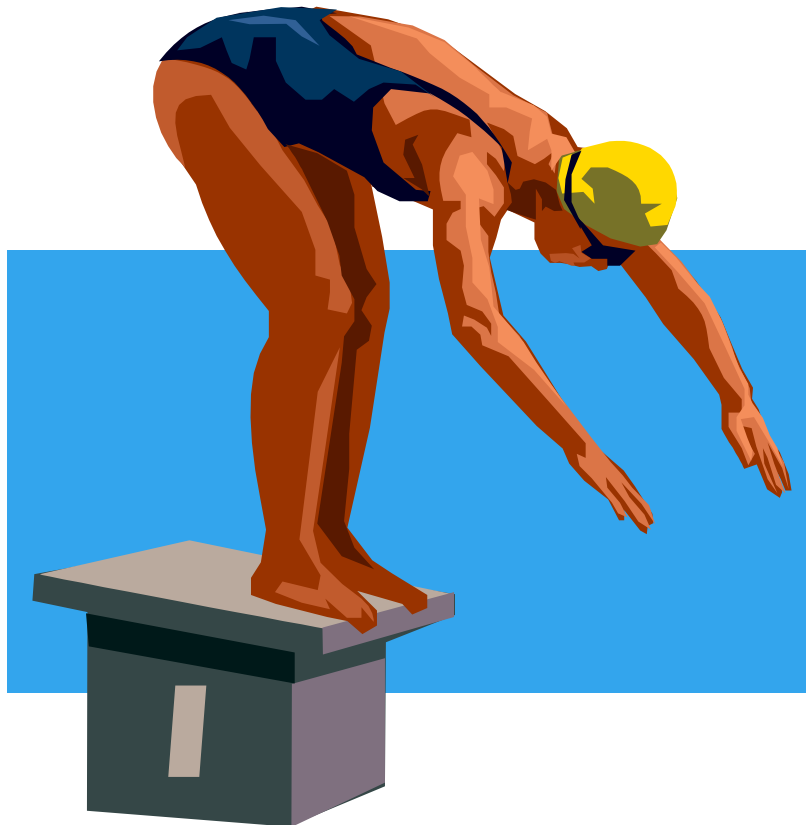




Section One
Girls' Swimming Booklet
2016



Section One Girls' Swimming Calendar 2016

First Practice permitted August 22, 2016 for all Conferences.

First Scrimmage permitted after 12 Practice days for Team - 10 days for Individual
September 6, 2016

First Meet permitted after 12 Practice days for Team-10 days for Individual – Sept. 12, 2016

Last Date for swim meet SCHEDULED, October 17th **Rescheduled:** October 20th

Minimum Number of Contests To be eligible for sectional, intersectional or state competition, a team must have completed in six (6) school scheduled contests which occurred on six (6) different dates during the season.

Team Sports: An individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season. For football, a student must be an eligible participant for a minimum of three (3) contests.

Team/Individual and Individual Sports: An individual must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six (6) different dates and must be conducted prior to the conclusion. {NYSPHSAA Handbook, pg 104, #25 a}

Maximum # of Contests – 16 Per Individual

| Round | Date | Site | Time |
|---|-------------|-----------------------------|-------------|
| Conference Tournament | | | |
| League Champs Diving | 10/21 | SUNY Purchase | |
| League Swimming | 10/22 | Times TBD by site host | |
| Conference 1, League A-Clarkstown | | Felix Festa MS | |
| Conference 1, League B-White Plains | | White Plains HS | |
| Conference 2, League A-Tappan Zee | | Orangeburg MS | |
| Conference 2, League B-John Jay CR | | Mt. Kisco Boys & Girls Club | |
| Conference 3, League A-Keio | | Manhattanville College | |
| *Emergency Date for Conference Tournament – 10/23 | | | |

Conference Swimming – THIS IS AN ACT TESTING DATE – We DO NOT reschedule for ACT Testing. Please let your athletes know.

ONLINE conference entries open on Saturday, October 15, 2016 and entries close on Tuesday, October 18 at NOON. Email verification is due Wednesday, October 19 at NOON. If you do not enter your team, you WILL NOT participate in the Conference/ League Championships. If you do not verify your entries, you WILL NOT be allowed to make changes in the event of absences or illnesses the day of the Championships.

