



2023
U.P. Swimming & Diving Championships

Diving Events – February 17

Swimming Events – February 18

Marquette Senior High School Pool
1203 West Fair Avenue
Marquette, MI 49855

Hosted by Marquette Senior High School



2023 U.P. Meet Event Information

- Location: Marquette Senior High School
1203 W. Fair Ave
Marquette, MI 49855
- Facility: Six (6) lanes, 25 yd., backstroke flags, non-turbulence lane dividers, starting platforms diving into 10 ½ feet of water; shallow end is 3 ½ feet deep. There is electronic timing with Colorado pads and an IST alpha-numeric scoreboard.
- Meet Director: **Alex Tiseo**; atiseo@mapsnet.org; 906-225-5362
- Schedule: **Friday:** Warm-up 1:15 - 2:15 p.m. by assignment. Diving sheets are due by 1:30 p.m. (but may be changed until 2:00). Diving competition begins at 2:35 p.m. with girls' preliminary and final rounds. Boys will have a 15-minute warm-up following completion of the girls competition, and then compete in preliminary and final rounds. There will be an open pool warm-up swim for one hour at the conclusion of the diving competition.
- Saturday:** Warm-up 9:00 a.m. until 11:00 a.m. by assignment. Competition begins at 11:05 a.m. There will be an award ceremony at the conclusion of each boys' event and a 15-minute open warm-up after the 50-yard freestyle.
- Rules: MHSAA and NFHS 2022-2023 Rules apply
- Meet Officials: Head Referee: **TBD**; Head Diving Referee: **TBD**.
Other Officials **TBD**.
- Tickets: Event tickets must be purchased online via GoFan, the MHSAA's digital ticketing partner.
- **Link for 2/17/23 U.P. Diving Finals:**
added once available
 - **Link for 2/18/23 U.P. Swimming Finals:**
added once available

Entry Procedure

Entries are due by noon on Monday, February 13. All entries must be electronic, submitted to Kathy Foulks at kathyfoulks@charter.net using either Hy-Tek Team Manager or compatible software. The Meet Entry file is available for download on the MHSAA website. A free version of Hy-Tek Team Manager Lite is available at <http://www.hy-tekltd.com/downloads.html>. Scroll down the page and click on "Lite." Include dive list for each diver by listing name of diver, dive number and position (i.e. 101C, 202B, etc.) in your entry email.

All electronic entries must include:

- *Daytime contact phone number and e-mail address of the head coach or team representative responsible for that team's entries.*
- *Athletes must be entered with the first name, last name and grade in number format (9-10-11-12).*

- *It is recommended that teams use a non-school email address to prevent firewall issues with attachments.*
- *An appropriate, verifiable seed times achieved during the 2022-2023 high school season. Qualifying times are listed in Appendix C of this document and on the MHSAA website.*
- *Relay athlete names and alternates.*

Scan and email your master eligibility list to atiseo@mapsnet.org: Include the wording: **2023 UP Swim Meet-Eligibility List for <Team Name>** in the subject line.

Entries not received by the deadline must be accompanied by a \$100 late fee.

By 11:30 p.m. Monday night each team will receive e-mail confirmation of receipt and an entry report listing athletes and their events. The confirmation will be sent as an attachment to the email address that submitted the entry. **Coaches have until noon Tuesday to make any corrections to their entry report.**

Psych sheets will be posted on the MHSAA website and emailed to each team after corrections have been entered. No further changes are allowed once psych sheets are posted.

Each school is permitted a maximum of three entries per individual event and one entry per relay.

Supplemental Information:

Prelims/Finals: All races will be timed finals.

Scratches: This meet will be pre-seeded. All swimmers will be marshaled. **There will be a scratch meeting/coaches meeting Saturday morning at 10:00 a.m.**

Relay cards/sheets: Due at the **10:00 a.m.** scratch meeting from each team. Changes after that time allowable only due to injury at meet referee discretion.

Diving: The diving competition will be held in entirety Friday afternoon, Feb. 18. Divers will perform 6 dives – four in the preliminary rounds and two in the final rounds. Only 12 divers compete in the final rounds. The first dive must be from the **FORWARD** category and the maximum D.D. is 1.8. During the course of the meet, each competitor must perform one dive from each category (forward, backward, reverse, inward and twist). Dive lists are to be submitted with entries on Monday, changes should be emailed by Thursday. Dive sheets will be available for signing upon arrival on Friday. Corrections allowed until 2:00 p.m. Friday.

- Diving participants: **Any diver entered must have competently demonstrated the ability to safely perform all dives on the official dive sheet. Coaches must be able to provide proof of prior performance of the ability to perform six dives, one dive from each category. Official meet dive sheets constitute proof.** If, in the referee's judgment, an athlete is clearly unable to perform a dive or does not make a sincere attempt to perform a dive, that competitor will be disqualified from competition (Rule 9-8-3).
- Deck Passes: Deck passes will be issued to all qualifying athletes and must be visible. ***Only three coaching staff members will be designated per school.***
- MHSAA Finals Apparel: Official meet apparel from EA Graphics will be available for sale on-site.
- Sports Tape/Braces: NFHS Rule 3-3-4 regarding the use of devices that aid the competitor and use of tape are unchanged. Other than tape on the wrist of a diver, the use of tape must be associated with a documented medical condition and requires the signed statement of a health care professional (HCP). If an injury occurs during the meet (i.e. a cut or sprained ankle) and a HCP is not available, the coach can provide the required documentation to the referee. The use of braces is subject to state association authorization as has been the procedure.
- Warm-up: Assignments are posted in Appendix A of this document. Adjustments may be made to times by the meet director until noon of Tuesday, Feb. 14 based on the number of entries per team. Sit and slide entries only during warm-up, except when using starting blocks under direct coach supervision.
- Coaches on deck: Deck space is limited. **Each team may have no more than three total representatives on deck.** Coach seating will be assigned by random drawing.
- Marshaling: All athletes must check in with the meet marshal. Declared false starts should be made to the meet referee or her designee. Athletes not in the top (fastest) heat will be marshaled along the south wall of the pool. Athletes in the top heat will have use of a ready room and will be marshaled at the pool's northeast corner.
- Athlete Bios: Top heat athletes for individual events may submit a brief bio for the announcer. See Appendix B. All bios are due by 5:00 p.m. on February 17.

