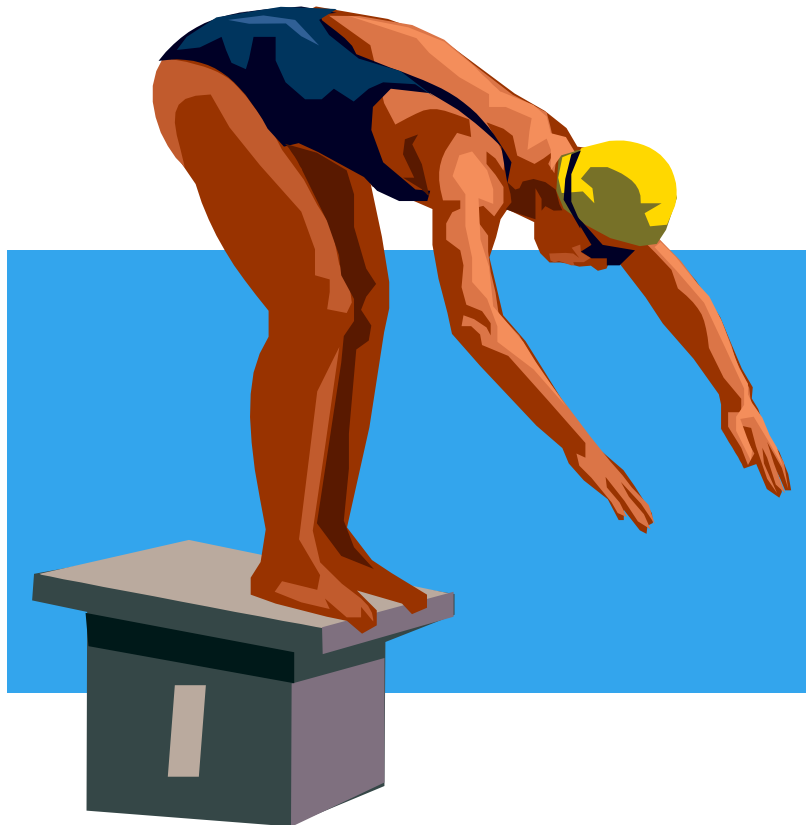




Section One
Girls Swimming Booklet
2018



Section One Girls Swimming Calendar 2018

First Practice permitted August 13, 2018 for all Conferences.

First Scrimmage permitted after 12 Practice days for Team - 10 days for Individual August 28, 2018

First Meet permitted after 12 Practice days for Team-10 days for Individual – August 28, 2018

Last Date for swim meet SCHEDULED, October 18th

Minimum Number of Contests To be eligible for sectional, intersectional or state competition, a team must have completed in six (6) school scheduled contests which occurred on six (6) different dates during the season.

Team Sports: An individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season.

Team/Individual and Individual Sports: An individual must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six (6) different dates and must be conducted prior to the conclusion. {NYSPHSAA Handbook, pg 104, #25 a}

Maximum # of Contests – 16 Per Individual

| Round | Date | Site | Time |
|-------------------------------------|-------|-----------------------------|---------------------------|
| <u>Conference Tournament</u> | | | |
| League Champs Diving | 10/19 | SUNY Purchase | 3pm warm up, 4:30pm start |
| League Swimming | 10/20 | Times TBD by site host | |
| League 1, JJCR | | Mt. Kisco Boys & Girls Club | |
| League 2, Clarkstown | | Felix Festa Middle School | |
| League 3, New Rochelle | | TBD | |
| League 4, Beacon | | Beacon HS | |

*Emergency Date for Conference Tournament – 10/21 (Sunday)

ONLINE conference entries open on Saturday, October 13, 2018 and entries close on Tuesday, October 16 at NOON. Email verification is due Wednesday, October 17 at NOON. If you do not enter your team, you WILL NOT participate in the Conference/ League Championships. If you do not verify your entries, you WILL NOT be allowed to make changes in the event of absences or illnesses the day of the Championships.

