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**2012-13 IHSA GIRLS/BOYS SWIMMING AND DIVING BULLETIN**

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(Last Revised August 6, 2012)



**INTRODUCTORY NOTE:** This bulletin has been prepared to give you a quick study guide for the upcoming Swimming & Diving Season. Complete information will be included in the Terms & Conditions and the Manual for Schools on the IHSA Swimming & Diving Website. **The Following Information** deserves your special attention. If you have questions about official interpretations or recommendations for rule changes for next year, please email IHSA Assistant Executive Director Ron McGraw ([rmcgraw@ihsa.org](mailto:rmcgraw@ihsa.org)).

It is important to make sure your Schools and Officials Center is up-to-date with contact information. Please double check:

**Coaches:** Login to the Schools Center to make sure you are listed as the coach for your school and your email address is current. If you are receiving emails and your school is not going to participate in the Swimming & Diving State Series, this is a "Red Flag" that IHSA has you entered to participate. To avoid penalties, you must have your official representative withdraw your school by emailing [tcraig@ihsa.org](mailto:tcraig@ihsa.org) by the Online List of Participants deadline.

**Officials:** Login to the Officials Center to make sure your email address is current.

This information is required for IHSA to effectively communicate with its coaches and officials. If you are receiving notifications from our office, please do not ignore them. You are receiving communications because you are entered into the state series and we require/expect for you to meet all deadlines to remain eligible.

**NOTICE:**

One Girl's Coach and one Boy's Coach per school (Teams and New in 2012 Schools with Individual Entries) and any Swimming & Diving official must review the complete online rules meeting and follow the instructions at the conclusion of the presentation to get credit for a Rules Meeting. Each year schools and officials are required to review the Rules Meeting Presentation to prevent a probation or suspension status.

**OFFICIALS WILL HAVE FROM AUGUST 7 UNTIL SEPTEMBER 3 TO VIEW THE ONLINE RULES MEETING PRESENTATION.**

**GIRLS COACHES WILL HAVE FROM AUGUST 7 UNTIL SEPTEMBER 7 TO VIEW THE ONLINE RULES MEETING PRESENTATION.**

**BOYS COACHES WILL HAVE FROM AUGUST 7 UNTIL DECEMBER 3 TO VIEW THE RULES MEETING PRESENTATION.**

**NOTICE:**

The IHSA has committed to implementing a pilot program for IHSA member school athletes with disabilities in swimming/diving for the fall of 2012-2013. The details concerning this pilot program will be released as they develop.

**NOTICE:**

Beginning this fall, all schools entered in all IHSA sports will be required to view the online rules meeting. In the past if a school made an Individual entry, viewing the rules meeting was not a requirement. That is no longer the rule. All entered schools must have a representative view the online rules presentation in their IHSA School Center.

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**I. 2012 Important Dates for Swimming & Diving:**

August 7: Online Rules Meeting Video will be available through the IHSA Schools & Officials Center login (FOR GIRLS AND BOYS SCHOOLS AND OFFICIALS).

**NOTICE:** If you are a coach at two different schools or you are a coach and an official, you must contact Cheryl Lowery at the IHSA Office to give you credit for both. You must be

