NSAA MISSION STATEMENT

The public and non-public high schools of Nebraska voluntarily agreed to form the Nebraska School Activities Association for the following purposes:

- To formulate and make policies which will cultivate high ideals of citizenship, fair competition, sportsmanship and teamwork which will complement the member schools' curriculum programs.
- To foster uniformity of standards in interscholastic activity competition.
- To organize, develop, direct and regulate an interscholastic activity program which is equitable and will protect and promote the health and physical welfare of all participants.

This Swimming & Diving Manual has been prepared and designed to provide general information for use in the administration of NSAA swimming & diving competition. The regulations in this manual shall be considered official unless the schools are notified of a change.

Carefully study this entire manual and save it for future reference.

Jeff Stauss, Assistant Director, is the NSAA staff member assigned to this activity. If schools have questions regarding this activity, please contact Jeff at jstauss@nsaahome.org.

NSAA Items of Note for 2019-2020

Accommodations for Students with Disabilities

Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. In order to determine if the NSAA can authorize such an accommodation, the school administration should contact the NSAA to request an accommodation hearing.

Expected Behaviors at Awards Ceremonies

The following guidelines have been developed for awards ceremonies at the conclusion of sub-district, district and state contests:

--It shall be the expectation that both teams shall accept their medals, plaques and trophies at sub-districts, districts and state contests in a sporting and willing manner.

--The executive director or the NSAA Board of Directors shall determine the type and severity of sanctions to schools that do not comply with these expectations.

Music Licenses

Generally, music used for contests (warm-up, half-time, video production, cheer/dance etc.) needs to be licensed. Some music may be in public domain; however, most music is not and will require a license. This season, take the necessary time to verify your music is licensed through the proper entities. Visit www.nfhslearn.com to view the video course: Understanding Copyright and Compliance.
NFHS Rules Changes

--Rule 3-3 was reorganized to identify penalty protocol for specific uniform violations.

--8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e, 8-3-5: A legal finish now requires the competitor to contact either the touchpad or the finish end according to the finish rules pertaining to the stroke being swum.

--9-1-3: The rule was updated to comply with current industry standards.

--9-4-Table: The degree of difficulty for back and reverse double somersaults was lowered to be consistent with back and reverse 1½ somersaults degrees of difficulty.

--9-5-6: Clarified descriptions of diving positions.

--9-7-4 NOTE (NEW): The diving referee may confer with a member of the diving panel regarding a possible unsatisfactory dive.

NFHS Points of Emphasis

1. Suit Coverage
2. Accommodation of Students with a Disability
3. Shallow Water Blackout
4. Sub-varsity Competition
5. Pre-Meet Conferences

For full information regarding the NFHS Rules Changes, Editorial Changes and Points of Emphasis, please visit this link on the NFHS website.
NSAA Athletic Bylaws & Approved Rulings Governing Swimming

AR 2.1.2 - Medical Personnel at Regular Season Games
Severe injuries, sudden illnesses and other critical incidents do not often occur during school activities, but it is important for every school to have an emergency action plan (EAP) for administrators, faculty, coaches and staff members to follow should emergencies occur. Due to lack of universal availability of medical coverage and other logistical reasons, NSAA does not require that schools have a physician, trainer or ambulance on-site at regular season activities; however, each school should have a plan in place should there be an emergency involving students, coaches, officials or spectators requiring medical attention.

AR 2.12 – Concussion in Sports, Heat Illness Prevention, Sudden Cardiac Arrest Education
All coaches and volunteers are required to complete the NFHS Concussion in Sports, Heat Illness Prevention and Sudden Cardiac Arrest Training courses at least once every three years. These courses should be taken prior to any pre-season or regular season physical workouts that the respective coach would be present for or involved in administering. Any course taken after May 1 would be considered valid for the following school year. All first year coaches are required to complete all three courses prior to the start of the activity season which they are to coach. Courses can be accessed at www.NFHSLearn.com.

2.2.1 – Participants
Individuals who are bona fide students of a member high school and have not graduated from any high school or its equivalent, and students of a middle level school that is a part of a member high school's system who compete or practice with a member high school team may be permitted to participate in activities of the Nebraska School Activities Association. To be eligible, the student must be continuously enrolled in at least twenty credit hours of instruction per semester at the school the student represents in interscholastic competition. Exempt or home school students from authorized Rule 13 schools must be continuously enrolled in a minimum of ten credit hours of instruction per semester at the school the student represents in interscholastic competition.

3.1.1.2
The division of sports seasons shall be as follows: No school shall register more than one varsity team per sport and no student shall participate simultaneously in more than one sport per season.

3.1.2 – December Moratorium
For five consecutive days in December, there shall be no practice and no interschool competition by individuals or teams in any athletic activity sponsored by the Nebraska School Activities Association. The specific dates for each five-day period will be set by the Board of Directors three years in advance. The moratorium is to include December 24 and 25 and the 5-days must be consecutive for each activity. Modifications of set dates requires NSAA Board of Directors approval.

2019-20 December Moratorium Dates – December 22 – 26
2020-21 December Moratorium Dates – December 23 – 27
2021-22 December Moratorium Dates – December 22 – 26
AR 3.1.2
The intent of the December Moratorium is to provide coaches, athletes, and other school personnel a five-day break from the activity season. This rule is to be interpreted as a five-day dead period without organized practices, structured conditioning sessions, or meetings of any type. It is the member school’s responsibility to monitor and enforce this rule.

School-owned facilities shall be closed to all grades 9-12 workout activities during the moratorium (team or athletic meetings, practice, competition, weight-training, conditioning, open gym, or other physical activities).

The term “no practice and no interschool competition by individuals or teams” shall be interpreted to mean that a grades 9-12 student who is a participant in an NSAA activity shall not be permitted:
1. To practice or compete in that activity in-season during the moratorium in a school-owned facility that is used by the school for such activity, whether or not a coach, sponsor, or other adult associated with the program is present.
2. To participate in practice, team meeting, or activity for the sport in season, directly or indirectly organized by the coach; the school coach, sponsor, or other adult associated with the school activity program may not supervise, direct, plan, or encourage any workout, practice, or competition during the moratorium by students participating in activities; and
3. To participate in a student-organized practice, team meeting, or activity for the sport in season. Students may:
   a. Continue to work out/condition on their own in facilities not owned by the school, including workouts or activities with family members;
   b. Receive individualized instruction from an individual who is not the school coach, sponsor, or other adult associated with the school activity program; and
   c. Receive physical therapy or rehabilitation services at facilities not owned by the school.
4. Waivers of the December Moratorium may be considered by the NSAA Board of Directors on a case-by-case basis; however, if competition or travel infringes on the designated December Moratorium dates, the Moratorium for such teams shall be readjusted to include five consecutive days to include December 24 and 25. Schools must submit a timely waiver request to the executive director, and the waiver request will be placed on a subsequent NSAA Board meeting agenda.

