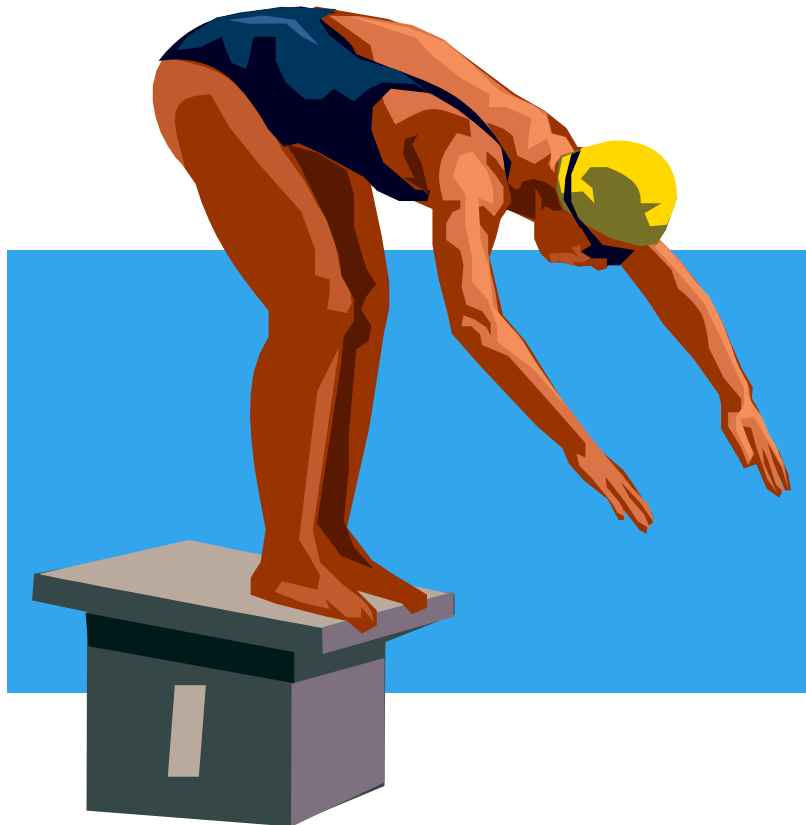




***Section One***  
***Girls Swimming Booklet***  
***2019***



## Section One Girls Swimming Calendar 2019

**First Practice** permitted August 19, 2019 for all Conferences.

**First Scrimmage** permitted after 6 days for Individual (no limit for team) August 27, 2019

**First Meet** permitted after 6 days for Individual (no limit for team) – September 5, 2019

**Last Date for swim meet SCHEDULED**, October 24<sup>th</sup> (No meets allowed after Oct. 24)

**Rescheduled:** October 25, 2019 (ONLY)

**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.

**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. {NYSPPHSAA Handbook, pg 104, #25 a}

**Maximum # of Contests – 16 Per Individual**

| <b>Dates to be aware of:</b> | <b>League Meet Scheduling</b>  |
|------------------------------|--|
| <b>SAT's:</b> 10/5 and 11/2  | <b>League 1:</b> Monday and Wednesday meets  |
| <b>No meets allowed:</b>     | <b>League 2:</b> Tuesday and Thursday meets  |
| 9/30 (Rosh Hashanah)         | <b>League 3:</b> Tuesday and Friday meets  |
| 10/8 and 10/9 (Yom Kippur)   | <b>League 4:</b> Wednesday and Friday meets  |
| 10/14 (Columbus Day)         | **Please note, we will work with schools if their home location cannot have meets on our selected days |