**listed as the coach at both schools in the respective Schools Center for the schools you are coaching for.**

- August 7: First date of Officials Online Part 1 test
- August 8: Season/practice may begin
- August 20: Girls first Contest Date
- September 3: Officials Deadline: Online Rules Presentation for Swimming & Diving. If you miss the deadline, there is a penalty fee of **\$50.00** payable to the IHSA Office prior to re-activating the link in your Officials Center to be taken off probation or suspension.
- September 3: Last date of Officials Online Part 1 exams
- September 3: Officials Probation/Suspension Calculated, Power Ratings Posted
- September 7: Coaches should review the Online Manual for Schools for instruction to be used throughout the Swimming & Diving Season. It is located on the respective IHSA Swimming & Diving web page.
- September 7: School Team/Individual Entry Deadline to participate in the State Series (Principal or Official Representative password required) through their IHSA Schools Center Site.  
**Coaches:** Double Check to make sure the Official Representative or Principal from your school entered your school. This is the only way your school will be assigned to a Swimming Sectional. If you notice your school is not listed on the Sectional assignments, it indicates your school is not entered in the IHSA State Series.  
**If your school is listed on the Regional and Sectional Assignments and your school will not be competing in the IHSA Sectional Competitions, send an email to [tcraig@ihsa.org](mailto:tcraig@ihsa.org) and indicate your school needs to withdraw from Swimming & Diving. Sometimes prior Principals or Official Representatives will enter your school before the end of the prior school year without knowing how many kids will go out for your program in the fall. Check on your IHSA status with your school representative.**
- September 7: School Deadline: Online Rules Meeting Presentation for Girls Coaches. If you miss the deadline, there is a penalty fee of **\$50.00** payable to the IHSA Office prior to activating the link in your Schools Center to be taken off probation or suspension.
- September 7: Officials Availability Deadline/Officials Assignment Process Begins – Calendars should be updated in the Officials Center
- October 22: Officials Deadline to volunteer working the State Final Meet should go to their Officials Center and indicate so.
- November 6: Girls Coaches must submit their Online List of Participants by noon.
- November 7: Sectional Seeding Meeting – Voluntary Attendance
- November 9: Girls Coaches Deadline who wish to be considered to serve on State Final Diving Panel should contact Mike Hutton ([mdhutton@ameritech.net](mailto:mdhutton@ameritech.net))
- November 10: IHSA Girls Sectional Swimming & Diving Meets
- November 16-17: IHSA Girls State Final Swimming & Diving Meet, Evanston Township High School, Evanston, IL
- November 19: Boys season/practice may begin
- November 30: Boys first contest date
- December 3: School Deadline: Online Rules Presentation for Boys Coaches. If you miss the deadline, there is a penalty fee of **\$50.00** payable to the IHSA Office prior to activating the link in your Schools Center to be taken off probation or suspension.
- December 7: Power Rating Posted/Officials Availability Deadline/Officials Assignment Process Begins – Calendars should be updated in the Officials Center
- January 28: Officials Deadline to volunteer working the State Final Meet should go to their Officials Center and indicate so.
- February 1: School Team/Individual Entry Deadline to participate in the State Series (Principal or Official Representative password required) through their IHSA Schools & Officials Center login.  
**Coaches:** Double Check to make sure the Official Representative or Principal from your school entered your school. This is the only way your school will be assigned to a Swimming Sectional. If you notice your school is not listed on the Sectional assignments, it indicates your school is not entered in the IHSA State Series.  
**If your school is listed on the Regional and Sectional Assignments and your school will not be competing in the IHSA Sectional Competitions, send an email to [tcraig@ihsa.org](mailto:tcraig@ihsa.org) and indicate your school needs to withdraw from Swimming & Diving. Sometimes prior Principals or Official Representatives will enter your school before the end of the prior school year without knowing how many kids will go out for your program in the fall. Check on your IHSA status with your school representative.**
- February 12: Boys Coaches must submit their Online List of Participant by noon.
- February 13: Boys Sectional Seeding Meeting – Voluntary Attendance

- February 15: Boys Coaches Deadline who want to be considered to serve on State Final Diving Panel contact Mike Hutton ([mdhutton@ameritech.net](mailto:mdhutton@ameritech.net))
- February 16: IHSA Boys Sectional Swimming & Diving Meets
- February 22-23: IHSA Boys State Final Swimming & Diving Meet, New Trier High School, Winnetka, IL.

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## II. PROCESS FOR RECEIVING CREDIT FOR VIEWING ONLINE RULES MEETING

Coaches and officials should login to the Schools & Officials Center. Remember that a **password is required** to enter these secure areas. Once there, select the link to "find meeting, redeem credit." At the end of each video, coaches and officials will automatically be given credit for watching the rules meeting video.

### New in 2012 NOTICE:

**One Girl's Coach and one Boy's Coach per school (Teams and Schools with Individual Entries) and any swimming official must review the complete online rules meeting and follow the instructions at the conclusion of the presentation to get credit for a Rules Meeting. Each year schools and officials are required to review the Rules Meeting Presentation to prevent a probation or suspension status.**

**To receive credit for the Swimming & Diving Online Rules Meeting:** A coach from each boys and girls program must review the Rules Meeting Presentation. Coaches **must** login to the IHSA School & Officials Center by using their School ID and Fall Coaches Password (obtain from Athletic Director or Official Representative-new passwords were mailed from the IHSA Office the week of July 16, 2012) **between August 7 and September 7, 2012 to view the video. Boys Swimming & Diving Coaches have until December 3, 2012 to redeem credit for the online rules meeting. Schools that do not redeem credit for the Rules Meeting within this time period will either be placed on Probation or Suspension and must pay a penalty fee to get the probation or suspension lifted.** It is a requirement that **all** swimming & diving coaches take the few minutes necessary to refresh themselves with the IHSA swimming & diving rules and procedures.

