Auburn High School Swimming & Diving

2019 Season

This year we will be using a tryout period. Any swims done at USA sanctioned meets will count towards making the team between August1, 2019 and November 12, 2019.

**Requirements:**

Turn in all applicable forms to high school prior to trying out.

Achieve at least 3Sectional Times as of November 5th. (See times below). The more times you make the better chance you have of making the meet. (If swimmers do not achieve 3 times and the spots are not full for Sectionals swimmers will be added based on space in events swimmers have a qualifying time in for that event)

Please email your intent to tryout to jeffdellinger@msn.com by October15.

Make at least 2 workouts per week.

Maintain academic eligibility through the State Championships.

All swimmers and divers once on the team will need to pay appropriate fees for participation.

**Participation:**

To participate with the team you may swim with Auburn Aquatics, Auburn Diving or during offered high school practice times(If you are already swimming with Auburn Aquatics you do not need to swim during the offered high school times).

High School practice times will be Monday- Thursday nights 7:30-9 pm swimming with Coach Jeff Dellinger. High School Practice once you make the team will cost $100 for the season payable to AHS Athletics.

Auburn Aquatics offers 2 options, full membership or seasonal membership. Full membership practices are offered Sunday-Friday with morning options available. Swimmers swimming with Auburn Aquatics will be placed in groups appropriate to age and ability. Seasonal membership offers practice Monday- Thursday 6-7:00 pm. Contact Auburn Aquatics for prices, [www.auburnaquatics.com](http://www.auburnaquatics.com).

To qualify for Sectionals you must qualify at a USA Swimming Sanctioned Swim Meet. You must achieve a qualifying time after August 1 and before the qualifying deadline in November. Each swimmer may swim a maximum of 2 individual events at Sectionals and we may enter a maximum of 6 swimmer in each event then the top 4 from our team that make top 16 will move on to finals. Only the top 4 from our team in each event can move on to state. Qualifying times for State must be achieved at Sectionals in Birmingham, AL Nov. 22-23. All decisions for individual events are a coach decision and are in the best interest of what will score the team the most points based on past meets and best times in a current year. It is imperative that each swimmer swim as many high school events during meets so we have the most information for making decisions on event placement as well as relays. State Championships are in Auburn, December 6-7.

Auburn diving will offer practices Tuesday and Thursday 5-7 pm with High School Diving offered Monday and Wednesday 5-7 pm. You can join Auburn Diving or join the high school side only. Divers will need to perform a 11 dive list. Diving Cost for either program will be $135/month.

All athletes are responsible for providing their own suits and goggles for competitions. Swim caps, Team T-shirts and Pullover will be provided.

Please note the State qualifying times are faster this year. The sectional qualifying times are the same as 2017.

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| Boys Sect. | Boys State |  | Girls State | Girls Sect. |
| 27.99 | 23.69 | 50 Free | 26.19 | 30.99 |
| 1:00.99 | 52.89 | 100 Free | 57.49 | 1:07.99 |
| 2:13.99 | 1:57.09 | 200 Free | 2:06.49 | 2:25.99 |
| 6:00.99 | 5:20.19 | 500 Free | 5:40.09 | 6:23.99 |
| 1:08.99 | 1:00.19 | 100 Back | 1:04.49 | 1:13.99 |
| 1:16.99 | 1:08.29 | 100 Breast | 1:13.69 | 1:24.99 |
| 1:07.99 | 58.09 | 100 Fly | 1:03.09 | 1:13.99 |
| 2:29.99 | 2:12.09 | 200 IM | 2:22.89 | 2:41.99 |