Pacific Coast Athletic Conference

Swim and Dive Supplement

Article 1: General Information

A. In dual and conference championship meets, all events will be conducted in accordance with NCAA and CCCAA rules.

B. The swimming season is limited to 11 contests with a three day conference championships. The season begins and ends as prescribed in the CCCAA Constitution.

C. Conference meets shall be scheduled on Fridays at 2:00 p.m. Diving will start at 1:00 p.m. or as arranged by coaches. The pool facility will be available one hour prior to the scheduled start of the meet for warm-ups.

D. Safety Precautions - When unusual lightning conditions exist, do not start the meet until conditions are safe. If the meet has started, suspend the meet. If conditions are not safe after one-half hour, reschedule the meet at a mutually agreeable date.

Article 2: Conference Dual Meets

A. Dual Meet Format - There is a 17 event dual meet format for women and a 16 event dual meet format for men. There is a limit of 4 entries with a maximum of 3 individual entries for all athletes.

B. Order of Events:

1. Women's 200 Medley Relay
2. Men's 200 Medley Relay
3. Women's 1000 Freestyle
4. Women's 200 Ind. Medley
5. Men's 1000 Freestyle
6. Women's 200 Freestyle
7. Men's 200 Freestyle
8. Women's 50 Backstroke
9. Men's 100 Backstroke
10. Women's 50 Breaststroke
11. Men's 100 Breaststroke
12. Women's 100 Butterfly
13. Men's 200 Butterfly
14. Women's 50 Freestyle
15. Men's 50 Freestyle
16. Women's 1 Meter Diving
17. Men's 1 Meter Diving
18. Women's 3 Meter Diving
19. Men's 3 Meter Diving
20. Women's 100 Freestyle
21. Men's 100 Freestyle
22. Women's 100 Backstroke
23. Men's 200 Backstroke
24. Women's 100 Breaststroke
25. Men's 200 Breaststroke

26. Women's 500 Freestyle
27. Men's 500 Freestyle
28. Women's 50 Butterfly
29. Men's 100 Butterfly

*** 10 Minute Break ***

30. Women's 100 Ind. Medley
31. Men's 200 Ind. Medley
32. Women's 200 Freestyle Relay
33. Men's 200 Freestyle Relay

C. Diving

1. There will be two diving events with total of twelve dives. There will be six dives on the three meter board. Dives are to include all five categories without duplicating a dive.

2. Diving will be held as the first event(s) of the meet. If both coaches agree, diving may be held at an alternate time.

3. If a site does not have diving boards, diving shall be conducted at the nearest location to the school hosting the meet. An alternate site is acceptable if the coaches unanimously agree on a location.

4. If off site, diving results must be faxed or sent electronically to the host school before the start of the swim competition. A representative from each institution is required to attend this event. Coaches may officiate.

D. Scoring

1. NCAA Scoring Rules

2. The scoring of place values in dual meets shall be: Relays, 11-4-2-0, with only the best two relays from each team scoring; Individual events, 9-4-3-2-1-0, with only three contestants from each team scoring. Non-Scoring individuals must be identified prior to the meet.

Individual	**Relays**
1st – 9 points	11 pts
2nd – 4 pts	4 pts
3rd – 3 pts	2 pts
4th – 2 pts	
5th – 1 pt	

3. Diving

a. Diving will be scored as two events. One event will be 6 dives on the 1-meter board. The other event will be 6 dives on the 3-meter board.

Article 3: Conference Championships

A. Dates - Conference championships shall be held one week prior to the State Championships.

B. Site/Host - The site will be selected by the coaches at the End of the Season Coaches Meeting.

C. Qualifiers - Any eligible swimmer may enter the Conference Championships.

1. Only 18 officially entered swimmers are eligible to earn points in consolations and finals.

2. An entrant that swims or an entrant that swims and dives shall be counted as one competitor. An entrant who only dives shall be counted as 1/3 of a competitor.

3. Non-scoring swimmers may be entered in individual events with no time.

D. Scoring - NCAA Scoring Rules.

1. Points to 16th place will be scored in all individual events.
(20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1)

2. Points to 4th place will be scored for all relays.
(40-34-32-30)

E. Meet Format

1. Swimmers are allowed to swim seven (7) events at the PCC Championships, with a maximum of three (3) individual events.