3.2 – Out-of-Season Programs
A member school shall not provide support, hold an organized practice or enter students in any non-high school competition in NSAA sponsored sports outside of the defined NSAA season.

Please Note – Boys and girls swimming are separate sports; therefore, the boys swimming team and the girls swimming team are considered separate teams.

3.2.1 – “School-Year, Out-of-Season” Definition
School-year, out-of-season” is defined as that period of time during the school year in which no organized practice can be conducted. The “school-year, out-of-season” period begins on August 10 and runs until the first allowable date of practice in that sport, and the period after a team or individual has been eliminated from further competition during the championship series of district and state tournaments/meets through Memorial Day or the end of the school year, whichever is later. For non-varsity competition, “school year, out-of-season” begins the day following the last date of interscholastic competition or the last date of the varsity season, whichever is later.

3.2.2 – “School-Year, Out-of-Season” Participation
Except during the season of the sport involved, a student may be a member of a non-high school team and compete unattached in non-high school competition. Students are prohibited from wearing high school uniforms during non-high school sponsored competition.
3.2.3 – Organized Practice

No organized practice in any sport shall be held during the “school-year, out-of-season” period. An organized practice shall be defined as follows:

d. Swimming & Diving. An organized practice shall mean more than three students under direct supervision of a sponsor. Two or more groups may practice at the same time providing no more than three students are under the direct supervision of a coach or sponsor.

AR 3.2.3

Any individual who served as a school’s head coach, assistant coach, coach’s aide, or volunteer coach shall not coach athletes from that member school in non-high school competition if the number of athletes from the school which the individual served exceeds the number permitted for an organized practice in the sport involved.

3.2.4 – Conditioning Program

A member school may organize and supervise a “school year, out-of-season” conditioning program to include weight lifting, running, and exercising for its members in accordance with the following provision:

a. Such a conditioning program shall be general in nature and may include only exercises designed to promote physical fitness.

b. Sport-specific drills are not allowed, and sport-specific equipment may not be used.

c. The conditioning session shall be no longer than 60 minutes in length, and no student shall participate in more than one such session per day.

d. Conditioning programs shall be voluntary. No coach or school representative may directly or by implication direct a student to attend conditioning sessions as a prerequisite for membership or restrict the level of team participation within the high school program.

AR 3.2.4

Conditioning sessions organized and run by members of the school’s coaching staff are subject the 60- minute limitation. Students, for example, who work out on their own at the school facility in weight lifting, general calisthenics, running, or agility-type exercises shall not be considered to be involved in an organized conditioning program.

3.2.6 – Camps & Clinics Definitions

Camp Definition: Camps include planned physical participation that is of a competitive nature where actual games are played or simulated by camp attendees. Participation shall mean physically taking part in the sport activity in which instruction is offered in the camp or school.

Clinic Definition: A clinic includes planned activities of instruction or demonstration directly related to the teaching of individual skills. There shall be no competition between athletes who are in attendance.

3.2.6.1 – “School Year, Out-of-Season”

Athletes and coaches may attend professional or commercial sports camps/clinics sponsored by non-member high schools. During the “school-year, out-of-season” period, the organized practice rule for the sport in which instruction is being given shall apply. No more than the limit permitted for organized practice may attend and receive instruction. Attendance to “school-year, out-of-season” clinics shall be voluntary. No coach or school representative may directly or by implication direct a student to attend a clinic as a condition for membership on the high school team or restrict the level of team participation within the high school program.
**AR 3.2.6 & 3.2.6.1**

The purpose of specialized sports camps/clinics is to give individual athletes an opportunity to improve his/her skills in a particular activity. The athlete and/or his/her parents shall pay the fees and expenses for attendance to such camps or schools. The school, booster clubs, individuals and/or other organizations shall not provide expenses, or support for individuals participating in clinics. Team fundraisers may be used to finance summer league and camp/clinic activities. The AD/coach can hold money collected from fundraising in a school account until the money is needed to pay for summer league or camp/clinic activities. Any athlete receiving money for summer league, camps/clinics must participate in the fundraising activity. The school may provide transportation for individuals participating in camps/clinics with prior approval from the district's Board of Education.

**3.2.7 – Summer Activities**

From the Tuesday following Memorial Day to July 31, a member school may not sponsor a team or individual, provide uniforms, individual player equipment (except football, baseball, and softball protective equipment for commercial camps), or otherwise be responsible for a student in summer competition. Attendance at summer activities shall be voluntary. No coach or school representative may directly or by implication direct a student to attend summer activities as a condition for membership on a high school team or restrict the level of team participation within the high school program.

**AR 3.2.7**

Applicable to Coaches During The Summer.

The school year out-of-season period begins on the date of the official start of fall practices. Summer activities are regulated between the Tuesday following Memorial Day and July 31. Between the end of the summer activities period and the start of the school year, out-of-season period (August 1 through the official start of fall practices), the following shall apply:

1. The organized practice rule shall be in effect;
2. Conditioning programs may be held;
3. Attendance at commercial camps and clinics is permissible, but the organized practice rules shall be in effect for such camps and clinics; and
4. No school-sponsored clinics or camps may be held.
5. Due to safety concerns, schools may permit the use of football helmets and softball and baseball protective equipment for summer leagues, camps, clinics, and other summer activities.

*Please Note - NSAA Catastrophic Insurance does not cover coaches/students/schools during the summer activities period. (Tuesday following Memorial Day through July 31)*

**3.2.7.2 – Summertime School-Sponsored Camps/Clinics**

A school may organize a camp or clinic in any sport from the Tuesday following Memorial Day through July 31. The camp shall be limited to no more than ten days over a period of 21 consecutive calendar days starting with the first date of the camp/clinic.

a. Summertime school-sponsored camps/clinics include planned physical activities that are instructional and competitive in nature where actual games can be played or simulated by camp attendees.
b. Summertime school-sponsored camps/clinics shall be voluntary and open to all interested students from grades 9-12.
c. The use of school facilities and equipment is permitted in accordance with local school board policy.
3.2.7.8 – Summertime Use of School Facilities

Member schools may permit the use of their facilities in accordance with the school board rental policy. Examples of acceptable use of school facilities for activities are:

b. Commercial Sport Camps/Clinics. A school may rent its facility for use by individuals, including its own school coaches or other organizations for commercial camps/clinics or schools. Camps conducted by high school coaches shall be publicized as open to all area individuals wishing to attend and not limited to students from the coach’s high school.

c. All-Star competition that involves graduated seniors.

d. Competitive meets and contests sponsored by non-school groups.

e. Facilities approved under the above stipulations include: gymnasiums, tracks, swimming pools, tennis courts, athletic playing fields, and baseball and softball diamonds.