Section One Girls Swimming Calendar 2018

Section One Tournament Finals

| Round | Date | Site | Time |
|-------------------------|-------------|----------------|-------------|
| Diving – ALL | 10/29 | SUNY Purchase | 5:00pm |
| Individual/Relay Trials | 10/30 | Felix Festa MS | 5:00pm |
| Individual/Relay Finals | 11/1 | Felix Festa MS | 5:00pm |
| Rain Out Date | 11/2 | | |

All Section Meets have a 4:00pm warm-up and 5:00pm start

Individual Sports Verification Forms are due (via email) to Meg Kaplan (camelot93@optonline.net) by NOON Sunday, October 21, 2018. If the form is not received, you will not be allowed to enter your team online.

ONLINE Sectional entries open Sunday, October 21, 2018 and entries will close on Tuesday, October 23 at 8:00pm. Email verification is due Wednesday, October 24 by NOON.

State Championships

| Round | Date | Site |
|-----------------------------|-------------|--|
| Travel Day & Practice | 11/15 | Ithaca College |
| Trials-Swimming & Diving | 11/16 | Ithaca College |
| Finals-Swimming | 11/17 | |
| Travel Home-Meet Completion | 11/17 | Approx. 2:30pm with arrival in Westchester County around 6pm |

Coaches Meetings

| | Date | Site | Time |
|---------------------------|-------------|-----------------|-------------|
| Boys & Girls Swim Coaches | | | |
| Pre-Season Meeting | 8/30 | John Jay CR HS | 7:00pm |
| Executive Committee Mtg. | April 2019 | TBA | TBA |
| Westchester Officials | 9/5 | White Plains HS | 3:30pm |
| Relay Carnival | TBA | | |

Section One tournament times and sites are tentative.
The Sports Committee will finalize the tournament at the Seeding Meeting.

REMINDER: Athletic Directors should make bus reservations well in advance of regional and state play.

Section One Girls Swimming 2018

Sports Committee Members

Chairperson: Meg Kaplan

Address: PO Box 53
15 Howe Street
South Salem, NY 10590

Phone: **(Day)** (914) 631-2400 X304
(Eve) (914) 763-8860

(Email) camelot93@optonline.net

Co-Chairperson: Dr. Christopher Serra

Address: Felix Festa Middle School
30 Parrott Road
West Nyack, NY 10994

Phone: (Day) (845) 624-3970 X5565

(Email) cserra@ccsd.edu

Co-Chairperson: Matt Cameron

Address: White Plains HS
550 North Street
White Plains, NY 10605

Phone: (Day) (914) 422-2237

(Email) mattcameron@wpcsd.k12.ny.us

Committee Members:

Conference 1, Athletic Director

Conference 2, Athletic Director

Conference 3, Athletic Director

Joe Luzzi, Roy C. Ketcham HS

Chris Serra, Clarkstown CSD

Karen Peterson, Bronxville HS

Conference 1, Coaches Rep

Conference 2, Coaches Rep

Conference 3, Coaches Rep

Clare Carr, SHEDI

Patti Gilmartin, White Plains HS

Kirk Skoglund, Suffern

Other Members:

Paul McClintock

Tobey-Anne Sarracino, SHEDI

Katrina Baker, Ossining

Ron Terwilliger, Arlington

Official Association Reps: Tom Nangle, Westchester/Putnam

Margaret Stead, Boys & Girls, Rockland

Doug Olympia, Boys & Girls, Dutchess

Coaches Association:

David Holmes – North Rockland HS

106 Hammond Road, Thiells, NY 10984

Westchester/Putnam/Rockland/Dutchess

OFFICIALS

SWBOCES will assign officials for **ALL** Section One contests in cooperation with individual sports Chairpersons.

HOW TO QUALIFY FOR SECTIONAL CHAMPIONSHIPS

Championship Trials will be the fastest 32 competitors per event. If the number of qualified competitors exceeds 32, then additional swimmers will be added to complete the heat. If the number of qualified competitors falls below 32, additional swimmers with the next fastest time will be added until the field reaches a total of 32. A coach is able to enter a swimmer/diver into Sectional Championships. Online seeding opens on October 21, 2018. Entries close October 23, 2018 at NOON. If you have not entered by that time, you will not be participating.

