



2025 NIAA 3A Southern Region Swimming and Diving Championships

The 2025 Nevada Interscholastic Activities Association Class 3A boys and girls Southern Region Swimming and Diving Championships are scheduled for May 6 and 9 at Pavilion Center Pool and May 7 (diving) at Heritage Aquatic Center.

LOCATIONS

Pavilion Center Pool is located at 101 South Pavilion Center Drive in Las Vegas. [Please follow this link to view the center's home page.](#)

Heritage Aquatic Center is located at 310 South Racetrack Road in Henderson. [Please follow this link for additional information about the facility.](#)

RULES

The 2025 NIAA Southern Region meets will be governed by the NFHS rules book except where outlined differently in this meet information packet. This packet serves as a binding rules document for the meet.

PARTICIPATION REQUIREMENT

Each student-athlete must have competed in **a minimum of three (3) meets** during the Class 3A Southern Region's regular season dual-meet schedule and must meet the region's minimum qualifying time standard for his/her event(s) (if applicable) to be eligible to compete in the region championship meet.

ENTRY REGULATIONS and DEADLINE

Entries for all divers/swimmers must be submitted through the TM/Team Manager electronic entry file with a copy of the entry file by event in a word or pdf file. Each submission must include both the electronic entry and the word/pdf file or it will be rejected. Coaches should check the electronic entry against the word/pdf file to prevent errors.

Coaches are responsible for completing the entries accurately and submitting them by Saturday, May 3 at 8 a.m. to Kathy Guerrero at swimm1nyour1ane19@gmail.com.

Diving sheets are due on May 3.

Coaches must adhere to the entry deadline. Coaches will have a 12-hour window on May 4 (11 a.m. until 11 p.m.) to review their own team's entries and make additions to an individual's event or to add an individual to one or more events. **NO OTHER CHANGES** (deletions/changing events) will be permitted.

Please note all of the following:

- All entries must be in EVENT order, not athlete order to show the correct number of entries per event..
- Late or incomplete entries will not be accepted.
- Communication from parents will not be accepted.
- No entries will be changed or added at the meet.
- This meet will be run by the National Scratch Rule.
- Entry times for individual events must be from official 2025 NFHS or sanctioned high school meets.
- Entry times for relays must be relay times earned at an official 2025 high school meet or a conglomerate of times earned by four swimmers at official 2025 high school meets.
- Teams may enter up to four (4) participants in each individual event and one (1) relay into each relay event. Psych sheets will be sent to coaches by 8 p.m. on the day after the entry due date.
- Teams may enter eight (8) swimmers on each relay team. The four (4) swimmers actually competing in the 200 medley relay must be declared 30 minutes before the beginning of the meet. Changes may not occur after that except in the case of injury or illness. Only swimmers included on the Team Entry may compete on a relay team. Only swimmers declared on the Regional Team Entry may participate in the state meet.

- Individuals may be entered in no more than four (4) events, no more than two (2) of which may be individual events.
- Divers must be included in the TM entry. Diving is counted as an individual event.

QUALIFYING STANDARDS

Teams may enter up to four (4) qualifying individuals in any event so long as no individual is entered in more than four (4) total events, including no more than two (2) individual events.

Qualifying standards for each event are:

Girls 200 freestyle: 3:09.99	Boys 200 freestyle: 2:45.99
Girls 200 IM: 3:16.99	Boys 200 IM: 3:07.99
Girls 50 freestyle: 38.99	Boys 50 freestyle: 31.99
Girls diving (6/11 dives): 110 points/210 pts.	Boys diving (6/11 dives): 110 pts./210 pts.
Girls 100 butterfly: 1:36.99	Boys 100 butterfly: 1:24.99
Girls 100 freestyle: 1:24.99	Boys 100 freestyle: 1:12.99
Girls 500 freestyle: 7:59.99	Boys 500 freestyle: 7:29.99
Girls 100 backstroke: 1:32.99	Boys 100 backstroke: 1:22.99
Girls 100 breaststroke: 1:44.99	Boys 100 breaststroke: 1:29.99

WARM-UP and START TIMES

All lanes will be open for warm-ups under team coaches' supervision. Please see the times below for warm-up and start times each day. **We may request flexibility with the warm up schedule once the entries are received to allow for an equal amount of time for teams to warm up appropriately.**

Warm-ups will be held approximately 25 minutes at each end of the pool. The meet referee or a designee will signal teams for the switching ends of the pool to allow all teams an opportunity to use the starting block end of the pool.

All swimmers must use 3-point, sit and slide-in entries into the pool during warm-ups. No jumping or diving is permitted.

