

2016-2017

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 2015 – 2016

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
Goshen	Melissa Kubek	AD Office: 615-6161	(845) 645-1458 C	danielle.dziedzic@ gcsny.org
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
New Paltz	Don Bartlett	AD Office: 256-4109	(845) 594-6721 C	dbartlett@newpaltz. k12.ny.us
Newburgh	Pat Kavanagh	AD Office: 563-5419	(914) 522-1964 C	pkavanag@necsd.net
Pine Bush	John Barth	AD Office: 744-2031 Ext. 3607	(845) 800-0875 C (845) 361-2417 H	joniceb@yahoo.com
Poughkeepsie	Galen Franchek	AD Office: 451-4896	(845) 489-7973 C (845) 463-1815 W	galengater@optonline. net
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 Sroczyński	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 2015 – 2016

Organization	Contact	Phone (day)	Home/Cell	Email
Section 9 Chair	Scott Warner	(845) 457-2400 Ext. 17147	(845) 494-3744 C (845) 778-9032 H	scott.warner@ valleycentralschools.org
OCIAA Chairman	Greg Voloshin	AD Office: (845) 615-6161 Fax: (845) 615-6163	(845) 258-0050 C	Gregory.voloshin@ gcsny.org
Cornwall	John Pinckney	AD Office: 534-8009 Ext 7504	(845) 800-3716 C	JPinckney@ cornwallschools.com
Goshen				
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	Brian Golden	AD Office: 355-5172	NO CELL (845) 386 -8363 H	bgolden@minisink.com
Monroe- Woodbury	Justin Wright	AD Office: 460-6245 Ext. 6249	(845) 656-0220 C	jwright@mw.k12.ny. us
New Paltz	Don Bartlett	AD Office: 256-4109	(845) 594-6721 C	dbartlett@newpaltz. k12.ny.us
Newburgh	Zachary Williams	AD Office: 563-5419	(845) 926-8591 C	zmwilliams88@gmail.com
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

Washingtonville	Jim Frisbie	AD Office: 497-4000 Ext. 24562	(845) 857-5871 C H	jfrisbie@ws.k12.ny.us
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@ws.k12.ny.us

Times Hearld Record Information

Mailing address: Times Hearld-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:	Sal Interdonato	Office: (845) 346-3157		sinterdonato@ th-record.com
	Ken McMillian	Office: (845) 346-3126		kmcmillian@ th-record.com
Sports Editor:	Kevin Gleason	Office: (845) 346-3193		kgleason@ th-record.com

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)

Girls Section 9 Qualifying Standards will be updated and posted in September - 2016.
Boys Section 9 Qualifying Standards will be updated and posted in November – 2016.

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 NYSPHSAA 2016 -'17 Qualifier Times

200 Med Relay **1:52.35**

200 Freestyle **1:57.24**

200 Ind. Medley **2:12.84**

50 Freestyle **:24.84**

Diving (11) **440.00**

100 Butterfly **1:00.02**

100 Freestyle **:54.36**

500 Freestyle **5:14.65**

200 Freestyle Relay **1:41.69**

100 Backstroke **1:00.42**

100 Breaststroke **1:08.60**

400 Freestyle Relay **3:42.73**

Girl's Meet in Ithaca, NY
November 17, 18 & 19, 2016

Boys NYSPHSAA 2016 -'17 Qualifier Times

1:40.67

1:47.60

2:00.63

:22.19

450.00

:53.95

:48.76

4:52.52

1:30.12

:54.82

1:01.20

3:18.87

Boy's Meet Long I., NY
March 2, 3 & 4, 2017

TBA

2016-17 SECTION 9 QUALIFYING TIMES

2016-'17 Girls Section 9 Qualifier Times

2016-'17 Boys Section 9 Qualifier Times

200 Med Relay	1 per Team	1 per Team
200 Freestyle		
200 Ind. Medley		
50 Freestyle		
Diving (6)	140 pts.	140pts.
Diving (11)	220 pts	250 pts
100 Butterfly		
100 Freestyle		
500 Freestyle		
200 Freestyle Relay	1 per Team	1 per Team
100 Backstroke		
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**

SECTION 3
(Championship Meets)

OCIAA GIRLS CHAMPIONSHIP MEET GUIDELINES

Diving Friday October 21, 2016 Swimming 22, 2016

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 19 by 10:00pm
Verify by e-mail on Thursday October 20 by 7:00pm

Note – For technical assistance regarding entries, please contact John Coombs

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

OCIAA BOYS CHAMPIONSHIP MEET GUIDELINES

Diving – TBA

Swimming - TBA

ENTRY INFORMATION

- **Coaches must submit their entries via the “on-line” entry form at www.section9swim.com. FAX entries not permitted!**
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ENTRY DEADLINES

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

DUE

TBA

Verify by e-mail

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

Section IX 2016 Girls' Swimming & Diving Championships
Hosted at Valley Central High School

Thursday, November 3, 2016 (Swim Prelims) – snow date is Friday Nov.4, 2016

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 4, 2016 (Dive Prelims, Semi-finals, Finals) –snow date is Saturday, Nov. 5, 2016

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, November 5, 2016 (Finals) – snow date is Sunday, Nov. 6, 2016 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.

2016-17
OCIAA Girl's Swimming & Diving

Will be updated after Fall Rules Meeting

~WEEKLY REQUIRED DIVE LIST~

Week # 1 August 31– September 5	Group 100 Forward
Week # 2 September 7 – September 12	Group 200 Back
Week # 3 September 14 – September 19	Group 400 Inward
Week # 4 September 21 – September 26	Group 5000 Twist
Week # 5 September 28 – October 3	Group 300 Reverse
Week # 6 October 5 – October 10	Group 100 Forward
Week # 7 October 12 – October 17	Group 200 Back
Week # 8 October 19 – October 24	Group 400 Inward
Week # 9 October 26 - October 31	Group 5000 Twist
Week # 10 November 2 - November 7	Group 300 Reverse

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

2016-2017
OCIAA Boys Swimming & Diving

Will be updated after Winter Rules Meeting

~WEEKLY REQUIRED DIVE LIST~

Week # 1 November 30– December 5	Group 100 Forward
Week # 2 December 7 – December 12	Group 200 Back
Week # 3 December 14 – December 19	Group 400 Inward
Week # 4 January 4 – January 9	Group 5000 Twist
Week # 5 January 11 – January 16	Group 300 Reverse
Week # 6 January 18 –January 23	Group 100 Forward
Week # 7 January 25 – January 30	Group 200 Back
Week # 8 February 1 – February 6	Group 400 Inward
Week # 9 February 8 - February 13	Group 5000 Twist
Week # 10 February 15 - February 20	Group 300 Reverse

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

TBA

Section IX 2016 Boys' Swimming & Diving Championships Hosted at Valley Central High School

Thursday, February 18, 2016 (Swimming Prelims) - snow date is Friday, Feb. 19, 2016

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 19, 2016 (Diving Prelims, Semi-finals, Finals) – snow date is Saturday Feb. 20, 2016 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, February 20, 2016 (Finals) – snow date is Sunday, Feb. 21, 2016

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.**