

January 26, 2023

Dear Coaches and Athletic Directors

Enclosed are materials for the 2022-2023 AA District IV Swimming and Diving Championships. Swimming will be held at Williamsport Area High School on Wednesday, March 1 and, Thursday, March 2, 2023. The PIAA D4 Diving Championships will be held at the Bloomsburg Middle School on Saturday, February 25, 2023 **(Please note that this material may pertain to your school, even if you do not sponsor a swim team.)** It is possible for individual swimmers or divers to qualify for the district meet.

Enclosed, you will find the following:

- Information sheet-DATES---TIMES---PLACES
- Qualifying standards (2<sup>nd</sup> time sent)
- Instructions for entering athletes online for diving
- Schedule and instructions for the PIAA District IV Swimming Championship Meet at Williamsport Area High School
- Schedule and Instructions for the PIAA District IV Diving Championship Meet at Bloomsburg Middle School
- Diving Standards
- Instructions for entering swimmers to be in a follow-up email
- Independent entries(swimming/diving) must bring written documentation to verify they have permission to coach

Please distribute this information immediately, and feel free to contact me if you have any questions.

Janis Arp  
Sincerely Chairperson  
District IV Swimming & Diving  
Cell # 570-419-0532  
Janisarp11@gmail.com

# **PIAA District IV**

## **AA Swimming & Diving Championships**

### **2022-2023**

Dear Coach:

The District IV AA Diving Championships will be held on **Saturday, February 25, 2023 at the Bloomsburg Middle School. The District IV Swimming Championships will be held on Wednesday evening March 1, and Thursday March 2, 2023 at Williamsport Area High School.**

Facilities: Bloomsburg Middle School has two (2) one-meter diving boards for the diving competition.

Williamsport High School has an 8 lane pool with electronic timing (Colorado System).

Team Entries: Each team shall be permitted to enter a maximum of four (4) entries in an individual event, and one (1) relay team in a relay event, providing the swimmers meet the qualifying restrictions. Please include a roster of all male and female swimmers in Hy-Tek. **It is also important that coaches include male and female divers on your roster in Hy-Tek so their points they score are included in the final meet score. This will also enter them in the State Meet if they qualify.**

*Schools that do not sponsor swimming may not enter relay teams.*

Qualifying Times: Automatic qualifying time standards must be met by February 24, 2023 in order to compete. All qualifying times must be met in PIAA-sanctioned meets (i.e. not YMCA, US Swim, etc.). Please indicate if times were met in a 25-meter pool, and please convert times to the 25-yard standard.

*\*\*In the event of inclement weather on Wednesday or Thursday evening the tentative makeup for swimming will be announced with dates, location, and times on the district 4 website([piaad4.net](http://piaad4.net)). Coaches will also be notified by email of cancellation of the scheduled dates. In the event diving is also postponed we will announce new dates and times as soon as possible. Please let your athletes and coaches know this immediately. Coaches please include your EMAIL address, and CELL # on your entries in case of cancellations and postponements.*

*\*\* You can access the District 4 web site to obtain information should there be any changes in the scheduling of the events. The website is [piaad4.net](http://piaad4.net)*

# District IV Diving

## Saturday, February 25, 2023

The time schedule for the District IV Diving Championships and team warm-ups at Bloomsburg Middle School is as follows below:

All divers must be entered into the meet, **online** by Tuesday February 21, 2023 prior to 8:00pm. Coaches should enter their divers using web entries. The Omatrak website for entries will open as soon as you receive this email, and will close on February 21 at 8:00pm. This site will display our meet which is named 2023 District 4 Diving Championships. The contest password is d4championship. Brad Smith is working with the diving entries and his email is [district4swim@gmail.com](mailto:district4swim@gmail.com) if you have questions concerning the entry process contact him. For the diving web entry system instructions go to <http://divingentries.omattrak.com> The Diving Entry System Instructions are included as an attachment in this email.

### COMPETITION DAY

Saturday, February 25, 2023

MALE WARM-UP TIME 9:00am

FINAL MALE DIVE SHEETS REQUIRED 9:45 am  
Signed at the Scorers' Table

MALE COMPETITION BEGINS 10:00 am

AWARDS FOLLOW COMPETITION (medals awarded to top 4 places)

THE FOLLOWING TIMES ARE APPROXIMATE:

FEMALE WARM-UP TIME 12:30 pm

FINAL FEMALE DIVE SHEETS REQUIRED 1:15 pm  
Signed at the Scorers' Table

FEMALE COMPETITION BEGINS 1:30 pm

AWARDS FOLLOW COMPETITION (medals awarded to top 4 places)

## DIVING STANDARDS:

### SIX DIVE FORMAT-DISTRICT FOUR CHAMPIONSHIPS

All diving programs will be completed online as previously stated with instructions

All rules from the Federation Rules Book will apply. The additional requirements are:

