

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
30 Realty Drive, Cheshire, Connecticut 06410  
Telephone (203) 250-1111 / Fax (203) 250-1345  
[www.ciacsports.com](http://www.ciacsports.com)

**2025-2026 CIAC BOYS SWIMMING AND DIVING INFORMATION**

**CIAC Boys Swimming Committee Chair**

Ericka Fangiullo  
Windsor High School  
[efangiullo@windsorct.org](mailto:efangiullo@windsorct.org)

**CIAC Boys Swimming Tournament Director**

Scott Butler  
Daniel Hand High School  
(203) 623-9463  
[Redsox98@sbcglobal.net](mailto:Redsox98@sbcglobal.net)

**CHSCA Coaches Representative**

Rick Lewis  
Westhill High School  
Stamford, CT

**CAAD Consultants - Boys Swimming**

Diane Callis, Athletic Director  
Bulkeley High School, Hartford

**IMPORTANT DATES**

December 4, 2025	First Practice Date
December 18, 2025	Date of First Contest
December 18, 2025	Team Rosters Due
February 28, 2026	Last Date to Count
March 2, 2026	All Swimming and Diving Entries are Due (12:00 p.m.) (Corrections can be made until 4:00 p.m.)
March 2, 2026	Diving Score Sheets / Proofs Due (12:00 p.m.) (Must be emailed to <b>Mike Huffman</b> at <a href="mailto:mhuffman99@gmail.com">mhuffman99@gmail.com</a> )

- 1.0 Alert Page
- 2.0 Regular Season
- 3.0 National Federation Rule Changes
- 4.0 Tournament Rules and Procedures
- 5.0 Fees
- 6.0 Tournament Entry Procedures
- 7.0 Scoring and Awards
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Appendix A – Conversion Factors

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Appendix C – CIAC Tournament Spectator Expectations (Including Parents)

## CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

### 1.0 ALERTS

- 1.1 At CIAC state meets, coaches will be prohibited from being in the area directly behind the starting blocks without approval from the officials.
- 1.2 **New!** Late entries will be fined \$50 per student. Late entries will be seeded at the discretion of the CIAC. Email any late entries and corrections to Joe Velardi – [jvelardi@casciac.org](mailto:jvelardi@casciac.org).
- 1.3 **New!** There is a new entry process using the CIAC website. Read the directions in this packet carefully. Entries are due by 12:00 Noon on Monday, March 2, 2026. Coaches will receive a confirming email. Coaches may make changes to their entries by 4:00 p.m. on Monday, March 2, 2026. After that any changes will incur a fine.
- 1.4 **New!** Email any late entries and corrections to Joe Velardi – [jvelardi@casciac.org](mailto:jvelardi@casciac.org) – the meet director listed in this packet, Scott Butler the tournament director at [Redsox98@sbcglobal.net](mailto:Redsox98@sbcglobal.net), AND [support@fpsports.org](mailto:support@fpsports.org) . (Email late entries and corrections to **all four email addresses**.)
- 1.5 **New!** The CIAC will allow the use of backstroke ledges for CIAC schools during regular season meets and in championships, when available, and in accordance with NFHS rules, beginning in the 2026-2027 season.

### 2.0 REGULAR SEASON

- 2.1 **Scrimmages** – Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage. All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy. Sunday practices may be counted to fulfill the 10-day requirement.
- 2.2 **Students with Special Needs** – Coaches must inform contest officials prior to each competition of any student with special needs who could be competing in the contest when his/her disability could impact the individual's performance or the conduct of the competition.
- 2.3 No warm down laps are permitted when the pool has lanes available for that purpose.
- 2.4 Weekly limitations – Teams may schedule two (2) meets per week\* -- Exception: May schedule three (3) contests in a week three (3) times during the regular season, excluding the first and last weeks.
- 2.5 **Sportsmanship** – Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. Everyone involved has the obligation to see clearly his/her influence and act accordingly. The CIAC acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies and procedures relating to sportsmanship and the conduct of activities in the school. To that end, the CIAC urges each school principal to adopt the following sportsmanship procedures and standards for their school and to champion the “Class Act” sportsmanship program as these standards will be used in all CIAC post-season contests.

**CIAC Sportsmanship Guidelines** – The CIAC Standards for sportsmanship as defined in the Class Act program are found at [http://ciacsports.com/site/?page\\_id=10438](http://ciacsports.com/site/?page_id=10438) .