An individual is able to qualify for Sectional Championships via a Time Standard (See attached, which is the averaged time of 16th place over the past 5 (five) years from Section One Championships) and that individual must have participated in a minimum of 6 (six) meets during the regular season to be eligible for Section Championships. The time standard must have been achieved during the high school season. You cannot be entered with a USA time. Each school may enter a maximum of 4 (four) swimmers/divers in each event, not to exceed the limit of 2 (two) relays/2 (two) individual events or 3 (three) relays/1 (one) individual event per person. Please keep in mind that State Championships is no longer a continuation of Sectional Championships, so you must declare your entries by the conclusion of Sectional Finals.

A school is able to enter 1 relay team (4 swimmers) per relay event no matter what the seed time is, **allowing each school participating in Section One Swimming representation at the Championships in at least 3 events.** (200 Medley Relay, 200 Freestyle Relay and 400 Freestyle Relay).

Championship Finals will be the top 16 competitors and places 9 – 16 in the Consolation Finals and places 1 – 8 in the Finals. A swimmer in Consolations may not qualify/finish any higher than 9th place and a swimmer in Finals may qualify/finish no lower than 8th place.

HOW TO QUALIFY FOR STATE CHAMPIONSHIPS

An individual is able to automatically qualify for State Championships by finishing first in their respective event, or by the attached in-season qualifying requirements.

Section One Swimming and Diving

Jennifer Simmons - Section 1 Executive Director - jsimmons@swbooces.org

Meg Kaplan - Section 1 Swimming and Diving Coordinator - camelot93@optonline.net

Chris Serra - Section 1 Swimming and Diving Athletic Director Coordinator - Clarkstown

Matt Cameron - Section 1 Swimming and Diving Athletic Director Coordinator - White Plains HS

In-Season Qualifying Requirements

1. All Schools are **REQUIRED** to participate in the Section One website which can be located at www.Section1swim.com. The Section will pay the fee for all 2018 – 2019 teams. Therefore there is no direct cost to your school or yourself personally. All team information which includes your school name, the head coach, assistant coach, team mascot is due to John Coombs at john@computeraide.com by **August 1** earlier would be preferred. Your final team roster is due to him with the full name of your swimmer/diver and their year in school by August 30th; i.e., Ann E. Smith - no nick names such as Annie Smith. If the athlete is also a US Swimmer, please enter their USS ID# into the system so that the times can be shared from Conference, Sectional and NYS Championships.
2. All schools must provide a representative head coach, assistant coach or athletic director to attend the Joint Mandatory coaches meeting on August 23, 2018 at 7:00pm at John Jay Cross River. **If a school is NOT represented, then they are INELIGIBLE to participate in In-Season Qualifying for the 2018 – 2019 school year.**
3. Meet results must be put into the Section 1 website within 24 hours of the meet start. Results are time stamped and if put in later than 24 hours, it will be flagged and any time which met the standard for in-season qualification will be nullified.
4. If FAT is not available, the use of 3 hand-held watches will be allowed. 1 watch will come from the lane timer, and 1 watch each from the home and visiting team (person to be determined by coach and cannot be a team member). For timing purposes during the meets, there should be a single timer behind each lane, even when FAT is available. Home school should be placed on visitors lanes and visitors should be placed on home lanes.
5. A swimmer can qualify for the 50 free and 100 free through swimming the lead off leg of the 200 Free or 400 Free relay IF all requirements of the start, stroke and finish are legal. Also, IF the relay team is disqualified, as long as it was not the lead off leg of the relay, then the time stands as valid.
6. The NYSPHSAA Protocol for Athletes to qualify must also be met for athlete to be eligible for participation in the NYSPHSAA Meet without exception.