3.3.4 – Playing Rules

Any athletic contest supervised by the Nebraska School Activities Association shall be governed by rules published by the National Federation or rules approved by the Board of Directors. Playing time may be changed only by the use of the procedures established by these rules.

3.3.7 – State Contests

The Board of Directors shall have charge of all state interscholastic contests in activities sponsored by the Association. The Executive Director shall be the director of all such contests. He/she may delegate the details to someone else and have such other help as he/she deems necessary.

AR – 3.3.7 – Eligibility for State Competition

1. In all athletic activities, teams wishing to enter a sub-district, district, or state contest shall have participated in a minimum of five interschool varsity contests prior to the sub-district, district, or state contest.
   a. Exceptions to the requirements for a team that has not participated in at least five interschool varsity contests would be considered if the team was unable to participate if weather conditions forced a cancellation of scheduled contests. Other extenuating circumstances would be considered by the Executive Director on a case-by-case basis.

2. In order to participate in a sub-district, district or state tournament, a student is required to have been a member of the school’s team for at least twenty school days prior to the first day of the sub-district, district, or state tournament.
   a. Exceptions to the requirements for a student who is not a member of the school team for twenty school days would be considered if an individual was unable to participate because of illness, injury, or transfer from another high school. School, team, or game suspensions, regardless of the underlying cause, shall not be considered as exceptions to this participation rule.

3. To be eligible to participate in a sub-district, district and/or state contest, a student shall have been a member of a school’s team and shall have been “available to participate” in at least thirty percent (30%) of the school’s scheduled interschool contests.
   a. Exceptions to the requirements for a student who has not been available to participate in at least (30%) of the school’s varsity interschool contests would be considered if an individual was unable to participate because of illness, injury, transfer from another high school, or if weather conditions forced a cancellation of scheduled contests.
   b. When determining whether a student has been available for (30%) of the school’s varsity interschool contests, one would divide the number of varsity interschool contests for which the student was available by the school’s total number of varsity interschool contests; all decimals .1 or above would be rounded up to the next higher whole number.
   c. The term “available to participate” means that the student was a bona fide member of the team eligible to participate for the school at some level of competition in the sport and is not suspended from participation in activities by virtue of NSAA rules.

4. For situations pertaining to eligibility to participate in district or state contests that are not specifically addressed by these guidelines, the Executive Director shall have the authority to waive membership and participation requirements on a case-by-case basis.
3.3.7.2
The Executive Director is granted the authority to require schools to alter travel plans to arrive the day prior to the scheduled state contest if weather conditions so warrant. If a school chooses not to travel to the contest site the day prior to the scheduled contest, the school shall understand that the games will go on as scheduled and if they are unable to arrive prior to the scheduled game time, a forfeit will be issued.

3.3.9 – Sunday Contest
No high school that is a member of the NSAA shall be permitted to engage in any interschool contest on Sunday. When weather conditions and facilities cause a change in a state tournament schedule, Sundays may be used for competition after 12:00 noon local time as determined by the Executive Director.

3.3.11 – Conduct & Sportsmanship
Member schools shall maintain proper crowd control and enforce the principles of good sportsmanship and ethics during all interscholastic contests. Failure to fulfill this obligation shall subject the school to penalties as provided in Article 2, Section 2.11, NSAA Bylaws Governing All Activities.

3.3.11.1 – Conduct of Coaches & Athletes
Coaches and athletes shall conduct themselves in accordance with the playing rules of the sport contest and refrain from unsportsmanlike conduct during interscholastic competition. Failure to fulfill this obligation will subject the individual(s) to the penalties as provided in Article 2, Section 2.11, NSAA Bylaws Governing All Activities.

3.3.11.2 – Definition of Unsportsmanlike Conduct
Unsportsmanlike conduct shall include the following: fighting, verbal abuse or dissent directed toward an official or opponent, racial or ethnic slurs, inappropriate comments or actions that may be construed as sexual harassment, profanity, obscene gestures, flagrant and violent fouls, taunting, trash talk, baiting, cheating, throwing or abusing equipment, inappropriate posters, physical intimidation or abuse of an official or opponent, and unauthorized leaving of a team bench area.

3.5.1.1 – Swimming & Diving Outside Participation
During the school sport season of swimming and diving, a student may, after fulfilling all requirements, practices and competitions of the school swimming and diving team, practice and/or compete as a member of a non-school team or as an individual participant in an organized non-school swimming and diving practice or competition under the conditions listed below.

a. Priority shall be given to all school team practices and competition. Should a non-school practice/competition be in direct conflict with the school scheduled practice/competition, the school practice/competition shall take priority. Prior approval by the school administrator may grant an exception to a student to participate in the non-school swimming and diving program if in direct conflict with the school program.

b. No school time shall be missed to compete, practice or travel to the site of such non-school swimming and diving competition unless the absence is approved in advance by the school administrator.

c. A school shall not replace its swimming or diving program with any non-school swimming or diving program.
3.11.8 – Swimming

3.11.8.1
Boys and girls swimming shall be conducted during the winter sports season.

3.11.8.2
The swimming season shall begin the first day of practice as permitted by NSAA rules and shall end with the state championship.

Please Note – For the 2019-20 season, important dates include:

- NSAA Week 20 – November 18, 2019 – First Date of Practice
- NSAA Week 22 – December 5, 2019 – First Contest Date
- NSAA Week 34 – February 27 – 29 – NSAA Swimming & Diving Championships

3.12.2 – Officials for Varsity Contests

The NSAA recommends the use of (2) registered swimming officials for all regular season meets and requires (2) registered officials for championship meets.

Please Note - A complete listing of NSAA Bylaws & Approved Rulings is available on the NSAA website.

NSAA Rules Meetings

All head coaches are required to attend an NSAA Rules Meeting or complete an NSAA Rules Meeting online annually. Failure to do so will result in possible late fees and suspension penalties. Online rules meetings are initially offered at no cost to coaches or officials, followed by a period with a $25 “Late” Fee, followed by a period with a $50 “Delinquent” Fee. The following sanctions and fees are applicable to those coaches who fail to complete the rules meeting by the expiration of the “Delinquent” Fee period.

