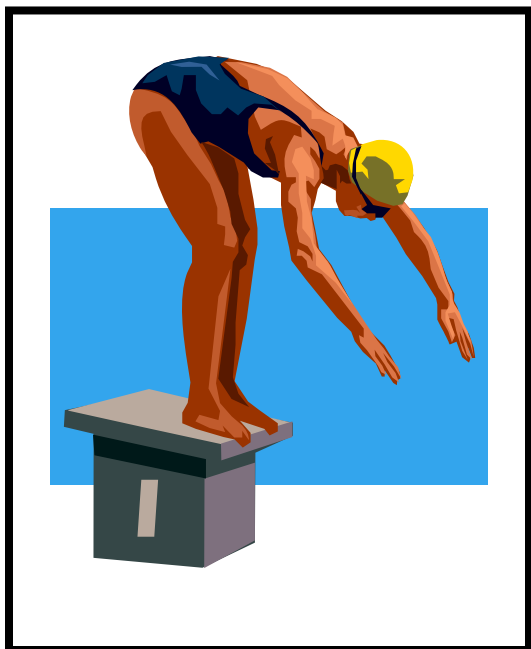


2010-2011

ARKANSAS ACTIVITIES ASSOCIATION



SWIMMING AND DIVING MANUAL

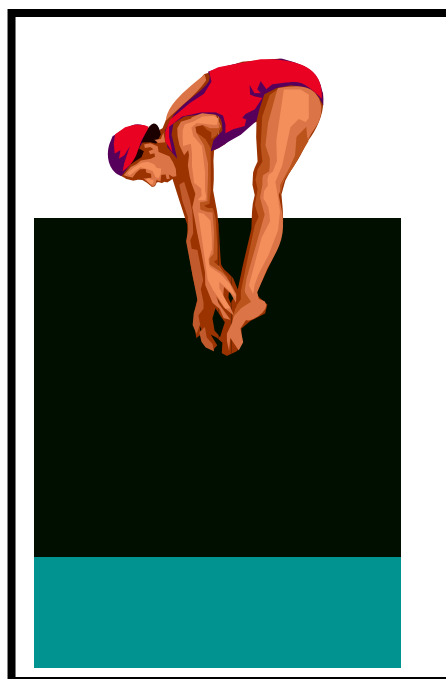
For Conducting District and
State Championships

Published by:
Arkansas Activities
Association

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2010-2011

ARKANSAS ACTIVITIES ASSOCIATION

SWIMMING AND DIVING MANUAL

Purpose: To acquaint swimming and diving coaches and administrators with the policies, rules, procedures and forms necessary for proper enforcement of regulations for swimming and diving, and to provide better first-hand information for coaches.

Limitations: This manual is not intended to cover all rules of competition (see Official Rules, below.) The manual contains Arkansas adoptions and procedure for conducting district and state championships.

Eligibility Rules: Student eligibility rules are found in the online AAA Handbook. The handbook is found at www.ahsaa.org ... Hot Links bar.

Official Rules: The official rules book for swimming and diving is the National Federation of State High School Associations Swimming and Diving and Water Polo Rules Book for the current school year.

Declarations: Schools that do not declare for swimming/diving are not eligible to compete for a state championship in this sport. Declarations are due June 1; however, schools may declare without penalty through October 9, 2010 (week #14). After October 9 there will be a \$25 late fee through January 8, 2011 (week #27) the final deadline for declarations and entries.

Required Rules Meeting: The AAA will post a rules meeting online at www.ahsaa.org in September. All swimming and diving coaches are required to log in, select "online rules meetings and "attend" by reading the posted PowerPoint presentation and any other information provided. At the end of the rules meeting be sure to click "validate" and "certify".

The Swimming and Diving Manual should be printed out and retained by each coach. The manual is an extension of the rules as applicable to AAA member schools.

