

Dallas Parochial League

Swim Meet Rules & Regulations – 2009-2010

*United States Swimming guidelines for strokes and turns will be used as the basis for any potential disqualifications. All DPL rules supersede.

- Schedule:** Wednesday, October 14, 2009
- Location:** Alfred J. Loos Natatorium (8 lanes with elevated seating for spectators).
3900 Spring Valley Road.....between Midway and Marsh.
- Eligibility:** A swimmer must be enrolled as a full-time student at a **DPL member school**. All swimmers must be enrolled in the 5th, 6th, 7th, or 8th grades. One or more swimmers will constitute a team for any given school; therefore schools are not allowed to combine to form teams.
- Divisions:** Events will be divided by Junior Varsity (5th / 6th) and Varsity (7th / 8th). Swimmers in the 5th & 6th grades may swim varsity events but not both JV and varsity in the same meet.
- Uniforms:** Swimmers do not have to dress uniformly, but should wear proper swim attire.
- Time:**
5:30 pm Warm-up
6:00 pm Coaches Meeting
6:15 pm Meet begins
- Events:** Swimmers may swim in a maximum of four (4) events, of which no more than three (3) may be individual events.
Teams may enter no more than three swimmers per event and no more than two relays per event; EXCEPT JV TEAMS WILL BE ALLOWED 3 ADDITIONAL ND SWIMMERS IN THE 50 FREE. Teams entering two relays in a given event should designate them as “A” and “B”. Only the “A” relay will count for scoring
- Scoring:** Individual Events will score for the first 6 places as follows: 10-8-6-4-2-1 and Relays will score double: 20-16-12-8-4-2.
- Coaches:** Due to limited space, each school will be limited to a maximum of two (2) coaches on the deck.
- Timers:** Each school will be responsible for providing a sufficient number of timers during the meet. Those numbers will be determined once the final athlete count is in.
- Heating:** Please use a lettering system as follows to help insure better heating of swimmers.
A=Year Round Swimmer B=Seasonal Swimmer (Summer Only) C=Novice Swimmer
- Rosters:** Each team must submit a roster via fax to the DPL office no later than 7 days prior to the meet. All rosters will be considered complete when they have the following:
1. School Name
 2. Swimmer’s Name, Grade Level, School Attended
 3. A.D.’s Signature
- Copies of each team’s roster will be kept on file at the league office.
- Entries:** Entry forms are due no later than Thursday, October 8th. These must be faxed (972.404.0379) or e-mailed to the DPL office.