PROTOCOL FOR ATHLETES TO QUALIFY FOR THE STATE SWIMMING AND DIVING CHAMPIONSHIPS

1. Swimmers will have the opportunity to qualify for the NYSPHSAA/NYS Federation Championship Meet if they meet the event qualifying standard during the regular season.
2. Swimmers who have qualified for the NYSPHSAA/NYS Federation Championship Meet are required to participate in their respective Sectional Championship Meet. Swimmers are not required to swim the event(s) in which they have met the qualifying standard. If circumstances out of the swimmer's control, such as injury or illness, prohibited participation in the Sectional Championship Meet, the school may appeal to the Section.
3. The Section champion in each event will represent the Section in the NYSPHSAA/NYS Federation Championship Meet. If the champion chooses not to attend the State Meet, the Section may replace the swimmer with the 2nd place finisher only if no other swimmer met the qualifying standard for that event.
4. FAT Timing (Fully Automatic Timing) or three (3) handheld watches must be used for the time to meet the qualifying standard. Divers must be scored by NFHS certified officials.

**SECTION ONE GIRLS SWIMMING AND DIVING
2018 SECTIONAL QUALIFYING TIMES**

| | |
|-----------------------|---------------------------------|
| 200 MEDLEY RELAY | <i>ONE ENTRY PER TEAM</i> |
| 200 FREESTYLE | <i>2:06.74</i> |
| 200 INDIVIDUAL MEDLEY | <i>2:21.73</i> |
| 50 FREESTYLE | <i>:26.40</i> |
| DIVING | <i>180 POINTS (3 JUDGES)***</i> |
| 100 BUTTERFLY | <i>1:03.17</i> |
| 100 FREESTYLE | <i>:58.22</i> |
| 500 FREESTYLE | <i>5:36.03</i> |
| 200 FREESTYLE RELAY | <i>ONE ENTRY PER TEAM</i> |
| 100 BACKSTROKE | <i>1:04.76</i> |
| 100 BREASTSTROKE | <i>1:14.22</i> |
| 400 FREESTYLE RELAY | <i>ONE ENTRY PER TEAM</i> |

**2018 SECTION ONE GIRLS SWIMMING AND DIVING
NYSPHSAA CHAMPIONSHIP QUALIFYING STANDARDS**

| EVENT | STANDARD |
|---------------------|-----------------|
| 200 MEDLEY RELAY | <i>1:52.35</i> |
| 200 FREESTYLE | <i>1:57.24</i> |
| 200 IM | <i>2:12.84</i> |
| 50 FREESTYLE | <i>24.84</i> |
| 1 METER DIVING | <i>440</i> |
| 100 BUTTERFLY | <i>1:00.02</i> |
| 100 FREESTYLE | <i>54.36</i> |
| 500 FREESTYLE | <i>5:14.65</i> |
| 200 FREESTYLE RELAY | <i>1:41.69</i> |
| 100 BACKSTROKE | <i>1:00.42</i> |
| 100 BREASTSTROKE | <i>1:08.60</i> |
| 400 FREE RELAY | <i>3:42.73</i> |

SECTION ONE SWIMMING AND DIVING 2018
GUIDELINES FOR CONFERENCE CHAMPIONSHIP MEET
FRIDAY, OCTOBER 19 AND SATURDAY, OCTOBER 20, 2018

1. ALL League Swimming Championship meets will take place on Saturday, October 20, 2018. Warm-up will be determined by each site director with start 1 hour after. Warm-Up times will be at the discretion of each meet director. Sites for 2018 are as follows:

League 1 - Mt. Kisco Boys & Girls Club - Host Team JJCR

League 2 - Clarkstown - Felix Festa Middle School

League 3 - SUNY Purchase - Host Byram Hills - Back up Felix Festa MS PM Meet

League 4 - Beacon High School

2. There are no cut off times for Conferences. Each team may enter up to four (4) contestants in individual events and one relay team, regardless of times. For All Conferences this is a true Championship meet. **New for 2018 - Each team will be able to enter 2 relay teams per relay event an A scoring heat relay and a B exhibition relay. In the event an A relay team is disqualified, the B relay cannot move into scoring position.**
3. Diving will be held on Friday, October 19, 2018 at SUNY Purchase (3:00pm warm-up, 4:30pm start). Divers will complete 6 dives as per dual meet format and the required dive for the meet will be from the 100 group (forward).
4. Whether or not to prepare a program will be the decision of each meet director.
5. Seeding for this meet will be completed in advance as online entries. Any team entering after the established deadline will not be included in the day's competition.
6. Each meet committee will be responsible for coaches and officials refreshments. Section One nor the Sectional Coordinator is responsible for this expense. Please divide the cost with all the teams in your league.

