

SWIMMING & DIVING ANNOUNCEMENTS – March 11

2025 IMPORTANT DATES

Emergency Action Plan Rehearsal Day	March 13
Girls Earliest Possible Competition	March 17
GIRLS STATE MEET	May 22-24
KSHSAA Summer Moratorium	June 30-July 6



OLYMPIC DEVELOPMENT PROGRAM (ODP) – KSHSAA RULE #4

Member schools may apply per KSHSAA Rule #4 – ODP for their athletes to compete in sanctioned USA Swimming & Diving Meets. For a complete list of the 2024-25 approved meets click [HERE](#). KSHSAA Member Schools must apply by writing a letter on school letterhead, 30 days prior to the event, requesting approval for their athletes to compete in the USA Swimming & Diving Meet. The letter must be signed by: Principal, Athletic Director, Scholastic Swim Coach, & Athlete. These meets will count towards the limit of 10 meets for a season.

VIOLATION – COMPETING IN NON-APPROVED ODP/USA MEETS – KSHSAA RULE #22

A member of a high school swimming & diving team may NOT compete in an outside USA/Club Meet that is NOT on the ODP Approved List during their high school season. If an athlete violates this KSHSAA rule, he/she is ineligible for the remainder of season (no more practice or competition with a high school team) unless he/she is reinstated by the KSHSAA Executive Board. Also, please remember any swimmer/diver wanting to compete in a USA/Club Meet on the ODP/USA Approved List during the regular season must first receive permission from the school. Then, the school must submit a request for approval to the KSHSAA and receive approval from KSHSAA prior to the event.

KSHSAA RULE 40-2-4: *No student representing a member school shall participate in more than 10 meets during a season exclusive of the state meet.*

KSHSAA RULE 30-2-2: *A student who is enrolled at the start of a season of sport must be a member of the squad for the majority of the scheduled varsity contests in order to be eligible for postseason competition. Majority means over half. Thus, for schools with a 10-meet schedule, a team member must participate in at least 6 of the 10 meets to be eligible to compete in the state meet.*

SPORTSMANSHIP

#StartsWithMe



With competitions beginning next week, please be sure to always be positive and professional. The KSHSAA places top priority on sportsmanship! It is imperative that coaches, officials and spectators accept the responsibility of being positive role models. The ethics, integrity, and sportsmanship exhibited by adults have a profound effect on the young people who participate. **#STARTSWITHME**

ORDER & LENGTH OF EVENTS – NFHS RULE #5-1-1

If your school hosts a meet that does not follow the normal order and length of events such as a Relay Meet or Pentathlon Meet, be sure to request permission from the KSHSAA in writing providing meet details such as meet name, location, date, events, and participating schools and email request to rgarman@kshsaa.org.

SCHOOLS WITH COOPERATIVE AGREEMENTS

The KSHSAA policy requires that cooperative agreement teams in quasi-team/individual sports (including swimming & diving) compete separately at postseason (state) competition. Leagues have the option of requiring cooperative teams to separate for league championship events. RELAY EVENT state qualifications must be achieved during the regular season by individual schools. In other words, if 3 students from School A and 1 student from School B swim together and earn a state qualifying time in a relay event, it cannot be used as an entry qualifying time for either school. For more information, review carefully the K- Form signed and agreed to by each school involved in a cooperative agreement.

KSHSAA SWIMMING & DIVING MANUAL AND HY-TEK TEAM MANAGER INFO

An online copy of the manual may be accessed on the public KSHSAA Swimming & Diving Homepage. When setting up your school in the Hy-Tek Team Manager™ Software, please use the **ASSIGNED KSHSAA TEAM ABBREVIATION** as listed on pages 30-31 in the manual. Also, input in TM athletes' grade levels (SR, JR, SO, FR).

REGULAR SEASON MEET OFFICIALS

Host schools of regular season meets are strongly encouraged to utilize USA Swimming & Diving Certified Officials and have a minimum of two officials on deck during swimming competitions. Utilizing officials who are knowledgeable of current rules and practices ensures a safe competition environment and prepares participants consistently across the state for how the KSHSAA State Swimming & Diving Championships will be officiated.

REGULAR SEASON MEET RESULTS & TOP TWENTY-FIVE LINKS

There is a link on the KSHSAA Swim & Dive Website for this season's meet results from around the state. Please submit final meet results throughout the season by emailing PDF copies to rgarman@kshsaa.org.

From the Regular Season Meet Results submitted to the KSHSAA, "Top Twenty-Five" Performance Lists are compiled for each event in class 6A and 5-1A. These lists are updated periodically throughout the season, so be sure to send in all regular season meet results. A link to the "Top Twenty-Five" lists is also on the KSHSAA site.

2025 DIVING WEEKS – GIRLS (Reference NFHS Rule 9-4-6)

Week 1 (March 17-22) = Forward Group	Week 6 (April 21-26) = Forward Group
Week 2 (March 24-29) = Back Group	Week 7 (April 28-May 3) = Back Group
Week 3 (March 31-April 5) = Inward Group	Week 8 (May 5-10) = Inward Group
Week 4 (April 7-12) = Twisting Group	Week 9 (May 12-17) = Twisting Group
Week 5 (April 14-19) = Reverse Group	Week 10 (May 19-24) = Reverse Group

DIVING QUALIFICATION DOCUMENTATION

Schools will be required to submit a copy of a state qualifying dive sheet with the referee's signature for state meet diving entries, so coaches, be sure to keep those qualifying diving sheets throughout the season. May submit to rgarman@kshsaa.org anytime during the regular season.

DIVING RESOURCES

There is an incredible diving resource available on the www.nfhs.org site under the activity of swimming & diving. It is titled [ONE METER DIVING TABLE](#). Within this table there are links to video clips of actual divers performing the different dives with stated score ranges. Thus, you can view various dives and see what they should be scored.