

Girls Swimming & Diving Manual



SY26



Introduction

Please review the included Swimming and Diving Manual document for key program information, requirements, and rules and regulations as it relates to the season, to the Chicago Public League (CPL), and to the Illinois High School Association ([IHSA](#)).

Non-compliance with any of the following information may result in the forfeiture of coaches' season stipend.

Any and all questions can be directed to the Athletic Program Administrator (APA) listed below.

Athletic Program Administrator:

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Assignor of Officials:

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OSA Mission Statement

The Office of Sports Administration (OSA) oversees the equitable implementation of sports programs across all elementary schools and high schools within the Chicago Public School District (CPS) and Chicago Public League (CPL). Through effective sports policy creation and program management, OSA helps create an environment for schools to provide essential athletic and academic development for each student-athlete. It is the goal of OSA to promote sportsmanship, teamwork, integrity and a sense of community as we prepare students for the next level in athletics and in life. Our students will be able to learn the importance of **Academic, Athletic, and Social Awareness** as they advance through our program and become leaders in their communities.

League Governance & Key Links

The official rules of the National Federation of High School Associations shall govern all Public League competitions. Any exceptions to these rules are listed in these Terms and Conditions.

The Chicago Public League is governed by the [Chicago Public Schools Athletics Constitution and By-laws](#). All coaches must read this document in order to be informed about CPL policies, procedures and expectations.

Whereas the specific Terms and Conditions are listed in this document, the following links that make up the [General Chicago Public League Rules](#), are an appendix to this document, which lists issues of general governance, coach expectations, roster management/vertical movement/eligibility and eligibility certificates, and other issues of league contest management.

The [Swimming and Diving Resource Sheet](#) contains other logistical information regarding the season for coaches and athletic directors, including the coaches' directory.

Calendar

CPL Calendar - Regular Season

Pre-Season Coaches' Meeting	July 30, 2025
Start of Season (First Practice)	August 11, 2025
Team Roster Deadline (Aspen, SwimCloud, OSA Folder)	August 22, 2025
First Contest Allowed	August 22, 2025
CPL Regular Season Begins	August 22, 2025
CPL Regular Season Ends	October 11, 2025
CPL Conference Championships	October 18, 2025

CPL Calendar - Championship

Championship Entries Deadline	October 20, 2025 @ 11:59 PM
Championship Entries Summary Distributed	October 21, 2025 by 5:00 PM
Championship Seed Meeting (Corrections Deadline)	October 22, 2025 @ 6:00 PM
Championship Heat Sheet Distributed	October 23, 2025 by 12:00 PM
CPL Championship	October 24, 2025 (Diving) October 25, 2025 (Swimming)



IHSA State Series Calendar

IHSA Sectional Entries Deadline	November 3, 2025 @ 11:59 PM
IHSA Sectionals Entries Summaries Distributed	November 5, 2025 by 9:00 AM
IHSA Sectional Seed Meeting (Corrections Deadline)	November 5, 2025 by 6:00 PM
IHSA Sectionals Heat Sheet Distributed	November 5, 2025 by 8:00 PM
IHSA Sectional Competitions	November 8, 2025
IHSA State Final Meet	November 14, 2025 (Prelims) November 15, 2025 (Finals)

Team Approval (Protocols and Expectations)

Team approvals consist of a series of tasks that must be completed by the Athletic Director and Head Coach from each team. Failure to complete the following tasks will result in the resignation of coaching stipends or delayed payments. Anticipated team approvals will be reflected in the [HS Sport Inventory](#). It is the responsibility of the Athletic Directors, assisted by the Head Coach, to communicate with the Athletic Program Administrator regarding confirmation of team approval.

In order for CPL Swimming & Diving teams to be approved, coaches must account for the following:

- A. Teams must meet CPL roster minimums by the team roster deadline
- B. Teams must meet CPL contest requirements, including:
 - 1. Minimum number of contests according to CPL Conference
 - 2. Completion of the CPL schedule
 - 3. Participation in all city-wide competitions for which they qualify
 - 4. Receipt of results within required time frame (including conversions where required)
- C. Teams must report dates of all non-conference competitions and ensure they are reflected in their team schedules
- D. Teams that opt into the IHSA series must meet IHSA requirements, including but not limited to:
 - 1. In order to play in your Week #1 contest:
 - a. Participation in IHSA-sponsored activities as scheduled
 - b. Participation in the IHSA seeding process where applicable
 - c. Rating of officials according to IHSA ratings requirements and deadlines

Failure to comply with IHSA series requirements will result in consequences put forth by the Illinois High School Association as outlined in the IHSA Terms & Conditions of the sport.