2.6 **Coach Ejection** – When a member school’s coach is ejected from a meet for an infraction as prescribed by the rules, the school may not continue until the member school replaces the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare the school disqualified. Coaches who are ejected from a meet may not coach for the next two meets.

2.7 All coaches who are disqualified at any level will be suspended for the next two games (see page 96 in the CIAC Handbook), take two NFHS coaching courses (“Teaching and Modeling Behavior” and “Sportsmanship”) and the school will pay a \$50 fine. In addition to the two-game suspension and fine, the CIAC reserves the right to review any incident that results in a coach’s disqualification and may assess additional game suspensions up to and including a one-year ban. The fine and proof of taking the coaching courses must be submitted to the CIAC office before the coach can resume his coaching responsibilities.

2.8 **Participation in “Outside” Meets** – Swimmers of member schools may participate as “unattached” individuals (not representing the school or outside team), in a maximum of four (4) “outside” meets per season (AAU, U.S., Boys and Girls Clubs, YMCA, etc.). Choice of such outside meets to be made by swimmers with approval of the swimmer’s school administration. Present weekly swimming limitations will be maintained, one of which may be one of the four allowable “outside” meets.

2.9 **Diving** – Due to instances at both the state meet and dual meets where a coach and diver have signed a dive sheet which lists dive(s) that the diver cannot perform safely and could ultimately put the diver at a safety risk, the following rule is being added and applies to both the regular season and post-season meets. It is fully understood that divers will attempt new dives at meets, this is not intended to be enforced on every failed dive, only when the officials believe that there is a clear inability on the part of the diver to perform the dive safely.

- 1) This rule applies to regular season and post-season meets.
- 2) Diving coaches should bring ALL diving sheets from all previous regular season and post-season meets to ALL CIAC regular season and post-season competitions.
- 3) In alignment with the by-laws regarding disqualifications by the diving referee, and in alignment with the safety of divers being the highest priority, the dives listed on the diver’s scoresheet are too difficult for the diver to perform safely, or, in the judgment of the officials, the diver did not make a sincere attempt to perform a dive, then the following process will be followed:
  - a. The referee will confer with coach and diver upon disqualification, at which point the coach may provide the season’s diving sheets to demonstrate clear and consistent proficiency.
  - b. If, in the judgment of the officials, there is a lack of evidence that the diver can perform the dive, the diver will remain disqualified from the meet. Failure to demonstrate such will keep the disqualification in place and will be at the sole discretion of the officials after speaking with coach and athlete.
  - c. The official will notify the CIAC of the disqualification. The CIAC will consider further action toward the coach.
  - d. The associated school Athletic Director from which the diver attends will be notified by the CIAC.

## 2.10 **Voluntary Dives**

Week of December 18-28	Forward
Week of December 29-January 4	Back
Week of January 5-11	Inward
Week of January 12-18	Twist
Week of January 19-25	Reverse
Week of January 26-February 1	Forward
Week of February 2-8	Back
Week of February 9-15	Inward
Week of February 16-22	Twist
Week of February 23-28	Reverse

## 3.0 **2025-26 NATIONAL FEDERATION RULE CHANGES**

**2-1, 2-7-2b, 2-7-3, 8-1-2** Permits the use of backstroke starting ledges if approved with state association adoption, in pools with a minimum of 6 feet (1.84 meters) water depth measured from the starting end through 16 feet 5 inches (5 meters) from the end wall.

**Rationale:** The permissive nature of the proposal allows for the use of the backstroke ledge in situations where it is both safe and practical. The proposed rule ensures that pools with the required depth can benefit from this technology without creating barriers for those that may not be able to accommodate the equipment.

**8-3-4a** Clarifies the foot placement for relay participants starting from the deck. One foot must be positioned at the edge of the deck, and ancillary movement of the back foot is permitted, prior to the start.

**Rationale:** The rule provision prohibits swimmers using deck starts from performing a running start.

## **2025-26 SWIMMING AND DIVING EDITORIAL CHANGES**

2-7-7 Penalty, 3-2-2, 3-2-7, 3-3-3a, 3-3-3 Penalties, 3-3-4 Penalties, 6-3-3, 8-2-1e, 8-3-7b, 9-4-2b, 9-7-2, State Association Adoption Chart

## **2025-26 SWIMMING AND DIVING POINTS OF EMPHASIS**

- 1) Backstroke Ledge Education
- 2) Viability of High School Diving and Importance of Education

## **4.0 TOURNAMENT RULES AND PROCEDURES**

4.1 **CIAC Swimming Committee** – The decision of the Boys Swimming Committee relative to the operation of the Championships shall be final.

