

1700 SWIMMING & DIVING (Girls)

1710 Schedules and Dates (2024-25 is the second year of the two-year draw)

- 1711 Dates to remember (2024-25 season):
Earliest day for Practice: August 12, 2024
Earliest day for first meet: August 21, 2024
WIAA Sectionals: November 8 & 9, 2024
WIAA State: November 15 & 16, 2024
End of Season Meeting: At 10:00AM OR Noon at the GMC Varsity
Conference Tournament At Brookfield East HS
- 1712 The following is the rotation for the Conference Relays and Conference swim/dive meets:

	<u>JV/VARSITY RELAYS</u>	<u>VARSITY CONFERENCE</u>	<u>JV CONFERENCE</u>
23-24	Wauwatosa East	Brookfield Central	Wauwatosa West
24-25	Germantown	Brookfield East	Wauwatosa East
25-26	Wauwatosa East	Germantown	Brookfield Central
26-27	Germantown	Wauwatosa East	Wauwatosa West
27-28	Wauwatosa East	Brookfield Central	Germantown
28-29	Germantown	Wauwatosa East	Menomonee Falls/Hamilton

*If a school is not able to host, the next school on the rotation will host unless there is a volunteer to take the meet.

The Conference Meet will be held on Saturday, one week prior to the WIAA Sectional.

1720 Regulations

- 1721 Meet Results: If possible, meet results will be available to all coaches at the end of the meet. If the results are not available at the end of the meet, they will be mailed to visiting schools
- 1722 Heat sheets should include: name, grade, school and seed time.
- 1723 Timing: It is recommended that all dual meets be timed with automatic timing equipment or with minimum of two timers per lane. It is recommended that all Conference Tournament events be run with an electronic timing system.
- 1724 Diving Judges: Three diving judges for each dual meet and if possible, five or seven judges for championship meets.
- 1725 End of Season Meeting: The coaches will meet prior to the swim portion of the Varsity Conference Meet.

1730 Contest Guidelines

- 1731 Will run according to national rules and WIAA rules with acceptable Conference modifications.
- 1732 Teams will have two separate 30-minute (minimum) warm-up sessions. Teams will be assigned lanes alphabetically.
- 1733 Scoring:

Individual Events 6-4-3-2-1-0

Relay Events 8-4-2-0-0-0

*Only top two relay teams for each school can score.

Diving will not be scored in dual meets if a school does not have a legal diving facility. Schools without diving facilities must declare diving/no diving at the start of the season before the first schedule conference meet.

- 1734 Order of Events:
- 200 Medley Relay
 - 200 Free
 - 200 IM
 - 50 Free
 - *Diving
 - 100 Fly
 - 100 Free
 - 500 Free
 - 200 Free Relay
 - 100 Back
 - 100 Breast
 - 400 Free Relay

*If coaches want to run diving first they need to agree a minimum one day before the meet.

1735 JV/VARSITY CONFERENCE RELAY MEET

DATE: The Conference relay meet will be held during the fourth, fifth or sixth week of the schedule.

LOCATION: The meet site will rotate as assigned by the conference athletic directors.

SCHEDULE:

Diving Warm-up	3:00 pm
Diving to Completion	4:00 pm
Coaches Meeting	4:45 pm
Swimming Warm-up	5:00 pm

Swimming to Completion 6:00 pm

- EVENTS: 1. Diving (11 dives, championship order, 3-4-4)
1.A. JV Diving (6 dive any combination of 2 or an additional B JV relay)
- | | | |
|-----|---|--|
| 2. | 200 Freestyle Relay | 4 x 50 |
| 3. | 400 Medley Relay
*(JV: 200 Freestyle Relay) | 4 x 100 |
| 4. | 400 Individual Medley | 4 x 100 IM |
| 5. | 800 Freestyle Relay
*(JV: 200 Backstroke Relay) | 4 x 200 |
| 6. | 300 Backstroke Relay | 50-100-50-100 |
| 7. | 100 Freestyle Relay

*(JV: 100 Freestyle Relay) | 4 x 25 (start in water at shallow end) |
| 8. | 300 Breaststroke Relay
*(JV: 200 Breaststroke Relay) | 50-100-50-100 |
| 9. | 500 Crescendo Relay | 50-100-150-200 |
| 10. | 300 Butterfly Relay
*(JV: 200 Medley Relay) | 50-100-50-100 |
| 11. | 400 Freestyle Relay | 4 x 100 |
| 12. | 200 Medley Relay | 4 x 50 |

SCORING: Place - 1 2 3 4 5 6 7 8 9 10 11 12
Score - 16 13 12 11 10 9 7 5 4 3 2 1

- ENTRIES:
1. Due Tuesday prior to meet at Noon.
 2. Changes allowed through noon on the day of the meet.
 3. Entries will include times and team rosters. Prior to the coaches' meeting, coach must submit the names of the athletes on each relay.
 4. Heat sheets will not be passed out until all names for relay swimmers have been received.
 5. Individuals may swim a maximum of four (4) events, including exhibition heats.
 6. Teams may have a total of twelve (12) entries.
 - *7. JV heats will count toward an individual swimmer's maximum 4 events at the Conference Relay Meet.

