

2014-2015

SECTION

IX

**GIRLS AND BOYS
SWIMMING & DIVING HANDBOOK**

**COORDINATORS:
Mr. Pat Ryan – GIRLS
Mr. Scott Warner – BOYS**

SECTION 1
(Contact Information)

Girls' Swimming & Diving Contact List 2014 – 2015

Organization	Contact	Phone (day)	Home/Cell	Email
Section 9 Chair	Pat Ryan	Office: 497-4023	(845) 800-0930 C	pryan@ws.k12.ny.us
OCIAA Chairman	Greg Voloshin	AD Office: (845) 615-6161 Fax: (845) 615-6163	(845) 258-0050 C	Gregory.voloshin@ gcsny.org
Cornwall	Guy Maisonet	AD Office: 534-8009 Ext 7504	(914) 213-0538 C (845) 534-4816 H	GMaisonet@ cornwallschools.com
F.D. Roosevelt	Sean Ryan	AD Office: 229-4020 Ext.1290	(914) 456-4488 C	200flyswimmer@ gmail.com
Kingston	Chris Sammons	AD Office: 943-3736	(845) 389-9644 C (845) 389-9980 H	swangsong73@yahoo.com
Marlboro	Ray LeDuc	AD Office: 236-5806	(845) 591-4500 C (845) 236-7439 H	RAYMOND.LEDUC@ marlboroschools.org
Middletown	Frank Woodward	AD Office: 326-1532	(845) 649-8627 C (845) 343-5864 H	kscldad@gmail.com
Minisink Valley	Jeremy Cuebas	AD Office: 355-5172	(631) 494-5954 C	jcuebas@minisink.com
Monroe- Woodbury	Justin Wright	AD Office: 460-6245 Ext. 6249	(845) 656-0220 C	jwright@mw.k12.ny. us
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Newburgh	Pat Kavanagh	AD Office: 563-5419	(914) 522-1964 C	pkavanag@necsd.net
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Rhinebeck	Dave Aierstok	AD Office: 871-5500 Ext. 5535	(845) 853-3962 C	daierstok@rhinebeck. csd.org
Valley Central	Scott Warner	AD Office: 457-2400 Ext. 17886	(845) 494-3744 C (845) 778-9032 H	scott.warner@ valleycentralschools.org
Warwick	Antoniette Quinn	AD Office: 987-3050 Ext. 2082	(845) 987-0547 C	jpquinn@optonline.net
Washingtonville	Dawn Sroczynski	AD Office: 497-4000 Ext. 24562	(845) 401-0885 C (845) 562-2831 H	dawnsro@yahoo.com
Section 9 web site	John Coombs	Office fax: (845) 566-0378	(845) 913-6570 C (845) 566-9389 H	john@computeraide.com

Boys' Swimming & Diving Contact List

2014 – 2015

Organization	Contact	Phone (day)	Home/Cell	Email
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Pine Bush	Kevin Blackwell	AD Office: 744-2031 Ext. 3607	(845) 234-3422 C	kevblackwell3@ hotmail.com
Valley Central	Scott Warner	AD Office: 457-2400 Ext. 17886	(845) 494-3744 C (845) 778-9032 H	scott.warner@ valleycentralschools.org
Warwick	John Quinn	AD Office: 987-3050 Ext. 2082	(845) 987-0547 C H	jpquinn@optonline.net
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Section 9 web site	John Coombs	Office fax: (845) 566-0378	(845) 913-6570 C (845) 566-9389 H	john@computeraide.com
Section 9 Girls Coord.	Pat Ryan	(845) 497-4023	(845)-800-0930 C	pryan@wash

Times Herald Record Information

Mailing address: Times Herald-Record 40 Mulberry St. Middletown, NY 10940

Try to post results to section9swim.com before 9 pm after all meets so that they may be reported in the next days edition of the paper.

Primary Contact:	Will Montgomery	Office: (845) 346-3194	(845) 518-312-1290 C	wmontgomery@ th-record.com
Other reporters:	Justin Rodriqz	Office: (845) 346-3192		jrodriquez@ th-record.com
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If you are out of town or area you may call 1- 800- 295 – 2181 Ext. 3191 or fax to (845) 342-6024 and remember you can always email.