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**2010-2011 ARKANSAS ACTIVITIES ASSOCIATION
SWIMMING AND DIVING MANUAL**

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FALL 2010 AAA SWIMMING-DIVING MANUAL

Regulations Governing Interscholastic Competition

GENERAL ELIGIBILITY RULES

Interscholastic competitive athletes must meet ALL eligibility rules. All eligibility and transfer rules are in the AAA Handbook, which can be accessed on the AAA's home page (www.ahsaa.org) on the "Hot Links" bar near the top of the page. For further eligibility interpretations contact the AAA office at 501-955-2500.

RULES

The official rules of the sport shall be the NFHS Swimming and Diving and Water Polo Rules Book. Specific rules of the Arkansas Activities Association are found in the AAA Handbook, the AAA Sportsmanship Manual and the AAA Swimming and Diving Manual.

ORGANIZATION

Classification and District

There shall be one statewide classification for boys and one statewide classification for girls.

Date and Site

The AAA Board of Directors is authorized to determine the date and site of the State Swimming and Diving Meet.

Administration

The Board of Directors shall be responsible for the organization and administration of meets and is authorized to formulate rules and procedures not otherwise provided for in conducting such meets.

Eligibility Lists (Athletics)

A member school must register its eligible athletes on an online eligibility list through the AAA website before the student may enter interscholastic competition. Such registration of athletes indicates they meet all AAA eligibility rules.

SEASON AND EVENT LIMITATIONS

DECLARATION DEADLINES

Practices may start at any time. There are no restrictions.

Beginning of Interscholastic Season	Week #18 (11-1-10)
Maximum Senior High Varsity Events	10
Maximum Senior High Junior Varsity Events	10
Declaration Deadline without Penalty	Week #14 (10-9-10)
Final Declaration with Penalty	Week #27 (1-8-11)
State Meet	Week #34 (2-26&27-11)

DECLARATION FOR SPORTS

Member schools shall declare each year, the sports and designated activities in which they plan to participate interscholastically. Swimming-Diving is defined as a fall/winter sport. Declarations for fall/winter sports are due by June 1.

A \$25 penalty shall be assessed for declaring for swimming after week #14. Because athletes are entered directly to the state

event schools shall be allowed to declare no later than the deadline for state meet entries (January 8, 2011)

Failure to make a declaration or amendment to a declaration by the time specified shall cause a school to forfeit the right of participation for its students in the state event. During the time declarations may be added or deleted, this must be submitted online by a school administrator.

A school failing to participate in a sport (no shows) after declaring for the sport shall forfeit the right for its students to participate in other conference, district, or state events until a \$25.00 penalty fee has been paid to the AAA office. The Executive Director has the authority to suspend the fee if the school's failure to appear for the event was unavoidable and is submitted to the director in writing.

COACHES QUALIFICATIONS

All coaches shall be either 1) full time licensed teachers in the district with a coaching endorsement, 2) full time licensed teachers in the district who have successfully completed the AAA's required coaches education program, or 3) registered volunteers as authorized by Act 1012 of the 1997 Arkansas General Assembly. See the AAA website at www.ahsaa.org. Go to Information, then Coaches Education. Also see the AAA Handbook on the Hot Links Bar on the home page for more information on coaching requirements.

Other Coaches/Student Teachers - An individual failing to meet the above requirements is ineligible to assume coaching duties during interscholastic events. A student teacher (intern) may assist with the coaching duties during the period of assignment, but in no instance may he/she assume the responsibilities of head coach or be paid for service.

SWIM- DIVE RULES AND REGULATIONS

Uniforms

1. It is recommended all swimmers and divers on the team wear suits of identical coloring and pattern. A competitor shall not be permitted to participate wearing a suit that is not of decent appearance. Boys shall wear trunks which cover the buttocks. Girls shall wear suits which cover the buttocks and breasts.
2. Competitors shall not be permitted to compete in attire (suits and caps) which includes advertising or a name other than the name of the competitor, school or mascot except a visible logo/trade name not exceeding 2 1/4 square inches and not exceeding 2 1/4 inches in any dimension and one American flag not exceeding 2 x 3 inches are permissible on each item of uniform apparel.
3. Competitors shall not wear or use any device to aid their speed or buoyancy. Goggles are permitted and a foreign substance may be applied to the body. The referee shall require a competitor using an excessive amount of a foreign substance to remove it before competing.

