ATTENTION ATHLETIC DIRECTORS:**

Please route this bulletin to your HEAD VARSITY SWIMMING & DIVING COACH, and make sure that you and your coach have read the [SWIMMING & DIVING BYLAWS](#) and ENTRY INFORMATION which are posted under the "Playoff Information & Bylaws" tab of the [Swimming & Diving webpage](#) of the [CCS website](#).

See also: [CCS PLAYOFF POLICY](#)

**CCS STAFF LIAISON:** [David Grissom](#), Commissioner

**TOURNAMENT DIRECTOR:** [Debbie Fuji](#)

**TOURNAMENT ASSISTANT DIRECTOR:** [Tom Leberherz](#)

**MEETINGS**

- **EVALUATION:** Tuesday, May 14, 2024 @ 4:00pm (Zoom)

**CHAMPIONSHIPS DATES / SITES**

*The 2024 CCS Boys and Girls Swimming & Diving Championships will be held at the following locations:*

**CCS DIVING CHAMPIONSHIPS - TUESDAY, APRIL 30**

**Palo Alto High School**

50 Embarcadero Rd.  
 Palo Alto, CA 94301

**BOYS DIVING**

*Warm-ups - 7:00 am; Competition - 9:00 am*

**GIRLS DIVING**

*Warm-ups - Noon; Competition - 2:00 pm*

**CCS SWIMMING CHAMPIONSHIPS**

**INDEPENDENCE HIGH SCHOOL (Frank Fiscalini International Swim Center),**

617 N. Jackson Ave.  
 San Jose, CA 95133

**THURSDAY, MAY 2<sup>ND</sup> – GIRLS SWIMMING PRELIMINARIES**

*Warm-Up – 2:00 pm; Competition - 3:30 pm*

**FRIDAY, MAY 3<sup>RD</sup> – BOYS SWIMMING PRELIMINARIES**

*Warm-Up – 2:00 pm; Competition - 3:30 pm*

**SATURDAY, MAY 4<sup>TH</sup> - SWIMMING FINALS**

*Warm-Ups - 12:00 pm; Competition – 1:30 pm*

*\* Note: The CCS Commissioner and/or staff shall be responsible for all contracts for sites used during the CCS Play-offs. The CCS Commissioner and/or staff have sole authority to schedule or cancel sites, as well as full discretion as to the assignment or re-assignment of teams to times and sites throughout the CCS Play-offs. The CCS Commissioner and/or staff have the final authority in any disputes over sites or times of play, and the decision of the CCS Commissioner is not subject to appeal, due to the immediacy of running the Tournament for the good of the whole. Neutral sites are not a policy of the CCS and should not be expected in any rounds of play. Sites will be assigned by the CCS for the good of the Tournament.*

**IMPORTANT NOTICE TO ALL PARTICIPANTS AND COACHES**

The CIF-Central Coast Section is well aware that many other school and non-school activities (AP tests, SAT/ACT tests, proms, plays, holidays, senior trips, religious days, etc.) may occur during CCS Play-offs. The CCS tries to avoid as many conflicts as possible; however, with so many activities available for today's student-athlete, it is not reasonable to assume that all such activities can be taken into account, and thus, CCS Play-off events will go on as originally scheduled. Participants and coaches are therefore expected to plan in advance for such possible scheduling conflicts and make those difficult choices as to which events will take precedence for that individual. Generally, although it is ultimately the personal choice of the student-athlete and/or his/her parent(s), an academic activity should take precedence over an extra-curricular event.

**SCHEDULE OF EVENTS****THURSDAY, MAY 2, 2024 – GIRLS SWIMMING PRE-LIM'S****GATES OPEN FOR SWIMMERS & SWIM COACHES @ 1:30 pm**

**Warm-ups begin @ 2:00 pm; Competition begins @ 3:30 pm using the following order of events:**

200-Yard Medley Relay	100-Yard Butterfly	100-Yard Backstroke
200-Yard Freestyle	100-Yard Freestyle	100-Yard Breaststroke
200-Yard Individual Medley	500-Yard Freestyle	400-Yard Freestyle Relay
50-Yard Freestyle	200-Yard Freestyle Relay	