4.2 **Declared False Start** – Declared false starts are permitted in trials, finals and Open. At the trials, finals or Open when there is a declared false start or scratch an alternate will be added. When possible, meet directors should be advised prior to the seed meeting that a swimmer, diver or relay will not compete, in order to enter alternates at the trials, finals and Open. Reseeding will be done at the finals and the Open.

4.3 **Coaches** – An individual or team may not compete in the championships unless accompanied by its coach or an authorized adult as noted on the principal's written authorization. If someone other than the coach accompanies the individual or team, he/she must indicate this to the meet director upon arrival at the site. This rule applies to the diving trials as well as the swimming trials.

4.4 **Trials, Finals, Open – One Meet** – The championships are one (1) meet from the trials through the Open meet. A declared false start may be taken during trials, finals or Open. A competitor does not gain further eligibility once they have competed at any level of competition. A competitor who declares a false start is considered to have participated in that event for the duration of the championship meets.

4.5 **Ineligible Competitor** – When it is discovered that an ineligible competitor participates in a CIAC individual type tournament / meet / match, the competitor will be disqualified from the competition and his/her last opponent will advance in his/her place. Teammates of the ineligible competitor, except relay teammates remain in the competition and score points for their team. Team points earned by the ineligible competitor will be subtracted from the team's total score. Team rankings will be readjusted if warranted. Opponents eliminated prior to the last competition may not re-enter the tournament.

4.6 **Coach Ejection** – When a member school's coach is ejected from a meet for an infraction as prescribed by the rules, the school may not continue until the member school replaced the ejected coach with a properly certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare the school disqualified.

4.7 **Coaches Meeting** – At least one coach from each school must attend the coaches meeting, which will be held 30 minutes before the scheduled start of the meet.

4.8 **Breaks** – At all state meets (divisional trials, finals and Open) there will be a five-minute break after the 200 Medley Relay, the 500 Freestyle, the 200 Freestyle Relay, and the 100 Breaststroke at all trials, finals and Open meets. This is in addition to the 15-minute break after the 50 Freestyle. The pool is open during swim breaks.

4.9 **Shaving Down** – Shaving down at the meet sites is prohibited during regular season meets and CIAC Championship Meets. Violators will be disqualified from the meet. Application of substances to the body is never to be done on the pool deck. Meet directors will designate the only area where such substances may be applied. Substances applied must be dry before swimmer may leave the application area.

4.10 **Use of Tobacco Products** – Use of tobacco products, including electronic devices, illegal substance or possession of alcoholic beverages of any kind including champagne are not permitted on the field of competition, within the stands, other areas of the competition venue, or the parking lot at which a tournament game is scheduled.

4.11 **Inclement Weather** – In case of inclement weather check the web site – [www.ciacsports.com](http://www.ciacsports.com) -- to find out if the event has been postponed.

4.12 **Electronic Sound Equipment or Other Noise Makers** – All electronic sound equipment such as radios, stereos, tape players, noisemakers and musical instruments are **prohibited at all times**.

4.13 **Photography and Video Recording** – Meet management has the full authority to restrict any and all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc.) from the deck is prohibited by all individuals other than participating coach and athlete members unless prior authorization from the meet referee or his/her designee has been granted. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Additionally, the following “non-camera zones” shall be enforced:

- Photograph or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photograph or video recording (using cameras, video cameras, iPads, cell phones, etc.) is not permitted in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for “race starting purposes” during competition and warm-ups.
- Additional “non-camera zones” may be designated by meet management.

Any individual failing to abide by these rules may be ejected from the facility.

4.14 **Designated Areas** – Coaches and athletes entered in the meet are to remain in the area designated for them by meet management or referee. Violators are subject to disqualification or ejection. This rule will be rigidly enforced.

4.15 **Rules** – All meets shall be governed by the 2025-26 National Federation Swimming and Diving Rules. (Exceptions – State Open meet where participants are not locked into heats.)

CIAC interpretation of National Federation Rules on championship and consolation heats – Open meet – “A finalist may advance.”

