

**2019-2020**

**SECTION**

**IX**

**GIRLS AND BOYS  
SWIMMING & DIVING HANDBOOK**

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

## **POST SEASON DATES & LOCATION**

### OCIAA Championship

October 24 Diving at Cornwall

October 25 Division 1 Swimming at Washingtonville

October 26 Division 2 Swimming at Washingtonville

### Section IX Championship

Nov 7-8-9 at Valley Central

### NYSPHSAA Championship

Nov 21-22-23 Ithaca College

## **(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 2<sup>n</sup> 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 2019 - 2020 Qualifier Standards

200 Medley	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 Free Relay	1:41.69
100 Backstroke	1:00.42
100 Breaststroke	1:08.60
400 Freestyle Relay	3:42.73

**2019-20 NYSPHSAA GIRLS STATE CHAMPIONSHIP MEET WILL BE HELD IN ITHACA, NY AT ITHACA COLLEGE ON NOVEMBER 21,22,and 23 2019.**

### **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**

Doors Open:	1:30 pm	<b>prior to swim finals</b>
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	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.

**Qualifying standards, Updates and Changes will be posted on our web site: [SECTION9SWIM.COM](http://SECTION9SWIM.COM)**

**Girls Section 9 Championship Meet Qualifying Standards 2019-20**

**Girls Section Standards 2019**

<b>Event</b>	<b>Standard</b>
<b>200 Medley Relay</b>	<b>1/Team</b>
<b>200 Freestyle</b>	<b>2:13.32</b>
<b>200 Individual Medley</b>	<b>2:33.06</b>
<b>50 Freestyle</b>	<b>27.70</b>
<b>Diving (6)</b>	<b>140.00 pts</b>
<b>Diving (11)</b>	<b>250.00 pts</b>
<b>100 Butterfly</b>	<b>1:10.67</b>
<b>100 Freestyle</b>	<b>1:01.00</b>
<b>500 Freestyle</b>	<b>5:59.09</b>
<b>200 Freestyle Relay</b>	<b>1/Team</b>
<b>100 Backstroke</b>	<b>1:09.83</b>
<b>100 Breaststroke</b>	<b>1:18.80</b>
<b>400 Freestyle Relay</b>	<b>1/Team</b>

Divisions

**Division I - Kingston, Middletown, Monroe-Woodbury, Newburgh Free Academy, Pine Bush, Valley Central, Warwick, Washingtonville**

**Division II - Burke Catholic, Cornwall, F.D. Roosevelt, Goshen, Highland, Marlboro, Monticello Minisink Valley, New Paltz, Rondout Valley, S.S. Seward, Rhinebeck, Wallkill**

# (Championship Meets)

## 2019-20 OCIAA GIRLS CHAMPIONSHIP MEET DATES & GUIDELINES

THURSDAY OCTOBER 24 DIVING CORNWALL HS 3:30

FRIDAY OCTOBER 25 DIVISION 1 SWIMMING WASHINGTONVILLE HS 4:00 PM

SATURDAY OCTOBER 26 DIVISION 2 SWIMMING WASHINGTONVILLE HS 10:00 AM

### ENTRY INFORMATION

- **Coaches must submit their entries via the “on-line” entry form at [www.section9swim.com](http://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 \(www.section9swim.com\)](http://www.section9swim.com)

**THE ENTRY DUE DATE WILL BE POSTED ON THE WEB SITE - SECTION9SWIM.COM**

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

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

## **Awards:**

### **Plaques:**

2 - Regular Season Division Champion Plaque one for each divisions

2 - OCIAA Division Championship Plaque for overall team winner at championship meets.

### **Medals:**

Due to the split division championships, we will be giving out medals to first, second and third place finishers only in all events at the OCIAA Division Championships.

### Divisions

**Division I - Kingston, Middletown, Monroe-Woodbury, Monticello, Newburgh Free Academy, Pine Bush, Rondout Valley, S.S. Seward, Valley Central, Warwick, Washingtonville**

**Division II - Burke Catholic, Cornwall, F.D. Roosevelt, Goshen, Highland, Marlboro, Minisink Valley, New Paltz, Rhinebeck, Wallkill**

**\*Make sure to select all schools when looking at schedules on the OCIAA web site tab, SPORTS PAC, for multiple schools coming to meets.**

There will be two divisions: Division 1 and Division 2. The Division Champion will be determined by the point system: 2 points for a win, 1 point for a tie (Division meets only). If there is still a tie after using the point system, the following will be used to determine the regular season Division champion:

1. Head to Head overall between teams tied.
2. Points allowed between tied teams
3. Record vs. the team occupying the next highest position in division standings
4. Points allowed vs. the team occupying the next highest position in division standings

### **OCIAA Sportspac Online link:**

[http://ociaa.ouboces.org/sportspaconline\\_new/oecgi3.exe/O4W\\_WRAPPER?ID=O4W\\_SPAKONLINE\\_HOME](http://ociaa.ouboces.org/sportspaconline_new/oecgi3.exe/O4W_WRAPPER?ID=O4W_SPAKONLINE_HOME)

By-Laws: <http://ociaa.ouboces.org/bylaws/boysandgirlsswimbylaws.pdf>

### **Section 9 Swimming and Diving Link:**

<http://www.section9swim.com/>

### **New York State Public High School Athletic Association Link:**

<http://www.nysphsaa.org/>

### **National Federation Link:**

<https://www.nfhs.org/>

# 2019-2020

## OCIAA Girl's Swimming & Diving

### ~WEEKLY REQUIRED DIVE LIST~

Start of Season - September 14	Group 100 Forward
September 15 -21	Group 200 Back
September 22- 28	Group 400 Inward
September 29 – October 5	Group 5000 Twist
October 6 – 12	Group 300 Reverse
October 13 - 19	Group 100 Forward
October 20 - 26	Group 200 Back

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



**ORANGE COUNTY INTERSCHOLASTIC  
ATHLETIC ASSOCIATION  
BOYS & GIRLS SWIMMING BY-LAWS**

Updated August 9, 2017

1. The current year National Federation Rules, the NYSPHSAA Hand Book and the following OC1AA 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. This includes but is not limited to the League Championship (OCIAA), Section IX Championship, NYS Championship

There will be two divisions: Division 1 and Division 2. The Division 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 regular season Division champion:

1. Head to Head overall between teams tied.
2. Points allowed between tied teams
3. Record vs. the team occupying the next highest position in division standings
4. Points allowed vs. the team occupying the next highest position in division standings

### 4. Awards:

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

- 2 OCIAA Division Champion (Dual Meet Season)
- 1 OCIAA Division 1 Meet Winner
- 1 OCIAA Division 2 Meet Winner
- 1 Section 9 Championship Meet Winner

Medals: Awarded to first, second and third place in the OCIAA Division Championships. Individual and Relay Events — Top 3.

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.

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 dedeed or named 'third' swimmers designated by the coaches prior to the event. Any additional lanes maybe filled with extra swimmers as exhibition.