**FRIDAY, MAY 3, 2024 - BOYS SWIMMING PRE-LIM'S****GATES OPEN FOR SWIMMERS & SWIM COACHES @ 1:30 pm**

**Warm-ups begin @ 2:00 pm; Competition begins @ 3:30 pm using the following order of events:**

200-Yard Medley Relay	100-Yard Butterfly	100-Yard Backstroke
200-Yard Freestyle	100-Yard Freestyle	100-Yard Breaststroke
200-Yard Individual Medley	500-Yard Freestyle	400-Yard Freestyle Relay
50-Yard Freestyle	200-Yard Freestyle Relay	

**SATURDAY, MAY 4, 2024 - SWIMMING FINALS****GATES OPEN FOR SWIMMERS & SWIM COACHES @ 11:00 AM**

**Warm-ups begin @ 12:00 am; Competition begins at 1:30pm will follow the following approximate schedule**

<b><u>Event#</u></b>	<b><u>Event</u></b>	<b><u>Consolation</u></b>	<b><u>Final</u></b>
1	Girls 200-Yard Medley Relay	1:30 pm	1:33 pm
2	Boys 200-Yard Medley Relay	1:36	1:39
<b><u>Five-Minute Break</u></b>			
3	Girls 200-Yard Freestyle	1:44	1:47
4	Boys 200-Yard Freestyle	1:50	1:53
5	Girls 200-Yard Individual Medley	1:56	1:59
6	Boys 200-Yard Individual Medley	2:02	2:05
7	Girls 50-Yard Freestyle	2:08	2:11
8	Boys 50-Yard Freestyle	2:14	2:17
9	<b>Girls &amp; Boys 50-Yard Freestyle Para Event</b>		2:20
<b><u>Break</u></b>			
<b>Awards Presentation: 200-MR; 200-FREE; 200-IM; 50-FREE</b>			
10	Girls 100-Yard Butterfly	2:51	2:54
11	Boys 100-Yard Butterfly	2:57	3:00
12	Girls 100-Yard Freestyle	3:03	3:06
13	Boys 100-Yard Freestyle	3:09	3:12
14	<b>Girls &amp; Boys 100-Yard Freestyle Para Event</b>		3:15
15	Girls 500-Yard Freestyle	3:20	3:27
16	Boys 500-Yard Freestyle	3:34	3:41
<b><u>Break</u></b>			
17	Girls 200-Yard Freestyle Relay	3:53	3:56
18	Boys 200-Yard Freestyle Relay	3:59	4:02
<b><u>Break</u></b>			
<b>Awards Presentation: 100-FLY; 100-FREE; 500-FREE</b>			
19	Girls 100-Yard Backstroke	4:32	4:35

CCS SWIMMING & DIVING CHAMPIONSHIPS Participant Information Bulletin			3
<b>20</b>	Boys 100-Yard Backstroke	4:38	4:41
<b>21</b>	Girls 100-Yard Breaststroke	4:44	4:47
<b>22</b>	Boys 100-Yard Breaststroke	4:50	4:53
<b><i>Break</i></b>			
<b><i>Awards Presentation: 200-FREE RELAY; 100-BACK; 100-BREAST</i></b>			
<b>23</b>	Girls 400-Yard Freestyle Relay	5:03	5:08
<b>24</b>	Boys 400-Yard Freestyle Relay	5:13	5:18
<b><i>Awards Presentation: 400-FREE RELAY; TEAM AWARDS</i></b>			

### **WARM-UP PROCEDURE**

The warm-up procedure will be conducted in accordance with the [SWIMMING & DIVING BYLAWS](#).

### **ENTRY DEADLINES & PROCEDURES:**

The Central Coast Section will utilize **Club Assistant** for entry to the CCS Swimming & Diving Championships. Each individual school will be responsible for following the procedures for entry of their school's swimming and diving entries. It is recommended that the head coach perform this responsibility. It is also recommended that this entry responsibility is not delegated to another person or league representative. **Both swimming and diving entries must be entered using the Club Assistant system.** Entry instructions, including school usernames and passwords, will be emailed directly to each head coach by Club Assistant. If the head coach information has not provided to the CCS, the school username and password will be emailed to the athletic director. If you experience a problem with entries to Club Assistant, contact Nik Kikuta at [ccsentries@att.net](mailto:ccsentries@att.net) The deadline for entries is **Monday, April 29, 2024 by 5:00 p.m. THERE WILL BE NO EXCEPTIONS.**