Section One Girls' Swimming Calendar 2016

Section One Tournament Finals

| Round | Date | Site | Time |
|-------------------------|-------------|----------------|-------------|
| Diving – ALL | 10/30 | SUNY Purchase | 5:00pm |
| Individual/Relay Trials | 11/2 | Felix Festa MS | 5:00pm |
| Individual/Relay Finals | 11/3 | Felix Festa MS | 5:00pm |
| Blizzard/Rain Out Date | 11/4 | | |

All Section Meets have a 4:00pm warm-up and 5:00pm start

Individual Sports Verification Forms are due (via email) to Meg Kaplan (camelot93@optonline.net) by NOON Saturday, October 22, 2016. If the form is not received, you will not be allowed to enter your team online.

ONLINE Sectional entries open Saturday, October 22, 2016 and entries will close on Tuesday, October 25 at 8:00pm. Email verification is due Wednesday, October 26 by NOON.

State Championships

| Round | Date | Site |
|-----------------------------|-------------|--|
| Travel Day & Practice | 11/17 | Ithaca College |
| Trials-Swimming & Diving | 11/18 | Ithaca College |
| Finals-Swimming | 11/19 | |
| Travel Home-Meet Completion | 11/19 | Approx. 3:30pm with arrival in Westchester County around 8pm |

Coaches Meetings

| | | | |
|---------------------------|------------|-----------------|--------|
| Boys & Girls Swim Coaches | | | |
| Pre-Season Meeting | 9/6 | John Jay HS | 7:00pm |
| Executive Committee Mtg | March 2017 | TBA | TBA |
| Westchester Officials | 9/8 | White Plains HS | 3:30pm |
| Relay Carnival | TBA | | |

Section One tournament times and sites are tentative.
The Sports Committee will finalize the tournament at the Seeding Meeting.

REMINDER: Athletic Directors should make bus reservations well in advance of regional and state play.

Section One Girls' Swimming 2016

Sports Committee Members

Chairperson: Meg Kaplan

Co-Chairperson: Karen Peterson

Address: PO Box 53
15 Howe Street
South Salem, NY 10590

Address: Bronxville High School
177 Pondfield Road
Bronxville, NY 10708-4822

Phone: **(Day)** (914) 631-2400 X304
(Eve) (914) 763-8860

Phone: **(Day)** (914) 395-0500

(Email) camelot93@optonline.net

(Email) petersok@bronxville.k12.ny.us

Committee Members:

| | | |
|-------------------------------|-------------------|-------------------------------|
| Conference 1, League A | Athletic Director | Joe Luzzi |
| Conference 1, League B | Athletic Director | Chris Serra, Clarkstown CSD |
| Conference 2, League A | Athletic Director | TBA |
| Conference 2, League B | Athletic Director | TBA |
| Conference 3, League A | Athletic Director | Karen Peterson, Bronxville HS |

| | | |
|-------------------------------|-------------|----------------------------------|
| Conference 1, League A | Coaches Rep | Ron Terwilliger, Arlington HS |
| Conference 1, League B | Coaches Rep | Patti Gilmartin, White Plains HS |
| Conference 2, League A | Coaches Rep | Dan Rafferty, Tappan Zee |
| Conference 2, League B | Coaches Rep | Meg Kaplan, John Jay CR |
| Conference 3, League A | Coaches Rep | Clare Carr, SHEDI |

Other Members: Carolyn Johnson, Fox Lane HS
Paul McClintock
Tobey-Anne Sarracino, SHEDI
Katrina Baker, Ossining

Official Association Reps: Tom Nangle, Westchester/Putnam
Margaret Stead, Boys' & Girls', Rockland
Doug Olympia, Boys' & Girls', Dutchess

Coaches Association:

Carolyn Johnson
Westchester/Putnam/Rockland/Dutchess

OFFICIALS

SWBOCES will assign officials for **ALL** Section One contests in cooperation with individual sports Chairpersons.

HOW TO QUALIFY FOR SECTIONAL CHAMPIONSHIPS

Championship Trials will be the fastest 32 competitors per event. If the number of qualified competitors exceeds 32, then additional swimmers will be added to complete the heat. If the number of qualified competitors falls below 32, additional swimmers with the next fastest time will be added until the field reaches a total of 32. A coach is able to enter a swimmer/diver into Sectional Championships. Online seeding opens on October 22, 2016. Entries close October 25, 2016 at NOON. If you have not entered by that time, you will not be participating.