Team Regulations

- A. Minimum Contest Requirements:
 - 1. **Gold Conference:** 6 Meets



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2. **Silver Conference:** 7 Meets
 3. **Red/White/Blue Conferences:** 8 Meets
 4. Completion of CPL Schedule
 5. Receipt of Results ([Swim Cloud](#))
 6. Participation in CPL Relays, CPL Conference Championship & CPL Championship as eligible
- B. IHSA Contest Limits
1. **Team:** 14 dates, exclusive of IHSA Series
 2. **Individuals:** 17 dates, exclusive of IHSA Series
- C. Minimum Students on Roster
1. **Varsity:** 10
 2. **Sophomore:** 8
- D. Minimum Students Eligible on Competition Days
1. **Varsity/Sophomore:** 6
- E. Vertical Movement
1. Vertical Movement of players is outlined in the [CPL General Rules](#): only Sophomore-level players can participate at the Sophomore or Varsity level during the regular season. Varsity-level players must only participate at the Varsity level.
 2. Sophomore-level student-athletes participating in vertical movement **MUST** appear on the Sophomore roster, eligibility, and CORS documents. Freshman and Sophomore student-athletes that appear on the Varsity roster, eligibility, and CORS documents can **ONLY** participate in Varsity competitions.
 3. Once a Freshman- or Sophomore-level student-athlete is moved to the Varsity roster, they are no longer eligible to participate in vertical movement.
- F. Individual Participation Petition
1. Students who wish to participate in Sports Administration-sponsored meets, but do not belong to an approved team, must be approved by the Athletic Program Administrator.
 2. After approval, individual students will be allowed to participate as long as formal registration for the season has been confirmed. The school Athletic Director will be responsible for providing weekly eligibility certificates and a Central Office Record Sheet as usual.
 3. Individual participants will be required to compete in a minimum of six (6) regular season meets and all city-wide meets as eligible. All CPL and non-conference meets must be communicated to the APA.
 4. Finally, the student(s) must be accompanied by a certified school staff member (i.e. must meet IHSA and CPS certification requirements) at all interscholastic competitions.
- G. Special Considerations
1. According to the [CPS Aquatic Activity Safety Policy](#), all activities in the pool must be conducted under the surveillance of a certified lifeguard whose only duty is active surveillance at a 50-swimmer-to-1-lifeguard ratio. Coaches are prohibited at any time from simultaneously serving as coach and lifeguard in the pool. If coaches would like to utilize a student lifeguard, please contact the Athletic Program Administrator for guidance.
 2. It is CPS policy and the general stance of the Office of Sports Administration to allow student participation in a manner that aligns with students' identity.
 - a. See the [CPS LGBTQ+ Supportive Environments site](#) for more information and guidelines
 - b. See the [IHSA Transgender Policy](#) for IHSA state series protocol
 3. See the "Additional Sport Notes" section for additional considerations

Coach Expectations

Athletic coaches are expected to comply with each of the below governing rules and regulations.

Failure to comply with any of the following will result in forfeiture of the coaching stipend and a possible loss of approval for that team.

- A. NFHS Rules & Regulations (booklet provided by AD)



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- B. [IHSA Constitution & By-Laws](#)
- C. [IHSA Swimming & Diving Terms & Conditions](#)
- D. [Chicago Public Schools Athletics Constitution & By-Laws](#)
- E. [Chicago Public League General Rules & Regulations](#)
- F. The CPL Terms & Conditions of the sport (included herein)

Additional sport-specific requirements include:

- G. All aquatic coaches must comply with the [CPS Aquatic Activity Safety Policy](#).
- H. All coaches must comply with the [CPS Student Travel Policy](#).
- I. Coaches are responsible for ensuring student-athlete eligibility compliance as outlined in the [CPS No-Pass, No-Play Policy](#). Coaches are required to have eligibility certificates in their possession for each contest, available for trade with the opposing team (whether printed or electronic). Weekly eligibility certificates, valid Monday through Sunday, must be generated by the school Athletics Director and must be kept on file at the school.
- J. Coaches must be fully versed in utilizing [SwimCloud](#) for proper team and meet operations throughout the season. Use of Hy-Tek Team Manager & Meet Manager is optional. Only meet entries submitted via either of these formats will be accepted.
- K. Coaches are responsible for maintaining accurate and up-to-date rosters on [SwimCloud](#) and in the [OSA Roster Upload Folder](#). SwimCloud rosters must account for full student-athlete names, class levels, and dates of birth.
- L. Coaches must submit all league competition results to [SwimCloud](#) in 25-yard times within 48 hours of the contest. The host team is responsible for maintaining accurate scores and results for home meets throughout the season.
- M. Coaches are expected to be aware of challenges that may impede their competition schedule, which may include but are not limited to: pool maintenance challenges, transportation challenges, athlete eligibility challenges, etc. As such, coaches are expected to proactively communicate and problem-solve these challenges in a productive manner. Should a challenge arise, rescheduling of league contests must be approved by the Athletic Program Administrator before 12:00 pm on the day of competition, as manageable. Failure to properly notify the APA will result in a forfeit and payment to officials will be made by the school rather than by OSA.
- N. Coaches are prohibited from serving simultaneously as coach and as an IHSA official during any one sport season. Similarly, coaches can only receive one stipend for one interscholastic coach position within the same season; participation with more than one sport/team will result in the forfeiture of the lesser stipend of the two.

League Regulations

- A. NFHS & IHSA Rules
 1. The official rules of the [National Federation of High Schools Association](#) (NFHS) shall govern all Chicago Public League competitions.
 2. The [Illinois High School Association](#) (IHSA) regulates the competition of interscholastic sports for the state of Illinois, providing guidelines via the [IHSA Constitution & By-Laws](#) and sport-specific [Terms & Conditions](#).



3. Any exceptions to these rules are listed in the CPL Swimming & Diving Terms & Conditions included herein.
4. Special Considerations
 - a. [NFHS Swimming & Diving Rules & Rules Changes](#)
 - b. [IHSA Rules Presentation Video](#)
- B. League Format
 1. Single Round Robin
- C. League Standings
 1. Team Conference standings shall be determined on the basis of points scored at culminating Conference meets as recorded in [SwimCloud](#).
 2. Final league standings shall be determined on the basis of points scored at the CPL Championship meet as recorded in [SwimCloud](#).
- D. Results Reporting
 1. All event results and scores must be submitted to SwimCloud within 48 hours of the contest. All event times must be recorded in 25-yard times.
- E. Late Arrivals and Forfeitures
 1. If a team is running late, it is up to the traveling coach to communicate that with the hosting coach. A late arrival of 30 minutes or more without communication will result in a forfeit.
 2. If a team does not show for a contest, the Athletic Program Administrator has the exclusive authority to determine whether the contest shall be recorded as a forfeit, as no contest, or if it must be rescheduled.
 3. Two forfeits resulting from the failure to show for contests (with the appropriate number of eligible athletes) will result in the loss of approval/recognition for that team. Article X of the Chicago Public Schools Athletics Constitution & By-Laws addresses cancellations and forfeitures in full.
- F. Score of a Forfeiture
 1. 12-0
- G. Promotion and Relegation of Teams
 1. The promotion and relegation of teams will be determined by the Athletic Program Administrator.
- H. Official Start Time Of Contests
 1. 5:00 p.m.
- I. Regular Season Dates
 1. Regular season competitions may begin on Friday, August 22, 2025.
 2. All league competitions must be completed by end of day on Saturday, October 11, 2025.
- J. Meet Entry Regulations
 1. Student-Athlete Regulations
 - a. Event Total Maximum: 4
 - b. Individual Event Entry Maximum: 2
 2. Team Regulations
 - a. Dual Meet – Four- or Five-Lane Pool
 - i. Individual Event Entry Maximum: 2
 - ii. Relay Event Entry Maximum: 2
 - b. Dual Meet – Six-Lane Pool
 - i. Individual Event Entry Maximum: 3
 - ii. Relay Event Entry Maximum: 3 (only 2 can score)
 - c. Tri-Meet – Six-Lane Pool
 - i. Individual Event Entry Maximum: 2
 - ii. Relay Event Entry Maximum: 2
 2. Conference & CPL Championship Regulations
 - a. Team Regulations
 - i. Individual Event Entry Maximum: 2
 - ii. Relay Event Entry Maximum: 1
 - b. Student-Athlete Regulations
 - i. 2 individual even entries + 2 relay even entries OR
 - ii. 1 individual even entry + 3 relay event entries