**No later than Monday, April 29, 2024,** diving coaches must also register and submit a list of specific dives using [www.divemeets.com](http://www.divemeets.com). ([Click here for instructions on how to register on Divemeets.com](#)). Team dive sheets are supplemental to the entry process on Club Assistant; **they are NOT a form of entry. Completed dive sheets must be submitted by 5:00 pm on Monday, April 29, 2023.** If you experience a problem with registration on [www.divemeets.com](http://www.divemeets.com), contact Sergey Marinuk at (408) 821-8316 or [sergey@fastlanetek.com](mailto:sergey@fastlanetek.com).

**NOTE TO ALL LEAGUE REPRESENTATIVES:** A copy of your league championship results MUST be forwarded to CCS Meet Director Debbie Fuji at: [fujiid@esuhsd.org](mailto:fujiid@esuhsd.org) and Tom Lebhertz at [lebherzt@yahoo.com](mailto:lebherzt@yahoo.com)

**Please DO NOT SEND, FAX OR E-MAIL ENTRY FORMS TO THE CCS OFFICE.**

For further information, please contact: Meet Director Debbie Fuji: [fujiid@esuhsd.org](mailto:fujiid@esuhsd.org).

### **MEET TIMERS**

Timers for the meet will be determined based on entries. The list of timers will be posted on Tuesday, April 30. The coaches of the schools who will be timing will also be notified through email.

### **SCRATCH PROCEDURES**

**Swimming PRELIMINARIES:** All scratches must be submitted to the Clerk of Course by: **3:00 pm, THURSDAY, MAY 2<sup>ND</sup> (Girls) and 3:00 pm, FRIDAY, MAY 3<sup>RD</sup> (Boys).**

**Swimming FINALS:** All scratches must be submitted to the Referee by: **1:00 pm, SATURDAY, MAY 4<sup>TH</sup>.**

### **COACHES PACKET & PASSES**

- All student athletes **must be accompanied by a coach** that meets the criteria as addressed in CIF Bylaws 308 & 506. Students who are not accompanied by a coach meeting these requirements at any CIF contest **WILL BE CONSIDERED INELIGIBLE** and will not be allowed to compete.
- Coaches Schools must submit coaches' names, email addresses and phone numbers to the meet director in advance using the form called "**Deck Pass List**". The form is available under the "Playoff Information & Bylaws" tab of the [Swimming & Diving webpage](#) of the [CCS website](#). It must be signed by the principal and emailed to [lebherzt@yahoo.com](mailto:lebherzt@yahoo.com). **The deck pass MUST be turned in by April 29, 2024.**
- **Please note that only two deck passes per gender, per school will be distributed.**
- Coaches should pick up team packets, containing heat sheets and other critical Meet information at the Pass Gate upon arrival at the venue.
- **Coaches will not be allowed on the deck area between the diving pool and the swimming pool.**
- **Only athletes, coaches and officials are allowed on the pool deck at any time.**
- **No team canopies will be allowed on the deck area or in the stands.**

**ADMISSION & PARKING**

Go to the CCS Website: [www.cifccs.org](http://www.cifccs.org) for Online Ticket purchase

<b>Adult Admission</b>	<b>General Admission:</b> <i>Senior Citizens, High School Students, &amp; Children 6 and older</i>	<b>Children</b> <i>5 and under</i>
<b>\$10</b>	<b>\$5</b>	<b>Free</b>

- Only CCS & CIF passes are acceptable.

**LOCKER ROOMS/TEAM MEMBERS' PERSONAL BELONGINGS**

Neither the CCS, nor the host site, is responsible for your team member's personal property. Meet participants should NOT assume that there will be "full time" supervision of locker-room facilities during the Meet. Therefore, it is incumbent upon Meet participants to make their own arrangements for safeguarding their personnel's valuables. We strongly recommend that you do not leave ANY valuables in any locker room while you are on the deck. If you do so, you are doing so at your own risk.

**USE OF AUDIO AND VIDEO**

Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Director or his designee. No drones are allowed in or around the venue.