SECTION 2
(Qualifying)

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 2ⁿ place finisher only if no other swimmer met the qualifying standard for that event. If a Section has more than one (1) class meet, the fastest individual from the final day of competition from all the classes would be the eligible athlete to move on as well as any other swimmer who met the qualifying standard.
4. FAT Timing (Fully Automatic Timing) or three (3) hand held watches must be used for the time to meet the qualifying standard. Divers must be scored by NFHS certified

	Girls NYS 2014-'15 Qualifier Times (Frozen from last year)	*Times are unofficial until approved by NYS Ex. Council	Boys NYS 2014-'15 Qualifier Times (Frozen from last year)
200 Med Relay	1:52.35		1:40.67
200 Freestyle	1:57.24		1:47.60
200 Ind. Medley	2:12.84		2:00.63
50 Freestyle	:24.84		:22.19
Diving (11)	409.55 pts.		420.35 pts.
100 Butterfly	1:00.02		:53.95
100 Freestyle	:54.36		:48.76
500 Freestyle	5:14.65		4:52.52
200 Freestyle Relay	1:41.69		1:30.12
100 Backstroke	1:00.42		:54.82
100 Breaststroke	1:08.60		1:01.20
400 Freestyle Relay	3:42.73		3:18.87

**Girl's Meet in Ithaca, NY
November 21 & 22, 2014**

**Boy's Meet in Ithaca, NY
February 27 & 28, 2015**

SECTION 9 QUALIFYING TIMES

2014-'15 Girls Section 9 Qualifier Times

2014-'15 Boys Section 9 Qualifier Times

200 Med Relay	1 per Team	1 per Team
200 Freestyle	2:15.68	
200 Ind. Medley	2:34.64	
50 Freestyle	:27.82	
Diving (6)	140 pts.	140pts.
Diving (11)	220 pts	250 pts
100 Butterfly	1:12.35	
100 Freestyle	1:01.57	
500 Freestyle	6:09.42	
200 Freestyle Relay	1 per Team	1 per Team
100 Backstroke	1:10.46	
100 Breaststroke	1:20.10	
400 Freestyle Relay	1 per Team	1 per Team

***All blank times slots must be approved at the yearly seasonal coaches' rules meeting in Goshen**



National Interscholastic Swimming Coaches Association 2014-2015 NISCA/Speedo Swimming All-America

Yard Time Standards

*Top 100 Athletes determined by time will be recognized
as All-America in individual and relay events.*

<i>Boys All-America</i>		<i>High School</i>	<i>Girls All-America</i>	
<u>Automatic</u>	<u>Consideration</u>	<u>Event in Yards</u>	<u>Consideration</u>	<u>Automatic</u>
1:34.34	1:35.97	200 Medley Relay	1:47.88	1:45.88
1:39.30	1:40.99	200 Freestyle	1:51.07	1:49.35
1:50.73	1:52.91	200 Individual Medley	2:04.94	2:02.84
:20.79	:21.09	50 Freestyle	:23.75	:23.35
:49.51	:50.49	100 Butterfly	:56.12	:55.02
:45.40	:46.08	100 Freestyle	:51.51	:50.68
4:30.05	4:35.06	500 Freestyle	4:57.64	4:52.32
1:25.18	1:26.61	200 Freestyle Relay	1:37.78	1:36.23
:49.95	:51.23	100 Backstroke	:56.62	:55.39
:56.57	:57.64	100 Breaststroke	1:04.89	1:03.46
3:07.00	3:10.08	400 Freestyle Relay	3:32.56	3:29.26



Back to All-America

SECTION 3
(Championship Meets)

SAMPLE

OCIAA GIRLS CHAMPIONSHIP MEET GUIDELINES

Diving-Friday, Oct. 24, 2014
Swimming-Saturday, Oct. 25, 2014

ENTRY INFORMATION

- **Coaches must submit their entries via the “on-line” entry form at www.section9swim.com. FAX entries not permitted!**
- Each team is permitted a maximum of 36 individual entries and 1 relay for each relay event.
- Unless otherwise agreed upon by a majority of the OCIAA coaches, National Federation Rules will govern the OCIAA Championship Meet.

GENERAL MEET FORMAT-SWIMMING

- The OCIAA Championship Meet is a TIMED FINAL meet.
- Heats will be swum slowest to fastest.
- Since the diving competition is on a different day, there will be a minimum of a 20-minute break after Event No. 4 (50-yard freestyle).