An individual is able to qualify for Sectional Championships via a Time Standard (See attached, which is the averaged time of 16th place over the past 5 (five) years from Section One Championships) and that individual must have participated in a minimum of 6 (six) meets during the regular season to be eligible for Section Championships. The time standard must have been achieved during the high school season. You cannot be entered with a USA time. Each school may enter a maximum of 4 (four) swimmers/divers in each event, not to exceed the limit of 2 (two) relays/2 (two) individual events or 3 (three) relays/1 (one) individual event per person. Please keep in mind that State Championships is no longer a continuation of Sectional Championships, so you must declare your entries by the conclusion of Sectional Finals.

A school is able to enter 1 relay team (4 swimmers) per relay event no matter what the seed time is, **allowing each school participating in Section One Swimming representation at the Championships in at least 3 events.** (200 Medley Relay, 200 Freestyle Relay and 400 Freestyle Relay).

Championship Finals will be the top 16 competitors and places 9 – 16 in the Consolation Finals and places 1 – 8 in the Finals. A swimmer in Consolations may not qualify/finish any higher than 9th place and a swimmer in Finals may qualify/finish no lower than 8th place.

HOW TO QUALIFY FOR STATE CHAMPIONSHIPS

An individual is able to automatically qualify for State Championships by finishing first in their respective event, or by the attached in-season qualifying requirements.

Section One Swimming and Diving

Jennifer Simmons – Section 1 Executive Director - jsimmons@swbooces.org
Meg Kaplan – Section 1 Swimming and Diving Coordinator – camelot93@optonline.net
Karen Peterson – Section 1 Swimming and Diving Athletic Director Coordinator – Bronxville HS

In-Season Qualifying Requirements

1. All Schools are **REQUIRED** to participate in the Section One website which can be located at www.Section1swim.com. The Section will pay the fee for all 2016 – 2017 teams. Therefore there is no direct cost to your school or yourself personally. All team information which includes your school name, the head coach, assistance coach, team mascot is due to John Coombs at john@computeraide.com by **August 1** earlier would be preferred. Your final team roster is due to him with the full name of your swimmer/diver and their year in school by September 6th; i.e., Ann E. Smith no nick names such as Annie Smith.
2. All schools must provide a representative head coach, assistant coach or athletic director to attend the Joint Mandatory coaches meeting on September 6, 2016 at 7:00pm at John Jay Cross River. **If a school is NOT represented, then they are INELIGIBLE to participate in In-Season Qualifying for the 2016 – 2017 school year.**
3. Meet results must be put into the Section 1 website within 24 hours of the meet start. Results are time stamped and if put in later than 24 hours, it will be flagged and any time which met the standard for in-season qualification will be nullified.
4. If FAT is not available, the use of 3 hand-held watches will be allowed. 1 watch will come from the lane timer, and 1 watch each from the home and visiting team (person to be determined by coach and cannot be a team member). For timing purposes during the meets, there should be a single timer behind each lane, even when FAT is available. Home school should be placed on visitors lanes and visitors should be placed on home lanes.
5. A swimmer can qualify for the 50 free and 100 free through swimming the lead off leg of the 200 Free or 400 Free relay IF all requirements of the start, stroke and finish are legal. Also, IF the relay team is disqualified, as long as it was not the lead off leg of the relay, then the time stands as valid.
6. The NYSPHSAA Protocol for Athletes to qualify must also be met for athlete to be eligible for participation in the NYSPHSAA Meet without exception.

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 2nd place finisher only if no other swimmer met the qualifying standard for that event.
4. FAT Timing (Fully Automatic Timing) or three (3) handheld watches must be used for the time to meet the qualifying standard. Divers must be scored by NFHS certified officials.

**SECTION ONE GIRLS' SWIMMING AND DIVING
2016 SECTIONAL QUALIFYING TIMES**

| | |
|-----------------------|---------------------------------|
| 200 MEDLEY RELAY | <i>ONE ENTRY PER TEAM</i> |
| 200 FREESTYLE | <i>2:06.74</i> |
| 200 INDIVIDUAL MEDLEY | <i>2:21.73</i> |
| 50 FREESTYLE | <i>:26.40</i> |
| DIVING | <i>180 POINTS (3 JUDGES)***</i> |
| 100 BUTTERFLY | <i>1:03.17</i> |
| 100 FREESTYLE | <i>:58.22</i> |
| 500 FREESTYLE | <i>5:36.03</i> |
| 200 FREESTYLE RELAY | <i>ONE ENTRY PER TEAM</i> |
| 100 BACKSTROKE | <i>1:04.76</i> |
| 100 BREASTSTROKE | <i>1:14.22</i> |
| 400 FREESTYLE RELAY | <i>ONE ENTRY PER TEAM</i> |