Failure to complete the online rules meeting by November 22nd will result in the following sanctions:

**First Offense in Three-Year Period**

The head coach will be suspended from coaching in any competition in that activity until

1. The head coach COMPLETES THE NSAA’S ONLINE RULES MEETING OFFERED AT THE LATE FEE of $100; and
2. the head coach successfully completes the open book test for officials/judges of that activity (70% or higher); and the school’s administration verifies that the coach has read all the supporting NSAA, National Federation, and safety information.

*During this regular season suspension period, the head coach may continue to coach the team at practices.*

**Second and Subsequent Offenses in Three-Year Period**

The head coach will be suspended from coaching in all NSAA end-of-season play (sub-districts, districts, playoffs, and state competition).

1. The head coach COMPLETES THE NSAA’S ONLINE RULES MEETING OFFERED AT THE LATE FEE of $200; and
2. the head coach successfully completes the open book test for officials/judges of that activity (70% or higher); and the school’s administration verifies that the coach has read all the supporting NSAA, National Federation, and safety information.

*During this regular season suspension period, the head coach may continue to coach the team at practices.*

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**Online Swimming Rules Meetings**

**Oct. 28 to Nov. 12** .......................FREE
**Nov. 13 to Nov. 19** .......................“Late” Fee of $25
**Nov. 20 to Nov. 22** .......................“Delinquent” Fee of $50
NSAA Sportsmanship Guidelines & Ejections
(NSAA Approved Ruling June 2, 2009)

1. Enforcement of the “sit-out rule” for ejections from high school contests for unsportsmanlike conduct is a responsibility of the member school. Failure to properly enforce this rule could result in other sanctions by the NSAA.

2. Administrators will be expected to promptly file a report with the NSAA whenever a participant or coach from their school has been ejected from any high school contest. Such filing must be done online under the AD login section of the NSAA webpage.

3. A participant or coach ejected from a contest for unsportsmanlike conduct shall be ineligible for the next athletic contest at that level of competition and any other athletic contest at any level during the interim.

4. Enforcement of the “sit-out rule” is expected to begin immediately, regardless whether it is regular-season or tournament play.

5. Any participant ejected a second time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next two contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess.

6. Any participant ejected a third time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next three contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess.

7. During the time of their “sit-out” suspension, athletes who are ejected for unsportsmanlike conduct may not suit up or participate, but it is the school’s discretion whether such athlete is able to travel with the team or sit on the team bench.

8. Coaches who are ejected for unsportsmanlike conduct may not coach in any contest or be present at the contest site during the time of their “sit-out” suspension. Coaches who are ejected will also be required to successfully complete the NFHS Teaching & Modeling Behavior online course within 10 days of the ejection. Failure to successfully complete the course will result in a suspension from coaching for the remainder of the season. In those situations in which the ejection of the coach occurs near the end of the season or during the NSAA end-of-season play, the coach will be required to successfully complete the NFHS Teaching & Modeling Behavior online course before being able to coach the following season or year.

9. Coaches who are ejected a second time in a season will be required to sit-out the next two contests at that level, plus all other contests at other levels during the interim. Coaches may not be present at the contest site during the time of their “sit-out” suspension. Any coach ejected a second time will also be required to successfully complete the NFHS Fundamentals of Coaching online course within 10 days of the ejection. Failure to successfully complete the course will result in a suspension from coaching for the remainder of the season. In those situations, in which the ejection of the coach occurs near the end of the season or during the NSAA end-of-season play, the coach will be required to successfully complete the NFHS Fundamentals of Coaching online course before being able to coach the following season or year.

10. If the ejection takes place in the final meet of the season, the suspension will carry over to the following season.

11. When schools have students or coaches with multiple ejections, the school shall submit to the NSAA a written management plan on how they plan to remediate the problem.

12. Officials will be expected to file with the NSAA an ejection report for any ejection of a player or coach from a contest online. Any unusual situation that occurs prior to, during, or after a contest should also be reported.

13. Prompt reporting to the NSAA office by the official is necessary. Officials are asked to submit their electronic report or call the NSAA office by the day following the ejection.

14. Officials are asked to be specific in listing the reason(s) for an ejection. Affiliated officials (officials registered from contiguous states) will also be required to perform this reporting function.

15. There is no appeal process for ejections for unsportsmanlike conduct.

16. The Executive Director shall reserve the right to consider the length of suspensions when some levels of competition are scheduled on an irregular basis (e.g., three weeks between regularly scheduled non-varsity contests).
**Comments & Negative Actions Against Officials & Judges**

The National Federation of State High School Associations has devised Code of Ethics guidelines for high school coaches. The function of a coach is to educate students through participation in interscholastic competition. The coach or sponsor shall respect and support contest officials and judges. The coach or sponsor shall not indulge in conduct that would incite players or spectators against the officials. Public criticism of officials, judges or players is unethical.

The Nebraska School Activities Association has embraced that Coaches Code of Ethics and has established policies and standards that will cultivate the ideals of good sportsmanship, professionalism and conduct. It shall be the responsibility of each member school to ensure that all individuals directly associated with the interscholastic program conduct themselves in a sportsmanlike and professional manner.

The high school coach or director is a representative of the school at interscholastic activity events. It is the responsibility of all coaches and directors to serve as role models for students and the public.

It is the expectation that all coaches, directors, administrators and student participants shall refrain from negative criticism of NSAA member institutions, officials, adjudicators, judges, etc. in public statements before, during or after interscholastic events. The appropriate public response to media questions at all venues regarding officiating/judging is “per NSAA policy, I am unable to comment.” Any other response is a violation of this board policy and is subject to penalty.

It would be considered a violation of this NSAA policy to include, but are not limited to the following:

1. Making degrading and/or critical remarks about officials or adjudicators or the officiating or judging before, during or after an event either on or off-site, via social media, or through any public means.

2. Detaining the officials/adjudicators/judges during or following the event to request a ruling or explanation of actions or evaluation by the official(s)/adjudicator(s)/judges.