2. Each college will have one (1) "A" relay team.

3. Any additional relays will be non-scoring and will swim only in the prelims.

4. Top 16 times in each individual event will swim in the afternoon session

a. Top 8 in the championship final
b. 9-16 in the consolation final.

F. Order of Events

Thursday

1. 200 yd Freestyle Relay W
2. 200 yd Freestyle Relay M
3. 500 yd Freestyle W
4. 500 yd Freestyle M
5. 100 yd Ind. Medley W
6. 200 yd Ind. Medley M
7. 50 yd Freestyle W
8. 50 yd Freestyle M

15 Minute Break

9. 400 yd Medley Relay W
10. 400 yd Medley Relay M

Friday

13. 200 yd Medley Relay W
14. 200 yd Medley Relay M
15. 200 yd Ind. Medley W
16. 400 yd Ind. Medley W
17. 50 yd Butterfly W
18. 100 yd Butterfly M
19. 200 yd Freestyle W
20. 200 yd Freestyle M
21. 50 yd Breaststroke W
22. 100 yd Breaststroke M
23. 50 yd Backstroke W
24. 100 yd Backstroke M

15 Minute Break

25. 800 yd Freestyle Relay W
26. 800 yd Freestyle Relay M

Saturday

29. 1650 yd Freestyle W*
30. 1650 yd Freestyle M*
31. 100 yd Backstroke W
32. 200 yd Backstroke M
33. 100 yd Freestyle W
34. 100 yd Freestyle M
35. 100 yd Breaststroke W
36. 200 yd Breaststroke M
37. 100 yd Butterfly W
38. 200 yd Butterfly M

For prelims 15 minute break may be required

39. 400 yd Freestyle Relay W
40. 400 yd Freestyle Relay M

G. Diving **-** Diving event will be held at the Combined Conference Championships.
11. Women's 1m Diving 12. Women's 3m Diving
27. Men's 3m Diving 28. Men's 1m Diving

H. Seeding

1. Conference seeding will be done electronically. Final entries are due the Sunday prior to the start of competition at 12:00 pm, after 12:00 pm you may not enter any athletes in an event. You have till Monday at 10:00 am if there are any corrections (i.e. entered wrong time). A final copy will be sent out by 12:00 pm on Monday.

2. Non-scoring athletes need to be identified by 12pm on Sunday to the meet manager.

3. Start Times: Prelims - 10:00 am - Daily
Finals - 3:30 pm – Thursday / Friday
3:00 pm – Saturday

I. Finances

1. The manager of the meet shall prepare a budget.

2. After the host institution has been reimbursed for the approved expenses of the meet, the net income shall be returned to the conference.

J. Pre-Meet Organization - Entries must be completed electronically with procedure determine by the host school.

K. Meet Committee - There shall be a meet committee charged with the responsibility for the detailed administration of the meet. Such Meet Committee shall consist of men's and women's head swimming coaches of the colleges entered in the meet.

L. Meet Manager - The meet manager shall be the coach of the college hosting the event or any other appointed college representative.

Article 4: Determining a Conference Champion

A. Conference Championship - The conference shall declare a Pacific Coast Conference Champion based upon the results of the conference championship meet. In the event of a tie, Co-Champions shall be declared.

B. Pacific Coast Conference awards will be: (In the event of a tie, co-conference winners shall be declared)

1. Men/Women “Swimmer of the Year” (high point)
2. Men/Women “Diver of the Year” (high point)
3. Men/Women “Coach of the Year”
4. Men/Women Dual Meet Champion
5. Men/Women Conference Champion - The conference shall declare a Dual Team Champion based upon the win/loss record during dual team competition. In the event of a tie, co-champions shall be declared.

C. The Conference will provide awards, anything additional will be provided by the respective schools.

Article 5: Conference Meetings

A. Conference coaches meeting will be held the Saturday of Conference at noon.
B. Pre-season meeting will be held the 1st Tuesday after Thanksgiving.