



2020-2021

MINNESOTA STATE HIGH SCHOOL LEAGUE

Swim and Dive, Girls

Section Tournament Information

Dates	Week of October 19, 2020
Location/Facility	Multiple Sites
Tournament Format	<ul style="list-style-type: none">• A multi-site section meet held the week of October 19 over two days with diving being held at a separate time and at a mutually agreed upon location determined by Section management and Region.• Timed finals format with a maximum of four teams at any one site. Teams allowed a maximum of 4 entries per event. This also applies to diving.• Regions will determine how to group schools for competition.• Maximum number of swimmers per team would be 22 bringing the total of swim competitors to 88.• Teams allowed up to three coaches. No student managers.• Spectators are not allowed if meet is held in pool facilities that are located within a school. This restriction is in alignment with MDH and MDE's requirements that schools restrict any non-essential visitors in school facilities.• If spectators are allowed, the number must be based on MDH guidelines for facility capacity, physical distancing, and mask requirement and may not at any time exceed 250.
Changes/ Adjustments in MSHSL Approved Season Sport Guidance	<ul style="list-style-type: none">• Timed Finals Quadrangular Meet• The number of teams at one site is increased to four(4)• The number of participants in the swimming portion of the meet is limited to twenty-two(22)

Information on Advancement	<ul style="list-style-type: none">• Advancement beyond Section Tournament is TBD
Site Management (Spectators, Concessions, etc)	<ul style="list-style-type: none">• See MSHSL Swim/Dive Guidance and Information• Spectators are not allowed if meet is held in pool facilities that are located within a school. This restriction is in alignment with MDH

	<p>and MDE’s requirements that schools restrict any non-essential visitors in school facilities.</p> <ul style="list-style-type: none"> • If spectators are allowed, the number must be based on MDH guidelines for facility capacity, physical distancing, and mask requirement. • Per MDH recommendations, concessions shall not be sold.
Tournament Personnel	<ul style="list-style-type: none"> • Team members, game officials and site staff (including ticket takers/sellers, administrative supervision from both schools, certified athletic trainer, announcer, etc.) do NOT count toward the maximum number of occupants. These individuals are considered “essential” to the meet. Meet manager, announcer, computer operator, timing system operator, head timer, backup timers (2 per lane).
Seeding	<ul style="list-style-type: none"> • Done automatically with swim meet software.
Awards/Certificates	<ul style="list-style-type: none"> • Trophies 1st - 2nd Place Teams • Medals 1st – 8th Place all 12 Events
Officials	<ul style="list-style-type: none"> • Swimming: A minimum of two officials are required at each site. • Diving: Diving referee and a minimum of at least 3 diving judges.
Streaming	<ul style="list-style-type: none"> • Streaming could take place.
Media	<ul style="list-style-type: none"> • Media guidance provided by league should be used as a guide. • Media allowed indoors is TBA
Promotions/Results	<ul style="list-style-type: none"> • Method for sharing brackets/results TBA
Ticketing/Passes	<ul style="list-style-type: none"> • No fans will be allowed in school facilities. • For venues that are not in school facilities, ticketing and passes must comply with the Executive Order limiting spectators and others to a total of 250 individuals. (This limit is for anyone not essential to the competition; participants, coaches, officials, etc.) • Section committees can determine how to best divide up tickets for its section games, allowing for fans from both teams the opportunity to attend (for example, the host team cannot use the maximum number of tickets, allowing none for the visiting team). Most ADs have been doing this all season so will have ideas of how this is being handled best locally. Some examples used during the regular season include: <ul style="list-style-type: none"> ○ Allowing a certain number of tickets per athlete on each team ○ Allowing a lower number of tickets per athlete on each team and additional tickets for student fans and general public

	<ul style="list-style-type: none"> ○ Schools may determine how to best select which student fans have an opportunity to purchase tickets: first-come, first-served; priority to seniors; as a reward for a contest, attendance, etc. ○ Tickets can be presold at schools, or schools can submit lists of people who can purchase tickets on site (again, rely on ADs for best practice locally). If lists of people are being provided to ticket sellers, it is encouraged that a staff member from both schools be on-hand to assist ticket sellers with any conflicts regarding names or identities. ● Section committees determine ticket prices
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All aspects of athletics including meetings, practices, competitions, transportation and facility usage must align with the requirements of the Minnesota Department of Education plan for return to learning, must follow the requirements from the Minnesota Department of Health’s Guidance on Youth Sports, and must include the required actions identified in the Governor’s Executive Orders.

Sportsmanship should have a constant presence in all school-based athletics.

- Teams are encouraged to find appropriate methods of demonstrating good sportsmanship and respect towards others within the physical distance guidance.
- Additional care should be taken when addressing contest officials with questions or seeking interpretations. At no time, other than in the natural course of competition, should a coach or player violate the required physical distance with an official. Any coach or player verbally interacts with an official must do so with a mask on and at a safe distance.

General COVID Safety:

1. Educate athletes about physical distancing, handwashing and sanitizer use, and other immune system protocols.
2. Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.
3. Individually or as a team, participants should confirm that they are symptom free. These confirmations can be aligned with the CDC’s “Coronavirus Self-Checker” or current MDH recommendations.
4. A record should be kept of all individuals present at practices and competitions (contact tracing).