**Officials: To receive credit for the Swimming & Diving Online Rules Meeting:** You **must** login to the IHSA Officials Center **between August 7 and September 3, 2012.**

**NOTICE:** If you are a coach at two different schools, a boys and girls coach for the same school or you are a coach and an official, you must contact Cheryl Lowery ([clowery@ihsa.org](mailto:clowery@ihsa.org)) at IHSA after you have viewed and received credit for the Online Rules Meeting presentation. She will give you credit for the additional respective programs. You must be listed as the coach at both schools in the School & Officials Center for the schools you are coaching for. This is another reason for coaches to make sure their information in the Schools Center is up-to-date.

Below are a few options to assist you in viewing the Rules Meeting presentation once you have tried and have failed.

- a) Try again on a different computer, preferably in a different location (home instead of school, etc.) Sometimes these files download badly. Going to a different computer/location is the easiest way to get a fresh start.
- b) Go back to where you clicked on the link to start the presentation, and **INSTEAD** click on the link below to view the LITE version, which has no video content. Flash video can be an issue for some computers, and the lite version takes this out of the equation.

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## III. NFHS Swimming and Diving Rules Changes 2012-13

**3-3-2** Clarifies the penalties for a swimmer or diver wearing illegal attire such as an illegal cap and separates these penalties from the penalty for illegal construction of a swimming suit.

**Rationale:** Clearly states the penalty for the wearing of illegal attire is separate from an illegal suit. Previously, a specific penalty was not associated with this violation.

**3-3-4** Tape is permitted to treat a documented medical condition providing the meet referee is presented with signed documentation from an appropriate health-care professional prior to the start of competition.

**Rationale:** Establishes a procedure, by rule, to follow at the local level when a competitor needs to use tape. The procedure does not require individual state association action.

**8-2-1f** The initiation of the turning action in the backstroke may be initiated by an upward or downward, underwater movement of the head.

**Rationale:** A swimmer may lift the head to begin the rotation necessary to begin a flip turn. The addition of the word “upward” provides clarification for legality of the turn and will avoid unwarranted disqualifications.

**8-2-2c** On the start or turn, the initiation of the arm stroke shall be accomplished by a discernible horizontal separation of the hands.

**Rationale:** More clearly defines the initiation of the stroke as a discernible horizontal separation of the hands. This will assist in greater consistency while judging the beginning of the breaststroke.

**9-2-2** The order of divers in a championship meet is determined by the meet director using a seeding method based on scores or by lot. With no action from the meet director, the default method for determining the order of diving in a championship meet is by lot.

**Rationale:** The rule should include the standard method (default method) for determining the order of the diving competition absent any action by the meet director.

### 2012-13 Major Editorial Changes

**3-3-3c** Changed the Note regarding the wearing of a suit with the FINA mark to a part of the rule.

**9-5-2** Additional steps, hops, leaps and/or jumps may occur during the diver’s initial steps and before the culminating hurdle in the forward approach.

**Appendix B** Suggested protocol for electronic relay judging equipment specifies when the relay takeoff judge’s observation shall be considered to confirm a disqualification.

### 2012-13 Editorial Changes

3-3-3a, 3-5-3, 4-1-4, 9-4

### 2012-13 Points of Emphasis

1. Shaving on site and sports hygiene
2. Suits with FINA barcode
3. Relay team attire may be adjusted to become legal

### IHSA POINTS OF EMPHASIS

- 1 – The Illinois State Series will continue to assign the dive order by lot.
- 2 – Illinois will follow the NFHS interpretation and allow multiple caps.
- 3 – The Diving Referee is the final authority on all matters diving related.

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**IHSA/NFHS Rule Variations:** These variations are well documented in the IHSA required online Rules Video. Officials, please review the online rules video prior to taking the required part I online examination.

### Rule 3-3-2 Warning vs. Disqualification

1. In Illinois, if the swimmer or diver is observed in illegal attire/jewelry prior to the start of the heat/dive the competitor can’t participate until in legal attire or the jewelry has been removed. If this could be done without delaying the competition the competitor could then participate.
2. In Illinois if the illegal attire/jewelry is observed on the swimmer/diver after the start of the heat/dive the competition continues and at the completion of the heat/dive it is necessary to warn the coach and athlete that they will not be allowed to compete again until they are in legal attire and the jewelry removed. In Illinois, the athlete would not be immediately disqualified from the event just completed. This interpretation is different than that of the National Federation.

