

NORTH SUBURBAN CONFERENCE GUIDELINES

GIRLS' SWIMMING

I. SEASON LIMITATIONS

Practice may begin Wednesday of week 6 of the I.H.S.A. standardized calendar. The first contest may be no earlier than Monday of week 9. The season shall end no later than Saturday of week 20.

II. CONTEST LIMITATIONS

- A. Varsity - 14 meets, plus I.H.S.A. series.
- B. JV - 14 meets.

III. LEVELS OF COMPETITION

Whenever possible there will be two levels of competition:

- A. Varsity
- B. Junior Varsity
- C. A third level may be competed by mutual consent. In pools with eight lanes, exhibition swimmers may be placed in lanes 1 & 8. In addition, one exhibition diver at each level may participate.
- D. Participation - Refer to Article IX of the N.S.C. Constitution regarding eligibility.

IV. COACHES' MEETING

The coaches' meeting will be held the day of the Conference meet at the school hosting the Conference meet. This meeting will take place prior to the scratch meeting.

V. CHAMPIONSHIP

- A. The Conference meet will be scheduled on the Friday or Saturday prior to the Sectional meet. The Conference championship will be determined by a combination of a single round-robin plus the Conference meet. Schools will receive the number of points equal to their Conference dual meet standings (1st - 7 [or # equal to number of participating Conference schools] ; 2nd - 6, ...) and the number of points equal to their finish in the Conference meet (1st - 7 [or # equal to number of participating Conference schools]; 2nd - 6,...). The school (s) with the most total points will be the Conference champion (s).
- B. Dual/Triangular standings will be kept.
 - 1. In dual meets the winner will receive one win and the loser one loss.
 - 2. In triangular meets the winner will receive 2 wins. The 2nd place team will receive one win and one loss. The 3rd place team will receive 2 losses.
- C. In case of a tie, the winner of the Conference Tournament will be awarded the trophy and a duplicate trophy will be ordered for the Co-Champion.

VI. CONDUCT OF CONTESTS

A. Dual and Triangular Meets

1. Entries - (dual-3) (triangular-2)
2. Starting time - 5:00 p.m. or earlier by mutual consent of both schools.
3. Scoring -shall follow National Federation Rules
6 lane - Relays 8-4-2, Individual 6-4-3-2-1-0
4. Lanes - Home team will use odd lanes. Visiting will use even lanes.
5. Varsity and Junior Varsity events are 200 medley relay, 200 freestyle, 200 IM, 50 freestyle, diving, 100 butterfly, 100 freestyle, 500 freestyle, 200 freestyle relay, 100 backstroke, 100 breaststroke, 400 freestyle relay. The JV heat will precede the varsity heat.

By mutual consent of the two schools, the shorter distance events may be swum at the junior varsity level.

6. Diving will be determined mutually by the coaches and each team shall provide a diving judge.
7. The maximum warm-up time in case of travel delay shall be twenty minutes after the bus arrives.

B. Conference Meet

1. Conference meet time schedule shall be determined by the host school.
2. Order of events shall follow IHSA Sectional Terms and Conditions.
3. Entries: 3 entries per event. Only one relay team may be entered.
4. Individual limitations shall follow IHSA Sectional Terms and Conditions.
5. Scoring will follow National Federation scoring for championship meets.
12 places:

Individual:	16-13-12-11-10-9-7-5-4-3-2-1.
Relay:	32-26-24-22-20-18-14-10-8-6-4-2
6. Diving: shall follow IHSA Sectional meet rules (11 dives). One official acting as referee plus assigned coaches shall judge the preliminary diving competition. One official plus assigned coaches shall judge the finals.
7. Entries for the Conference meet will be submitted electronically via email the Tuesday of the Conference meet by 12:00 noon to the school hosting the meet. The meet will be seeded based upon entries submitted by the deadline, and the host school will electronically notify all schools participating in the meet the results of the seeding process by 12:00 noon on Wednesday prior to the Conference meet. All electronic submissions will adhere to the IHSA Terms and Conditions.

C. Prairie-Lake Invitational

1. If a school wishes to host a lower level meet, the host school will determine the time, date, and place of this meet.
2. J.V. level of competition, distance and number of entries is up to the discretion of the host school.

VII. GENERAL POOL INFORMATION

SCHOOL	LEVELS	# OF LANES
Lake Forest	2	8
Libertyville	2	6
Mundelein	2	6
Stevenson	2	8
Vernon Hills	2	8
Warren	2	6
Zion-Benton	2	6

VIII. OFFICIALS

- A. Two (2) officials for dual meets.
- B. Three (3) officials for Conference meet swimming/1 diving official.

IX. AWARDS

- A. A team trophy will be awarded to the championship team (s).
- B. Medals will be awarded as stipulated by the NSC Constitution.

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