GENERAL MEET FORMAT-DIVING

- The diving event in the OCIAA Championship Meet is an 11-dive format competition.
- Since the meet is a TIMED FINAL meet, all divers will perform all 11 dives regardless of the number of divers entered.
- If a diver fails to finish the diving competition, they will be disqualified from the event.
- The dive sheets must be filled out on the official dive sheet and turned in 1 hour prior to the start of competition.

SCORING

- Scoring will be scored to 16 places utilizing National Federation High School rules.

AWARDS

- There will be a Team Championship Plaque.
- There will be medals awarded to the top 8 finishers in each individual event.
- There will be medals awarded to the top 8 finishers in each relay event.

MISCELLANEOUS

- A Championship Meet Committee will consist of two participating coaches and the meet referee.
- The Orange/Ulster BOCES Athletic Coordinator in conjunction with the OCIAA Athletic Director Swimming Chairperson will assign officials for the OCIAA Championship Meet.

ENTRY DEADLINES

”On-Line” Entry (www.section9swim.com)

DUE

Wednesday, October 22, 2014 by 11:00 PM

Verify by e-mail on Thursday, October 23rd by 7:00 PM

Note – For technical assistance regarding entries, please contact John Coombs at 566-9389

ONCE PSYCH SHEET GOES OUT ON WEB LIVE – THERE ARE NO CHANGES ONLY SCRATCHES

SAMPLE

OCIAA BOYS CHAMPIONSHIP MEET GUIDELINES

Diving – January 30, 2015 (3:30 PM)

Swimming - January 31, 2015 (10:30 AM)

ENTRY INFORMATION

- **Coaches must submit their entries via the “on-line” entry form at www.section9swim.com. FAX entries not permitted!**
- Each team is permitted a maximum of 36 individual entries and 1 relay for each relay event.
- Unless otherwise agreed upon by a majority of the OCIAA coaches, National Federation Rules will govern the OCIAA Championship Meet.

GENERAL MEET FORMAT-SWIMMING

- The OCIAA Championship Meet is a TIMED FINAL meet.
- Heats will be swum slowest to fastest.
- Since the diving competition is on a different day, there will be a minimum of a 20-minute break after Event No. 4 (50-yard freestyle).

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- If a diver fails to finish the diving competition, they will be disqualified from the event.
- The dive sheets must be filled out on the official dive sheet and turned in 1 hour prior to the start of competition.

SCORING

- Scoring will be for the top 16 places utilizing National Federation High School rules.

AWARDS

- There will be a Team Championship Plaque.
- There will be medals awarded to the top 8 finishers in each individual event.
- There will be medals awarded to the top 8 finishers in each relay event.

MISCELLANEOUS

- A Championship Meet Committee will consist of two participating coaches and the meet referee.
- The Orange/Ulster BOCES Athletic Coordinator in conjunction with the OCIAA Athletic Director Swimming Chairperson will assign officials for the OCIAA Championship Meet.

ENTRY DEADLINES

“On-Line” Entry (www.section9swim.com)

DUE

Wednesday, January 28, 2015 by 12:00 AM (midnight)

Verify by e-mail on Thursday, January 29, 2015 by 7:00 PM

Note- For technical assistance regarding entries, please contact John Coombs at 566-9389.

ONCE PSYCH SHEET GOES OUT ON WEB LIVE – THERE ARE NO CHANGES ONLY SCRATCHES

Sample – Notice change in days (Swim Prelims, All 11 dives, Swim finals)

Section IX 2014 Girls' Swimming & Diving Championships Hosted at Valley Central High School

Thursday, November 6, 2014 (Swim Prelims) – snow date is Friday Nov. 7, 2014

Doors Open:		2:00 pm
Warm Up:	Circle Swim, all lanes	2:30 pm – 3:50 pm
	Lanes 1, 5, 8 Remain Circle Swim	3:50 – 4:20
	Lanes 2, 3, 4 Relay Take offs	
	Lanes 6 & 7 One way sprints	
Pool Cleared:		4:20pm
Coaches Meeting:		4:20 pm
Start:		4:30 pm

Friday, November 7, 2014 (Dive Prelims, Semi-finals, Finals) –snow date is Saturday, Nov. 8, 2014 prior to swim finals