NOTE: Exhibition events are highly encouraged for all levels, and especially in preparation for CPL Championship qualification. Exhibition events must be mutually agreed upon by all teams prior to the meet.

K. Lane Assignments

1. Dual Meet: Visiting team has the choice of odd or even numbered lanes for all events.
2. Tri-Meet: (3 teams, 6 lanes): Lanes 1 & 4, lanes 2 & 5, lanes 3 & 6 as determined by lot (random draw)

L. Home Team & Site Requirements

1. In coordination with the Athletics Director, the home coach is required to coordinate all necessary details for successful hosting, including proactive communication to the visiting team(s).
2. The home coach is responsible for the following prior to the scheduled date of competition:
 - a. Authorized use of the pool
 - b. Safety and suitability of the environment for competition, including staffing a lifeguard
 - c. Assignment and payment of officials (via Assignor & Athletics Director) for any non-CPL meets
 - d. Necessary competition items, including meet staff (including table workers and timers) and suitable competition equipment
 - e. Arrangement of a faculty/staff member, student aide/leader/etc. to guide the visiting team upon arrival and departure (if not the home coach)

Important: The hosting coach is responsible for all players until they have left the competition site.

3. The home coach is required to communicate with the opposing coach(es) prior to the scheduled date of competition to confirm details. Communication points include but are not limited to:
 - a. Assignment of officials for the meet
 - b. The date and start time of the meet
 - c. The entrance location to the school and name of the individual who will accompany the visiting team to the pool and locker rooms
 - d. The events to be contested, including whether or not diving will be contested and at what point in the meet
 - e. The levels of competition (Varsity and/or Sophomore)
 - f. Any other consideration that requires mutual consent, such as entries for exhibition events

Any contest that is not completed due to the failure of home management to make proper arrangements shall be forfeited to the opponent(s).

M. Visiting Team Requirements

1. Secure transportation for the team
2. Arrive at the host venue on time
3. Contact the host team if the team is running late (with as much advance notice as possible)
4. Supply the proper equipment for their own team
5. Notify the Athletic Program Administrator of challenges to completing a scheduled competition by 12:00 pm on the day of competition at the latest. Failure to properly communicate will result in a forfeit.

Diving Regulation and Competition

A. CPL Diving Hub Approval

1. For CPL Diving Hubs to be recognized, formal agreements and arrangements must be made between school administrations and the Office of Sports Administration through the CPL Diving Hub Agreement form, which is a DocuSign that will be sent by the Office of Sports Administration Compliance Manager.
2. Once approved, Diving Hubs must:
 - a. Consist of a minimum of two teams
 - b. Consist of a minimum of two divers per team
 - c. Conduct practices of separate Hub teams independently



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- d. Meet minimum contest requirements for each team (as outlined under “Team Regulations”) where possible based on adequate diving facilities
- e. Work with head coaches to determine diving dates of contest for each team associated and outline whether or not the Diving Hub Coach will be in attendance for each date of contest
3. Following approval, Diving Hub Coaches are required to complete the CPL Diving Hub Registration Form by the official CPL roster deadline for the season.

IMPORTANT: As with all teams, those involved in CPL Diving Hubs must abide by IHSA rules and regulations. The coaching staff of teams associated with CPL Diving Hubs must take special note of IHSA By-Law 3.070, which states, “Recruitment of students or attempted recruitment of students for athletic purposes is prohibited.” Additional details and illustrations can be found in the IHSA Constitution & By-Laws.

B. Diving Competition

1. By prior mutual consent of competing teams, the diving event may be held first, last, or simultaneously with the swimming events.
2. If a school participates in a swimming meet (excluding diving) and a diving meet (excluding swimming) on the same date, the two meets will be counted as one date of team competition.