Section One Swimming & Diving Protest Procedure

1. Protests on judgment calls are not allowed! Only misapplication of the rules can be protested.
2. The head coach is the only person authorized to lodge a protest. (An assistant may assume the responsibility in the event the head coach is not available.)
3. Protests must be made to the Meet Referee within 1 event of the situation and recorded on the score sheet. Opposing Coach must be notified immediately.
4. All official protests on the application of the rules must be made in writing, from the HEAD COACH only, to the Section One Coordinator and AD, by 12 midnight of the day of the meet.
5. The Section One Coordinator and AD shall acknowledge receipt of a properly filed protest to both coaches and their AD's and will inform the Director of Interscholastic Athletics in a timely manner.
6. The protest committee shall review the circumstances and rule on the protest. Only the meet officials, AD's and head coaches, can be called to address the committee. *Five Members of the protest committee (with 2 alternates) will be chosen from the respective Sports Committees, at the joint meeting in September, each year.*
7. A written decision (to the coaches and AD's from both schools) will come from the AD and Sectional Coordinator with 48 hours of acknowledging the protest.
8. There will be no appeal of the protest committees' ruling. Their decision shall be final.

**SECTION ONE GIRLS SWIMMING AND DIVING
2018 LEAGUE ALIGNMENT**

League 1

Briarcliff/Pleasantville/Westlake/Valhalla
Bronxville/Tuckahoe
Croton Harmon/Hen Hud/Somers
Fox Lane
Horace Greeley
JJCR
Mamaroneck
Pelham
Sleepy Hollow/Hastings/Edgemont/Irvington
Ursuline

League 2

Ardsley
Clarkstown
Eastchester
North Rockland
Ossining
Our Lady of Lourdes
Rye/Rye Neck/Blind Brook
Scarsdale
Suffern
White Plains

League 3

Arlington
Brewster
Byram Hills
JJEF
Lakeland/Panas
New Rochelle
Pearl River
Peekskill
Poughkeepsie
Tappan Zee
Yorktown

League 4

Albertus Magnus
Beacon
East Ramapo/Spring Valley
Harrison
Keio
Nyack
Port Chester
Putnam Valley/Mahopac
RCK
Woodlands
Yonkers CSD

Individual Sport Verification

Due: October 21, 2018

Section One

Fax (914) 592-2940

*{For the sports of Boys & Girls Tennis, Golf, Gymnastics,
Bowling, Cross Country, Track, Skiing, Wrestling & **Swimming**}*

Please verify below that each person listed on this roster has met the 6 contest minimum this sports season. *This form must be submitted to Sports Chair prior to the seeding meeting.

School _____

Sport _____

Coach _____

(Name, Email, Cell)

Athletes Names

Athletes Names

1. _____

11. _____

2. _____

12. _____

3. _____

13. _____

4. _____

14. _____

5. _____

15. _____

6. _____

16. _____

7. _____

17. _____

8. _____

18. _____

9. _____

19. _____

10. _____

20. _____

Each athlete has participated in at least 6 contests during the regular season, which meets the NYSPHSAA minimum number of contests required.

Coach's Signature/Date

Athletic Director Signature/Date

**Section One
Swimming and Diving
2018**

Diving-Group of the Week

| <u>Week Beginning</u> | <u>Group Number</u> |
|---------------------------------|---------------------|
| Start of season to September 15 | 100 - Forward |
| September 16 - September 22 | 200 - Back |
| September 23 - September 29 | 400 - Inward |
| September 30 - October 6 | 500 - Twist |
| October 7 - October 13 | 300 - Reverse |
| October 14 - October 20 | 100 - Forward |
| October 21 - October 27 | 200 - Back |
| October 27 - November 3 | 400 - Reverse |

First dive shall be the voluntary dive from the required group Maximum Degree of Difficulty will be 1.8

Divisional championship required Group Number is 100.