3. Entering the officials dressing area following the contest.

Negative actions by an individual directly associated with the program shall be reported to the NSAA office by the school and/or by the head contest official, adjudicator, judge, or manager. The school shall document the results of their investigation and actions taken, where necessary and appropriate. The NSAA Executive Director shall determine the appropriate penalties for violation of this board policy.
Swimming & Diving Regular Season Schedule

1. Schedules need to be submitted on MaxPreps by November 21, 2019. Failure to submit schedules by the deadline will result in a monetary administrative fee. (NSAA Approved Ruling 2.11)

2. Please indicate on the schedule if the meet is only Swimming or only Diving.

3. Contests may not be added after December 5, 2019.

4. Cancellations or postponements due to weather must be emailed or called into the NSAA office.

5. Meets scheduled after Saturday, February 15, will not be considered as state qualifying meets. (Legislative Approved Ruling April 13, 2012)

Season Information

Order and Length of Events

The order and length of all events for meets shall be as follows:

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<thead>
<tr>
<th>Event</th>
<th>Length</th>
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<tbody>
<tr>
<td>200-Yard Medley Relay</td>
<td>200-yard</td>
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<tr>
<td>200-Yard Freestyle</td>
<td>200-yard</td>
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<tr>
<td>200-Yard IM</td>
<td>200-yard</td>
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<tr>
<td>50-Yard Freestyle</td>
<td>50-yard</td>
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<tr>
<td>1 Meter Diving</td>
<td>1 meter</td>
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<tr>
<td>100-Yard Butterfly</td>
<td>100-yard</td>
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<tr>
<td>100-Yard Freestyle</td>
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<td>500-Yard Freestyle</td>
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<td>200-Yard Freestyle Relay</td>
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<td>100-Yard Backstroke</td>
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<td>100-Yard Breaststroke</td>
<td>100-yard</td>
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<tr>
<td>400-Yard Freestyle Relay</td>
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In non-championship meets:

a. by prior mutual consent of competing teams, the diving event may be held first, last or simultaneously with the swimming events, in addition to the traditional placement as Event 5 between the 50-yard freestyle and the 100-yard butterfly.

b. there shall be a break of at least 15 minutes with at least 10 minutes warm-up in the water prior to the 100-yard butterfly (unless competing coaches verbally agree to shorten the time)

In championship meets, the diving event may be the first event with a brief warm-up in the water prior to the medley relay. Prior to the 100-yard butterfly, there shall be a break of at least 15 minutes with at least 10 minutes warm-up in the water.

Depths for Competitive Racing Starts

<table>
<thead>
<tr>
<th>Depth</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimum depth - 4 ft.</td>
<td>at start end measured from the end wall to 5 m</td>
</tr>
<tr>
<td>4 feet or more</td>
<td>Platform no more than 30” above the water</td>
</tr>
<tr>
<td>Less than 4 feet</td>
<td>in water starts only</td>
</tr>
</tbody>
</table>
**Required Dives**

In other meets, the competition shall consist of one voluntary dive, which shall be done first, and five optional dives coming from at least four of the five groups which may include any of the dives other than the voluntary dive. Any dive from a group may be designated as a voluntary dive with a dd greater than 1.8 will be assigned a dd of 1.8. **Diving sheets must have signatures of both coach and athlete in order for the athlete to compete.**

<table>
<thead>
<tr>
<th>Voluntary dive for each week: (per the NFHS Rule Book)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1: November 29 - December 8          Forward Group</td>
</tr>
<tr>
<td>Week 2: December 10-15                  Back Group</td>
</tr>
<tr>
<td>Week 3: December 17 – December 29        Inward Group</td>
</tr>
<tr>
<td>Week 4: December 31 – January 5          Twisting Group</td>
</tr>
<tr>
<td>Week 5: January 7-12                    Reverse Group</td>
</tr>
<tr>
<td>Week 6: January 14-19                   Forward Group</td>
</tr>
<tr>
<td>Week 7: January 21-26                    Back Group</td>
</tr>
<tr>
<td>Week 8: January 28 – February 2          Inward Group</td>
</tr>
<tr>
<td>Week 9: February 4-9                     Twisting Group</td>
</tr>
<tr>
<td>Week 10: February 11-16                  Reverse Group</td>
</tr>
</tbody>
</table>

**Entry Limitations**

A student participant may enter a maximum of 4 events, with no more than 2 of those being individual events.

**Season Meet Scoring Sheets**

The Diving Scoresheet (Click HERE to view) and Swimming Scoresheet (Click HERE to view) are available on the swimming page of the NSAA website. These can be used for regular scheduled meets during the season.

**Season Uniforms**

According to the NFHS Rule 3-3-1, it is recommended that all swimmers and divers on the team wear suits of identical coloring and pattern.

NFHS Rule 3-3-2 states that suits shall also be of one piece. A competitor shall not be permitted to participate wearing a suit that is not of decent appearance. Males shall wear suits which cover the buttocks and shall not extend above the waist or below the top of the kneecap. Females shall wear suits which cover the buttocks and breasts and shall not extend beyond the shoulders or below the top of the kneecap, nor cover the neck.

**Swimming for Exhibition**

The NFHS Rule 1-2-3 allows swimming for exhibition. However, the NSAA will not accept qualifying times/scores from exhibition races or exhibition diving. Also, a student who is not a member of a NSAA registered swim team shall not swim as an exhibition during an interschool meet. Only eligible athletes who are members of their school team may compete in interschool meets.

**Classification of Schools**

Swimming shall have one class for competition. A list of schools registered for girls and boys swimming are listed in the back of this Manual.

**Video Equipment**

Video will not be used to overrule meet referees’ decisions. NFHS Rule 4-1-6 states, “Electronic devices shall not be used to verify, or review officials’ decisions made during the meet.”
1. Qualifying times in swim events are set each year using the eighteenth place in the state meet averaged over the three previous years. If an eighteenth-place time is not available, the qualifying standard for that event shall remain as set the previous year.

2. All qualifying times have been rounded off to the next highest one-hundredth of a second.

Times must be achieved in "officially scheduled meets" during the current school year to be recognized as a state qualifying time. Only those entries eligible to score team points during a meet, shall be considered for state qualification. (NFHS Rule 7-1-2e: Relay A, B, C may enter the race. Relay A & B may score team points; therefore, only Relay A & B will be considered for state qualification.)

**Officially Scheduled Meets**

"Officially Scheduled Meets" shall be defined as:

- Contracted meets that appear on the school's schedule on MaxPreps’ prior to the start of the season.
- Meets which are conducted under the jurisdiction of a full complement of officials.
- Meets which include interschool competition.

**Verified Times**

Prior to the state meet, all times/performance achieved during officially scheduled meets must be verified.