4. A competitor with a disability may use equipment provided if, in the judgment of the state association, no advantage is gained. The written approval of the state association must be made available to the referee.
5. A competitor shall not wear jewelry (except religious/medical medal which must be taped to the body) or objectionable attire. Hair restraint devices are considered legal, provided they are functioning and are being worn in the hair during the event. The penalty for a subsequent violation of the uniform/jewelry rule by the same competitor is disqualification in the heat/round and ineligibility for the remainder of the meet if not corrected.
6. Prior to the meet, the coach must verify with the meet referee that all his/her competitors are legally attired and not wearing jewelry. The coach is responsible for checking the athletes first.

Conduct

1. No team personnel/competitor shall act in an unsportsmanlike manner. This includes any act the referee deems unsportsmanlike, including but not limited to, the following:
 - a. making insulting or derogatory remarks, gestures or acts including taunting;
 - b. trying to influence or showing disgust with officials' decisions;
 - c. interfering with meet officials in the performance of their duties.
2. No team personnel/official/competitor shall use any form of tobacco product from the time they arrive at the site of the competition until they leave following completion of the meet.
3. No team personnel/competitor shall enter the water without the referee's approval.
4. Swimmers shall swim in their assigned lanes throughout the race and shall not interfere with a swimmer in another lane,
5. No competitor shall contact the bottom of the pool for the purpose of gaining an advantage during a race.
6. Competitors shall leave the pool promptly when requested to do so by the referee.
7. No team personnel/competitor shall perform any on-site shaving before, during or after the meet.

Penalty for One False Start

1. The swimmer or relay team is disqualified from the event and shall not swim.
2. In championship meets, when there is dual confirmation of false start by the referee and starter, the swimmer or relay team is disqualified and shall not swim.

Banners, Flags, Noisemakers

No bands of any size or nature, no noise makers (including megaphones) and no banners, emblems, balloons or signs will be permitted.

Videotaping/Filming

Video reproduction will be permitted in the spectator area but

will not be used in judging any swimming/diving event.

ON SITE REGULATIONS

Fifteen meters is 16.4 yards. It should be marked on deck so that referees can adequately judge the underwater distance of a butterfly or freestyle swimmer.

The use of a visual lap counting system is optional although a visual lap counting system must be provided. A lap counter is positioned at the end of the pool opposite the start. The lap counter changes the visual counter as the competitor makes each turn at the starting end. The solid fluorescent orange card is shown to indicate the final turn of the race.

A recall device is mandatory for all swimming events.

Medical Professionals

It is the responsibility of the host team to have trained medical assistance available at a meet.

On Deck

Only officials, coaches, athletes and qualified personnel are allowed on deck. Qualified personnel includes, referee, a starter, stroke inspectors, turn, takeoff and finish judges, timers, a scorer, a recorder, an announcer, a meet committee, and meet director. Team personnel include all coaches, managers, lap counters and participating and non-participating competitors.

Water Conditions

Water clarity will be such that the bottom and end lane line markings can be clearly seen while standing at the midpoint on either side of the pool.

It is recommended that water temperature be no less than 78 degrees Fahrenheit and no more than 82 degrees Fahrenheit. The level of the water will be at the overflow rim of the pool.

All state and local rules and regulations will be followed.

When water conditions do not meet rule specifications, the referee may declare the meet not be conducted.

Meet Committee

At a championship meet there will be a meet committee in place before the meet begins. The meet committee will consist of:

- a. Meet manager
- b. The referee ex-officio
- c. The diving referee ex-officio
- d. AAA staff member
- e. Other knowledgeable swimming and diving persons to comprise an odd number of committee members.

Note: The referee or diving referee should not serve as a member of the committee if the committee is acting on the referee's or diving referee's decision. The committee's

decision is final.

Protest

No protests are allowed on the decisions of swimming and diving officials.

DISTRICT MEET

The schools shall be divided into four districts as follows North, West, Central and South.

