



F A L L

SPORTS
2009

AHSAA / 2009-10 Sports Calendar

Sports	First Practice	First Contest	End Of Season	Contests Allowed*	Tournaments Allowed+
F A L L					
Volleyball					
Varsity	July 30	Aug. 20	Oct. 29	15 dates	weekends only++
Jr. High/Middle	July 30	Aug. 20	Oct. 5	10 dates	weekends only++
Football					
Varsity	Aug. 3	Aug. 27	Dec. 4	10	n/a
Jr. High/Middle	Aug. 3	Aug. 27	Oct. 31	8	n/a
Cross Country					
Varsity	Aug. 3	Aug. 27	Nov. 14	10	n/a
Jr. High/Middle	Aug. 3	Aug. 27	Oct. 24	8	n/a
Swimming	Aug. 3	Aug. 27	Dec. 5	8	n/a
W I N T E R					
Basketball					
Girls Varsity	Oct. 12	Nov. 2	Feb. 27	20	3
Boys Varsity	Oct. 12	Nov. 2	Feb. 27	20	3
Jr. High/Middle	Sept. 14	Oct. 5	Feb. 13	16	3
Wrestling					
Varsity	Oct. 26	Nov. 16	Feb. 13	14 dates	weekends only++
Jr. High/Middle	Oct. 19	Nov. 9	Feb. 6	8 dates	weekends only++
S P R I N G					
Tennis					
Girls Varsity	Jan. 18	Feb. 8	April 27	18 dates	3
Boys Varsity	Jan. 18	Feb. 8	April 27	18 dates	3
Jr. High/Middle	Jan. 18	Feb. 15	April 13	10 dates	2
Soccer					
Varsity	Jan. 18	Feb. 8	May 8	20	2
Jr. High/Middle	Jan. 18	Feb. 8	April 24	14	2
Softball					
Varsity (throwing-1-4**)	Jan. 25	Feb. 15	May 15	18 games	7
Jr. High/Middle	Jan. 25	Feb. 15	May 1	14 games	5
Baseball					
Varsity (throwing-1-4**)	Jan. 25	Feb. 15	May 14	18 dates	2
Jr. High/Middle	Jan. 25	Feb. 15	April 15	14 dates	2
Golf					
Girls Varsity	Feb. 1	Feb. 22	May 11	14 dates	Only weekday tournaments included in playing dates.
Boys Varsity	Feb. 1	Feb. 22	May 11	14 dates	
Jr. High/Middle	Feb. 1	Feb. 22	April 24	8 dates	
Outdoor Track					
Varsity	Jan. 22	Feb. 12	May 1	12	n/a
Jr. High/Middle	Jan. 22	Feb. 12	April 24	10	n/a
KEYS & EXPLANATIONS					
* =Includes only regular season contests per school. **Throwing conditioning (gloves & balls only)					
+ =Not counted as playing dates. ++ =Must be held with no loss of school time n/a =Not applicable					
NOTE: In all sports, a team's season ends when the team is eliminated in the state championship program. A team's season begins the day of its first contest in that sport.					

FALL SPORTS 2009

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Alabama High School Athletic Association

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**SWIMMING
& DIVING**

Swimming & Diving Coaches Committee
(Listed By Districts)

(1) Dan Howat, Baker. (2) Debbie Hope, Enterprise. (3) None. (4) Jeff Dillinger, Auburn. (5) Richelle Adams, Central-Tuscaloosa. (6) None. (7) None. (8) Marvin Chou, Randolph.

The Championship Program

First Practice—Aug. 3 First Contest—Aug. 27

New Online Requirements For All Sports

POSTING SCHEDULES

Schools must go online to the AHSAA website Member Section and enter season schedules for all sports by the deadline dates listed below for sports in each quarter. Failure to do so will result in a fine of \$100 assessed to the school. Schools should go online and make any changes immediately as they occur.

Deadlines for entering schedules:

March 1-- fall sports (football, volleyball, cross country, swimming)

Sept. 15 --winter sports (wrestling, basketball)

Jan 15 -- spring sports (baseball, softball, outdoor track, soccer, golf and tennis)

POSTING SCORES

Schools are also required to post scores of contests ONLINE immediately following all contests in the regular season (and within 24 hours after regular season tournaments). Results must be posted no later than 30 minutes following a regular season contests. Failure to do so will result in a fine of \$25 assessed to the school.

In the post-season playoffs, failure to report scores in the same manner will result in a \$100 fine assessed to the school.

Instructions will be posted on the AHSAA website Member Section.