### Coaches Meetings

|                           | <b>Date</b> | <b>Site</b>     | <b>Time</b> |
|---------------------------|-------------|-----------------|-------------|
| Boys & Girls Swim Coaches |             |                 |             |
| Pre-Season Meeting        | 8/28        | John Jay CR HS  | 7:00pm      |
| Executive Committee Mtg.  | March 2019  | TBD             | TBD         |
| Westchester Officials     | 9/4         | White Plains HS | 3:30pm      |
| Relay Carnival            | TBD         |                 |             |

| <b>Round</b>                 | <b>Date</b> | <b>Site</b>                 | <b>Time</b>               |
|------------------------------|-------------|-----------------------------|---------------------------|
| <b>Conference Tournament</b> |             |                             |                           |
| League Champs Diving         | 10/25       | SUNY Purchase               | 3pm warm up, 4:30pm start |
| League Swimming              | 10/26       | TBD                         | TBD                       |
| League 1, JJCR               | 10/26       | Mt. Kisco Boys & Girls Club | TBD                       |
| League 2, Clarkstown         | 10/26       | Felix Festa Middle School   | TBD                       |
| League 3, Yonkers            | 10/26       | Mark Twain                  | TBD                       |
| League 4, Beacon             | 10/26       | Beacon HS                   | TBD                       |

\*Emergency Date for Conference Tournament – 10/27 (Sunday)

**Section One  
Girls Swimming Calendar (cont)  
2019**

**ONLINE conference entries open on Saturday, October 19, 2019 and entries close on Tuesday, October 22 at NOON. Email verification is due Wednesday, October 23 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 Tournament Finals**

| <b>Round</b>            | <b>Date</b>   | <b>Site</b>    | <b>Time</b> |
|-------------------------|---------------|----------------|-------------|
| Diving – ALL            | 11/1          | SUNY Purchase  | 5:00pm      |
| Individual/Relay Trials | 11/4          | Felix Festa MS | 5:00pm      |
| Individual/Relay Finals | 11/5          | Felix Festa MS | 5:00pm      |
| Rain Out Date           | 11/6 and 11/7 |                |             |

**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](mailto:camelot93@optonline.net)) by NOON Sunday, October 27, 2019. If the form is not received, you will not be allowed to enter your team online.

ONLINE Sectional entries open Sunday, October 27, 2019 and entries will close on Tuesday, October 29 at 8:00pm. Email verification is due Wednesday, October 30 by NOON.

**State Championships**

| <b>Round</b>                | <b>Date</b> | <b>Site</b>  |
|-----------------------------|-------------|--|
| Travel Day & Practice       | 11/21       | Ithaca College   |
| Trials-Swimming & Diving    | 11/22       | Ithaca College   |
| Finals-Swimming             | 11/23       |  |
| Travel Home-Meet Completion | 11/23       | Approx. 2:30pm with arrival in Westchester County around 6pm |

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 2019

## *Sports Committee Members*

**AD Chairs:** Dr. Chris Serra (cserra@ccsd.edu)  
Mr. Matt Cameron (mattcameron@wpcsd.k12.ny.us)

**Co-Chairperson:** Meg Kaplan

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

**Phone:** (Day) (914) 631-2400 X304  
(Eve) (914) 763-8860  
(Fax) (914) 631-9408  
(Cell) (917) 260-1213  
**(Email)** camelot93@optonline.net

### **Committee Members:**

|  |                               |
|--|-------------------------------|
| <b>Conference 1,</b> Athletic Director | Joe Luzzi, Roy C. Ketcham HS  |
| <b>Conference 2,</b> Athletic Director | Chris Serra, Clarkstown CSD   |
| <b>Conference 3,</b> Athletic Director | Karen Peterson, Bronxville HS |

|                                  |                                  |
|----------------------------------|----------------------------------|
| <b>Conference 1,</b> Coaches Rep | Clare Carr, SHEDI                |
| <b>Conference 2,</b> Coaches Rep | Patti Gilmartin, White Plains HS |
| <b>Conference 3,</b> Coaches Rep | Kirk Skoglund, Suffern           |

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**Other Members:** Paul McClintock  
Tobey-Anne Sarracino, SHEDI  
Katrina Baker, Ossining  
Ron Terwilliger, Arlington

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

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### **Coaches Association:**