The schools in each district may hold a District Meet during the two weeks prior to the state meet. **This meet does not count as one of the 10 regular season meets.**

Qualifying times performed at this meet may be used for qualification to the state meet. All District performers may be named by each district.

District meets will be conducted as championship meets and must follow all National Federation rules that apply to championship meets.

STATE MEET

Rules

The Arkansas Activities Association state high school swimming and diving championships will be conducted under the rules of the NFHS 2010-11 rules and case book.

Awards

All state awards are sponsored by State Farm Insurance. Medals will be given to the first six places in each event. Team trophies will be given for state champion and state runner-up.

Tickets

General Admission - \$7.00. All AAA passes for the current school year as well as Corporate Sponsorship and Lifetime passes will be honored.

Officials

The state meet director shall appoint all officials and judges.

Housing

Each school is responsible for its own housing.

Scoring

Individual events - 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relays - Points are doubled.

Entry Forms

All entry forms must be e-mailed or faxed to the state meet host at least one week prior to state meet competition. Entry forms may be accepted until noon Monday if permission is granted by the state meet director or designee handling entries. Otherwise, entries that arrive late will not be accepted.

Entries by Teams

In championship meets, each team shall be permitted a maximum of four entries (qualifiers) in an individual event

Entries by Individuals

A competitor shall be permitted to enter a maximum of four events, no more than two of which may be individual events.

Records

The establishment of a state record will be recognized when set in the official State Meet only. Records will only be established for an event when made in that event except that the official time of the first leg of the 200 yard freestyle relay and the 400 yard freestyle relay may be considered for a state record for the 50 yard freestyle and 100 yard freestyle events respectively if the following conditions are met.

- A. Meet administration is notified in advance, and
- B. Automatic timing equipment is used following Rule 6-3 of the NFHS Rules Book or three manual timers are used following Rule 6-2 of the NFHS Rules Book.

All State

All State recognition will be given to all first and second place finishers in each event at the state meet.

Events for the State Meet

Boys and girls events for the state meet shall be as follows:

1 Meter Diving	100 Yard Freestyle
200 Yard Medley Relay	500 Yard Freestyle
200 Yard Freestyle	200 Yard Freestyle Relay
200 Yard Individual Medley	100 Yard Backstroke
50 Yard Freestyle	100 Yard Breaststroke
100 Yard Butterfly	400 Yard Freestyle Relay

DETERMINING QUALIFYING STANDARDS

Individual Events - When the 16th best performance in the state meet is better than the existing standard for the corresponding event that performance will become the new qualifying standard.

~NEW RELAY QUALIFYING~

Relay Events - When the 12th best performance in the state meet is better than the existing standard for the corresponding event that performance will become the new qualifying standard.

QUALIFYING FOR THE STATE MEET

Swimming

In order for a contestant to be entered in any swimming event in the state meet, he/she must have:

- A. Competed in two AAA sanctioned school meets or AAA member school sponsored meets in the current school season, **and**
- B. Met one of the following requirements.
 1. Met the established qualifying time or performance in the event in a competitive dual or invitational high school meet held during the

current swimming/diving season. The time entered at the state meet in an event is to be the best time swum in that event in a high school meet during this season.

2. Has a performance from a high school meet in the current season that ranks in the top 16 times entered for the event.

Diving

To be eligible for certification to the State Meet, a diver must have successfully performed the 11 dives that they will dive at the state meet at a high school invitational meet or at the district meet during the current season and meet all other participation requirements.

2010-11 NFHS Swimming / Diving Rules Changes

3-3-1 new NOTE: Clarifies the FINA mark and/or individual barcode appearing on some swimsuits is not considered a second manufacturer's logo nor a form of advertising. Such swimsuits with a FINA marking are legal for NFHS competition.

Rationale: This NOTE will clarify that new swimsuit markings required by FINA shall not be considered a second manufacturer's logo that would render the suit illegal.

3-3-2b(2): Allows placing one post-construction impermeable school name and/or logo not exceeding 9 square inches on the competitor's swimsuit.

Rationale: Clarifies that a school name and/or mascot may be placed on the suit even though it might be impermeable. The restriction on the size and number of school logos prevents coating the full or significant portion of the suit after construction to make the swimsuit impermeable.