Per Rule 1, Section 4, Article 3 (page 9 of the rule book), the start of a race begins after the long whistle.

Tuesday, May 6 (preliminaries)

Warm-ups: 2 p.m. First event start time: 2:45 p.m.

Wednesday, May 7 (diving)

Warm-ups: 6 p.m. Start time: 6:30 p.m.

Friday, May 9 (finals):

Warm-ups: 2 p.m. First event start time: 2:45 p.m.

SPECIAL NOTE REGARDING SCRATCHES

If a swimmer scratches from an individual event after results from the region meets are submitted to the NIAA staff, that swimmer is automatically withdrawn from any event(s) after that individual event. Swimmers may request to not be entered in an individual event for the state meet so long as that declaration is made within 60 minutes from the end of the region meet. Contact the Meet Referee or Meet Director. There is no penalty if such a request is made in time.

Once the swimming entry list is published for the State meet An athlete may only scratch for injury or illness from an individual event, the athlete shall be replaced by the next athlete who will advance into that place (and so on, up the ladder). If an injury or illness does occur in the top 8 (finals) heat the swimmer will not be replaced.

A swimmer may not scratch an event in the preliminary session in order to be eligible to swim a relay event. The prelims/finals sessions are considered one meet. A swimmer and diver may only participate in a total of four events. A swimmer may scratch an event for finals 30 minutes before the event is closed, but not to swim in three relay events in the final session.

MEET REFEREE

Any questions regarding the conduct of the meet should be directed to the meet referee, whose decision is final. Protests must be addressed before the end of the meet. Once the meet has concluded, any referees' decisions are final.

PROTESTS

All protests must be filed 30 minutes before the completion of the session. A meet committee, appointed by the meet referee and/or meet director and comprised of three knowledgeable swimming/diving persons, including at least one official, coach and swimmer not involved in the protest shall be formed to rule on any question or protest initiated by a coach or meet official. **The decision of the meet committee is final.**

Eligibility issues must be addressed to the school's athletic director/administrator and cannot be protested at the meet.

Stroke and turn calls can only be protested to the meet referee, whose decision is final.

The decision of the Protest Committee is final. No recourse (to the NIAA office, its staff or the Board of Control) of action will be permitted after a ruling by the Protest Committee.

COACHES and COMPETITOR CONDUCT

Coaches are responsible for keeping their student-athletes confined to the pool, designated team area and locker room areas. Competitors are not permitted in any other areas. Non-team personnel are not permitted in the team area or locker room at any time. Student-athletes and coaches are expected to show exemplary behavior at all times. NIAA regulations regarding unsportsmanlike conduct will be enforced at all times.

SWIMMING ATTIRE

Swim wear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. A competitor may wear a single set of garments under his/her competition swimsuit for modesty/privacy reasons. In that event, a coach must notify the meet referee during the coaches/captains meeting.

DECK CHANGING

Deck changes are prohibited.

RECORDING DEVICES

The use of audiovisual recording devices, including but not limited to cell phones, **is NOT permitted in the competition area and changing areas or restroom area in the locker rooms.**

This meet may be covered by media, which may take photographs, video or other forms of obtaining images of athletes and coaches participating in the meet. In addition, the meet may be streamed online. Entry into the meet is acknowledgement and consent to this.

MEDIA

Any photographers/media personnel wishing to cover the meet must receive pre-approval from the NIAA office and must be properly credentialed. There will be a designated area for the media, see the meet referee and/or meet director for this location.

DRONES

The operating of a drone or any other flying apparatus is prohibited in any part of or over the venue at all times.

TICKETS/ADMISSION

All postseason tickets will be sold through HomeTown Ticketing, the NIAA's official partner for postseason ticket sales. Tickets are available both through the ticket page on the NIAA website (niaa.com/tickets/index) and the HomeTown Ticketing app.

Admission prices for NIAA postseason region and state events (per day) are:

Adults: \$12

Students with a valid high school or younger ID: \$5

Children age 8 and younger are admitted free.

NIAA Courtesy Cards and Lifetime Passes will be honored for the legitimate pass holder and one guest.

CLASS 3A SOUTHERN REGION SWIMMING PRELIMS

Tuesday, May 6 at Pavilion Center Pool (session 1)

Teams enter at 1:45 p.m.

Warm-up time: approximately from 2-2:45 p.m.

Swimming competition will begin at 2:45 p.m.

Note: No relays will be contested.

ORDER OF EVENTS

(3A girls, 3A boys)

200-yard freestyle

200-yard individual medley

50-yard freestyle

Diving at Heritage on Wednesday, May 7

100-yard butterfly

100-yard freestyle

500-yard freestyle

100-yard backstroke

100-yard breaststroke

- **Note: Breaks may be added as needed.**

All entrants will compete by seed time.

