

CAA Swimming and Diving 2025
Pre-Season Meeting
Diving Prelims: Centennial High School Friday, April 4
Swim Prelims: John Glenn Middle School April 5-6
Finals: University of Minnesota April 8-9

1. Introductions:
 - a. Megan Jacobson, CAA Director of Operations
 - b. David Hulit and Lindsey Hulit Harrigan, OMNI Swim Club
 - c. Coaches
2. Communications and Season Registration
 - a. Email List -
https://docs.google.com/spreadsheets/d/1mDGv2x2QZwbMup3vFkwtsnSmCri_ULZh2mEbwtehLtQ/edit?usp=sharing (also available on the CAA Coaches page of the OMNI website.) Verify your team's contact information is correct **NOW**
 - b. CAA Team Registration by **Friday, January 10** (direct questions to Megan) - (stpaulcaa.org>Operations>Athletic Directors>Schools/Team Registration)
 - c. CAA Player Waivers and CAA Roster by **Friday, March 28**
3. General Program Topics
 - a. Dive program prelim plans
 - b. Team Co-Oping interest
 - c. Additional meet opportunities to share and/or promote with the CAA teams
 - d. Winner patches and photography for finals meet
4. CAA Participation Eligibility
 - a. Boys and Girls grades K-8
 - b. Must be enrolled a CAA member school
 - c. Participation at the high school level in swim and the CAA meet is permitted
5. CAA Championships
 - a. Download Team Manager or Team Manager - Lite **NOW**
 - b. Enter each athlete, listing their **grade** both in the "grade" and "age" fields
 - c. Load the 2025 Meet Event File (www.omnionotters.com>CAA>CAA Coaches)
 - d. Complete and submit entries from Team Manager to David at mnotters@aol.com and Lindsey at omniheadcoach@gmail.com no later than **Friday, March 21st**
6. Rule Highlights and DQ Slip
 - a. Relays
 - i. Teams may enter a maximum of 2 relays in the prelims and up to 16 relays will advance to finals. However, "A" relays are seeded first and all other relays will be seeded last according to time until empty slots are filled.
 - ii. Only "A" relays are able to earn team points and awards. All other relays will swim as exhibition only in the Finals. If a school's "A" relay team is DQ'ed, a "B" relay for the same school may still swim, but they will still not be able to earn team points or awards.
 - iii. Makeup of relay teams is left up to coaches and changes can be made at any time prior to the event being swum. One potential example would be

a case where an "A" relay has DQ'ed in the prelims. The same swimmers could replace swimmers on a "B" relay team that has advanced to finals, even though this is not considered in the spirit of the sport. However, it would be allowed, since the "B" relay team could still not score points or earn awards.

7. Combined Relays

- a. During finals only (not prelims), schools wishing to put together a relay team composed of swimmers from different schools may do so if empty lanes exist. Such teams are **not** eligible for team points or awards, nor will the results of such teams be included in the official results. Also, if the Finals for a given relay event are scheduled (in the program) to only have one heat, additional heats will **not** be added to accommodate combined relays. Entry of combined relays must be done on the night of Finals competition and will be on a "first come – first served" basis. **This rule is being put into effect for the express purpose of affording swimmers from small teams that do not have enough swimmers to field a relay team an opportunity to compete in a relay.** (Large teams already have this opportunity since they can enter additional relays into prelims and those relays can advance to finals.)

8. Diving

- a. Diving entries are not counted against the limitations of individual entries for swimming events, nor will diving scores be included with team points for swimming.

9. Swimming "Up"

- a. Swimmers are allowed to swim "up" in age group for the purpose of relays only – not for individual events. Under no circumstances are swimmers allowed to swim "down" in age group.) At least one swimmer on a relay team must be in the registered age group.

10. DQ Slip

- a. Please ask all of your coaches to review the infractions listed on the CAA DQ Slip as you plan your season practices (www.omniontters.com>CAA>CAA Coaches>"DQ Slip")