1736 VARSITY CONFERENCE MEET

DATE: Conference Meet will be scheduled on the Saturday prior to the WIAA Sectional Meet. In years when the ACT's conflict with the Varsity Conference Tournament, the start time for the swim portion of the meet will be at 2:00pm (instead of Noon), and the subsequent schedule will follow accordingly.

LOCATION: The meet site will be rotated as assigned by the conference athletic directors.

VARSAITY SCHEDULE

Diving:	Warm-up (if two boards)	8:00 am
	Warm-up (if one board)	7:30 am
	Sheets due/coaches' meeting	8:45 am
	Boards close	8:55 am
	11 dives to completion	9:00 am
Swimming:	EOS Coaches' meeting	10:00 am
	Coaches' scratch meeting	10:45 am
	Warm-up (minimum 1 hr warm-up)	10:55 am
	*8 lane pool	
	Warm-up	10:25 am
	*6 lane pool	
	Pool closes	11:55 am
Timed finals	12:00 pm	

**This timeline is subject to change if there are unforeseen circumstances that arise.*

**Additionally, if there is no cool down pool, there will be a 15 minute in-water break after the 500.*

VARSAITY SCHEDULE (If AP Testing Weekend)

Diving:	Warm-up (if two boards)	8:00 am
	Warm-up (if one board)	8:30 am
	Sheets due/coaches' meeting	9:45 am
	Boards close	9:55 am
	11 dives to completion	10:00 am
Swimming:	Coaches' EOS Meeting	12:00 pm
	Coaches' scratch meeting	12:45 pm
	Warm-up (minimum 1 hr warm-up)	
	*8-lane pool	12:55 pm
	Warm-up	
	*6-lane pool	12:25 pm
	Pool Closes	1:55 pm
Timed finals	2:00 pm	

**This timeline is subject to change if there are unforeseen circumstances that arise.*

EVENTS: As per National Federation

SCORING: Sixteen places. Relays score double.

- ENTRIES:
1. Thirty six team entries, two scoring **relays** for each relay event.
 2. Entries are due on the Tuesday prior to the Conference Meet at 3:00pm.
 3. Changes may be made through noon on the day prior to the meet.
 4. Athletes can participate in both the Varsity & JV Conference Meets, but may not swim in the same events. The event limits must be followed. (2 relays & 2 events or 1 event & 3 relays).

1737. JV CONFERENCE MEET

DATE: Two Saturdays prior to the WIAA Sectional Meet.

LOCATION: The meet site will be rotated as assigned by the conference athletic directors.

JV SCHEDULE

Diving:	Warm-up	8:00 am
	6 dives	9:00 am
Swimming:	Coaches' meeting	9:30 am
	Warm-up (6 or 8 lane pools)	10:00 am
	Competition begins	11:30 pm

EVENTS: As per National Federation and WIAA

SCORING: Sixteen places. Relays will score double.

- ENTRIES:
1. JV Conference Meet may have 36 scoring entries. Two designated scoring relays per event.
 2. Required dive will be chosen by the coaches, no front dive is required.

1740 Awards

1741. Each school receives one vote each in voting for “Athlete of the Year” and the “Diver of the Year”. The athletes with the most votes for “Athlete of the Year” and “Diver of the Year” will be named at the Conference Meet. Coaches will use the ballot below and will vote at the conclusion of the Conference Meet. The criteria for the award will include the entire conference season performance. Coaches have three tries to break ties for “Athlete of the Year.” If they are unable to break the tie, the Athletic Directors will break the tie and determine the “Athlete of the Year.”

Head Coach Name: _____
School Name: _____

Swimmer of the Year: _____
Diver of the Year: _____

1742 Scholar Athlete of the Year Award: The Greater Metro Conference will annually award the Scholar Athlete of the Year Award to those student-athletes who have been nominated for this award by their coach. All nominees will meet the following criteria:

1. All athletes must be Junior or Seniors.
2. They must be on pace to earn a letter that year and continued to participate in the athletic program through their senior year. (Managers, statisticians, etc. are not included)
3. The GPA must be 3.5 or better to be nominated.
4. A list of each schools' scholar athletes should be uploaded into the GMC Google folder.

1743 Conference Relays: Medals 1st-3rd - Bar to winning team

Conference Meet: Medals 1st-3rd - Bar to winning team; the coaches prior to the last heat of the 400 Relay will vote "Athlete of the Year." The "Athlete of the Year" will be announced at the end of the meet and be included in the meet results sent to the press.

Conference Pools & Diving Boards:

1. Brookfield Central: 6 lanes; 1 board
2. Brookfield East: 6 lanes; 1 board
3. Germantown: 8 lanes; 2 boards
4. Menomonee Falls: 6 lanes; 0 boards
5. Wauwatosa East: 8 lanes; 2 boards
6. Wauwatosa West: 6 lanes; 2 boards
7. West Allis Nathan Hale: 6 lanes @ WAC; 2 boards @ Hale