

# CENTRAL PENNSYLVANIA INTERSCHOLASTIC SWIMMING LEAGUE

## TRIPLE-DUAL MEET rules

These rules are to assist teams conducting meets with three CPISL teams at the same location and the same time. The meets will be referred to as TRIPLE-DUAL because three meets will be taking place (team A vs. team B; team A vs. team C; team B vs. team C). All rules listed are in compliance with the National Federation of High Schools and the Pennsylvania Interscholastic Athletic Association.

1. Each team may enter two relays per relay event.
  - a. One heat will be swum.
    - i. Scoring will be 8-4-2-0
2. Each team may enter three individuals per individual event. A fourth individual may be entered, but swimming as exhibition only.
  - a. Two heats will be swum.
  - b. Slowest heat will swim first.
    - i. Scoring will be 6-4-3-2-1-0
3. The host team will have lanes 2/5. The visiting teams will draw for lanes 1/4 or 3/6.
  - a. Entering more than two relays and/or four individuals, and using other team's empty lanes is not permitted.
4. Diving will be contested after the 50 freestyle.
  - a. Diving order will be determined by lane numbers.