The Dive Group of the Week will be determined at the NYSPHSAA meeting each May and will be across all sections, CHSAA and PSAL.

Should you participate in a diving competition outside of the state of New York, the dive of the week will be determined by the state you are competing in.

If you are having a dual meet at which time by prior consent of both coaches AND athletic departments with notification to BOCES for official scheduling you have decided to run an 11 dive meet you may break the meet up into 5 dives during the regular scheduled point in the meet and then have the final 6 dives at the conclusion of the swimming events. All athletes entering diving would then have to perform only an 11 dive list and there would be no six dive option. Points would be awarded based on the 11 dive finish. In addition, the dive of the week group will not apply as the coach and athlete will have to follow the 11 dive format.

**SECTION ONE SWIMMING AND DIVING 2018
TEAM OF ONE/VERIFICATION FORM**

SWIMMER/DIVERS NAME: _____

SWIMMER/DIVERS SCHOOL: _____

SCHOOL BOARD APPOINTED COACH: _____

ATHLETIC DIRECTOR: _____

SCHOOL ADDRESS: _____

SCHOOL PHONE NUMER: _____

| DATE/SITE | EVENT/TIME | EVENT/TIME | REFEREE SIGNATURE |
|------------------|-------------------|-------------------|--------------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

THIS FORM MUST BE COMPLETED FOR SIX DUAL MEET COMPETITIONS THROUGHOUT THE REGULAR SEASON AND TURNED IN WITH THE ATHLETIC DIRECTOR'S SIGNATURE ONCE COMPLETED TO THE SECTION ONE COORDINATOR AT THE SECTIONAL SEED MEETING. WITHOUT THIS FORM COMPLETED, POST-SEASON COMPETITION WILL NOT BE PERMITTED.

SIGNATURE OF ATHLETIC DIRECTOR ONCE THE FORM IS COMPLETELY FILLED OUT AND SIGNED BY APPROPRIATE REFEREE _____

Dive Order

NYSPHSAA Diving Championship

Place

Name _____ School _____ Section _____

| | NO. of Dive | Description of the Dive | Pos | Degree of Diff | Judges Score | | | | | | | Judges Net Score | Total Score | | | |
|--|-------------|--------------------------------------|------------------------------|----------------|--------------|---|---|---|---|---|--------------------|------------------|-------------|--|--|--|
| | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | |
| P R E L I M S | 1 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | | | | | |
| | 2 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | | + | | | |
| | 3 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | | + | | | |
| | 4 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | | + | | | |
| | 5 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | | + | | | |
| 2 Vol | | | | | | | | | | | | | | | | |
| 3 Opt | | | | | | | | | | | | | | | | |
| S E M I S | 6 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | + | | | | |
| | 7 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | + | | | | |
| | 8 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | + | | | | |
| 2 Vol | | | | | | | | | | | | | | | | |
| 1 Opt | | | | | | | | | | | | | | | | |
| F I N A L S | 9 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | + | | | | |
| | 10 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | + | | | | |
| | 11 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | + | | | | |
| 1 Vol | | | | | | | | | | | | | | | | |
| 2 Opt | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | Final Score | | | | | |

Championship Diving Requirements (5 Voluntary/6 Optional)

The five voluntary Dives shall come from each of the five groups with their assigned dd and have a sum total of 9.0 or less.

The six optional dives shall include at least one chosen from each of the five groups. No more than one optional dive from the same group is permitted through semi-finals.

All five groups must be represented in the first eight rounds.

| | | |
|--------------------------|--------------------------|----------------|
| <i>Coach's Signature</i> | <i>Diver's Signature</i> | <i>Referee</i> |
|--------------------------|--------------------------|----------------|