- Awards: Medals 1st – 6th place; an awards ceremony will be held after each boy's event on the pool deck with the coach of the winning athlete greeting the medalists. Actual medals will be packaged and distributed to teams at the end of the meet.
- Scoring: Individual events – 16-13-12-11-10-9-7-5-4-3-2-1; Relays – double
- Live Stream: Events on both days will be live streamed through the NFHS Network.
- Final Results: Will be posted near the pool hallway as soon as possible after each event. Each team will receive a copy via e-mail after the meet. Results will also be available live on the Meet Mobile app.
- Food & Refreshments: A full on-site concession stand will be available in the MSHS Cafeteria. All food and drink must be consumed in the appropriate area. No food or drink allowed on pool deck.
- Miscellaneous: Swimmers are responsible for their own belongings. Marquette Senior High School and the MHSAA assume no responsibility for lost articles.
- Coaches please note: In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is strictly prohibited.
- Protests: There are no protests of official's decisions in MHSAA Tournament competition.
- Noisemakers: Use of artificial noisemakers is prohibited at MHSAA indoor tournament competition. Examples include whistles, air horns and other devices which may disrupt the integrity of the competition.
- Shaving: No shaving is permitted on site per National Federation rules.
- Signs: Posters and team banners are allowed on the north side of the pool only and may not restrict sightlines.

Appendix A - Warm-up Assignments:

Diving Warm-up Friday, 1:15-2:15 as follows:

1:15 - 1:45 Marquette/Ishpeming-Negaunee/Westwood

1:45 - 2:15 Houghton/Sault

Dive lists are to be submitted with entries on Monday, changes should be emailed by Thursday. Corrections allowed until 2:00 p.m. Friday.

2:15 - 2:30 p.m. Open board -- **GIRLS ONLY**, each athlete may have at least two (2) water entries

2:35 p.m. Girls Competition Begins

At the completion of the girl's preliminary and final rounds, there will be a 15-minute open board warm-up for all boy divers. Each boy may have at least two (2) approaches or water entries. Boy's diving will commence at the conclusion of that warm-up.

Swimming Warm-up -- Please remind your swimmers that only sit-and-slide entries are allowed in the shallow end of the pool.

Friday night: Immediately after diving, the pool will be open to all teams for a 1-hour swim warm-up

Saturday morning 9:00 – 11:00 as follows:

9:00 – 9:20

Marquette

9:20 – 9:40

Ishpeming/Negaunee (lanes 1-3)

Westwood (lanes 4-6)

9:40 – 10:00

Sault Ste. Marie (lanes 1-3)

Manistique (lanes 4-6)

10:00 – 10:20

Houghton (lanes 1-3)

Rudyard (lanes 4-6)

10:20 – 10:40

Gladstone (lanes 1-3)

Kingsford (lanes 4-6)

10:40 - 11:00

Open: Swim lanes 1-3, Starts lanes 4-6

Touchpads will be inserted at 10:40 a.m. and available for backstroke starts.

Note: Lane assignments may be adjusted after entries are received to equitably balance team sizes.

There will be a 15-minute open warm-up after the 50-yard freestyle.

Appendix B - Athlete Bios:

Top Heat Athlete Bio

(Please fill out at least the top five lines of this form to ensure your athlete is introduced)

Event # _____

Lane # _____

Athlete Name: _____

Grade: _____

Team: _____

Optional information

Nickname: _____

Special Interests/Hobbies: _____

Future Plans (college, work, etc.): _____

I love this race because: _____

Parent's names (first, last): _____

This race is dedicated to: _____

If you are the top-ranked athlete please make your music request for the event introduction:

Song: _____ Artist: _____

Songs must be appropriate, free of profanity and will only be used at the discretion of the Meet Manager.

Appendix C - Qualifying Times:

2022-23 U.P. Qualifying Times - Girls	
Event	Time/Limit
200 Medley Relay	1 entry per team
200 FR	2:37.18
200 IM	3:00.29
50 FR	0:30.14
100 FLY	1:27.00
100 FR	1:08.88
500 FR	7:05.14
200 Free Relay	1 entry per team
100 BK	1:21.26
100 BR	1:29.08
400 Free Relay	1 entry per team

2022-23 U.P. Qualifying Times - Boys	
Event	Time/Limit
200 Medley Relay	1 entry per team
200 FR	2:26.16
200 IM	2:54.14
50 FR	0:27.60
100 FLY	1:23.03
100 FR	1:02.69
500 FR	6:52.15
200 Free Relay	1 entry per team
100 BK	1:18.24
100 BR	1:22.64
400 Free Relay	1 entry per team

- There is a minimum standard to the entry process. Each school may enter up to 3 swimmers/divers per event, but each swimmer must meet or exceed the time standard listed for their event.
- A coach shall not enter a diver who cannot do all five dive groups with a certain level of proficiency.