## 5.0 FEES

5.1 All ticket sales for CIAC tournament games will be sold and redeemed via digital ticketing.

5.2 **Entry Fee** -- \$100 per team, plus \$10 per entry (including relays) with a maximum of \$250 made payable to CIAC.

5.3 **Admission Fee** \* -- Diving qualifying, championship and Open meets (\*Subject to change depending on venue)  
Children – Five (5) and under – Free  
Students (grades 1-12) and Senior Citizens (age 65 and older) -- \$5.00  
Adults (all others not in the above categories -- \$10.00  
Military in uniform or with I.D. – Free

5.4 **Passes** – During the championships only the following passes will be honored at each site.  
a. Principal (or designee) and athletic director of participating schools  
b. Press Card.  
c. CIAC swimming officials membership card.  
No other complimentary admissions will be permitted.

5.5 **Team Members** – At all meets (diving, trials, divisional finals and Open) team members who are not participants are expected to pay an admission fee in order to be a spectator. Swimmers, who have competed in the trials of a division, are considered members of the team for all subsequent competition, i.e. finals and Open. Those competitors will be admitted free of charge.

5.6 **Supervision** – Team coaches (limit of three), athletic director and administrative personnel assigned to supervisory responsibilities will be allowed free admission. **Coaches are responsible for the supervision of their athletes, managers, and other team personnel.**

5.7 Schools will be fined \$50 for each signed diving proof sheet not received on time. **Email to Mike Huffman at [mhuffman99@gmail.com](mailto:mhuffman99@gmail.com)** . Under no circumstances will divers be allowed to dive until the proof sheets are provided to officials.

## 6.0 TOURNAMENT ENTRY PROCEDURES

- 6.1 Scores and times achieved in CIAC regular season events, as listed on the original schedule submitted to the CIAC at the start of the season, can be submitted for entry.
- 6.2 Scores and times achieved in CIAC league championships can be submitted for entry.
- 6.3 No other scores and times are permissible.
  - Scores and times achieved unattached or in non-CIAC competition cannot be submitted for entry.
  - Scores and times achieved in practice or in scrimmages cannot be submitted for entry.
- 6.4 **New! Entry Form** – Entry form must be submitted on the CIAC website at <https://ciac.fpsports.org/> by 12:00 p.m. on Monday, March 2, 2026.
- 6.5 Schools may put their entries on at any time before the deadline and do not have to wait until the deadline.
  - To complete the entry click “Eligibility Center” in the left column
  - Then click “Swimming Entry Form”
  - Click each swimmer that you wish to be part of the meet, include relay swimmers who are not entered into individual events
  - Enter diving and diving scores, then enter the dive list
  - Upon completing your entries click “Save”

Once you click “Save” you will get an automatic email with all your entries. Check it immediately. You will have until 4:00 p.m. to make corrections on your own. After that it will require contacting the CIAC, FusionPoint support, and your meet director to make corrections.

- Have someone else double check the entries on the confirmation email. Often coaches have their assistant and the swimmers themselves check the entries for accuracy. This helps to eliminate errors and missed deadlines.
- Anyone not listed cannot compete.

**Email late entries and corrections to all four email addresses:**

--**Joe Velardi** – [jvelardi@casciac.org](mailto:jvelardi@casciac.org)  
--the tournament director **Scott Butler** – [Redsox98@sbcglobal.net](mailto:Redsox98@sbcglobal.net)  
--the meet director listed in this packet, and  
--[support@fpsports.org](mailto:support@fpsports.org)

**Entry Form** – All names on the entry form must comply with the rules and regulations of the CIAC. Entry forms and diving score sheets must be submitted via the password-protected online eligibility center not later than the date indicated under **IMPORTANT DATES** by 12:00 p.m. Coaches will receive a confirming email. Coaches will have until 4:00 p.m. to make any corrections. Anyone not listed cannot compete. Late entries will incur a fine. Schools may put their entries on at any time before the deadline and do not have to wait until the deadline.

Coaches may submit four (4) swimmers with times for each event including times that do not make the automatic qualifying times. Swimmers will be added after the automatic qualifiers until the 36<sup>th</sup> time is reached. The top 36 times in each swimming event will qualify to swim at trials including any ties for 36<sup>th</sup> place.

6.6 **Seeding and Event Sheet** – (Diving is an individual event.) No swimmer may actually participate in more than four (4) events, no more than two of which may be individual events. Trials, finals and Open are considered one meet. Only names on the seeding event sheet may compete. All names on the entry form must comply with the rules and regulations of the CIAC.