1. All dives listed on diving entry shall have been performed during the season, and received an average total score of 15.0 or higher during the current 2022-2023 high school season. Proofs of scores must be available upon request.
2. All five dive groups must be represented in each diver's program.
3. Each diver's program shall include two(2) voluntary dives and four(4) optional dives.
4. The 2 voluntary dives shall come from different dive groups and can be any dive within a group. The chosen voluntary dives will receive their DD through 1.8. Any designated voluntary dive with a DD greater than 1.8 will receive a DD of 1.8.
5. The "Standing Forward Take Off" shall not be permitted.
6. No diver shall repeat a dive. All dives of the same number, whether tuck, pike, straight, or free position are considered the same dive.
7. The NFHS standard dive sheet shall be used.
8. **Information for each diver entered must include:**
  - A. Name
  - B. Grade (#)
  - C. Event
  - D. School name

**Divers must have successfully completed all optional dives listed on the entry form, prior to attempting those dives in the championship meet.**

**Instructions for Online Entry for the PIAA District IV Diving Championships have been attached in this email**

- When you arrive at Bloomsburg Middle School, please check with the meet scorer, at the scorer's table. **The athlete and coach must sign a hard copy of the dive sheet. If a coach wishes to change the dive list on Saturday, that must be done by 9:45 am for MALE Divers and 1:15pm for FEMALE Divers(approximately)**
- Please Contact Janis Arp at, janisarp11@gmail.com if you have any questions. Please be sure to include a coach's telephone number and email address with all entries and inquiries so that we may contact you quickly in case of weather concerns or other questions. My cell # 570-419-0532 or Brad Smith at district4swim@gmail.com
- 2 Male and 2 Female Divers will advance to the State Meet
- Medals will be awarded to the first 4 places in the girls and boys competitions

Bloomsburg Health and Safety Protocols: NO MASKING REQUIRED

1. There will not be an admission charge for attending this event.
2. Locker Rooms are available for all athletes .
3. A lifeguard will be on-duty for the duration of the event.
4. A trainer will be on site in the training room located across from the pool.
5. Athletes are not permitted to have food on the pool deck-water only.

6. Spectators are not permitted on the pool deck. Spectators shall use the balcony-no food in this area-water only.
7. Concessions will be in the lobby/hallway outside of the Natatorium

# District IV Swimming

## Wednesday, March 1 and Thursday March 2,

### 2023

- Open warm-ups begin at 4:00 p.m. for both days. Swimmers will not be permitted on deck before 3:50 p.m. and they will not be permitted into the building before 3:00 pm – so please plan accordingly. All lanes will be open for warm-ups.
- The pool will be cleared at 5:40 p.m.
- **The meet begins at 6:00 p.m. on both days. DOORS WILL OPEN FOR THE PUBLIC AT 5 pm.**
- Coach's scratch meeting at 4:30 p.m. – The head swimming coach must attend in classroom A-126 off of the hallway upstairs. The Captain(1) meeting for all team captains and independent swimmers will be held on the pool deck at 5:45p

#### GENERAL INFORMATION

- Swimming entry information will be sent in a follow-up email from Brad Smith ([district4swim@gmail.com](mailto:district4swim@gmail.com)) This will contain entry file information, time frames for entries, and instructions for independent coaches.
- Boys and girls will advance a minimum of one (1) swimmer to the PIAA Championship Swimming Meet. Subsequent PIAA qualifiers will be announced early the week prior to the PIAA Championships.
- Up to four swimmers per school per event may be entered in the meet. One relay per school per relay event. A maximum of 8 swimmers can be listed per relay event.
- Each athlete may swim 1 individual event and 3 relays, or 2 individual events and 2 relays.
- All entries for swimmers(individual or relays) must include:
  - A. Full name
  - B. Grade (#)
  - C. Event
  - D. School name
- Locker room facilities will be provided. Swimmers are responsible for their own valuables. The auxiliary gymnasium will be available for any swimmer who just needs a quiet area.
- Officials and coaches **ONLY** will be permitted in the pool office.
- Swimmers who are not competing will not be permitted on the pool deck.
- An Athletic Trainer will be available on site for assistance to swimmers as needed.
- Medals will be awarded to the first 4 places in individual and relay events.
- Spectator admission will be \$6.00 for everyone. **TICKETS MUST BE PURCHASED FROM HOMETOWN TICKETING ON THE D4 WEBSITE. NO same day sales.**
- PIAA Championship Programs and Merchandise will be sold at the event in the lobby. Merchandise will also be available to purchase on line at the D 4 website
- A concession stand will be available each evening.
- All spectators will enter through the main lobby at the front of the Commons Area

## **Parking**

- Team buses may drop off swimmers in the bus loop in front of the commons area and then must park in A Lot.  
Team vans may use spot in B Lot.  
Personal vehicles may park in B Lot. Security will be available to direct traffic..

## **Arrival:**

**The natatorium will not open early. Please advise your teams not to arrive early-the pool will open at 4:00pm.**

- ***ALL spectators enter at through the doors in the commons area of the building.***
- ***Swimming entry information will be sent in a follow-up email by Brad Smith.***

## **SCHEDULE OF EVENTS: (Wednesday)** For both male and female swimmers.

- 200 Medley Relay
- BREAK
- 200 Free
- 200 IM
- 50 Free
- 100 Fly
- BREAK
- 200 free relay

## **SCHEDULE OF EVENTS: (Thursday)** For both male and female swimmers.

- 100 Free
- 500 Free
- BREAK
- 100 Back
- 100 Breast
- BREAK
- 400 Free Relay

JANIS ARP  
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