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## IV. Steps for Participating Schools To Enter and Remain Eligible to Compete In IHSA Sectionals and the State Final

This list of steps can be used as a guide for coaches and administrators. This guideline is an attempt to help keep schools and/or its participants eligible to compete in the Swimming & Diving State Series. It is not intended to replace the Terms and Conditions or the Manual. To be fully informed, you must read the online manual. PLEASE DO SO!

**Coaches:** Please contact the IHSA Official Representative or Athletic Director from your school to obtain your school's ID and Password.

**A. What:** Entering your school in the State Series

**Who:** Principal or Official Representative

**When:** Deadline is September 7, 2012 (girls), November 1, 2012 (boys). 2012-2013 Entry Policies and Procedures for schools entering IHSA sponsored tournament(s) must be accessed through your schools center by the Official Representative/Principal from your school. To see if your school is entered in any particular sport/activity, you can check your schools activity tracker in the Schools Center.

**How:**

- 1) Go to [www.ihsa.org](http://www.ihsa.org)
- 2) Click on "Schools & Officials Center login"
- 3) Enter "School ID" and either the Official Representative or Principal "Password"
- 4) Click on "Enter Your Teams" under the Sport & Activity Tracker
- 5) Complete the page selecting each sport or activity your school will be participating in during the current school term.
- 6) Click "Submit Entry Form" at the bottom of the page. If you ever need to make a change to whether your school has a team or individual entry after you have selected to Submit Entry Form, you must call Tammy Craig at the IHSA Office to make such a change.

**Why:** This is the only means the IHSA knows to assign your school to the Girls and/or Boys Swimming & Diving Sectional.

**B. What:** Review of the School Manual

**Who:** Coach and/or Athletic Director

**When:** Available Online By September 7

**Where:** The online manual will be posted online by September 7. School and Managers Manuals will not be mailed to schools.

**How:**

- 1) Go to [www.ihsa.org](http://www.ihsa.org)
- 2) Click on "IHSA Sports & Activities"
- 3) Click on the Girls or Boys Swimming & Diving
- 4) In the Resource Section, Click on the "Manual for Schools"

**Why:** This is how the coaches and athletic directors learn what is necessary in order for their athletes to participate in the Girls and/or Boys Swimming & Diving State Series. Failure of coaches and athletic directors to become familiar with these details often results in the student athletes and/or coaches from their schools being denied the opportunity to compete.

**C. What:** Online Rules Meeting Presentation for Girls and Boys Swimming

**Who:** One girls coach and one boys coach per school. If you coach both programs, indicate so while in the presentation. If it doesn't give you credit for both programs, please email [clowery@ihsa.org](mailto:clowery@ihsa.org) at IHSA. **If you are a coach at two different schools, you are the boys and girls coach at the same school or you are a coach and an official, you must email Cheryl Lowery ([clowery@ihsa.org](mailto:clowery@ihsa.org)) at the IHSA Office to get credit for both. You must be listed as the coach at both schools in the respective Schools Center for the schools you are coaching for.**

**When:** Available August 7, 2012 through September 7, 2012 (Girls) and December 3 (Boys). A \$50.00 penalty will be assessed after the respective deadline, if a school fails to go online to redeem credit.

**How:**

- 1) Go to [www.ihsa.org](http://www.ihsa.org)
- 2) Click on "Schools and Officials Center Login"
- 3) Enter "School ID" and the Fall Coaches password (Girls) or the Boys Coaches password (boys)
- 4) Click on "Rules Video" next to Girls or Boys Swimming under the Sport & Activity Tracker
- 5) View the online Rules Meeting to receive credit.

**Why:** This is a yearly requirement to compete in the IHSA State Series.

**D. What:** On-Line List of Participants

**Who:** Coach/Athletic Director

**When:** Deadline is November 6, 2012 (Girls) and February 12, 2013 (Boys). If a school does not submit their On-Line List of Participants by the deadline, coaches and/or participants from that school are subject to sanctions, which could include but not be limited to being ruled ineligible to compete in the State Series **and/or charged a \$100.00 penalty**. Schools which do not do so and are consequently ruled ineligible for the State Final Series

must formally withdraw (see Withdrawal Procedures/Breach of Contract section in the 2012-2013 Swimming & Diving Terms and Conditions).