6.7 **Diving Entries** – All diving entries must be submitted with the swim entries on the same form on the CIAC website by the date listed under “IMPORTANT DATES”.

- **The diving proof forms must be emailed to Mike Huffman at [mhuffman99@gmail.com](mailto:mhuffman99@gmail.com)** by the date listed under “IMPORTANT DATES” by 12:00 p.m.
- Confer with National Federation rule 9-4-1 for order of dives and DD requirement
- The diving entry form must have a minimum 11.0 DD for the six option dives.
- Confer with National Federation rule 9-4-1 for order of dives and DD requirement

6.8 **Diving Entry Process** – To complete the dive entry, click “Eligibility Center” in the left column

- Then click “Swimming Entry Form”
- Click the checkbox for each diver that you wish to be part of the meet
- Enter the DD for each diver
- Enter the Diving Qualifying Mark. Enter the Diving Qualifying Mark in the box which is among the boxes that has the swim entry times. There is a box for Diving. Put in the qualifying mark for diving in that box.
- Upon completing your entries click “Save”

Once you click “Save” you will get an automatic email with all your entries. Check it immediately. You will have until 4:00 p.m. to make corrections on your own. After that it will require contacting the CIAC, FusionPoint support, and your meet director to make corrections.

- Have someone else double check the entries on the confirmation email. Often coaches have their assistant and the swimmers themselves check the entries for accuracy. This helps to eliminate errors and missed deadlines.
- Anyone not listed cannot compete.
- In addition to entering the DD and the Qualifying Mark on the CIAC website entry page, email the diving proof sheets to Mike Huffmann at [mhuffman99@gmail.com](mailto:mhuffman99@gmail.com) .

6.9 **Names on Relays** – Names of the four competing swimmers, designating the lead off swimmer, must be on a 3 x 5 card and turned in at the start of the specific relay event. An individual does not become a relay participant until they swim in the event. Schools may enter relays with a seed time but without swimmers’ names. Relay cards, listing the full names of the four swimmers designated to swim in the relay must be turned into the meet director, at the designated time, prior to the event.

6.10 **CIAC Late Entry Policy** - Late entries will be fined \$50 per student. Late entries will be seeded at the discretion of the CIAC. Email any late entries and corrections to Joe Velardi – [jvelardi@casciac.org](mailto:jvelardi@casciac.org) .

6.11 **Tournament Regulation Violations** – If a school fails to comply with tournament regulations and such failure to comply requires the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation of \$500 will be imposed upon the school before entry into the tournament will be allowed.

## 7.0 SCORING AND AWARDS

7.1 **Divisional Finals and Open** – This is the scoring for all divisional finals. This scoring will be used for competitions in eight lane pools and the Open.

### **For Individual Events in the Divisional Finals and the State Open**

1<sup>st</sup> – 8<sup>th</sup> – 30-27-26-25-24-23-22-21 (three point differential between 1 & 2)

9<sup>th</sup>-16<sup>th</sup> – 19-17-16-15-14-13-12-11

17<sup>th</sup>-24<sup>th</sup> – 9-7-6-5-4-3-2-1

Double for all Relays

7.2 **Awards**

Division Championship Meets – Medals awarded for first six (6) places.

Open Meet – Medals awarded for first six (6) places.

Team Award – CIAC plaques will be given to each divisional and Open meet champion and runner-up.

## 8.0 OFFICIALS

8.1 **Selection of Officials** – The officials' assigner will provide the listing of officials one week prior to the meet director.

8.2 **Meet Directors** – Meet directors are responsible for assigning timers, scorers and computer operators, etc. in accordance with the number and types listed in the most current CIAC Handbook.

8.3 **Meet Committee** – A meet committee and a meet director shall assume responsibility for all aspects of meet management. The meet committee shall make decisions on matters not specifically covered by the rules or on the misapplication of a rule during the meet. Judgment calls are not subject to review by the committee. The decision of the meet committee is final.

8.4 **Timers** – In a meet where six lanes are used, every team with a 400 yd. free relay team must supply a qualified timer for the entire meet. In a meet where eight lanes are used, each team with three relays competing must supply a second qualified timer for the entire meet. The qualified timers with a watch must report 15 minutes before the scheduled start of the meet. The meet director may assign teams to a specific lane.