Doors Open:	1:30 pm
Warm Up:	2:00 pm
Boards Close:	3:50 pm
Coaches Meeting:	3:50 pm
Start:	4:00 pm

Saturday, November 8, 2014 (Finals) – snow date is Sunday, Nov. 9, 2014 after 12 noon

Swimmers Warm up:	Circle Swim, all lanes	9:30 am – 10:15 pm
	Lanes 1, 5, 8 Remain Circle Swim	10:15 pm – 10:50 pm
	Lanes 2, 3, 4 Relay Take offs	
	Lanes 6 & 7 One way sprints	
Pool Cleared:		10:50 pm
Coaches Meeting:		10:50 pm
Start:		11:00 am

Coaches:

- Enter pool from the deck door
- If you plan on warming up at your own facility, please notify Scott Warner of when you plan to arrive at the pool for the competition.
- Discuss with your team that Valley Central will not be held responsible for any lost or stolen items, bring a lock and lock it up.

2014-2015

OCIAA Girl's Swimming & Diving

~WEEKLY REQUIRED DIVE LIST~

Week # 1 September 1– September 6 Group 100 Forward

Week # 2 September 8 – September 13 Group 200 Back

Week # 3 September 15 – September 20 Group 400 Inward

Week # 4 September 22 – September 27 Group 5000 Twist

Week # 5 September 29 – October 4 Group 300 Reverse

Week # 6 October 6 – October 11 Group 100 Forward

Week # 7 October 13 – October 18 Group 200 Back

Week # 8 October 20 – October 25 Group 400 Inward

Week # 9 October 27 - November 1 Group 5000 Twist

Any rescheduled meets always revert back to the dive group that corresponds to the original meet date.

Any meets conducted prior to the first date listed use the 100 group

2014-2015

OCIAA Boys Swimming & Diving

~WEEKLY REQUIRED DIVE LIST~

Week # 1 December 1– December 6	Group 100 Forward
Week # 2 December 8 – December 13	Group 200 Back
Week # 3 December 15 – December 20	Group 400 Inward
Week # 4 January 5 – January 10	Group 5000 Twist
Week # 5 January 12 – January 17	Group 300 Reverse
Week # 6 January 19 –January 24	Group 100 Forward
Week # 7 January 26 – January 31	Group 200 Back
Week # 8 February 2 – February 7	Group 400 Inward
Week # 9 February 9 - February 14	Group 5000 Twist

Any rescheduled meets always revert back to the dive group that corresponds to the original meet date.

Any meets conducted prior to the first date listed use the 100 group

Sample - Notice New Order of days (swim-dive-finals)

Section IX 2015 Boys' Swimming & Diving Championships Hosted at Valley Central High School

Thursday, February 12, 2015 (Swimming Prelims) - snow date is Friday, Feb. 13, 2015

Doors Open: 2:00 pm
Warm Up: Circle Swim, all lanes 2:30 pm – 3:50 pm
Lanes 1, 5, 8 Remain Circle Swim 3:50 – 4:20
Lanes 2, 3, 4 Relay Take offs
Lanes 6 & 7 One way sprints
Pool Cleared: 4:20pm
Coaches Meeting: 4:20 pm
Start: 4:30 pm

Friday, February 13, 2015 (Diving Prelims, Semi-finals, Finals) – snow date is Saturday Feb. 14, 2015

Doors Open: 1:30 pm **prior to swim finals**
Warm Up: 2:00 pm
Boards Close: 3:50 pm
Coaches Meeting: 3:50 pm
Start: 4:00 pm

Saturday, February 14, 2015 (Finals) – snow date is Sunday, Feb. 15, 2015

Swimmers Warm up: Circle Swim, all lanes 11:00 am – 12:50 pm
Lanes 1, 5, 8 Remain Circle Swim 12:20 pm – 12:50 pm
Lanes 2, 3, 4 Relay Take offs
Lanes 6 & 7 One way sprints
Pool Cleared: 12:50 pm
Coaches Meeting: 12:45 pm
Start: 1:00 pm

Coaches:

- If you plan on warming up at your own facility, please notify Scott Warner of when you plan to arrive at the pool for the competition.
- Discuss with your team that Valley Central will not be held responsible for any lost or stolen items, bring a lock and lock it up.