**Every meet host must submit meet results on the MaxPreps website at the conclusion of the meet. The meet results can be uploaded to MaxPreps using Hy-Tek or the results can be manually entered.**

The season best lists will be posted on the MaxPreps website. For an athlete to qualify for the state meet, his/her state qualifying time/score MUST be posted on the MaxPreps website within 10 days of the meet. (EXCEPTION: Meets conducted during the last week of the season must be submitted immediately in order to accommodate the state entry deadline.)

**Split Times**

For lead-leg split times to be considered for state qualification, they must be submitted on the MaxPreps website. Splits will only be accepted from NFHS recognized events. Meet results must match the submitted lead-leg split times or the splits will not be accepted.

**Please Note** - Lead-off split times will not be accepted for state qualification purposes from exhibition relays or relays that are not permitted to score team points.
Relay Times
A school’s relay team must establish relay times. Aggregate times will not be allowed.

Swim-Offs
Times achieved during a swim-off will not be accepted for state qualification.

NSAA State Swimming & Diving Championships

Contest Site: Bob Devaney Sports Center – UNL Campus
Contest Dates: Diving – Thursday, February 27
Swimming Prelims – Friday, February 28
Swimming Finals – Saturday, February 29

Contest Director: Jeff Stauss, NSAA Assistant Director – 402-489-0386

Admission and Seating
- Tickets for Diving on Thursday - Adults $7.00, Students $5.00.
- Tickets for Swimming on Friday & Saturday - $9.00 reserved seats.
- Reserved seats will be sold for both sessions on Friday & Saturday.
  - Reserved tickets will ONLY be sold to schools.
  - If any additional tickets remain, they will be sold @ Devaney & on the NSAA website.
- The ticket order form will be posted on the school login AD page. Orders for reserved seating will be accepted in the NSAA office on or before February 18th at 4:00 PM
- All order forms must be accompanied with a school check made payable to the NSAA.
- Reserved tickets will be correlated with the number of automatic & secondary qualifiers per school.
- Tickets will be emailed on Friday, February 21st to the individual listed on the order form as the “School Official or Designate.”
- Accommodations will be made for handicapped individuals. Please notify the NSAA and include this information on the ticket order form.

Contestants’ and Coaches’ Admission
The meet director will issue admittance identification to contestants, and up to 3 coaches from each school.
(1 Qualifier = 1 coach, 2-8 Qualifiers = 2 coaches, 9 or more Qualifiers = 3 coaches.)

1. Coaches and athletes will enter the facility on the north side of the Bob Devaney Sports Center. Access from the spectator seating onto the pool deck will not be allowed.
2. Admittance identification will be issued to coaches at the entrance of the Bob Devaney Sports Center on the days of the meet.
3. Only athletes participating in the meet will be given credentials. Credentials must be worn at all times while on the pool deck. Athletes without credentials will not be allowed on the deck.
4. Relay alternates who do not qualify in another event will be permitted on the pool deck based on the following guidelines:
   1-Qualifying Relay = 1 relay alternate
   2-3 Qualifying Relays = 2 relay alternates

Team Packets
State meet instructions will be emailed to schools prior to the meet.

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Meet Administration

The State Championship meet shall be administered by:

- Meet Director(s)
- NSAA Registered Swimming Referee(s)
- Meet Supervisor(s)
- Diving Referee(s)
- Starter(s)
- Stroke/Turn Judges
- Finish Judges
- Diving Judges
- Takeoff Judges
- Timers
- Computer Operator(s)
- Announcer(s)

The responsibilities of these officials shall be as stipulated in the NFHS Rules Book. Judgment decisions will not be heard. The meet committee shall be responsible for making decisions on matters not specifically covered by rules of procedure or setting aside application of a rule during a meet.

The horn start will be used in all swimming events. Accommodations for hearing impaired athletes will be made. Please notify the NSAA prior to the state meet.

8 lanes will be used in the preliminaries in all swimming events.

Diving Judges

Coaches will be asked to submit recommendations for one panel of seven judges.
- During the season, an email requesting recommendations will be sent to each school.
- Ballots will be available on the NSAA website (under the school login section) for coaches to vote on who will make up the diving panel.

Team Scoring

Sixteen places will count for team scoring.
- Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.
- Individual events in swimming and diving: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.

Awards

Championship and runner-up team trophies and medals will be awarded.
- Medals will be awarded to individuals in the first eight places in all events.
- The head coach of the championship team will receive an award.
- Any award given to a team or individual prior to, during or immediately following an NSAA state contest is to be awarded by the Nebraska School Activities Association.

NET Television Coverage

If NET televises Saturday’s finals, coaches and athletes will not be allowed on the south end of the pool deck.
State Entries

Entries Process
All entries (swimming/diving) must be submitted electronically. Specific information regarding state entries will be available and distributed to participating schools later in the season.

- All entries for the State Swimming and Diving Championships must meet the automatic qualifying standard. If there are not 32 competitors entered in a swimming event who have met the qualifying standard, additional qualifiers who have met the secondary standard will be added based on time to reach 32 entries. The secondary time in individual events represents 8% of the qualifying standard, and the secondary time in relay events represents 5% of the qualifying standard. Individuals to be considered as additional qualifiers must be submitted for consideration at the time that entries are due in the NSAA office.

Please Note - If there is a tie for the 32nd spot (secondary time), an additional heat will not be added.

- The automatic 11-dive standard for both boys and girls is set at 300 with no secondary standard. There is no 6-dive automatic dive standard. If there are fewer than 32 automatic state diving qualifying entries, additional divers will not be added.
- A competitor shall be permitted to enter a maximum of four events, no more than two of which may be individual events. If an athlete is submitted for consideration, be sure he/she is not over the event limit.
- No more than four entries per school in any individual event are permitted.
  - Only one relay entry is allowed from each school in each relay event.
  - A listed alternate is not counted as one of the competitor’s four events.
- The best time or score must be used on the entries, so the swimmer/diver can be seeded.
- These times shall be made during the current season in interschool competition in which all events were conducted under a full complement of officials.
- No substitutes or additions in entries will be permitted after the entry deadline.

Diving Entries
The diving sheets, listing the 11 dives to be performed, shall be completed in accordance with the NFHS Rules Book. Diving sheets are due to the NSAA Office by Tuesday, February 18th at 12 noon.

- Changes will be permitted until sixty minutes prior to the start of the diving competition.
- Correction of errors noted by the diving referee shall be permitted until the start of the competition.
- Diving scoresheets not bearing the signature of the coach and diver shall not be accepted for review.
State Swimming/Diving Championship Schedule
Bob Devaney Sports Center - Lincoln, Nebraska

Tuesday, February 18th
12 Noon - Swimming entries and diving entries and scoresheets are due to the NSAA Office.