David Holmes – North Rockland HS  
106 Hammond Road, Thiells, NY 10984  
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 27, 2019. Entries close October 29, 2019 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 16<sup>th</sup> 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 9<sup>th</sup> place and a swimmer in Finals may qualify/finish no lower than 8<sup>th</sup> 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

Todd Santabarbara - Section 1 Executive Director - [tsantabarbara@swboces.org](mailto:tsantabarbara@swboces.org)  
Meg Kaplan - Section 1 Swimming and Diving Coordinator - [camelot93@optonline.net](mailto:camelot93@optonline.net)  
Chris Serra - Section 1 Swimming and Diving Athletic Director Coordinator - Clarkstown  
Matt Cameron - Section 1 Swimming and Diving Athletic Director Coordinator - White Plains 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](http://www.Section1swim.com). The Section will pay the fee for all 2019 – 2020 teams. Therefore there is no direct cost to your school or yourself personally. All team information which includes your school name, the head coach, assistant coach, team mascot is due to John Coombs at [john@computeraide.com](mailto: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 August 27<sup>th</sup>; i.e., Ann E. Smith - no nick names such as Annie Smith. If the athlete is also a US Swimmer, please enter their USS ID# into the system so that the times can be shared from Conference, Sectional and NYS Championships.
2. All schools must provide a representative head coach, assistant coach or athletic director to attend the Joint Mandatory coaches meeting on August 28, 2019 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 2019 – 2020 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 2<sup>nd</sup> 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  
2019 SECTIONAL QUALIFYING TIMES**

|                       |                                 |
|-----------------------|---------------------------------|
| 200 MEDLEY RELAY      | <i>ONE ENTRY PER TEAM</i>       |
| 200 FREESTYLE         | <i>2:04.59</i>                  |
| 200 INDIVIDUAL MEDLEY | <i>2:20.66</i>                  |
| 50 FREESTYLE          | <i>:26.35</i>                   |
| DIVING                | <i>180 POINTS (3 JUDGES)***</i> |
| 100 BUTTERFLY         | <i>1:03.46</i>                  |
| 100 FREESTYLE         | <i>:57.47</i>                   |
| 500 FREESTYLE         | <i>5:38.47</i>                  |
| 200 FREESTYLE RELAY   | <i>ONE ENTRY PER TEAM</i>       |
| 100 BACKSTROKE        | <i>1:04.43</i>                  |
| 100 BREASTSTROKE      | <i>1:13.30</i>                  |
| 400 FREESTYLE RELAY   | <i>ONE ENTRY PER TEAM</i>       |

**2019 SECTION ONE GIRLS SWIMMING AND DIVING  
NYSPHSAA CHAMPIONSHIP QUALIFYING STANDARDS**

| <b>EVENT</b>        | <b>STANDARD</b> |
|---------------------|-----------------|
| 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 2019**  
**GUIDELINES FOR CONFERENCE CHAMPIONSHIP MEET**  
**FRIDAY, OCTOBER 25 AND SATURDAY, OCTOBER 26, 2019**

1. ALL League Swimming Championship meets will take place on Saturday, October 26, 2019. 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 2019 are as follows:

League 1 - Mt. Kisco Boys & Girls Club - Host Team JJCR

League 2 - Clarkstown - Felix Festa Middle School

League 3 - Yonkers - Mark Twain MS

League 4 - Beacon - Beacon High School

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. **New for 2019 - Each team will be able to enter 2 relay teams per relay event an A scoring heat relay and a B exhibition relay. In the event an A relay team is disqualified, the B relay cannot move into scoring position.**
3. Diving will be held on Friday, October 25, 2019 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 online entries. 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  
2019 LEAGUE ALIGNMENT**

**League 1**

Briarcliff/Pleasantville/Westlake/Valhalla  
Bronxville/Tuckahoe  
Fox Lane  
Horace Greeley  
JJCR  
Mamaroneck  
Pelham  
Scarsdale  
Sleepy Hollow/Hastings/Edgemont/Irvington  
Ursuline

