

## 2023 East Ridge Girls' Swimming & Diving Lettering Policy

In order to attain a varsity letter in Swimming & Diving at East Ridge High School, a student-athlete shall:

1. Complete the season in good standing, return all issued equipment and receive the coaching staff's recommendation based on hard work, dedication to the team, positive attitude, sportsmanship, good academic standing, and participation/attendance.
2. Adhere to the rules and regulations of the Minnesota State High School League, and East Ridge High School Athletic Department, and the East Ridge High School swim and dive team.
3. Maintain a scholastic grade point average of greater than or equal to a C average (2.0 GPA) during the swimming and diving season.

In addition, ***must meet at least one of the following criteria:***

1. Perfect Attendance - Athlete attends ALL scheduled practices and meets.
  - The only exception will be in the event of a required school sponsored activity for which an absence would result in a reduction of a class grade (i.e. a band, orchestra or choir concert).
2. Swimming Time Standards - These times can be achieved any time throughout the season by athletes of any grade.

<u>Event</u>	<u>Time</u>
<b>200 Freestyle</b>	<b>2:12.49</b>
<b>200 IM</b>	<b>2:34.99</b>
<b>50 Freestyle</b>	<b>27.49</b>
<b>100 Butterfly</b>	<b>1:09.99</b>
<b>100 Freestyle</b>	<b>59.99</b>
<b>500 Freestyle</b>	<b>5:59.99</b>
<b>100 Backstroke</b>	<b>1:09.99</b>
<b>100 Breaststroke</b>	<b>1:19.99</b>

3. Diving Standards -
  - **Complete a full 11 dive list** in competition or...
  - Earn a **6 dive score of 155 points** or higher during a dual meet competition.
4. Earn a Top 16 individual event finish at the Section Meet.
5. Any senior who has been a part of the team for at least two seasons, is in good standing with MSHSL rules, but has not met the above listed criteria will earn a varsity letter at the end of the season.