3-3-3: Clarifies that competitors shall not wear or use any device to aid in body compression other than that which occurs by a legal swimsuit.

Rationale: One of the advantages of the technical suits that have not been disallowed was the body and muscle compression which reduced muscle fatigue during competition. This same effect could be replicated by the use of various tapes or other devices that compress muscles; therefore, a restriction to address compression is necessary. This restriction will not prohibit bandages or similar tapes applied for medical purposes or protection of injuries.

8-3-8b: Nullifies use of a lead-off time for qualifying or record in the corresponding individual event if the relay team is disqualified for Conduct or any entry rule violation under Rule 3-2.

Rationale: Currently, only a conduct violation would nullify an otherwise legal lead-off swim on a relay from being recognized as a record or qualifying time in the corresponding individual event. In addition to a conduct violation, the lead-off swim should also be nullified if there is an entry violation that would render the relay team from being entered in the race.

9-3-3 new NOTE: The signatures of the coach and diver indicate that the diver is capable of performing all of the dives listed on the diving score sheet and confirms the accuracy of the score sheet submitted.

Rationale: The required signatures on the score sheet currently confirm that both the coach and diver have reviewed the score sheet being submitted and agree on its accuracy. The signatures should also indicate, for risk minimization purposes, the diver is capable of performing all dives as listed.

9-7-4 new d: Requires a diver to demonstrate his/her attempt to come out of a twist during a dive otherwise it is unsatisfactory.

Rationale: To assist in fairness and consistency in judging a twisting dive performance, requiring the diver to demonstrate his/her attempting to come out of a twist places these dives in line with attempting to come out of the tuck or pike positions. Rule 9-5-7 defines the position of the arms when the diver completes the dive. Therefore, the diver, on a twisting dive, must demonstrate his/her attempt to come out of the twist to complete the dive.

9-7-5g: Specifies the diver's shoulders shall be used as the reference point when the feet/hands contact the water to determine whether the proper amount of twist has been achieved for the individual dive.

Rationale: The reference of a definitive body part to use when judging the completion of twists has been absent from the rule and is necessary for consistency in judging the dive.

9-7-5 new h: Stipulates a diver performing a twisting dive cannot twist the shoulders past 90 degrees before the feet leave the board.

Rationale: To perform a twisting dive, the competitor should perform the majority of the twist while off the board. The twist should not be taken out of the dive by twisting beyond 90 degrees while still having the feet on the board.

9-8-2 new a: A deduction will be given if a diver does not stop the oscillation of the board just before or after the starting position is assumed.

Rationale: It has been accepted that the diver shall stop board oscillation before or after the starting position is assumed, but a clear statement of this requirement has been omitted from the rules.

Major Editorial Changes

1-3-12 NOTE, 3-2-3, 3-2-7, 3-3-2, 8-2-2c, 9-2-1, 9-3-3c, 9-5-4, 9-8-2e

Points of Emphasis

1. No jewelry during warm-ups
2. On-site shaving is prohibited
3. Swimsuit construction and design
4. Automatic timing, judging and integration of times
5. Concussions

2011 TENTATIVE State Meet Schedule

Friday, February 25, 2011

Diving Competition

Saturday, February 26, 2011 Swimming: Order of Events

Site – TBA

200 yd Individual Medley Relay - girls
200 yd Individual Medley Relay - boys

200 yd Freestyle - girls
200 yd Freestyle - boys

200 yd Individual Medley - girls
200 yd Individual Medley - boys

50 yd Freestyle - girls
50 yd Freestyle - boys

BREAK

100 yd Butterfly - girls
100 yd Butterfly - boys

100 yd Freestyle - girls
100 yd Freestyle - boys

500 yd Freestyle - girls
500 yd Freestyle - -boys

200 yd Freestyle Relay - girls
200 yd Freestyle Relay - boys

100 yd Backstroke - girls
100 yd Backstroke - boys

100 yd Breaststroke - girls
100 yd Breaststroke - boys

400 yd Freestyle Relay - girls
400 yd Freestyle Relay - boys

QUALIFYING TIMES FOR 2011 STATE SWIM MEET
 - Updated March 10, 2010 * Changes shown in bold-
 Note: Qualifying times now added for Relay events