5. It is recommended that personal prep areas are to be set up prior to practice - Cones or other markers should be set up at least 6 feet apart so players have a specific place for their own bag, water bottle, etc. One cone or marker should be assigned per player.
6. Avoid grouping of athletes at start and end of practice or during transitions Staggered start times for practices and team meetings are recommended, when possible and when field space does not allow players to come and go from separate areas.
7. Workouts should be conducted in “pods” – following current MDH Return-to-Play guidelines. Pods are small groups of students always working out together. This will ensure limited exposure if someone develops an infection.
8. Whenever possible, players should maintain the recommended six feet of distancing between individuals and should not be in contact with each other. In addition, there is to be no sharing of equipment to the extent that it is possible.
9. Officials are not expected to monitor physical distancing: each person is responsible to provide space between themselves and others. Coaches should provide direction to their students regarding social distancing and other safety protocols.
10. Team celebrations or congratulations should be no-touch and should be done with appropriate social distancing.
11. When spectators are allowed at outside events, they should not have access to student athletes during the competition. Social distancing should be practiced throughout the entire event and spectators may connect with participants following the completion of the event.

MSHSL Swim & Dive Guidance and Information

Practice	
Required:	<ul style="list-style-type: none"> • Masks are always required for athletes, coaches, and other team personnel when not training. • Athletes may not wear masks when swimming or diving. • Athletes will be responsible for their own equipment and mesh bag. No equipment may be shared. • Swimmers' water entries must be sit and slide—no diving. • Swimmers should minimize getting in and out of water.
Recommendations and Considerations:	<ul style="list-style-type: none"> • Locker rooms/Changing Areas are restricted by pod.
Equipment	
Required:	<ul style="list-style-type: none"> • No sharing of swim/dive equipment.
Recommendations and Considerations	
Competition	
Masks/Face Coverings	
Required:	<ul style="list-style-type: none"> • Coaches, officials, and meet personnel must always wear masks. • Athletes must wear masks when NOT swimming or diving.
Recommendations and Considerations:	
Equipment	
Required:	<ul style="list-style-type: none"> • No sharing of swim/dive equipment.
Recommendations and Considerations:	No touch distribution and collection methods are strongly encouraged.
Site Set Up	
Required:	<ul style="list-style-type: none"> • Limit the number of swimmers per lane to no more than 4. • Warmups should observe pod sizes and limitations. • Plan to maintain physical distance in pool area. Create signage and visible markers on the floor to indicate appropriate spacing on the pool deck. • Team seating—keep teams on separate sides of the pool. • Positioning of starters and referees to be at least 6 feet down the side of the pool from the starting end.

<p>Recommendations and Considerations:</p>	<ul style="list-style-type: none"> • Develop plans to control flow of athletes in and out of facility.
<p>Pre-competition</p>	
<p>Required:</p>	<ul style="list-style-type: none"> • Pre-meet meetings will not be held. If one is necessary for any reason, it is to be a meeting of the two head coaches and the referee only. • Visiting team is to arrive in uniform and proceed to the side of the pool separate from the home team. No two teams should share the same side of the pool. • Officials will arrive at site in full uniform and ready to officiate. • The host site shall provide an area for officials to store their belongings.
<p>Recommendations and Considerations:</p>	<ul style="list-style-type: none"> • Athletes provide own pre-filled, labeled water bottles. No sharing of water bottles and other equipment. • Athlete’s bags/equipment be placed/stored 6 feet away from others’ bags. Athletes should store their gear in their bags (as opposed to a community pile or tossed on the bench).
<p>Competition</p>	
<p>Required:</p>	<ul style="list-style-type: none"> • Meet Personal—One timer per lane. A maximum of 3 people on the timing table, one of which can be the announcer. • Starting Area--Only competitors for each event will be allowed behind the blocks. They will proceed to the starting area after the event has been announced. They will not proceed to the starting area while a previous event is being swum. Once the event is finished the competitors will exit the pool immediately and move to their designated team area. Athletes are not to congregate in the starting area. Sides of the pool must also be clear so officials can do their job. • Lap Counter--Only one counter, per lane for the 500 Freestyle. Counter are to proceed to the turn end of the pool once the event is announced. • Relay--Only the lead off swimmer and the second swimmer in a relay is to proceed to the starting area when the event is announced. Once the second swimmer enters the water, swimmers 3 and 4 then may enter the starting area. All swimmers are to leave the starting area and proceed to their designated team area once their leg of the race is finished. • Divers: All divers must wear masks during the diving event until their dive is announced. They should then perform

	<p>their dive, exit the pool, and put their mask back on. Once the diving event is finished, they should then distance themselves from other competitors.</p> <ul style="list-style-type: none"> • Competition protocol: A guideline to ensure physical distancing for competition would be for the home team to remain on one side of the pool and swim in lanes 1,2,3,4 and the visiting team to swim in lanes 5,6,7,8. Lanes 1 and 8 are exhibition lanes only. Competition scoring lanes are 2-7. Separate exhibition heats will not be permitted. • Disqualifications: Disqualifications will be reported only to the coach and table.
<p>Recommendations and Considerations:</p>	<ul style="list-style-type: none"> • Submission of Entries: Alternative forms of entry submission can be used to reduce face-to-face interaction. • If possible, divers should warm up at their home school before leaving to the host school. Host school divers should warm up prior to the start of swimming warmups. At no time should divers and swimmers warm up in the pool at the same time unless your facility has a separate diving well. • The use of electronic whistles is recommended.
<p>Post-Competition</p>	
<p>Required:</p>	<ul style="list-style-type: none"> • No post-race handshakes, fist bumps, and hugs. • No award ceremonies following meet.
<p>Recommendations and Considerations:</p>	<ul style="list-style-type: none"> • Teams' post-competition meetings should be brief (leave venue asap). • Officials leave venue asap (no lengthy post-competition meeting) • Teams/coaches can consider other ways to show post-game appreciation for opponents and officials.