**How:**

- 1) Go to [www.ihsa.org](http://www.ihsa.org)
- 2) Click on "Schools & Officials Center Login"
- 3) Enter "School ID" and either the Official Representative, Athletic Director or Fall (girls) or Winter (boys) Coaches "Password"
- 4) Under the Sport & Activity Tracker, Click on "Girls or Boys Swimming & Diving List of Participants"
- 5) Type in requested information and save your page(s).

**Why:** This is how the IHSA knows the names of the participants and coaches. This information will later be used in the Online Sectional/State Final Results and the State Final Program. It will be used as it is presented so please double check spellings for accuracy.

**Reasons for the "Red Box" to appear in the Sport/Activity Tracker:**

- ❖ Some schools will not have a competitor in every event offered.
- ❖ Schools would not verify to have competed in at least 6 Contests (team honors only).
- ❖ School hasn't checked the "Sign-Off on Form" page.

**Verification of IHSA Receiving List of Participants:**

- ❖ Print a copy once you have completed the Sectional entries. This is your verification and if necessary, you can provide proof of your entries at the Sectional Seeding Meeting, in case of computer or file download error (very rare).
- ❖ Make sure you click on the "SIGN OFF ON FORM PAGE" so you will not receive unnecessary reminders from our office about not receiving your Swimming List of Participants.

Once the process is complete and the deadline date approaches, the Schools Center Activity Tracker will show that the deadline has passed. This does not mean your school didn't complete it. It means the IHSA Office has imported all rosters and is in the process of preparing the files for the Sectional Managers.

**After completing and submitting the *Online List of Participants*, print out a copy of the completed *List of Participants* for your records. You will not have access to this page, if you try to print it after the deadline.**

**E. What:** Withdrawal from the State Series after being entered by the Principal

**Who:** Principal or Official Representative

**When:** Deadline is November 6, 2012 (Girls); February 12, 2013 (Boys)

**Where:** IHSA Office

**How:** Email a letter to [tcraig@ihsa.org](mailto:tcraig@ihsa.org) indicating the desire to officially withdraw.

**Why:** Schools that fail to participate after entering and who fail to formally withdraw will be fined \$100.00 (additional penalties may apply, refer to Terms and Conditions). The fine is necessary to encourage schools to make us aware of their intent not to participate. When schools do not show up, it adversely affects the balance in the numbers of teams assigned to each Sectional. This can create situations that are unfair to others.

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**V. BOYS/GIRLS SWIMMING/DIVING ADVISORY COMMITTEE**

April 10, 2012

The IHSA Swimming/Diving Advisory Committee met at the IHSA Office, Bloomington, Illinois on Tuesday, April 10, 2012, beginning at 10:00 a.m. Committee Members present were: Joe Plack, Official, Deerfield; Luke McGuire, Coach, Oak Park (Fenwick); Cindy Dell, Coach, Lake Forrest H.S.; Paul Rummelhoff, Coach, Chicago (Lane); Others in attendance, Ron McGraw, IHSA Asst. Executive Director; Randy Oberembt, Athletic Director, Winnetka (New Trier); Chris Livatino, Athletic Director, Evanston Twp. H.S.; Mike Hutton, Coordinator of Officials, Lake In The Hills.

**TERMS AND CONDITIONS RECOMMENDATIONS:**

**1. Item VII-B – State Swim Qualifying Standards**

**Recommendation:** To adopt the following qualifying standards. Sectional Qualifying Standards for the Boy's and Girls State Finals will be determined in the following manner. The Qualifying Standards for each individual swimming event will be calculated by averaging the 30th place time from all sectionals. Then that average time will be used to obtain an average of the last FOUR years average times in each event. In relay events the same process will be implemented but the average of the 24th sectional place time will be used to make the

calculations. Any time calculated to be slower than the existing qualifying time would not be used in that event. The existing time would remain. Using this process, the proposed qualifying standards for the 12-13 seasons are:

**BOYS STANDARDS 2013**

200 Medley Relay	1:38.34
200 Free	1:45.39
200 IM	1:58.51
50 Free	:21.91
100 Butterfly	:52.87
100 Free	:48.09
500 Free	4:47.79
200 Free Relay	1:28.01
100 Back	:54.18
100 Breast	1:00.83
400 Free Relay	3:14.97