EVENT	EVENT NO.	GIRLS	EVENT NO.	BOYS
200 yd Medley Relay	1	2:11.15	2	1:55.70
200 yd Freestyle	3	2:12.48	4	2:00.22
200 yd Ind. Medley	5	2:34.13	6	2:21.85
50 yd Freestyle	7	27.59	8	24.16
100 yd Butterfly	11	1:09.37	12	1:03.04
100 yd Freestyle	13	59.65	14	54.01
500 yd Freestyle	15	5:55.01	16	5:41.43
200 yd Freestyle Relay	17	1:55.67	18	1:39.82
100 yd Backstroke	19	1:10.55	20	1:05.33
100 yd Breaststroke	21	1:19.86	22	1:08.52
400 yd Freestyle Relay	23	4:27.23	24	3:53.62

NOTICE

Qualifying times must be equaled or bettered in **HIGH SCHOOL MEETS ONLY**. Club meet times are not allowed in meeting the requirement.

The official time of the first leg of the 200 yard freestyle relay and the 400 yard freestyle relay may be considered for qualifying time to the state meet for the 50 yard freestyle and 100 yard freestyle events respectively if the following conditions are met:

- A. Meet administration is notified in advance, and
- B. Automatic timing equipment is used following Rule 6-3 of the NFHS Rules Book or three manual timers are used following Rule 6-2 of the NFHS Rules Book.

DIVING - In accordance with National Federation Rule 9-4-6, the following are the required dives for each week in the 2010-2011 swimming and diving season:

Dive	Weeks of:	Weeks of:	Weeks of:
Forward Group	Nov. 1	Dec. 6	Jan. 10
Back Group	Nov. 8	Dec. 13	Jan. 17
Inward Group	Nov. 15	Dec. 20	Jan. 24
Twisting Group	Nov. 22	Dec. 27	Jan. 31
Reverse Group	Nov. 29	Jan. 3	Feb. 7

**ARKANSAS HIGH SCHOOL STATE
SWIMMING-DIVING RECORDS**

- Updated March 10, 2010 -

Girls

<u>Event</u>	<u>Time</u>	<u>Record Holder</u>
50-yard Freestyle	23.75	Neka Mabry, LR Central, 1999
100-yard Freestyle	51.86	Amy Gruber, Bigelow, 2001
200-yard Freestyle	1:51.49	Brittany Massengale, Alma, 2003
500-yard Freestyle	4:52.27	Brittany Massengale, Alma, 2003
100-yard Backstroke	58.30	Lauren Tininenko, Bentonville; Shelby Cox, Pul Acdy, 2010
100-yard Breaststroke	1:05.18	Hannah Bakke, Walnut Valley, 2000
100-yard Butterfly	56.64	Charlotte Pierce, FS Southside, 1997
200-yard Ind. Medley	2:08.19	Jenny Holtzen, Fayetteville, 2010
200-yard Freestyle Relay	1:41.21	Bentonville, 2007
200-yard Medley Relay	1:50.27	Bentonville, 2007
400-yard Freestyle Relay	3:40.59	Bentonville, 2007

<u>Event</u>	<u>Points</u>	<u>Record Holder</u>
Diving	505.60	Sarah Chewning, Springdale 2010

Boys

<u>Event</u>	<u>Time</u>	<u>Record Holder</u>
50-yard Freestyle	20.97	Ellis Miller, Siloam Springs, 2009 (relay 1 st leg)
100-yard Freestyle	45.93	Ellis Miller, Siloam Springs, 2009 (relay 1 st leg)
200-yard Freestyle	1:39.41	Ellis Miller, Siloam Springs, 2009
500-yard Freestyle	4:35.34	Chris Jacobsen, Conway, 2009
100-yard Backstroke	51.60	Ellis Miller, Siloam Springs, 2008
100-yard Breaststroke	57.02	Michael Haefner, Bentonville, 2009
100-yard Butterfly	48.98	Ellis Miller, Siloam Springs, 2009
200-yard Ind. Medley	1:52.97	Michael Haefner, Bentonville, 2009
200-yard Freestyle Relay	1:28.82	Bentonville, 2008
200-yard Medley Relay	1:39.01	Bentonville, 2008
400-yard Freestyle Relay	3:14.36	Bentonville, 2010

