

2019-2020

SECTION

IX

**GIRLS AND BOYS
SWIMMING & DIVING HANDBOOK**

COORDINATORS:

Mr. Pat Ryan – GIRLS

Mr. Scott Warner – BOYS

Section 9 follows NFHS Swimming & Diving Rules

SECTION 1
(Contact Information)

**Girls' Swimming & Diving Contact List
2019 – 2020**

| Organization | Contact | Phone (day) | Home/Cell | Email |
|------------------------------------|-------------------------|---|--|--|
| Section 9 & OCIAA Chair | Pat Ryan | Office: 497-4023 | (845) 800-0930 C | pryan@ws.k12.ny.us |
| Burke Catholic | Rick Welch | AD Office: (845) 294-5481 | (845) 421-3978 C | rwelch@burkecathlotic.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 Freehill | AD Office: 615-6161 | (845) 645-1458 C | melissafreehill@gmail.com |
| Highland | Amanda Griffin | AD Office: 691-1031 | (845) 542-0783 marlborschools.org | amanda.griffin@marlborschools.org |
| Kingston | Chris Sammons | AD Office: 943-3736 | (845) 389-9644 (845) 389-9980 H | swangsong73@yahoo.com |
| Marlboro | Amanda Griffin | AD Office: 236-5806 | (845) 542-0783 C | Amanda.griffin@marlboroschools.org |
| Middletown | Cynthia Parise | AD Office: 326-1532 | (845) 453-41237 C | cynthia.parise@ecsdm.org |
| Minisink Valley | Megan Donnelly | AD Office: 355-5172 | (914)40-7275 C | mdonnelly@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: 256-4153 | (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 |
| 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 | scott.warner@valleycentralschools.org |

Warwick Antoniette Quinn AD Office: (845) 987-0547 C jpquinn@optonline.net
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Washingtonville Dawn Sroczynski AD Office: (845) 401-0885 C dawnsro@yahoo.com
497-4000 Ext. 24562 (845) 562-2831 H

Section 9 web site John Coombs Office fax: (845) 913-6570 C john@
(845) 566-0378 (845) 566-9389 H computeraide.com

**Boys' Swimming & Diving Contact List
2019-2020**

| Organization Section 9 & OCIAA Chair | Contact | Phone (day) | Home/Cell | Email |
|---|------------------------------------|---|--|--|
| | Scott Warner | (845) 457-2400 Ext. 17147 | (845) 494-3744 C (845) 778-9032 | scott.warner@ Hvalleycentralschools.org |
| Burke Catholic | Rick Welch | AD Office: (845) 294-5481 | (845) 421-3978 C | rwelch@burkecathlotic. org |
| Cornwall | John Pinckney | AD Office: (845) 534-8009 Ext 7504 | (845) 800-3716 C | JPinckney@ cornwallschools.com |
| FDR | Glen Burger | AD Office 229-4020 | (845) 867-6485 C (845)889-4158 H | <u>glenburger@hpcsd.org</u> |
| Goshen | Melissa Freehill | AD Office: (845) 615-6161 | (845) 645-1458 C | melissafreehill@ gmail.com |
| Kingston | Chris Sammons | AD Office: 943-3736 | (845) 389-9644 (845) 389-9980 H | swangsong73@yahoo.com |
| Marlboro & Highland | Amanda Griffin | AD Office: 236-5806 | (845)542-0783 C | amanda.griffin @ 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 | (845) 283-8575 (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 | Melissa Gruver - LaPolt | AD Office: 256-4153 | (845) 797-7258 | mgruver@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 |
| Rhinebeck | Kevin Storrs | AD Office: (845) 871-5500 Ext.5535 | (845) 399-1717 | kstorrs@roundout.k12. ny.us |
| Valley Central | Scott Warner | AD Office: 457-2400 | (845) 494-3744 C | scott.warner@valley |
| Warwick | John Quinn | AD Office: 987-3050 Ext. 2082 | (845) 987-0547 C | jpquinn@optonline.net |

| | | | | |
|---------------------------|--------------------|----------------------------|-------------------------|------------------------------|
| Washingtonville | Jim Frisbie | AD Office: | (845) 857-5871 C | jfrisbie@ws.k12.ny.us |
| | | 497-4000 Ext. 24562 | | |
| Section 9 web site | John Coombs | Office fax: | (845) 913-6570 C | john@ |
| | | (845) 566-0378 | (845) 566-9389 H | computeraide.com |
| Section 9 Girls | Pat Ryan | (845) 497-4023 | (845)-800-0930 | pryan@ws. |
| Coord. | | | | k12.ny.us |

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.