Competitors cannot be scratched except for injury or illness.

Declared false start must be made to the Meet Referee at the coaches/captains meeting.

No shows are disqualified from further competition, including relays.

Swim offs will be contested once coaches are informed and agreed on a time before the end of the session.

The top 16 finishers and two alternates in each event (after scratches are declared) from the prelims will be eligible to compete in the final session.

Scratches for the top 16 for finals are due 30 minutes after the announcer has read the top 16 finishers and alternates. Intent to scratch will be accepted and held until the intent event is concluded. The swimmer will then declare which event he/she chooses to swim. The meet will be run as a championship declaration with the National Scratch Rule in effect.

CLASS 3A SOUTHERN REGION SWIMMING FINALS

Friday, May 9, 2024 at Pavilion Center Pool (session 1)

Teams enter at 1:45 p.m.

Warm-up time: approximately from 2 p.m.

Swimming competition will begin at 2:45 p.m.

ORDER OF EVENTS

200-yard medley relay **(10-minute break will follow)**

200-yard freestyle

200-yard individual medley

50-yard freestyle **(15-minute break will follow)**

Diving will take place Wednesday at Heritage Aquatic Center

100-yard butterfly

100-yard freestyle

500-yard freestyle **(10-minute break will follow)**

200-yard freestyle relay

100-yard backstroke

100-yard breaststroke **(10-minute break will follow)**

400-yard freestyle relay

Breaks may be adjusted depending on team entries received.

Athletes qualifying for the finals will be seeded based on their prelim times.

The top eight athletes from prelims will compete in the championship finals heat. Only swimmers in the championship finals may qualify for state and earn a top-eight finish. If a swimmer needs to scratch out of top 8 finals heat, no athlete can advance to the finals heat.

The remaining eight will compete in the consolation finals. Alternates only are eligible to compete in the consolation finals.

Declared false starts must be made to the Meet Referee at the coaches/captains meeting.

No shows are disqualified from further competition, including relays.

Relay names are to be declared for the 200 medley 30 minutes prior to the beginning of the meet. All others will be at the finish of the previous event to the relay. As in, 500 Freestyle event #16 for the 200 Freestyle relays and 100 breaststroke event #22 for the 400 Freestyle relays.

3A SOUTHERN REGION DIVING FINALS

Wednesday, May 7 at Heritage Aquatic Center

Please note that the diving competition will also include the 5A Southern, 4A Desert and 4A Mountain Regions.

Warm-up time: 6 p.m.

Diving competition will begin at 6:30 p.m.

COACHES MEETING

A mandatory coaches meeting will take place prior to the start of the meet.

DIVING FORMAT

The diving format will follow National Federation (NFHS) rules as indicated below:

Rule 9, Section 4, Art. 1: In championship meets, the competition shall consist of five (5) voluntary and six (6) optional dives.

- a. The five voluntary dives shall come from each of the five groups, with their assigned degree of difficulty and have a sum total of 9.0 or less.
- b. The six optional dives shall include at least one chosen from each of the five groups. No more than one optional dive from the same group is permitted through the semifinals.
- c. All five groups must be represented in the first eight rounds.
- d. The dives to be performed during each round shall be:

PRELIMS — Any two voluntary and three optional

SEMIFINALS — Two voluntary and one optional

FINALS — One voluntary and two optional

DIVING QUALIFICATIONS FOR STATE

The top four (4) divers in both girls/boys in the 3A Southern Region championship meet advance to the state championship meet provided each meets the diving standard.

The diving referee at each region meet must certify (with signature on diver's list) that the top divers (up to four) are able, in his/her opinion, to perform a full 11-dive list.

A panel of five (5) judges will judge the diving competition.

MEET SCORING

The Class 3A Southern meet will be scored to 16 places (championship final with the top eight competitors from the trials and consolation final with the remaining eight competitors).

Individuals: 20 - 17 - 16 - 15 - 14 - 13 - 12 - 11 - 9 - 7 - 6 - 5 - 4 - 3 - 2 - 1

Relays: 40 - 34 - 32 - 30 - 28 - 26 - 24 - 22 - 18 - 14 - 12 - 10 - 8 - 6 - 4 - 2

AWARDS

Medals will be awarded for first through fourth place in each event.

A championship trophy will be awarded to the first-place team.

QUALIFYING FOR STATE

In all region meets, the top four (4) individual finishers in each event, and the top four (4) relay teams in each event advance to the state championship meet.