C. Diving Entries

1. The number of team entries in diving competition shall be the same as in the swimming events for that meet. As with swimming, exhibition divers are highly encouraged, provided arrangements are mutually agreed upon by competing teams.
2. Diving score sheets can be found in the CPL Resource Sheet.

D. Order of Competing Divers

1. Dual Meets
 - a. The divers from the visiting team have the choice of odd or evening diving positions.
 - b. If there are only one or two visiting divers, the contestant(s) has the choice of any visitor’s position in the diving order.
 - c. If there are only one or two home divers, the contestant(s) has the choice of any home team position in the diving order.
2. Tri-Meets
 - a. The order of divers shall correspond to the lane assignments drawn by lot.
3. Special Considerations
 - a. A diver enrolled at a school that lacks diving facilities may, with the permission of the IHSA Executive Director, practice with an independent team during the sport season.

Officials & Fees

Officials will be assigned by the IHSA Assignor of Officials. All officials must be registered with the IHSA and officials scheduled for CPS-hosted non-CPL meets must possess a CPS IAMS number.

REGULATION	GOLD	SILVER/RED/WHIT E/BLUE	CPL CHAMPIONSHIP	REGULATION
Number of Officials	2	Dual Meet: 1 official Tri-Meet: 2 officials	2 - 4	Number of Officials



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Fees	\$100 each	Dual Meet (1 official): \$105 Tri-Meet (2 officials): \$90	\$200 each	Fees
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Officials will be paid through Arbiter and confirmed for payment by the assignor.

A. What if Officials Do Not Show?

1. If an official arrives late, or fails to attend, the Athletic Program Administrator must be notified IMMEDIATELY. The meet may be rescheduled or coaches can discuss alternative arrangements. NOTE: The APA must also be made aware if only ONE official shows when TWO were scheduled.
2. If only one official shows when two were scheduled, the official in attendance will be paid an additional \$10.

B. OSA League Costs

1. The Office of Sports Administration budget accounts for payment of the following:
 - a. Swimming & Diving assignor of officials
 - b. Officials for all league meets (CPS vs. CPS) hosted at a CPS school
 - c. Awards for the following:
 - i. CPL Relays Champion & Runner-Up trophies
 - ii. Conference Champion trophies
 - iii. CPL Champion & CPL Runner-Up trophies
 - iv. CPL Championship individual awards
 - d. CPS Safety & Security for the following:
 - e. CPL Relays
 - f. Culminating Conference meets
 - g. CPL Championship
 - h. CPL Championship coach and officials' hospitality

Student Eligibility

A. A student is eligible to participate in a contest when listed as "Eligible" on an ASPEN-generated Eligibility certificate (or otherwise documented pertaining to Charter Schools).

1. [Student-Athlete Eligibility](#)
2. [Home School Student Eligibility](#)
3. [Newcomer Student Eligibility](#)
4. Students who have transferred to your school since the end of the previous season are ineligible for **interscholastic competition without a ruling from the Office of Sports Administration or the IHSA.**

B. Competitive Levels

1. Varsity and Junior Varsity teams shall consist of students in the first, second, third, or fourth year of attendance who will not reach their 20th birthday at any time during the sports season.
2. For Sophomore competition, the student shall be eligible in the first or second year in attendance and shall not have reached the seventeenth (17th) birthday before September 1 of the current school year.



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3. For Freshmen competition, the student shall be eligible in the first year in attendance and shall not have reached the sixteenth (16th) birthday before September 1 of the current school year.
4. Varsity and Junior Varsity players **must have separate** eligibility sheets.
5. Sophomore-level players **must have separate** eligibility sheets.
6. Freshmen-level players **must have separate** eligibility sheets.

CPL City-Wide Meets

A. Team Eligibility for City-Wide Competitions

1. Each CPL team will have the opportunity to submit entries to the following city-wide meets, and are therefore expected to attend:
 - a. CPL Relays
 - b. CPL Conferences
 - c. CPL Championships

B. Championship Entry Qualification Criteria

1. CPL Championship event entry qualification will be determined according to annually reviewed qualification times (see CPL Championship Qualifying Times).
2. NOTE: Qualifying times are outlined ONLY for individual events so as to allow ALL TEAMS to participate in relay events.