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

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.

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.

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 or swim another event in which they have qualified, then the Section may replace the swimmer with the 2nd place finisher. 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.

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 2019-'20 Qualifier Times
(Frozen from last year)**

| | |
|----------------------------|----------------|
| 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 22 & 23, 2019**

**Boys NYS 2019 -'20 Qualifier Times
(Frozen from last year)**

| |
|--------------------|
| 1:40.67 |
| 1:47.60 |
| 2:00.63 |
| :22.19 |
| 450.00 pts. |
| :53.95 |
| :48.76 |
| 4:52.52 |
| 1:30.12 |
| :54.82 |
| 1:01.20 |
| 3:18.87 |

**Boy's Meet in Long Island, NY
March 6 & 7, 2020**

SECTION 9 QUALIFYING TIMES

2019-'20 Girls Section 9 Qualifier Times

2019-'20 Boys Section 9 Qualifier Times

| | | |
|---------------------|------------|------------|
| 200 Med Relay | 1 per Team | 1 per Team |
| 200 Freestyle | 2:13.32 | 2:04.22 |
| 200 Ind. Medley | 2:33.06 | 2:22.63 |
| 50 Freestyle | :27.70 | :24.74 |
| Diving (6) | 140 pts. | 140 pts |
| Diving (11) | 220 pts | 220 pts. |
| 100 Butterfly | 1:10.67 | 1:05.92 |
| 100 Freestyle | 1:01.00 | :55.20 |
| 500 Freestyle | 5:59.09 | 5:50.01 |
| 200 Freestyle Relay | 1 per Team | 1 per Team |
| 100 Backstroke | 1:09.83 | 1:05.96 |
| 100 Breaststroke | 1:18.80 | 1:12.26 |
| 400 Freestyle Relay | 1 per Team | 1 per Team |

***All blank times slots must be approved at the yearly seasonal coaches' rules meeting when and where scheduled by the League Office**

SECTION 3
(Championship Meets)

OCIAA GIRLS CHAMPIONSHIP MEET GUIDELINES

Diving-Thursday, Oct. 24, 2019
Swimming-Saturday, Oct. 25 (Div. 1) & 26 (Div.1), 2019

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

all coaches will be notified by email (TBA)

Verify by e-mail

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

OCIAA BOYS CHAMPIONSHIP MEET GUIDELINES – Same format as girls this past Fall ‘19

Diving – February 6, 2019 (3:00 PM)

Swimming - February 7, 2020 for Division 1 (4pm) & Feb 8, 2020 for Division 2 (10:30am)

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 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 3 finishers in each individual event.

• There will be medals awarded to the top 3 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)

All coaches will be notified via email (TBA)

Verify by e-mail (TBA)

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

**Section IX 2019 Girls' Swimming & Diving Championships
Hosted at Valley Central High School**

Thursday, November 7, 2019 (Swim Prelims) – snow date is Friday Nov. 8, 2019

| | |
|------------------|--|
| 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 8, 2019 (Dive Prelims, Semi-finals, Finals) –snow date is Saturday, Nov. 9, 2019 (prior to swimming 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 9, 2019 (Finals) – snow date is Sunday, Nov. 10, 2019 after 12 noon

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

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.

2019-2020
OCIAA Girl's Swimming & Diving

~WEEKLY REQUIRED DIVE LIST~

| | |
|-----------------------|---------------|
| Week # 1 September 14 | 100 - Forward |
| Week # 2 September 21 | 200 - Back |
| Week # 3 September 28 | 400 - Inward |
| Week # 4 October 5 | 5000 - Twist |
| Week # 5 October 12 | 300 - Reverse |
| Week # 6 October 19 | 100 - Forward |
| Week # 7 October 26 | 200 - Back |
| Week # 8 November 2 | 400 - Inward |

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

2019-2020
OCIAA Boys Swimming & Diving

~WEEKLY REQUIRED DIVE LIST~

| | |
|--------------------------|-------------------|
| Week # 1 Nov 25 – Dec 1 | Group 100 Forward |
| Week # 2 Dec 2 – Dec 8 | Group 100 Forward |
| Week # 3 Dec 9 – Dec 15 | Group 200 Back |
| Week # 4 Dec 16 – Dec 22 | Group 400 Inward |
| Week # 5 Dec 23 - Dec 29 | Group 5000 Twist |
| Week # 6 Dec 30 – Jan 5 | Group 5000 Twist |
| Week # 7 Jan 6 – Jan 12 | Group 300 Reverse |
| Week # 8 Jan 13 – Jan 19 | Group 100 Forward |
| Week # 9 Jan 20 – Jan 26 | Group 200 Back |
| Week # 10 Jan 27 – Feb 2 | Group 400 Inward |
| Week #11 Feb 3 – Feb 9 | Group 5000 Twist |
| Week #12 Feb 10 – Feb 16 | 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