8.5 **CIAC Rules Interpreter** – Questions on swimming or diving rules should be referred to the CIAC Rules Interpreter – Mike Huffman – (860) 539-9895 – [mhuffman99@gmail.com](mailto:mhuffman99@gmail.com) .

## 9.0 PROTESTS

9.1 **Tournament** – On the event of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of the CIAC and the Chairman of the Tournament Committee in question, in consultation with the CIAC swimming/diving interpreter will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.

9.2 **Decisions by Game Officials** – Protests arising from judgment calls by officials during the contests will not be allowed. Protests arising from misinterpretation or misapplication of the National Federation or CIAC rules by officials or others will be considered. The record of the official scorekeeper at the conclusion of the contest is final unless an administrative error is discovered. Such errors will be corrected as covered by specific contest rules.

## 10.0 DIVISIONS

10.1 **Placement** – Only institutional members of the Conference may enter the tournament which will be in four (4) divisions. Placement of schools has been based on the 2024-25 boy enrollment in grades 9-12. A listing of tournament divisions is available on the boys swimming page at [ciacsports.com](http://ciacsports.com).

LL – 853 and Over      L – 635-852      M – 445-635      S – Up to 444

## 11.0 QUALIFYING STANDARDS

11.1 **CIAC Member Schools** – In order to qualify individuals must be members of a team which has had a minimum of four (4) dual meets with CIAC member schools and in addition must meet the minimum standards. Individuals may compete in two (2) individual events and two (2) relays or in one (1) individual event and three (3) relays. Qualifying standards for swimming and diving must be met in a CIAC or National Federation sanctioned meet.

11.2 **Automatic Qualifying Times**

	<u>S</u>	<u>M</u>	<u>L</u>	<u>LL</u>
200 Yd. Medley Relay		Automatic		
200 Yd. Freestyle	2:08.99	2:03.99	1:58.99	2:05.99
200 Yd. Ind. Medley	2:38.99	2:24.94	2:21.99	2:22:99
50 Yd. Freestyle	25.24	24.49	24.49	24.49
Diving – <u>Dual Meets</u> – 9.0 DD & 160 points. The DD of 9.0 is for the 5 optional dives in the 6 dive program.				
<u>Championship Meets</u> – 240 points on 11 dives and 11.0 DD. The 11.0 DD is for the 6 option dives in the 11 dive program				
100 Yd. Butterfly	1:06.99	1:04.99	1:00.99	1:04.99
100 Yd. Freestyle	56.99	55.99	54.99	54.99
500 Yd. Freestyle	6:02.99	5:46.99	5:34.99	5:39.99
200 Yd. Freestyle Relay		Automatic		
100 Yd. Backstroke	1:07.99	105.99	1:05.99	1:06.99
100 Yd. Breaststroke	1:12.99	1:13.99	1:10.49	1:11.99
400 Yd. Freestyle Relay		Automatic		

11.3 **Relays** – Each team is allowed one entry in each relay event – 200 Medley, 200 Freestyle, 400 Freestyle Relay – without regard to qualifying time.

11.4 **Swimmers That Do Not Meet Automatic Qualifying Times** – Coaches may submit four (4) swimmers with times for each event including times that do not make the automatic qualifying times. All swimmers who meet the automatic qualifying time will swim. If fewer than 36 swimmers meet the automatic qualifying time additional swimmers will be added until the 36<sup>th</sup> time is reached, in which case the top 36 times, including any ties for 36<sup>th</sup> place, will qualify to swim at trials. Only those in the top 36 will be charged an entry fee.

11.5 **Number of Events Per Swimmer** – Coaches may submit swimmers in a maximum of two individual events. Any swimmers entered in an individual event that does not make the top 36 seeding will be allowed to swim in up to three relay events. A coach may enter one relay team for each relay event.

11.6 **Divers Qualifying** – For both Class and Open meets, the total degree of difficulty for the six (6) optional dives on the 11 dive championship diving score sheet MUST meet the following requirements – All divisions – 11.0. **Diving divisions may be combined if the total divers between two divisions is 28 or fewer.**

The DD (degree of difficulty) stated in the qualifying standards must be the total degree of difficulty for the five (5) optional dives done in a dual meet that is in a six (6) dive program. The degree of difficulty of the voluntary dive is not to be counted. The required point total and the required DD must be done in the same meet.