C. Championship Results

1. Annual Chicago Public League rankings will be determined according to the SwimCloud team score at the CPL Championship.

Regulation Meet Events

EVENT	25-YARD POOL	20-YARD POOL	25-METER POOL
200 Medley Relay	4 x 1 lap	4 x 1 lap (160 Medley)	4 x 1 lap
200 Freestyle	4 laps	5 laps	4 laps
200 IM	4 laps	4 laps (160 IM)	4 laps
50 Freestyle	1 lap	3 lengths (60 Free)	1 laps
1 Meter Diving	Diving off a 1m diving board into a 12' minimum diving well		
100 Butterfly	2 laps	5 lengths	2 laps
100 Freestyle	2 laps	5 lengths	2 laps
500 Freestyle	10 laps	25 lengths	10 laps



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200 Freestyle Relay	4 x 1 lap	4 x 1 lap (160 Free Relay)	4 x 1 lap
100 Backstroke	2 laps	5 lengths	2 laps
100 Breaststroke	2 laps	5 lengths	2 laps
400 Freestyle Relay	4 x 2 laps	4 x 2 laps (360 Free Relay)	4 x 2 laps

CPL Relay Meet Events

Event		Athletes	Description	Restrictions
#1	300 IM Relay	3	3 x 100 IM each swimmer completes 100 IM	None
#2	200 First-Year Relay	4	4 x 50 Freestyle each swimmer completes 50 free	Open to all levels, but swimmers must be first-year participants
#3	150 Butterfly Relay	3	3 x 50 Butterfly each swimmer completes 50 fly	None
#4	400 Freestyle Relay	4	4 x 100 Free each swimmer completes 100 free	None
#5	200 Crescendo Freestyle Relay	3	1 x 50 / 1 x 100 / 1 x 50 Freestyle first swimmer completes 50 free second swimmer completes 100 free third swimmer completes 50 free	None
#6	150 Breaststroke Relay	3	3 x 50 Breaststroke each swimmer completes 50 breast	None
#7	200 Freestyle Relay	8	8 x 25 Freestyle each swimmer completes 50 free	None
#8	150 Backstroke Relay*	3	3 x 50 Backstroke* each swimmer completes 50 back	None; see notes regarding start
#9	300 Sophomore Freestyle Relay	6	6 x 50 Freestyle each swimmer completes 50 free	Only participants from Sophomore (Fr/So) teams
#10	200 Medley Relay	4	1 x 50 Back / 1 x 50 Breast 1 x 50 Butterfly / 1 x 50 Freestyle first swimmer completes 50 back second swimmer completes 50 breast third swimmer completes 50 fly fourth swimmer completes 50 free	None
#11	200 Freestyle Relay	4	4 x 50 Freestyle each swimmer completes 50 free	None

***The first swimmers will start the relay with a backstroke start off of the wall. The remaining swimmers will execute a forward start on their exchange and must roll over to their back before their first pull.**

Meet Scoring

REGULATION DUAL MEET – 4-LANE POOL																
Event	1st	2nd	3rd	4th	5th	6th	-	-	-	-	-	-	-	-	-	-



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Individual Events	4	3	1	0	0	0	-	-	-	-	-	-	-	-	-	-
Relay Events	6	3	1	0	0	0	-	-	-	-	-	-	-	-	-	-
REGULATION DUAL MEET – 6-LANE POOL																
Event	1st	2nd	3rd	4th	5th	6th	-	-	-	-	-	-	-	-	-	-
Individual Events	6	4	3	2	1	0	-	-	-	-	-	-	-	-	-	-
Relay Events	8	4	2	0	0	0	-	-	-	-	-	-	-	-	-	-
REGULATION TRI-MEET																
Event	1st	2nd	3rd	4th	5th	6th	-	-	-	-	-	-	-	-	-	-
Individual Events	7	5	4	3	2	1	-	-	-	-	-	-	-	-	-	-
Relay Events	14	10	8	6	4	2	-	-	-	-	-	-	-	-	-	-
CONFERENCE CHAMPIONSHIPS & CPL CHAMPIONSHIP – 6-LANE POOL																
Event	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	-	-	-	-
Individual Events	16	13	12	11	10	9	7	5	4	3	2	1	-	-	-	-
Relay Events	32	26	24	22	20	18	14	10	8	6	4	2	-	-	-	-
CPL CHAMPIONSHIP – 8-LANE POOL																
Event	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th
Individual Events	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relay Events	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Championship Qualifying Times

