

2018-2019

SECTION

IX

**GIRLS AND BOYS
SWIMMING & DIVING HANDBOOK**

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

SECTION 1
(Contact Information)
Omitted

SECTION 2 (Qualifying)

Boys Section 9 Qualifying Standards will be updated and posted in November.

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 2018-19 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 15, 16 & 17, 2018

Boys NYSPHSAA 2018-19 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
Feb. 28, March 1&2, 2019

TBA

2018 - 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	2:13.32	
200 Ind. Medley	2:33.06	
50 Freestyle	27.70	
Diving (6)	140 pts.	140pts.
Diving (11)	220 pts	250 pts
100 Butterfly	1:10.67	
100 Freestyle	1:01.17	
500 Freestyle	6:00.95	
200 Freestyle Relay	1 per Team	1 per Team
100 Backstroke	1:10.09	
100 Breaststroke	1:19.95	
400 Freestyle Relay	1 per Team	1 per Team

***All blank times slots must be approved at the seasonal coaches' rules interpretation meeting**

SECTION 3
(Championship Meets)

OCIAA GIRLS CHAMPIONSHIP MEET GUIDELINES

Diving Thursday October 18, 2018 Swimming October 19 & 20, 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 Wednesday October 17 by 10:00pm
Verify by e-mail on Thursday October 18 by 7:00pm

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

PLEASE NOTE: ONCE PSYCH SHEET IS POSTED LIVE – THERE CAN BE NO ENTRY CHANGES - ONLY SCRATCHES

OCIAA BOYS CHAMPIONSHIP MEET GUIDELINES

Diving – TBA

Swimming - TBA

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ENTRY DEADLINES

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DUE

TBA

Verify by e-mail

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

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

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

2018 - 2019

OCIAA Girl's Swimming & Diving

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

~WEEKLY REQUIRED DIVE LIST~

Start of Season – September 15 100 – Forward

September 16 – September 22 200 – Back

September 23 – September 29 400 – Inward

September 30 – October 6 5000 – Twist

October 7 – October 13 300 – Reverse

October 14 – October 20 100 – Forward

October 21 – October 27 200 – Back

October 28 – November 3 400 – Inward

- ✓ If a school is competing outside of New York or is hosting a team outside of New York, coaches of both teams MUST agree on a voluntary dive 24 hour before the meet is contested.
- ✓ Meets rescheduled due to weather or some other unforeseen reason will use the dive from the originally scheduled date.
- ✓ Divers may use any dive from the scheduled group as their voluntary dive, but must be listed with a degree of difficulty no higher than 1.8.

Approved 5/10/18: Girls Swimming and Diving Committee

2018-2019 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

(Will Update After Fall Rules Meeting)

TBA

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

Thursday, February 14, (Swimming Prelims) - snow date is Friday, Feb. 15,

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, (Diving Prelims, Semi-finals, Finals) – snow date is Saturday Feb. 16,

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 16, (Finals) – snow date is Sunday, Feb. 17,

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.