- 11.7 **Qualifying for Divisional Meet** – The best twenty-four (24) swimming performances in each event, at the trials, will qualify for Divisional Championships. In divisional championships all heats are locked.
- 11.8 **Open Championship** – The best twenty-four (24) swimming performances in each event from all the Divisional Championships combined will qualify for the Open Championship Meet. Any of the twenty-four (24) finalists can advance either by “scratches” or “better time” in the finals. (Alternates will be added when vacancies exist due to scratches or declared false starts.)
- 11.9 **Open Diving Championship** – For diving (State Open) the twenty-four (24) top scorers plus any divers in the top three (3) of each divisional championship meet not already included in the top twenty-four (24) will automatically qualify for the State Open Meet. **Diving alternates will only be utilized when there are fewer than 24 divers.**
- 11.10 **Alternates** – There will be two alternates for the trials, divisional finals and the Open championship meet.
- 11.11 **NO EXHIBITION SWIMMERS OR DIVERS ARE ALLOWED IN ANY TRIALS, FINALS, OR OPEN.**

12.0 **MEET DIRECTORS / SITES**

**\* ALL DATES AND TIMES OF MEETS ARE SUBJECT TO CHANGE WITHOUT NOTICE**

<b>Event</b>	<b>Trials/Final</b>	<b>Class</b>	<b>Date/Site</b>	<b>Warm-up</b>	<b>Start</b>	<b>Meet Director</b>
Diving	Trials/Finals	S	Thursday, March 5, 2026 Sheehan High School, Wallingford	4:00 p.m.	5:30 p.m.	Dan Wostbrock
Diving	Trials/Finals	M	Thursday, March 5, 2026 Middletown High School	4:00 p.m.	5:30 p.m.	Trevor Charles
Diving	Trials/Finals	L	Wednesday, March 4, 2026 Sheehan High School	4:00 p.m.	5:30 p.m.	Dan Wostbrock
Diving	Trials/Finals	LL	Wednesday, March 4, 2026 Middletown High School	4:00 p.m.	5:30 p.m.	Trevor Charles
Diving	Trials/Finals	Open	Thursday, March 12, 2026 Middletown High School	4:00 p.m.	5:30 p.m.	Trevor Charles
Swim	Trials	S	Friday, March 6, 2026 Cornerstone	3:15 p.m.	4:30 p.m.	Brendan Heller
Swim	Trials	M	Saturday, March 7, 2026 Cornerstone	3:15 p.m.	4:30 p.m.	TBA
Swim	Trials	L	Friday, March 6, 2026 Cornerstone	10:00 a.m.	11:15 a.m.	John Smachetti
Swim	Trials	LL	Saturday, March 7, 2026 Cornerstone	10:00 a.m.	11:15 a.m.	Rick Lewis
Swim	Finals	S	Monday, March 9, 2026 Cornerstone	12:00 p.m.	1:00 p.m.	Brendan Heller
Swim	Finals	M	Tuesday, March 10, 2026 Cornerstone	12:00 p.m.	1:00 p.m.	Ericka Fangiullo
Swim	Finals	L	Monday, March 9, 2026 Cornerstone	5:00 p.m.	6:00 p.m.	John Smachetti
Swim	Finals	LL	Tuesday, March 10, 2026 Cornerstone	5:00 p.m.	6:00 p.m.	Rick Lewis
Swim	Finals	Open	Saturday, March 14, 2026 Yale University	11:00 a.m.	1:00 p.m.	Rick Lewis

## Contacts:

Scott Butler	Email – <a href="mailto:redsox98@sbcglobal.net">redsox98@sbcglobal.net</a>	Cell – (203) 623-9463
Keith Cargan	Email – <a href="mailto:kcargan@wallingfordschools.org">kcargan@wallingfordschools.org</a>	Cell – (203) 671-4795
Trevor Charles	Email – <a href="mailto:charlest@mpsct.org">charlest@mpsct.org</a>	Cell – (860) 395-7852
Ericka Fangiullo	Email – <a href="mailto:efangiullo@windsorct.org">efangiullo@windsorct.org</a>	Cell – (860) 604-9885
Brendan Heller	Email – <a href="mailto:Brendan.heller@gmail.com">Brendan.heller@gmail.com</a>	Cell – (203) 510-6026
Rick Lewis	Email – <a href="mailto:lewisshark@aol.com">lewisshark@aol.com</a>	Cell – (203) 912-9385
John Smachetti	Email – <a href="mailto:johnsmachetti@gmail.com">johnsmachetti@gmail.com</a>	Cell – (860) 712-8824
Joe Velardi	Email – <a href="mailto:jvelardi@casciac.org">jvelardi@casciac.org</a>	Cell – (203) 250-1111 x 3903
Dan Wostbrock	Email – <a href="mailto:dwostbrock@wallingfordschools.org">dwostbrock@wallingfordschools.org</a>	Cell – (203) 376-5954

