

August 24, 2018 Swimming & Diving Memo

I hope that this note finds you and your swimming and diving season off to a good start. Meets are getting underway, so there are a few things that I would like to call your attention to.

Uploading Meet Results Into QuikStats: The QuikStats glitch that was preventing coaches from uploading meet files earlier in the week has been fixed and meet results can be now uploaded into the site. Instructions are on the Coaches & Administrators Swimming page or can be downloaded by clicking [here](#).

Now that there are time standards for individual events, it is important that all host schools upload meet results as all state qualifying times must be verified in QuikStats. If you have not yet entered your schedule and updated your roster on QuikStats, get that done this week. I will start checking next week to make sure meet results and rosters are updated. If you have questions or problems uploading meet results, please feel free to contact me.

State Time Standard Notification: If you have a swimmer that reaches a state meet time standard, please notify me at jasoneslinger@ighsau.org. I will have a listing of all athletes that reach standards on the IGHS AU website that can be viewed by clicking [here](#). I also plan to mention everyone that meets the state standard on the IGHS AU's Twitter account. Also, if you have any swimmer or diver that reaches any significant milestones (school records, etc.) please let me know. We want to celebrate everyone's accomplishments during the regular season. As of Friday morning, seven girls have met qualifying standards after the first week of competition.

Smart Watches: I've received some questions regarding the legality of wearable technology such as Fitbits, Apple Watches, etc. **Electronic devices worn by athletes during competition is not compliant with the rules (Rule 3-5 – Page 32-33) and are illegal.** With all of the different designs of wearable technology now available, it is difficult for officials to tell the difference between a regular watch and some of the smart watches that are available now. Don't wear watches of any kind while competing.

Power Points: Beginning this season, the IGHS AU adopted the NISCA power point tables, which is why the power point totals are higher than in past seasons. If you are interested in viewing the NISCA power point tables, they are in the Swimming Coaches & Administrators section of the IGHS AU website or you can download the tables by clicking [here](#).

Lightning and Thunder Disturbances and Indoor Pools: The swimming and diving rules meeting has a section on guidelines on meet procedures in the event of thunder and lightning disturbances. This is a point of emphasis in the rule book this year and has led to some questions. Prior to this season, the NFHS did not provide any guidance

to schools on what to do during a swim meet if there is thunder and lightning present. The NFHS Sports Medicine Advisory Committee revised its guidelines to provide a **model policy for consideration** by those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. **Many pools already have policies in place in the event of severe weather.** These guidelines do not have to replace existing policies that pool administrators have already established. Please note that the IGHSAU **will** be utilizing the NFHS' new guidelines at the regional and state meets. You can read about the new guidelines on **page 97** of the 2018-19 NFHS rule book.

Another State Qualifying Scenario: Mary enters regionals in the 50 and 200 freestyle. She also swims the lead-off legs in the 200 & 400 freestyle relays. Mary does not make the qualifying standard in the 200 freestyle and is not among the top 32 swimmers. She false starts in the 50 freestyle and is disqualified. On the relays, she swims lead-off times in the 50 and 100 that are fast enough to qualify for the state meet. Can Mary compete as an individual in the 50 or 100 free since she did not qualify in the 200 and 50 free individual events?

Answer: No. A swimmer must be entered in the individual event at regionals to qualify for that event at the State Meet. A relay lead-off swim on a relay during the regular season can count towards a qualifying time, but no relay lead-off swim will count for entry in an individual event into the state meet from regionals.

Thanks for all you do for the Iowa Girl. Feel free to email me or call with any questions as the regular season rolls along.

Jason Eslinger

Swimming Administrator