

## **The Following are Notes about High School Swimming in Southern Illinois – 2009-2010 \*(Does not apply to Marion High School)**

Each High School will be a little bit different. You and your parents need to investigate the specifics for your high school. Saluki Swim Club will assist you in participating in IHSA swimming, but Saluki Swim Club and its coaches cannot confer and communicate with each High School. It is the responsibility of each swimmer and family to communicate with their given high school. Saluki Swim Club will help to train swimmers and will assist with Sectional meet entries as needed. As a note of clarification: You do NOT have to be a group 4 swimmer to compete in High School Sectionals, all high school age swimmers are welcome.

All swimmers interested in competing in the IHSA Boys or Girls Swimming Sectional/State meets must:

\*Swim with the Saluki Swim Club from the start of the short course season in late summer/early fall.

\*Have a sports physical EVERY YEAR, incoming freshmen physicals are OK. DO IT NOW!

\*Compete in an approved swim meet in the events you want to swim AFTER July 1<sup>st</sup>. See current list of options. Times before that date can NOT be accepted. This date applies to boys and girls.

**(Please refer to the Saluki Swim Club Meet schedule: Girls must compete in a meet in September or October – there will be 2 choices; there is no exception to this rule. Boys must compete in at least one meet before the end of December – there will be several options however it is strongly encouraged that you attend all Saluki Home Meets!!)**

\*It is recommended that you attend Athletic Registration (it lets the school know you are interested in swimming.) This also helps you to know that all your paperwork is in order. No last minutes hassles.

Check [ihsa.org](http://ihsa.org) for dates of sectional/state meet and state qualifying times will be posted in August. Traditionally the dates have been:

Girls sectional/ state – November 14/November 20 and 21

Boys sectional/state – 3<sup>rd</sup> Saturday in February/the next Friday and Saturday

\*Advancing to the state meet requires that you win your event at the sectional meet or swim a state qualifying time at the sectional meet.

\*Sectionals are timed finals. The state meet is a pre-lim final format. The top 12 swimmers compete in an A and B final.

\*Currently, all swimsuits can only have one company logo (Speedo, TYR, AquaZone) Many full body suits have a logo on the top and one on the bottom or one on the back and one on the bottom. One of these may need to be covered up. This rule may or may not change by this year's sectional/state meets. There may be more rule changes regarding tech suits, please check before making a tech suit purchase for sectional/state meets.

If you have any questions, please contact Coach Jay Newton at [coach@swimsaluki.com](mailto:coach@swimsaluki.com). We will do our best to help all swimmers at all high schools navigate High School Swimming.