**Section IX 2020- Boys' Swimming & Diving Championships
Hosted at Valley Central High School**

Thursday, February 20, 2020 (Swimming Prelims) - snow date is Friday, Feb. 21, 2020

| | | |
|------------------|----------------------------------|-------------------|
| 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 21, 2020 (Diving Prelims, Semi-finals, Finals) – snow date is Saturday Feb. 22, 2020 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 22, 2022 (Finals) – snow date is Sunday, Feb. 23, 2020

| | | |
|-------------------|----------------------------------|---------------------|
| 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 August 31, 2016**

1. The current year National Federation Rules, the NYSPHSAA Hand Book and the following OCIAA rules shall apply:
 - A. A minimum of seven (7) participants is required to compete on a team level. Team size is fixed from day one of the start of the competitive season.
 - 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 MP3 players are permitted on the pool deck, with referee's discretion.
 - 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 the NYSPHSAA Handbook, Sportsmanship Standard #27.
 - B. When a swimmer(s) is ejected or disqualified from a meet for unsportsmanlike conduct, the following action is required by the NYSPHSAA Regulation, detailed in Standard #27b.
 - i. (1) First ejection - that swimmer(s) cannot participate in the next scheduled meet.
 - ii. (2) Second ejection - that swimmer(s) cannot participate in the next two scheduled meets.
 - iii. (3) Third ejection - that swimmer(s) cannot participate in any remaining scheduled meets - including sectionals and any higher level of competition.
 - C. There is no appeal to a player(s) ejection. The official's decision is final and includes the following contest(s).
 - D. The official that ejected the swimmer(s) will notify the OCIAA Athletic Coordinator, prior to 12:00 p.m. the following day, with the name(s) of the player(s) and the type of infraction(s).
 - E. The coach of the swimmer(s) who was ejected will notify his/her Athletic Administrator. The Athletic Administrator will then contact the 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.
 - F. 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).
 - G. 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 (6) high school swim meets prior to participating in the Section IX Championship Meet/State Qualifier. This does NOT include the League Championship (OCIAA).

There will be two conferences: Division 1 and Division 2. 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:

2 OCIAA League Champions (Dual Meet Season)

2 OCIAA Championship Meet Winners (division 1 & division2)

1 Section 9 Championship Meet Winner

Medals: Awarded to all finalists in the OCIAA championship. Individual and Relay Events – Top 3. Section IX will award medals to – Top 3 and any other in season - qualifier in that particular event.

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.

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 backstroker 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. 11 Dive Dual Meet Guidelines

G. A minimum of 30 minutes of warm-up must be provided to the visiting team in the event of a late arrival.

H. Feet first entries in water depth less than 9 ft.

6. **Extra Heats** are permitted if both schools agree by **prior mutual consent (24 hours ahead of start of meet), unless involving a “shadowing” school or athlete (aka team of less than 7 athletes)**. All extra heats must precede the scoring heat according to NFHS Rules.

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

8. Mergers A. Follow all section 9 rules, regulations and application process.

B. Follow all OCIAA & MHL rules, regulations and application process.

Shadowing – A team of less than 7 members will be a “shadowing” team (determined on day one of the start of the competitive season). The shadowing team will follow an identified parent team’s dual meet schedule. It is the shadowing team’s responsibility, or its named representative, to make contact with the other two participating schools one day in advance to inform them of the additional heats that will be required due to permitting all athletes to participate in the number of required events by NFHS rules.

9. All athletes from shadowing schools should be given the opportunity to swim in the faster heats if their time warrants that type of placement.

10. Lane assignments are decided upon NFHS Rules and a “shadowing team” will use the lanes assigned to the parent team they are shadowing regardless of what heat they are swimming in.

11. If any shadowing swimmer's time is equal or better, parent or shadowed school's coach makes determination "shadowing" swimmers heat.

12. If the shadowing swimmer's time is said to be faster than the parent schools third swimmer, then the shadowing schools athlete will swim in the faster heat and the parent schools third swimmer will then be placed into the extra preceding heat. To avoid swimming in a heat alone the opposing school will move its third swimmer into the same preceding heat. You will score only the deeded or named ‘third’ swimmers designated by the coaches prior to the event. Any additional lanes maybe filled with extra swimmers as exhibition.