## APPENDIX A 25 YARD-METER AND 25 METER-YARD CONVERSION FACTORS

	MEN	
	<u>Yard-Meter</u>	<u>Meter-Yard</u>
200 Medley Relay	1.115	0.8969
200 Freestyle	1.108	0.9025
200 Ind. Medley	1.111	0.9001
50 Freestyle	1.119	0.8937
100 Butterfly	1.114	0.8977
100 Freestyle	1.111	0.9001
500 Yd. / 400M Freestyle	0.8780	1.1391
500 Yd. / 500M Freestyle	1.100	0.9091
200 Free Relay	1.116	0.8961
100 Backstroke	1.111	0.9001
100 Breaststroke	1.110	0.9009
400 Freestyle Relay	1.114	0.8977
	WOMEN	
200 Medley Relay	1.116	0.8961
200 Freestyle	1.108	0.9025
200 Ind. Medley	1.110	0.9009
50 Freestyle	1.115	0.8969
100 Butterfly	1.111	0.9001
100 Freestyle	1.112	0.8993
500 Yd. / 400M Freestyle	0.877	1.1406
500 Yd. / 500M Freestyle	1.100	0.9091
200 Free Relay	1.117	0.8953
100 Backstroke	1.111	0.9001
100 Breaststroke	1.112	0.8993
400 Freestyle Relay	1.114	0.8977

## APPENDIX B Certifications / Coaching Certifications

For a list of all coaching certifications and links to forms go here:

<https://docs.google.com/document/d/1KnzXy81GK9x88bY1-5JBSuP-8SY34sdc/edit?usp=sharing&ouid=104830910406558409235&rtpof=true&sd=true>

Volunteer Coaches:

The state of Connecticut Department of Education does not distinguish between volunteer or paid coaches when considering certifications or responsibilities. All coaches who are responsible for, or instruct students in any way must follow Connecticut State Law for certifications and responsibilities. Therefore, volunteer coaches are required to obtain the same certifications as all other coaches.

## APPENDIX C CIAC Tournament Spectator Expectations (Including Parents)

### **Positive Cheering and Behavior**

- Spectators will cheer positively to support their team, not negatively against the opponent. “No Negatives, No Names, No Numbers”.
- Spectators will show respect for the game officials and their decisions.
- Spectators will respect CIAC tournament/site directors, tournament staff, and security when behavior is addressed and if asked to leave the event.

### **Dress Code**

- For CIAC tournament contests, all spectators should be appropriately attired according to their school’s policy. No attire with visible degrading or demeaning writings/logos is permitted.

### **Signs, Banners, Flags and Powder**

- Any signs must be positive in nature, reference only the school supported by the sign maker, be small enough not to obstruct the view of other spectators and be pre-approved by the school’s athletic director reference in the sign. Spectators are not permitted to bring flags for safety reasons. When asked to remove a sign, banner, or flag, participating schools will respect and follow the direction of any CIAC tournament/site director, tournament staff, or security personnel.
- All signs, banners, and flags may be restricted pending facility usage requirements or at the discretion of the CIAC tournament director. CIAC tournament directors/staff will notify the athletic director when such restrictions are necessary.
- Powder or powder-like substances are prohibited at all visiting and neutral sites.

### **Noisemakers**

- Outdoor Sports – No air horns, horns of any kind, or whistles will be used. Any other noisemakers may be allowed with approval from the host athletic/site director and the spectator’s school athletic director. Noisemakers can only be used during “dead ball” situations to celebrate good play.
- Indoor Sports – No noisemakers will be allowed. Pep bands are allowable with the prior approval of the CIAC tournament and site director, provided the school band has adult supervision, and the band only plays during “dead ball” situations.

### **Tailgating**

- Tailgating is prohibited on the grounds of any CIAC tournament or championship event.

### **Streaming**

- CIAC championships are streamed on the NFHS Network. Any streaming, broadcasting, or reproduction of a CIAC tournament game or championship without the expressed written consent of the CIAC is strictly prohibited.