Friday, February 21st
Tickets for state championship are emailed to participating schools.

<table>
<thead>
<tr>
<th>Thursday, February 27</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 a.m.</td>
<td>Girls Diving Warm-up</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Girls Competition (Prelims, Semis and Finals)</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>Boys Diving Warm-up</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>Boys Competition (Prelims, Semis and Finals)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday, February 28</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 a.m. - 8:50 a.m.</td>
<td>Girls Warm-up</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Girls Preliminaries</td>
</tr>
<tr>
<td>12:30 p.m. - 1:50 p.m.</td>
<td>Boys Warm-up</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>Boys Preliminaries</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Saturday, February 29</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 a.m. - 10:40 a.m.</td>
<td>Warm-up</td>
</tr>
<tr>
<td>10:45 a.m.</td>
<td>Parade of Champions</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Finals</td>
</tr>
</tbody>
</table>

Entries will be due to the NSAA Office no later than Tuesday,
February 18th @ 12 Noon
25 Yard/Meter And 25 Meter/Yard Conversion Factors

This conversion chart may be used for seed and qualifying times.

<table>
<thead>
<tr>
<th></th>
<th>MALE</th>
<th>FEMALE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yard/Meter</td>
<td>Meter/Yard</td>
</tr>
<tr>
<td>200 Medley Relay</td>
<td>1.115</td>
<td>.8969</td>
</tr>
<tr>
<td>200 Freestyle</td>
<td>1.108</td>
<td>.9025</td>
</tr>
<tr>
<td>200 Individual Medley</td>
<td>1.111</td>
<td>.9001</td>
</tr>
<tr>
<td>50 Freestyle</td>
<td>1.119</td>
<td>.8937</td>
</tr>
<tr>
<td>100 Butterfly</td>
<td>1.114</td>
<td>.8977</td>
</tr>
<tr>
<td>100 Freestyle</td>
<td>1.111</td>
<td>.9001</td>
</tr>
<tr>
<td>500 Yd/400 M Freestyle</td>
<td>.8780</td>
<td>1.139</td>
</tr>
<tr>
<td>200 Freestyle Relay</td>
<td>1.116</td>
<td>.8961</td>
</tr>
<tr>
<td>100 Backstroke</td>
<td>1.111</td>
<td>.9001</td>
</tr>
<tr>
<td>100 Breaststroke</td>
<td>1.110</td>
<td>.9009</td>
</tr>
<tr>
<td>400 Freestyle Relay</td>
<td>1.114</td>
<td>.8977</td>
</tr>
</tbody>
</table>

**Example 1**: A male 50-yard freestyle time of 23.78 is multiplied by 1.119 to yield a 50-meter time of 26.61 (26.60982 rounded to the nearest 0.01).

**Example 2**: A female 400-meter freestyle time of 4:27.47 is changed to seconds (4 x 60 sec/min + 27.47 = 267.47 sec) and multiplied by 1.140 to yield a 500-yard time of 304.92 sec, which converts to 5:04.92. (304.9158 is rounded to 304.92 and that number is converted to minutes and seconds.)
Fan/Spectator Support Items

In the Chart below, ONLY those items marked “Yes” will be allowed as fan/spectator support items at all NSAA Sub-District, District, State Playoffs and State Championships.

Sportsmanlike vocal cheering and support from the team bench area are encouraged. The items indicated on this page are for use by all fans/spectators.

Please Note - Regulations listed are subject to facility restrictions.

Prohibited items: Confetti/shredded paper, powder (baby, talc, etc.), Laser light/pointer, flashing objects, miniature sports balls, objects or candy thrown into the crowd, Artificial noise makers, (included but not limited to horns, cow bells, bells, buzzers, clickers, thunder sticks, rattles, instruments not part of a band), whistles, air horns, sirens, cannons/muskets/guns/fireworks, live animals

<table>
<thead>
<tr>
<th>SPORT</th>
<th>BA</th>
<th>BB</th>
<th>CC</th>
<th>FB</th>
<th>GO</th>
<th>SO</th>
<th>SB</th>
<th>SW</th>
<th>TE</th>
<th>TR</th>
<th>VB</th>
<th>WR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balloons</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>One School Banner per school</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Handheld signs</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Megaphones (school recognized cheerleaders only)</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>NA</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Shirts on student spectators (required) AR 3.3.11</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Shirts on general spectators</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Team Introduction Run-throughs or Break Away Banners</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>NA</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Pompoms, spirit towels</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Prerecorded music that has been approved by the Host Administration may be played during pre-contest warmups provided that a high school band is not available to play during that time.</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>NA</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>School bands</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>NA</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>NA</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Carried school flags (Running/taunting prohibited)</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
</tbody>
</table>

Un-maned Aerial Vehicle (Drone) Policy

The use of unmanned aerial vehicles (UAV), also known as drones, is prohibited for any purpose by any person at any NSAA post-season tournament venues.

For purposes of this policy, a UAV is any aircraft without a human pilot aboard this device. This prohibition applies to all fields of play, courts, arena, mats, gym floor or pool, and includes a ban on the entire facility being used as part of the NSAA event, including the spectator areas and parking areas.

Tournament management shall refuse admission or entry to anyone attempting to use a UAV; and if necessary, Tournament management shall remove anyone attempting to use a UAV and/or confiscate the UAV. An exception to this policy, in writing, may be made in specific cases for NSAA broadcast partners, provided the Management of the tournament facility permits the presence of UAVs for broadcast purposes under the control of the NSAA.

Key: BA-Baseball, BB-Basketball, CC-Cross Country, FB-Football, GO-Golf, SO-Soccer, SB-Softball, SW-Swimming & Diving, TE-Tennis, TR-Track & Field, VB-Volleyball, WR-Wrestling, NA-Not Apply
Nebraska High School Girls’ State Meet Records

