

## **ATTENTION SWIM COACHES**

**The following information is provided as clarification of important information regarding seed times for the district meets.**

- 1) All district entry times must be able to be verified by meet results entered into QuikStats. If entry times cannot be verified, the swimmer(s) will be seeded last. Bring official meet results with you to the meet.**
  
- 2) Aggregate times from the 50-Yard Freestyle and the 100-Yard Freestyle are permitted as seed times for the 200-Yard Freestyle Relay and 400-Yard Freestyle Relay, respectively. However, if aggregate times are used as seed times, the 4 swimmers posting those times must be the swimmers actually swimming in the relay(s).**
  
- 3) If an automatic timing system was used, only the first swimmer in the 200-Yard Freestyle and 400-Yard Freestyle may use an official time from those events as seed times for the 50-Yard Freestyle and 100-Yard Freestyle, respectively. QuikStats has recorded and noted if a time was the result of a leadoff swimmer in a relay.**
  
- 4) QuikStats has converted all metric times to yard times based on the conversion chart listed in the current NFHS Swimming Rule Book.**