**GIRLS STANDARDS 2012**

200 Medley Relay	1:50.40
200 Free	1:55.71
200 IM	2:11.08
50 Free	:24.75
100 Butterfly	:59.01
100 Free	:53.75
500 Free	5:10.85
200 Free Relay	1:39.44
100 Back	:59.70
100 Breast	1:08.22
400 Free Relay	3:37.56

**Rationale:** The advisory committee feels that we are on the right track by using this system. We will use a four year average. Other associations and swim organizations use a method similar to the objective method proposed in this system. Using an objective system should be easier to use, easier to defend and provides fair standards for competitors. If necessary in the future, the system is adjustable by using a different average sectional time. The Assistant Executive Director working with the swimming and diving advisory committee has reserved the right to make changes if it is obvious that this would be necessary in order to protect the integrity of the meet. Any time calculated to be slower than the existing qualifying time would not be used in that event. The existing time would remain.

**ADVISORY RECOMMENDATIONS: NONE**

**ITEMS OF GENERAL DISCUSSION**

- \* Should seeding meetings be eliminated (go to online seeding)
- \* Should the IHSA allow open qualifying for the state final
- \* Score and medal the state meets through 18th place
- \* Require dual confirmation at all sectional meets
- \* Allow fans to enter the pool using the same criteria as teams
- \* Review the IHSA protocol for dual confirmation
- \* Clarify the procedures for making a substitution due to injuries following the sectional seed meeting (see T&C V-H including both notes)
- \* Require all meets be conducted in deep pools regardless of geography of the teams assigned there
- \* Change the state meet schedule to move the second break back to the original schedule (to follow the 500)
- \* Require that coaches submit the names of relay participants to the head table prior to the start of the race
- \* Select sectional diving judges the morning of sectionals instead of at the seed meeting
- \* Swap our diving judges with a neighboring state and in return, send our judges to them
- \* Conduct clinics for IHSA Diving Officials
- \* Add synchronized diving to the IHSA list of events
- \* Allow a failed dive to be called from either side of the pool
- \* Change the oscillation rule to allow for more than 4 oscillations
- \* Conduct regional meets for divers and advance them to sectionals by place rather than points
- \* Use a preset score to qualify divers for the state meet allowing divers to qualify for state at any point in the season. Use the sectional meet as a last chance qualifier.
- \* Require that a diving coach be a member of the Swimming/Diving Advisory Committee
- \* Advisory Meeting date for 2013 will be Tuesday, April 9, 2013.

**VI. 2012-2013 Diving Schedule:**

Dive Group	IHSA Standardized	Girls (Mon.-Sun.)	IHSA Standardized	Boys (Fri.-Thurs.)
	Calendar Week Number 8 (First Contest)		Calendar Week Number 22 (First Contest)	
Forward Group	Week 8-9	Aug. 20-26	Week 22-23	Nov. 30-Dec. 6
	Week 13-14	Sept. 24-30	Week 27-28	Jan. 4-10

	Week 18-19	Oct. 29-Nov. 4	Week 32-33	Feb. 8-14
<b>Back Group</b>	Week 9-10	Aug. 27-Sept. 2	Week 23-24	Dec. 7-13
	Week 14-15	Oct. 1-7	Week 28-29	Jan. 11-17
	Week 19-20	Nov. 5-11	Week 33-34	Feb. 15-21
<b>Inward Group</b>	Week 10-11	Sept. 3-9	Week 24-25	Dec. 14-20
	Week 15-16	Oct. 8-14	Week 29-30	Jan. 18-24
<b>Twisting Group</b>	Week 11-12	Sept. 10-16	Week 25-26	Dec. 21-27
	Week 16-17	Oct. 15-21	Week 30-31	Jan. 25-31
<b>Reverse Group</b>	Week 12-13	Sept. 17-23	Week 26-27	Dec. 28-Jan. 3
	Week 17-18	Oct. 22-28	Week 31-32	Feb. 1-7



**IHSA Swimming & Diving Contact Information**

- [www.ihsa.org](http://www.ihsa.org) • Ron McGraw, Assistant Executive Director -- [rmcgraw@ihsa.org](mailto:rmcgraw@ihsa.org) or Cheryl Lowery, Administrative Assistant -- [clowery@ihsa.org](mailto:clowery@ihsa.org) • Phone: 309-663-6377 • Fax: 309-663-7479 •