**2016 SECTION ONE GIRLS' SWIMMING AND DIVING
NYSPHSAA CHAMPIONSHIP QUALIFYING STANDARDS**

| EVENT | STANDARD |
|---------------------|-----------------|
| 200 MEDLEY RELAY | <i>1:52.35</i> |
| 200 FREESTYLE | <i>1:57.24</i> |
| 200 IM | <i>2:12.84</i> |
| 50 FREESTYLE | <i>24.84</i> |
| 1 METER DIVING | <i>440</i> |
| 100 BUTTERFLY | <i>1:00.02</i> |
| 100 FREESTYLE | <i>54.36</i> |
| 500 FREESTYLE | <i>5:14.65</i> |
| 200 FREESTYLE RELAY | <i>1:41.69</i> |
| 100 BACKSTROKE | <i>1:00.42</i> |
| 100 BREASTSTROKE | <i>1:08.60</i> |
| 400 FREE RELAY | <i>3:42.73</i> |

SECTION ONE SWIMMING AND DIVING 2015
GUIDELINES FOR CONFERENCE CHAMPIONSHIP MEET
FRIDAY, OCTOBER 21 AND SATURDAY, OCTOBER 22, 2016

1. ALL Conference Swimming Championship meets will take place on Saturday, October 22, 2016. Warm-up will be determined by each site director with start 1 hour after. Warm-Up times will be at the discretion of each meet director. Sites for 2016 are as follows:

Conference 1, League A - Clarkstown - Felix Festa Middle School
Conference 1, League B - White Plains - White Plains High School
Conference 2, League A - Tappan Zee - South Orangeburg Middle School
Conference 2, League B - John Jay CR - Mt. Kisco Boys & Girls Club
Conference 3, League A - Keio - Manhattanville College

2. There are no cut off times for Conferences. Each team may enter up to four (4) contestants in individual events and one relay team, regardless of times. For All Conferences this is a true Championship meet.
3. Diving will be held on Friday, October 21, 2016 at SUNY Purchase (3:00pm warm-up, 4:30pm start). Divers will complete 6 dives as per dual meet format and the required dive for the meet will be from the 100 group (forward).
4. Whether or not to prepare a program will be the decision of each meet director.
5. Seeding for this meet will be completed in advance as per meet director *. Any team entering after the established deadline will not be included in the day's competition.
6. Each meet committee will be responsible for coaches and officials refreshments. Section One nor the Sectional Coordinator is responsible for this expense. Please divide the cost with all the teams in your league.

Section One Swimming & Diving Protest Procedure

1. Protests on judgment calls are not allowed! Only misapplication of the rules can be protested.
2. The head coach is the only person authorized to lodge a protest. (An assistant may assume the responsibility in the event the head coach is not available.)
3. Protests must be made to the Meet Referee within 1 event of the situation and recorded on the score sheet. Opposing Coach must be notified immediately.
4. All official protests on the application of the rules must be made in writing, from the HEAD COACH only, to the Section One Coordinator and AD, by 12 midnight of the day of the meet.
5. The Section One Coordinator and AD shall acknowledge receipt of a properly filed protest to both coaches and their AD's and will inform the Director of Interscholastic Athletics in a timely manner.
6. The protest committee shall review the circumstances and rule on the protest. Only the meet officials, AD's and head coaches, can be called to address the committee. *Five Members of the protest committee (with 2 alternates) will be chosen from the respective Sports Committees, at the joint meeting in September, each year.*
7. A written decision (to the coaches and AD's from both schools) will come from the AD and Sectional Coordinator with 48 hours of acknowledging the protest.
8. There will be no appeal of the protest committees' ruling. Their decision shall be final.

**SECTION ONE GIRLS' SWIMMING AND DIVING
2016 LEAGUE ALIGNMENT**

Conference 1

League A

Arlington
Clarkstown North
Clarkstown South
East Ramapo/Spring Valley
John Jay EF
North Rockland
Roy C. Ketcham
Suffern

Conference 1

League B

Fox Lane
Horace Greeley
Mamaroneck
New Rochelle
Ossining
Port Chester
Scarsdale
Ursuline
White Plains
Yorktown

Conference 2

League A

Albertus Magnus
Byram Hills
Eastchester
Harrison
Pearl River
Pelham
Rye
Tappan Zee

Conference 2

League B

Ardsley/Hastings
Beacon
Brewster
Our Lady of Lourdes
Peekskill

Conference 3

League A

Briarcliff/Westlake/Pleasantville/Valhalla
Bronxville/Tuckahoe
Croton/Somers/Hendrick Hudson
Keio
Putnam Valley/Mahopac
Sleepy Hollow/Edgemont/Irvington
Woodlands

Individual Sport Verification

Due: October 22, 2016

Section One

Fax (914) 592-2940

{For the sports of Boys & Girls Tennis, Golf, Gymnastics, Bowling, Cross Country, Track , Skiing, Wrestling & Swimming}

Please verify below that each person listed on this roster has met the 6 contest minimum this sports season. *This form must be submitted to Sports Chair prior to the seeding meeting.