**ORANGE COUNTY INTERSCHOLASTIC
ATHLETIC ASSOCIATION
BOYS & GIRLS SWIMMING BY-LAWS
Adopted March 3, 2010**

- 1. The current year National Federation Rules, the NYSPHSAA Hand Book and the following OCIAA rules shall apply:**
 - A. A minimum of six participants is required to compete on a team level.**
 - B. A mandatory list of required dives for OCIAA League meets must be compiled and distributed by the Chairperson to all participating schools prior to the start of the dual meet season.**
 - C. If the host school has inadequate facilities (i.e. - diving board, water depth, starting blocks, etc.) they must inform the visiting school so that there is prior written mutual consent to conduct the meet.**
 - D. The host school must provide a minimum of one (1) timer per lane.**
 - E. Radios and tape decks are prohibited on the pool deck.**
 - F. Host team must report meet results to the Middletown Times Herald Record which is the OCIAA Official League Newspaper and to the Section IX Swimming website.**
 - G. To participate in a League Swim Meet as an individual, all necessary paperwork should be on file before the first League Swim Meet.**
- 2. Unsportsmanlike Conduct:**
 - a. When a coach is ejected from a contest please refer to NYSPHSAA Handbook # 27 Sportsmanship.**
 - b. When a swimmer(s) is ejected or disqualified from a meet for unsportsmanlike conduct, the following action will be taken:**
 - (1) First ejection - that swimmer(s) cannot participate in the next scheduled meet.**
 - (2) Second ejection - that swimmer(s) cannot participate in the next two scheduled meets.**
 - (3) Third ejection - that swimmer(s) cannot participate in any remaining scheduled meets including sectionals and any higher level of competition.**
 - b. The official that ejected the swimmer(s) will notify the OCIAA Athletic Coordinator, prior to 12:00 noon the following day, of the name(s) of the player(s) and the type of infraction(s).**
 - c. The coach of the swimmer(s) who was ejected will notify his/her Athletic Director. The Athletic Director will then contact the OCIAA Athletic Coordinator's Office to confirm that the swimmer(s) will not be allowed to participate in that school's next scheduled meet or meets as required above.**
 - d. A swimmer(s) that is ejected from a meet, will not be allowed to be present at the site of any meet that swimmer(s) has been disqualified from participating in (home or away).**
 - e. For unsportsmanlike violations that occur during the OCIAA season, penalties will carry over into sectional play. NYSPHSAA unsportsmanlike conduct rules will apply after the completion of the league season.**
- 3. Championships:**

An individual must have completed in six swim meets in order to participate in the League Championship.

There will be one conference: American. The Conference Champion will be determined by the point system: 2 points for a win, 1 point for a tie (Conference meets only). If there is still a tie after using the point system, the following will be used to determine the conference champion:

 - (1) Head-to-head between teams that are tied**
 - (2) If teams are tied after these tiebreaker procedures co-conference champions will be declared.**
- 4. Awards:**

Plaques will be awarded to each boys and girls swim teams for the following:

1 OCIAA Champion (Dual Meet Season)

1 OCIAA Championship Meet Winner

Medals: Awarded to all finalists in the OCIAA championship. Individual and Relay Events – Top 8.

OCIAA Patches: Each individual school may purchase their own patches if they choose to do so.

5. Safety Guidelines at Meets

- a. Coaches shall actively supervise their swimmers and divers during warm-up sessions at meets.
- b. The available number of lanes for swimming warm-ups must be equally divided between both schools.

Boys & Girls Swim Bi-Laws cont'd.

- c. There shall be no swimming under the diving board(s) while divers are warming up.
- d. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the block. Swimmers are not to step up on the block if there is a backstroke ready to start.
- e. Warm-up procedures shall be enforced during any breaks scheduled during the competition.
- f. Hazards on deck, in the locker rooms, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
- g. A minimum of 30 minutes of warm-up must be provided to the visiting team in the event of a late arrival.

6. Extra Heats are permitted if both schools agree by prior mutual consent. The home team does not have the prerogative to add extra heats if the visiting team does not mutually agree to do so. It is recommended that the request to conduct extra heats be made to the opposing team at least one day before the scheduled meet.

7. Rules Interpretation Meeting:

A Rules Interpretation Meeting will be held prior to each season.