<u>Event</u>	<u>Points</u>	<u>Record Holder</u>
Diving	433.90	Doug Tyler, Conway, 1986

Previous Arkansas High School Swimming Champions

Boys State Winners

2010 - Bentonville	1980 - LR Catholic
2009 - Bentonville	1979 - NA
2008 - Bentonville	1978 - Fayetteville
2007 - Bentonville	1977 - LR Catholic
2006 - Bentonville	1976 - Fayetteville
2005 - Bentonville	1975 - NA
2004 - LR Catholic	1974 - Fayetteville
2003 - LR Catholic	1973 - Fayetteville
2002 - LR Catholic	1972 - Fayetteville
2001 - Fayetteville	1971 - LR Hall
2000 - Fayetteville	1970 - LR Hall, Harm. Grove
1999 - Bentonville	1969 - LR Hall, Drew Central
1998 - Bentonville	1968 - Jonesboro, Drew Central
1997 - Bentonville	1967 - Jonesboro, Wilson
1996 - Bentonville	1966 - LR Hall, Wilson
1995 - Jonesboro	1965 - El Dorado, Wilson
1994 - Bentonville	1964 - Jonesboro, Warren
1993 - FS Southside	1963 - Jonesboro, Warren
1992 - FS Southside	1962 - LR Catholic, Warren
1991 - FS Southside	1961 - LR Hall, Warren
1990 - Siloam Springs	1960 - NLR, Warren
1989 - LR Catholic	1959 - Fort Smith, Warren
1988 - Conway	1958 - LR Central, Crossett
1987 - LR Catholic	1957 - Little Rock, Crossett
1986 - Fayetteville	1956 - Little Rock, Crossett
1985 - Fayetteville	1954 & 1955 - NA
1984 - LR Catholic	1952 & 1953- LR, Crossett
1983 - LR Catholic	1951 - NA
1982 - LR Catholic	1950 - NLR, Crossett
1981 - Fayetteville	

Girls State Winners

2010 - Bentonville	1980 - LR Central
2009 - Bentonville	1979 - NA
2008 - LR Mt. St. Mary	1978 - LR Mt. St. Mary
2007 - Bentonville	1977 - LR Mt. St. Mary
2006 - Bentonville	1976 - Fayetteville
2005 - Bentonville	1975 - NA
2004 - Bentonville	1974 - LR Hall
2003 - Bentonville	1973 - LR Hall
2002 - Fayetteville	1972 - LR Mt. St. Mary
2001 - LR Central	1971 - LR Hall
2000 - LR Central	1970 - LR Parkview
1999 - Fayetteville	1969 - LR Hall
1998 - Bentonville	1968 - LR Mt. St. Mary
1997 - Bentonville	1967 - LR Mt. St. Mary
1996 - Jonesboro	1966 - LR Hall
1995 - Bentonville	1965 - LR Hall
1994 - Bentonville	1964 - LR Hall
1993 - Bentonville	1963 - LR Hall
1992 - LR Central	1962 - Warren
1991 - Bentonville	1961 - LR Hall
1990 - LR Central	1960 - LR Hall
1989 - Rogers	1959 - LR Mt. St. Mary
1988 - Conway	1958 - LR Mt. St. Mary
1987 - Arkadelphia	1956 & 1957 - Little Rock
1986 - Arkadelphia	1954 & 1955 - NA
1985 - LR Mt. St. Mary	1953 - LR Mt. St. Mary
1984 - LR Mt. St. Mary	1952 - Little Rock
1983 - Siloam Springs	1951 - NA
1982 - Siloam Springs	1950 - North Little Rock
1981 - Fayetteville	