School _____

Sport _____

Coach _____

(Name, Email, Cell)

Athletes Names

Athletes Names

1. _____

11. _____

2. _____

12. _____

3. _____

13. _____

4. _____

14. _____

5. _____

15. _____

6. _____

16. _____

7. _____

17. _____

8. _____

18. _____

9. _____

19. _____

10. _____

20. _____

Each athlete has participated in at least 6 contests during the regular season, which meets the NYSPHSAA minimum number of contests required.

Coach's Signature/Date

Athletic Director Signature/Date

**Section One
Swimming and Diving
2016**

Diving-Group of the Week

| <u>Week Beginning</u> | <u>Group Number</u> |
|-----------------------|---------------------|
| September 12 | 100 |
| September 19 | 200 |
| September 26 | 400 |
| October 3 | 500 |
| October 10 | 300 |
| October 17 | 100 |
| October 24 | 200 |

First dive shall be the voluntary dive from the required group Maximum Degree of Difficulty will be 1.8

Divisional championship required Group Number is 100.

Sectional Dive Sheets (2) one-proof of 180 pts. signed by referee and Sectional Dive Order need to be brought to Divisional Championship Diving.

**SECTION ONE SWIMMING AND DIVING 2016
TEAM OF ONE/VERIFICATION FORM**

SWIMMER/DIVERS NAME: _____

SWIMMER/DIVERS SCHOOL: _____

SCHOOL BOARD APPOINTED COACH: _____

ATHLETIC DIRECTOR: _____

SCHOOL ADDRESS: _____

SCHOOL PHONE NUMER: _____

| DATE/SITE | EVENT/TIME | EVENT/TIME | REFEREE SIGNATURE |
|-----------|------------|------------|----------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

THIS FORM MUST BE COMPLETED FOR SIX DUAL MEET COMPETITIONS THROUGHOUT THE REGULAR SEASON AND TURNED IN WITH THE ATHLETIC DIRECTOR'S SIGNATURE ONCE COMPLETED TO THE SECTION ONE COORDINATOR AT THE SECTIONAL SEED MEETING. WITHOUT THIS FORM COMPLETED, POST-SEASON COMPETITION WILL NOT BE PERMITTED.

SIGNATURE OF ATHLETIC DIRECTOR ONCE THE FORM IS COMPLETELY FILLED OUT AND SIGNED BY APPROPRIATE REFEREE _____.

Dive Order

NYSPHSAA Diving Championship

Place

Name _____ School _____ Section _____

| | NO. of Dive | Description of the Dive | Pos | Degree of Diff | Judges Score | | | | | | | Judges Net Score | Total Score | | | |
|--|-------------|--------------------------------------|------------------------------|----------------|--------------|---|---|---|---|---|--------------------|------------------|-------------|--|--|--|
| | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | |
| P R E L I M S | 1 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | | | | | |
| | 2 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | | + | | | |
| | 3 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | | + | | | |
| | 4 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | | + | | | |
| | 5 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | | + | | | |
| S E M I S | 6 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | | + | | | |
| | 7 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | | + | | | |
| | 8 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | | + | | | |
| F I N A L S | 9 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | | + | | | |
| | 10 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | | + | | | |
| | 11 | Forward Back Reverse Inward | ____ ____ ____ ____ | SS Twist | | | | | | | | | + | | | |
| | | | | | | | | | | | Final Score | | | | | |

Championship Diving Requirements (5 Voluntary/6 Optional)

The five voluntary Dives shall come from each of the five groups with their assigned dd and have a sum total of 9.0 or less.

The six optional dives shall include at least one chosen from each of the five groups. No more than one optional dive from the same group is permitted through semi-finals.

All five groups must be represented in the first eight rounds.

| | | |
|--------------------------|--------------------------|----------------|
| Coach's Signature | Diver's Signature | Referee |
|--------------------------|--------------------------|----------------|