EVENT	VARSITY (25 Y)	SOPHOMORE (25 Y)
200 Medley Relay	-	-
200 Freestyle	2:45.99	3:30.99
200 IM	3:05.99	3:50.99
50 Freestyle	0:35.99	0:45.99
1 Meter Diving	-	-
100 Butterfly	1:25.99	1:45.99



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100 Freestyle	1:10.99	1:35.99
500 Freestyle	7:30.99	9:30.99
200 Freestyle Relay	-	-
100 Backstroke	1:30.99	1:45.99
100 Breaststroke	1:35.99	2:00.99
400 Freestyle Relay	-	-

Additional Sports Notes

- A. While a member of a school team, a student-athlete shall not be allowed to represent any other organization in that sport during the official sport season.
- B. It is the policy of the IHSA to provide students with disabilities full and equal opportunities to be integrated in IHSA interscholastic sports and activities whenever possible and pursuant to the IHSA Policy for Accommodations. A disability is an impairment that substantially limits one or more major life activity. Disability includes, but is not limited to, physical impairments, mental impairments, visual impairments, hearing impairments, intellectual impairments, learning disabilities. A request for an accommodation should be submitted prior to the start of the applicable athletic or activity season, or as soon as is practically possible in light of the accommodation being sought. A student, parent/guardian, or member school may request an accommodation by submitting the Request for Accommodation Form to the IHSA.
 1. In order for students with disabilities to be entered into the IHSA Swimming State Series, the school's Official Representative must notify the IHSA via the Sport & Activity Tracker in the School Center by the date listed on the IHSA Girls Swimming Athletes with Disabilities site.
 - a. Student-athletes must have a Paralympic classification
 - b. Specific student-athlete names and events may be added after the participant deadline
- C. The IHSA offers state-wide Awards & Recognition in a variety of areas, including:
 1. IHSA All-State Academic Team
 2. HSA Team Academic Award
 3. IHSA Scholastic Recognition Program
 4. Sportsmanship Banner Award
 5. Student Section Showdown
 6. NFHS Hall of Fame
 7. NFHS Spirit of Sport Award
 8. NFHS Citation Award
 9. NFHS Coaches of the Year
 10. IHSA Officials of the Year
 11. IHSA Distinguished Service Award

Media and Social Media Expectations

The Chicago Public League is proud to offer in-depth coverage of CPS teams and student-athletes across each sports season. In order to continue to publish these stories, the CPL Sports Communications team asks the following of all participating athletics staff members and student-athletes:

- D. Ensure all student media consent forms are signed via the standard CPS enrollment packet
- E. Ensure coaches and/or players are available as requested for pre- and post-game interviews
- F. Share accomplishments and milestones with the CPS Sports Communications team so your teams and athletes can be recognized
- G. Interact and follow all CPL athletics content via our website CPSAthletics.com or via [Social Media](#).



CPS Sports Communications Team:

- A. Communications Manager: Joey Gelman – jdgelman@cps.edu
- B. Communications Specialist: Dominic Scianna – dscianna@cps.edu
- C. Communications Specialist: Michael Wojtychiw – mmwojtychiw@cps.edu

Digital Citizenship Expectations

Being a good digital citizen means that athletics staff members and student-athletes are positively contributing to the digital space, respecting other people’s views even if in disagreement, and reporting issues that disrupt a positive digital environment.

A digital footprint and reputation is left online when videos and pictures are uploaded, and when posts and comments are made on websites and social media. Athletics staff members and student-athletes must consider the temporary and/or permanent affect actions online can have for themselves and their community both in the digital space and in person.

That is why the Chicago Public League asks all athletics staff members, coaches, and student-athletes to engage in respectful and positive social media interaction. Should there be any inappropriate social media being created or shared in your community, please report it to CPS administration within your school building so the situation can be properly assessed and appropriate action can be taken as necessary to ensure a safe environment for all those involved.