

**New Hampshire Interscholastic Athletic Association**  
**2022 Swimming**  
**State Championships**  
**The Workout Club**  
**Salem, N.H.**  
**February 12-13, 2022**

**SITE:** The Workout Club; 16 Pelham Road, Salem, NH 03079  
[16 Pelham Rd - Google Maps](#)

**LIVE STREAMING:** The NHIAA will be making every attempt to Live Stream this meet through the NFHS Network. A fee is assessed by the NFHS Network to access the live stream <https://www.nfhsnetwork.com/>

**SPECTATORS:** There are no spectators permitted at this meet to comply with our social distancing requirements.

**WARM-UPS:**

Saturday Division II Warm Ups – Please see Division II Format on NHIAA Website

Sunday Division I Warm Ups – Please see Division I Format on NHIAA Website

- Preliminary warm-up assignments in ½ hour blocks will be made after entries are completed and will be posted on the NHIAA website at [www.nhiala.org](http://www.nhiala.org) the week prior to championships.

**COMPETITION:**

Saturday February 12, 2022 – Division II Swim Finals

Sunday February 13, 2022 – Division I Swim Finals

**MEET DIRECTOR:** Tim Hernon  
**ASST. MEET DIRECTOR:** MaryAnne Lustgraaf  
**MEET MANAGER:** Bob Ouellette  
**MEET REFEREE:** Gregg Webber & Paul Hagen  
**DIVING REFEREE:** Anne Zwart

**RULES:** NFHS 2021-22 Rules and NHIAA 2021-22 Policies and Procedure Manual

**MEET FORMAT:** The meet will be conducted as a timed finals “championship meet” in accordance with the NFHS 2021-22 Swimming and Diving Rulebook.

**ENTRY RULES:** **Swimming and Dive Entries** must be submitted on DirectAthletics [www.directathletics.com](http://www.directathletics.com) on or before 12:00 p.m. Friday, February 4, 2022. If your school offers the sport and is not entering any athletes into the meet, or no athletes have qualified for the meet, the NHIAA must be notified in writing before or on the deadline date. Email notification is acceptable. There is no section on DirectAthletics to indicate this information.

- Each team shall be permitted a maximum of four (4) entries in an individual event, and one team in a relay event.
- **Dive Entries must** be declared on CleanEntries.com website no later than 12:00 p.m.(NOON) on Friday, February 4, 2022 [www.cleanentries.com](http://www.cleanentries.com). Divers will be allowed to change dives up to 30 minutes before the start of preliminary competition. Coaches should bring copies of regular season confirmation of completed dives to the state meet. Please see NHIAA Diving State Meet document on NHIAA Website for further information.
- Psych Sheets will be posted on the NHIAA website the week prior to championships.

**RELAY ENTRY RULES:** Any swimmer entered in the meet, or designated as an alternate in DirectAthletics, is eligible to swim relays. “Relay only swimmers” need to be designated as a member or alternate in DirectAthletics on one or more relays in order to be eligible for relays.

**All relay teams must include one or more qualified athletes entered in the meet.**

- Relay Only Swimmers:
  - If a team has one to three (1-3) qualifying athletes for the state meet, four (4) relay only swimmers will be allowed to be submitted.
  - If a team has four (4) qualifying athletes for the state meet, three (3) relay only swimmers will be allowed to be submitted.
  - If a team has five or more (5+) qualifying athletes for the state meet, two (2) relay only swimmers will be allowed to be submitted.

All relay cards will be due by the times listed below. (These times may be adjusted by the meet director based on the timeline of the meet)

200 Medley Relay – Prior to the start of the Coaches Meeting

200 Free Relay – By the end of Event #8

400 Free Relay – By the end of Event #14

**ENTRY QUALIFICATION TIMES:**

**Tournament Qualification Standards  
Swimming: Division I**

<b>Event</b>	<b>Boys</b>	<b>Girls</b>
50 Freestyle	25.79	28.49
100 Freestyle	58.29	1:02.29
200 Freestyle	2:15.99	2:16.99
500 Freestyle	6:13.99	6:13.99
100 Butterfly	1:07.99	1:13.99
100 Backstroke	1:09.99	1:12.49
100 Breaststroke	1:15.99	1:21.99
200 Individual Medley	2:29.99	2:37.99

**Tournament Qualification Standards  
Swimming: Division II**

<b>Event</b>	<b>Boys</b>	<b>Girls</b>
50 Freestyle	25.99	28.49
100 Freestyle	58.99	1:02.99
200 Freestyle	2:16.99	2:22.99
500 Freestyle	6:20.99	6:20.99
100 Butterfly	1:11.99	1:13.99
100 Backstroke	1:11.49	1:12.99
100 Breaststroke	1:17.99	1:21.99
200 Individual Medley	2:34.99	2:39.99

**AWARDS:** Awards will be mailed to the award recipients schools following the meet completion. Coaches should make arrangements with their Athletic Director to receive their medals and ribbons. The NHIAA will schedule a personal delivery for Champion and Runner-Up Plaques. These arrangements will be made between the respective Athletic Directors and the NHIAA.

- **MEET SESSION RESULTS:** Results will be available via Meet Mobile.

**After all sessions have been completed, click the links below to be taken to the Live Results:**

**[2021-22 Division I Swimming and Diving Championship Live Results](#)**

**[2021-22 Division II Swimming and Diving Championship Live Results](#)**

**COACHES' MEETING:** 15 minutes prior to the first warm up, at each session, a coaches meeting will be held at a location to be designated by the meet director. Each team must send one coach to this meeting.

**SHAVING:** No shaving is permitted within the swimming venue.

**MEET ELIGIBILITY:** All qualifying times will be considered verified if they have been verified by a referee and submitted to DirectAthletics and posted on their website. All individual athletes must have completed the two (2) meet minimum and met the meet qualifying standards. Athletes who have not met these requirements will be disqualified.

**DECK RESTRICTIONS:** The number of swimmers and coaches on deck is limited due to fire codes. A separate staging area will be available for team personnel that are not allowed on deck at any one time. There shall be no more than four (4) NHIAA registered coaches who are recognized by the school on deck per team at any time. Two (2) coaches for each gender is suggested; i.e. two (2) girls coaches and two (2) boys coaches. Understanding that a coach must supervise all athletes at all times.

**An athlete who is entered in an event who intends not to swim must indicate to the Referee an intention to declare a false start prior to the time the heat is called to the starting blocks (Rule 3-2-3).**

**MEET COMMITTEE:** The Meet Director will designate a Meet Committee for each division consisting of two (2) coaches, the Meet Director, the Meet Referee, the Diving Referee and one (1) athlete.

**DIRECTIONS:** [16 Pelham Rd - Google Maps](#)

**PARKING:** Parking is available at the venue's property.