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Record Holder</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>200-Yard Medley Relay</td>
<td>1:39.68</td>
<td>Lincoln Southwest (Clara Walstad, Olivia Calegan, Kaitlyn Witt, Alana Palmer)</td>
<td>2017</td>
</tr>
<tr>
<td>200-Yard Freestyle</td>
<td>1:48.74</td>
<td>Alana Palmer, Lincoln Southwest</td>
<td>2017</td>
</tr>
<tr>
<td>200-Yard Individual Medley</td>
<td>2:00.57</td>
<td>Dannie Dilsaver, Lincoln Southwest</td>
<td>2016</td>
</tr>
<tr>
<td>50-Yard Freestyle</td>
<td>22.77</td>
<td>Olivia Calegan, Lincoln Southwest</td>
<td>2016</td>
</tr>
<tr>
<td>Diving</td>
<td>526.00</td>
<td>Taylor Carter, Omaha Marian</td>
<td>2015</td>
</tr>
<tr>
<td>100-Yard Butterfly</td>
<td>54.48</td>
<td>Kaitlyn Witt, Lincoln Southwest</td>
<td>2018</td>
</tr>
<tr>
<td>100-Yard Freestyle</td>
<td>49.48</td>
<td>Olivia Calegan, Lincoln Southwest</td>
<td>2017</td>
</tr>
<tr>
<td>500-Yard Freestyle</td>
<td>4:53.36</td>
<td>Jenn Kocsis, Omaha Marian</td>
<td>2006</td>
</tr>
<tr>
<td>200-Yard Freestyle Relay</td>
<td>1:33.95</td>
<td>Lincoln Southwest (Olivia Calegan, Clara Walstad, Anna Heinrich, Shelby Mullendore)</td>
<td>2017</td>
</tr>
<tr>
<td>100-Yard Backstroke</td>
<td>54.67</td>
<td>Clara Walstad, Lincoln Southwest</td>
<td>2017</td>
</tr>
<tr>
<td>100-Yard Breaststroke</td>
<td>1:01.65</td>
<td>Olivia Calegan, Lincoln Southwest</td>
<td>2017</td>
</tr>
<tr>
<td>400-Yard Freestyle Relay</td>
<td>3:25.16</td>
<td>Lincoln Southwest (Olivia Calegan, Alana Palmer, Shelby Mullendore, Dannie Dilsaver)</td>
<td>2016</td>
</tr>
</tbody>
</table>

Nebraska High School Boys’ State Meet Records

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Record Holder</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>200-Yard Medley Relay</td>
<td>1:31.47</td>
<td>Creighton Prep (Ray Cronin, Conner Funke, Colin LaFave, Nick Soltys)</td>
<td>2018</td>
</tr>
<tr>
<td>200-Yard Freestyle</td>
<td>1:37.29</td>
<td>Jacob Molacek, Creighton Prep</td>
<td>2013</td>
</tr>
<tr>
<td>200-Yard Individual Medley</td>
<td>1:45.50</td>
<td>Jacob Molacek, Creighton Prep</td>
<td>2014</td>
</tr>
<tr>
<td>50-Yard Freestyle</td>
<td>19.84</td>
<td>Jacob Molacek, Creighton Prep</td>
<td>2014</td>
</tr>
<tr>
<td>Diving</td>
<td>595.90</td>
<td>Will Gottsch, Elkhorn-Elkhorn South</td>
<td>2016</td>
</tr>
<tr>
<td>100-Yard Butterfly</td>
<td>47.54</td>
<td>Rush Clark, Creighton Prep</td>
<td>2019</td>
</tr>
<tr>
<td>100-Yard Freestyle</td>
<td>44.07</td>
<td>Jacob Molacek, Creighton Prep</td>
<td>2014</td>
</tr>
<tr>
<td>500-Yard Freestyle</td>
<td>4:32.04</td>
<td>Jonathan Novinski, Grand Island</td>
<td>2019</td>
</tr>
<tr>
<td>200-Yard Freestyle Relay</td>
<td>1:22.31</td>
<td>Creighton Prep (Jacob Molacek, Ryan Tate, Sean Tate, Michael Bauwens)</td>
<td>2014</td>
</tr>
<tr>
<td>100-Yard Backstroke</td>
<td>48.72</td>
<td>Matthew Novinski, Grand Island</td>
<td>2017</td>
</tr>
<tr>
<td>100-Yard Breaststroke</td>
<td>52.92</td>
<td>Jacob Molacek, Creighton Prep</td>
<td>2014</td>
</tr>
<tr>
<td>400 Yard Freestyle Relay</td>
<td>3:02.23</td>
<td>Creighton Prep (Jacob Molacek, Ryan Tate, Sean Tate, Michael Bauwens)</td>
<td>2014</td>
</tr>
</tbody>
</table>
## 2019-20 Schools Registered for Swimming/Diving

### Girls
- Beatrice-Fairbury-Freeman-Norris
- Bellevue East (Platteview)
- Bellevue West
- Brownell/Concordia/Mercy/Roncalli
- Columbus (Columbus Scotus)
- Elkhorn/Elkhorn South
- Fremont (Archbishop Bergan, Arlington)
- Grand Island (Northwest, GICC, Doniphan-Trumbull)
- Gretna
- Hastings (Adams Central, Hastings St. Cecilia)
- Kearney (Kearney Catholic)
- Lincoln East
- Lincoln High
- Lincoln North Star
- Lincoln Northeast
- Lincoln Pius X
- Lincoln Southeast
- Lincoln Southwest
- McCook (Southwest)
- Millard North
- Millard South
- Millard West
- Norfolk (Norfolk Catholic, LHNE, Wisner-Pilger)
- North Platte
- Omaha Benson
- Omaha Bryan
- Omaha Burke
- Omaha Central
- Omaha Duchesne Academy
- Omaha Marian
- Omaha North
- Omaha Northwest
- Omaha Skutt Catholic
- Omaha South
- Omaha Westside
- Papillion-La Vista/Papillion-La Vista South
- Ralston/Gross
- Scottsbluff/Gering
- South Sioux City

### Boys
- Beatrice-Fairbury-Freeman-Norris
- Bellevue East (Platteview)
- Bellevue West
- Brownell/Concordia/Roncalli
- Columbus (Columbus Scotus)
- Creighton Preparatory School
- Elkhorn/Elkhorn South
- Fremont (Archbishop Bergan, Arlington)
- Grand Island (Northwest, GICC, Doniphan-Trumbull)
- Gretna
- Hastings (Adams Central, Hastings St. Cecilia)
- Kearney (Kearney Catholic)
- Lincoln East
- Lincoln High
- Lincoln North Star
- Lincoln Northeast
- Lincoln Pius X
- Lincoln Southeast
- Lincoln Southwest
- McCook (Southwest)
- Millard North
- Millard South
- Millard West
- Norfolk (Norfolk Catholic, Lutheran High NE)
- North Platte
- Omaha Benson
- Omaha Bryan
- Omaha Burke
- Omaha Central
- Omaha North
- Omaha Northwest
- Omaha Skutt Catholic/Mount Michael Benedictine
- Omaha South
- Omaha Westside
- Papillion-La Vista/Papillion-La Vista South
- Ralston/Gross
- Scottsbluff/Gering
- South Sioux City