

2019 TOURNAMENT STRUCTURE

- 1) Entries
 - a. Each swimmer is allowed to enter a maximum of four (4) events, no more than two (2) of which may be individual events.
 - b. Each team may enter a maximum of four (4) swimmers per event and one (1) relay team per relay event.
 - c. To enter fill out the Team Entry Form for teams with less than 10 swimmers. HyTek entry file must be submitted for 10 or more swimmers.
 - d. Please include seeding times for each event entered.
 - e. Coaches will be required to include a date and meet to verify listed qualifying times for entries. A form will be distributed and collected by the SPC Meet Director prior to the SPC Meet.
 - f. No entries with “no times” are permitted.
 - g. Athlete grade designations should be numerical: 09,10,11,12
- 2) Diving competition will consist of **eleven** dives.
- 3) No exhibition swimming or diving.

TIME STANDARDS

| Girls | | Boys |
|---------|------------|---------|
| 34.00 | 50 free | 30.00 |
| 1:15.00 | 100 free | 1:06.00 |
| 2:45.00 | 200 free | 2:30.00 |
| 7:00.00 | 500 free | 6:35.00 |
| 1:30.00 | 100 back | 1:15.00 |
| 1:35.00 | 100 breast | 1:20.00 |
| 1:30.00 | 100 fly | 1:15.00 |
| 3:00.00 | 200 IM | 2:45.00 |

| GIRLS | EVENT | BOYS |
|--------------|------------------|-------------|
| 1. | 200 Medley Relay | 2. |
| 3. | 200 Freestyle | 4. |
| 5. | 200 IM | 6. |
| 7. | 50 Freestyle | 8. |
| 9. | 1 M Diving | 10. |
| 11. | 100 Fly | 12. |
| 13. | 100 Freestyle | 14. |
| 15. | 500 Freestyle | 16. |
| 17. | 200 Free Relay | 18. |
| 19. | 100 Backstroke | 20. |
| 21. | 100 Breaststroke | 22. |
| 23. | 400 Free Relay | 24. |

Lead off swimmers in the 200 Free Relay and 400 Free Relay will be eligible for SPC Records.

TIMES

| | |
|-------------------|---------------------|
| Diving Warm-ups | 8:00 a.m. Saturday |
| Diving | 9:00 a.m. Saturday |
| Coaches Meeting | 10:30 a.m. Saturday |
| Swimming Warm-Ups | 10:45 p.m. Saturday |
| Swimming | 12:00 p.m. Saturday |

SCORING (8 Places)

| | |
|-------------------|---------------------|
| Individual Events | 9-7-6-5-4-3-2-1 |
| Relay Events | 18-14-12-10-8-6-4-2 |

ALL-CONFERENCE SELECTION METHOD

SPC Team Championship and Runner-Up trophies will be given. SPC All-Conference medals will be given to first, second and third place in each individual and relay event.