1. The swimming and diving program consists of a division for boys and a division for girls with competition in a state meet.
2. Swimming competition requires students to meet qualifying standards in order to participate in the State Meet. There are no qualifying standards for diving and swimming relay events.
3. Diving competition consists of five voluntary dives and six optional dives. The five voluntary dives shall come from each of the five groups with their assigned degree of difficulty having a sum total of 9.0 or less. The six optional dives shall include at least one from each of the five groups. No more than one optional dive from the same group is permitted through the semifinals. All five groups must be represented in the first eight rounds.
4. Each high school is limited to eight meets prior to the state meet.
5. All participants must be eligible under AHSAA rules. Only high school varsity teams and individuals representing high schools are eligible for the state meet.
6. All high school meets will be conducted under National Federation rules.
7. All participants in any meet must be accompanied by a faculty member from their school.
8. Schools that fail to participate in the state meet after submitting entry forms are subject to a monetary fine.

Special Rules

1. Participants must equal or exceed the established qualifying times for individual swimming events in order to be eligible for the State Meet. There are no qualifying standards for relay events and diving.
2. Qualifying times may be achieved anytime after Aug. 3, 2008, in sanctioned high school meets, USA-sanctioned meets, Parks and Recreation-sponsored meets and any other approved meet. (A seasonal membership fee may be involved with participation in the USA swimming meets.)
3. If a swimmer fails to achieve qualifying time in any State Meet event, the coach must provide Proof of Performance for the entered time (a copy of meet results). Otherwise, the swimmer will be disqualified from the State Meet. A Proof of Performance clerk will be available at the head table.
4. State Meet swimming qualifying times (based on the 2008 meet results):

Event	Girls	Boys
50 Freestyle	27.69	24.79
100 Freestyle	1:01.19	54.69
200 Freestyle	2:14.59	2:05.499
500 Freestyle	6:03.09	5:54.99
100 Backstroke	1:08.69	1:05.59
100 Breaststroke	1:18.59	1:11.99
100 Butterfly	1:09.99	1:04.099
200 Individual Medley	2:32.99	2:23.39

State Meet

DATE: Dec. 4-5

SITE: Auburn: James E. Martin Aquatic Center, Auburn University

DIRECTOR: Sarah Stallkamp, James E. Martin Aquatic Center, 661 Roosevelt Dr., Auburn University, AL 36849

Phone: 334-844-9622. **Email:** ses0032@auburn.edu

ENTRIES: Must be received by the meet director by Nov. 24 at 5 p.m. Late entries will not be accepted. Print Form 47 (girls) and Form 47A (boys) PDF files from the AHSAA website and complete or use the online entry forms. Also, entries may be submitted using HY-Tek.

All mailed entries must be sent by express mail (DHL, Fed EX or UPS) and received at the State Meet site by the deadline.

NUMBER OF EVENTS: A team may enter only four individuals per event and one relay team per event. A participant may enter a maximum of four events (diving events included), no more than two of which may be individual events. Over-entries will be deleted from the fifth entry on.

Note: Schools may enter their relay teams without individual names. It shall not count as an entry unless the competitor actually competes in the event. Any indi-

vidual on the team may swim in the prelims, swim-offs and/or finals provided he/she does not exceed the permitted entries for the meet. All students listed on the entry form may participate in the relays.

A relay alternate may be listed beside an entry's name, but any substitution must be made prior to the start of the meet.

An event may be deleted at any time. There will be no refunds for deleted events.

ENTRY FEES: \$20 per participant (Payable to: AHSAA)

Submit entry fees when mailing entries or upon check-in at the center.

CHECK-IN: Coaches may register and pick-up school team packets in the Office from 8:30 a.m. to 4 p.m. Friday. Only the coach may register for a team.

AWARDS: (a) Trophies for winner and runner-up teams in each division
(b) Medals for first three places in each event

ADMISSION: \$ 8 Friday
 \$10 Saturday

MEET SCHEDULE:

Friday

Diving: 9:00 a.m. - Warmup

10:00 a.m. - Competition

Swimming Prelims: 3:30 p.m. - Warmup

5:00 p.m. - Competition

Saturday

Swimming Finals: 1:00 p.m. - Warmup

2:00 p.m. - Competition

Order Of Swimming Events

200 yd. medley relay

200 yd. freestyle

200 yd. individual medley

50 yd. freestyle

100 yd. butterfly

100 yd. freestyle

500 yd. freestyle

200 yd. freestyle relay

100 yd. backstroke

100 yd. breaststroke

400 yd. freestyle relay