**League 2**

Clarkstown  
Croton/Hen Hud/Somers  
Eastchester  
New Rochelle  
North Rockland  
Ossining  
OLL  
Pearl River  
Rye/Blind Brook/Rye Neck  
Suffern  
White Plains

**League 3**

Ardsley  
Arlington  
Brewster  
Byram Hills  
JJEF  
Lakeland/Panas  
Nyack  
Peekskill  
Tappan Zee  
Yonkers  
Yorktown

**League 4**

Albertus Magnus  
Beacon  
East Ramapo/Spring Valley  
Harrison  
Keio  
Mt. Vernon  
Port Chester  
Poughkeepsie  
Putnam Valley/Mahopac  
RCK  
Woodlands



**Individual Sport Verification**  
**Due: October 27, 2019**  
**Section One**

**Fax (914) 592-2940 and email camelot93@optonline.net**

*{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  
2019**

**Diving-Group of the Week**

Consult [www.SportYou.com](http://www.SportYou.com) website for specific group of the week.

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 Diving Qualifying Score is 180 PTS**

**SECTION ONE SWIMMING AND DIVING 2019  
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<br>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                  |                  |             |  |  |  |
| <b>P<br/>R<br/>E<br/>L<br/>I<br/>M<br/>S</b> | 1           | Forward<br>Back<br>Reverse<br>Inward | ____<br>____<br>____<br>____ | SS<br>Twist    |              |   |   |   |   |   |                    |                  |             |  |  |  |
|  | 2           | Forward<br>Back<br>Reverse<br>Inward | ____<br>____<br>____<br>____ | SS<br>Twist    |              |   |   |   |   |   |                    |                  | +           |  |  |  |
|  | 3           | Forward<br>Back<br>Reverse<br>Inward | ____<br>____<br>____<br>____ | SS<br>Twist    |              |   |   |   |   |   |                    |                  | +           |  |  |  |
|  | 4           | Forward<br>Back<br>Reverse<br>Inward | ____<br>____<br>____<br>____ | SS<br>Twist    |              |   |   |   |   |   |                    |                  | +           |  |  |  |
|  | 5           | Forward<br>Back<br>Reverse<br>Inward | ____<br>____<br>____<br>____ | SS<br>Twist    |              |   |   |   |   |   |                    |                  | +           |  |  |  |
| <b>S<br/>E<br/>M<br/>I<br/>S</b>             | 6           | Forward<br>Back<br>Reverse<br>Inward | ____<br>____<br>____<br>____ | SS<br>Twist    |              |   |   |   |   |   |                    |                  | +           |  |  |  |
|  | 7           | Forward<br>Back<br>Reverse<br>Inward | ____<br>____<br>____<br>____ | SS<br>Twist    |              |   |   |   |   |   |                    |                  | +           |  |  |  |
|  | 8           | Forward<br>Back<br>Reverse<br>Inward | ____<br>____<br>____<br>____ | SS<br>Twist    |              |   |   |   |   |   |                    |                  | +           |  |  |  |
| <b>F<br/>I<br/>N<br/>A<br/>L<br/>S</b>       | 9           | Forward<br>Back<br>Reverse<br>Inward | ____<br>____<br>____<br>____ | SS<br>Twist    |              |   |   |   |   |   |                    |                  | +           |  |  |  |
|  | 10          | Forward<br>Back<br>Reverse<br>Inward | ____<br>____<br>____<br>____ | SS<br>Twist    |              |   |   |   |   |   |                    |                  | +           |  |  |  |
|  | 11          | Forward<br>Back<br>Reverse<br>Inward | ____<br>____<br>____<br>____ | SS<br>Twist    |              |   |   |   |   |   |                    |                  | +           |  |  |  |
|  |             |                                      |                              |                |              |   |   |   |   |   | <b>Final Score</b> |                  |             |  |  |  |

### 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.

|                          |                          |                |
|--------------------------|--------------------------|----------------|
| <b>Coach's Signature</b> | <b>Diver's Signature</b> | <b>Referee</b> |
|--------------------------|--------------------------|----------------|