

2018-2019

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
2018 – 2019**

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
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@
Kingston	Chris Sammons	AD Office: 943-3736	(845) 389-9644 (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	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: 256-4109	(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
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: 987-3050 Ext. 2082	(845) 987-0547 C	jpquinn@optonline.net

Washingtonville Dawn Sroczyński AD Office: (845) 401-0885 C dawnstro@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
2018 – 2019**

Organization	Contact	Phone (day)	Home/Cell	Email
Section 9 & OCIAA Chair	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@burkecatholic. 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
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New Paltz	Melissa Gruver - LaPolt	AD Office: 256-4109	(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 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.

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 2018 -'19 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 16 & 17, 2018**

**Boys NYS 2018 -'19 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 1 & 2, 2019**

SECTION 9 QUALIFYING TIMES

2018-'19 Girls Section 9 Qualifier Times

2018-'19 Boys Section 9 Qualifier Times

200 Med Relay	1 per Team	1 per Team
200 Freestyle	2:14.61	2:05.21
200 Ind. Medley	2:33.06	2:24.83
50 Freestyle	:27.82	:24.74
Diving (6)	140 pts.	140 pts
Diving (11)	220 pts	220 pts.
100 Butterfly	1:10.67	1:06.14
100 Freestyle	1:01.17	:55.20
500 Freestyle	6:02.85	5:50.01
200 Freestyle Relay	1 per Team	1 per Team
100 Backstroke	1:10.09	1:06.11
100 Breaststroke	1:20.10	1:13.15
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. 18, 2018
Swimming-Saturday, Oct. 19 (Div. 2) & 20 (Div.1), 2018

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

Tuesday, October 16, 2018 by 10:00 PM

Verify by e-mail on Wednesday, October 17, 2018 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

OCIAA BOYS CHAMPIONSHIP MEET GUIDELINES – Same format as girls this past Fall ‘18

Diving – January 31, 2019 (3:00 PM)

Swimming - February 1, 2019 for Division 2 (4pm) & Feb 2, 2019 for Division 1(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)

DUE

Tuesday, January 29, 2019 by 10 PM

Verify by e-mail on Wednesday, January 30, 2019 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

**Section IX 2018 Girls' Swimming & Diving Championships
Hosted at Valley Central High School**

Thursday, November 1, 2018 (Swim Prelims) – snow date is Friday Nov. 2, 2018

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 2, 2018 (Dive Prelims, Semi-finals, Finals) –snow date is Saturday, Nov. 3, 2018

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 3, 2018 (Finals) – snow date is Sunday, Nov. 4, 2018 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.

2018-2019
OCIAA Girl's Swimming & Diving

~WEEKLY REQUIRED DIVE LIST~

Week # 1 September 4	Group 100 Forward
Week # 2 September 11	Group 200 Back
Week # 3 September 18	Group 400 Inward
Week # 4 September 25	Group 5000 Twist
Week # 5 October 2	Group 300 Reverse
Week # 6 October 9	Group 100 Forward
Week # 7 October 16	Group 200 Back
Week # 8 October 23	Group 400 Inward
Week # 9 October 30	Group 5000 Twist
Week # 10 November 6	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

2018-2019
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 2019 Boys' Swimming & Diving Championships
Hosted at Valley Central High School**

Thursday, February 14, 2019 (Swimming Prelims) - snow date is Friday, Feb. 15, 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, February 15, 2019 (Diving Prelims, Semi-finals, Finals) – snow date is Saturday Feb. 16, 2019 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 16, 2019 (Finals) – snow date is Sunday, Feb. 17, 2019

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. 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.