**TRAINER**

There will be NO trainers provided at the CCS Swimming & Diving Championships.

**RULES**

The current [NFHS](#) Swimming & Diving Rules will be followed, except as modified by State CIF and CCS.

**SPORTSMANSHIP**

- **SHAVE-DOWN:** Shaving of any form will **NOT** be allowed at the Meet venue. This will be considered as UNSPORTSMANLIKE CONDUCT under Rule 3. Section 5., Article 7 of the NFHS Swimming & Diving Rules. Any participant in violation of this rule will be disqualified from further competition.
- **DECK-CHANGING:** Deck-changing will **NOT** be allowed at the Meet venue. This will be considered as UNSPORTSMANLIKE CONDUCT under Rule 3. Section 5., Article 1. of the NFHS Swimming & Diving Rules. Any participant in violation of this rule will be disqualified from further competition.
- **The NFHS Uniforms Rule (Rule 3, Section 3, Article 1)** will be strictly enforced for the duration of the CCS Swimming & Diving Championships whenever participants are on the Championship premises. Any infraction of this will be considered an unsportsmanlike act and a violation of the CCS Sportsmanship Policy.
- Any player or coach who is ejected from a CCS Tournament contest for FLAGRANT MISCONDUCT or UNSPORTSMANLIKE BEHAVIOR will be disqualified from all remaining contests in that sport that season.
- No two piece swimsuits will be allowed in the vicinity of the pools.

**TEAM SCORING**

As outlined in the CCS Swimming & Diving Bylaws, the meet will be scored to sixteen (16) places.

**RESULTS**

Live results will be linked under the "Brackets & Results" tab on the [CCS Swimming & Diving webpage](#) as will complete results upon completion of the meet. Meet mobile and Club Assistant -Swim time will have the results.

**RADIO/TV LICENSING & MEDIA POLICIES**

CCS owns the broadcasting rights for all championship contests. Licensing is required. The NFHS Network/Play-On Sports will be providing both Live and On-Demand coverage of the Meet Finals on the [CCS/NFHS Network Portal](#).

Media intending to cover the CCS Swimming & Diving Championships must be credentialed by the CCS Commissioner well before the Tournament. *Unauthorized selling of photographs taken at CCS events is strictly prohibited.* **Please note:** Photographers will not be allowed behind the starting blocks.



**COMMEMORATIVE T-SHIRTS & PATCHES**

CCS Championships T-shirts (\$20) and Patches (\$15) may be ordered online using the [T-Shirt Order/Patch Order Form](#) which is posted under the "Playoff Information & Bylaws" tab of the [Swimming & Diving webpage](#) of the [CCS website](#). While supplies last, T-shirts, patches, hats, sweatshirts, and other commemorative items will be available at the Meet site. No other merchandise may be sold without CCS approval. Credit cards will be accepted for purchase of merchandise. CCS Commemorative merchandise is also available at the [CCS Online Merchandise Store](#).

**We now accept these  
cards for payment:**

**PARTICIPANT CERTIFICATES**

Participant Certificates are available for coaches and athletes and are posted under the "Playoff Information & Bylaws" tab of the [Swimming & Diving webpage](#) of the [CCS website](#)

**ALL-AMERICAN APPLICATIONS**

[Click here for NISCA application forms for swimmers](#) (www.niscaonline.org)

Divers will need to make their own arrangements to video-tape the event. All NISCA forms are available: [click here](#). Instructions and qualifications are detailed on the form. (www.niscaonline.org)

**STATE CIF MEET:**

The top three (3) placers in each event in the Boys and Girls Divisions qualify for the State CIF Swimming & Diving Meet at Clovis Olympic Swim Complex at Clovis West HS in Fresno, CA on May 9<sup>th</sup> - May 11<sup>th</sup>, 2024. Coaches who have athletes qualifying for the State Meet should refer to the State CIF website ([www.cifstate.org](#)) to download a copy of the *CIF State Meet Championship Handbook*.



**Note:** Any athlete who qualifies for the CIF State Meet but plans to scratch any event must notify the Meet Director at any time prior to 30 minutes after the completion of the CCS Championship Meet in order to complete their scratch and alert any potential alternate.