

# **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 POWER RATINGS OR OFFICIAL MEET RESULTS. IF ENTRY TIMES CANNOT BE VERIFIED, THE SWIMMER(S) WILL BE SEEDED LAST. BRING VERIFICATION SHEETS WITH YOU TO THE MEET!**

**2) AGGREGATE TIMES FROM THE 50-YARD FREESTYLE & 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, THE FIRST SWIMMER ONLY, IN THE 200-YARD FREESTYLE RELAY AND 400-YARD FREESTYLE RELAY, MAY USE AN OFFICIAL TIME FROM THOSE EVENTS AS SEED TIMES FOR THE 50-YARD FREESTYLE AND 100-YARD FREESTYLE, RESPECTIVELY.**

**4) CONVERTED METRIC TIMES USING THE NFHS CONVERSION CHART LISTED IN THE CURRENT NFHS SWIMMING RULE BOOK ARE ALLOWED AS OFFICIAL DISTRICT ENTRY TIMES.**