

Rockland County Boys Swimming and Diving Championships January 20, 21, 2017

Schedule

Swimming

North Rockland HS, Saturday, January 21, 2017

- Swimming Warm Up – 8:30am, 10:00 Start.

Diving

(11 dives) - Suffern HS, Friday, January 20, 2017

Electronic timing

- Facility – 8 lane, 25 yd. short course
- Hy-Tek Meet Manager
- Daktronics timing system with touch pads/backup buttons.

Warm Up Procedures

There will be assigned lanes for WU -. Use of lanes will be determined by the teams assigned to those lanes “FEET FIRST ENTRY” only please. Pool will be closed at 9:55am. There will be a 20 minute break after the 50 free and 5 min. break after the 500 free.

Lane 1, 2 –Tappan Zee

Lane 3, 4 – North Rockland

Lane 5, 6 - Suffern & Nyack

Lane 7, 8 - Clarkstown

Entries

See Section 1 website for entry procedures and deadlines

All eligible entry times must come from HIGH SCHOOL COMPETITIONS during the 2016-2017 season only.

Swimming Entries

- Individual – See Section 1 website for entry procedures
- Relay – Entry cards are required and are to be brought to the blocks with the swimmers.
- Each team may enter a total of (4) contestants in each individual event and one relay team in each relay event. Athletes may participate in a maximum of either (a) two individual events and two relays or (b) one individual event and 3 relays.
- **All relay cards must clearly identify the lead swimmer. In the absence of the aforementioned it is understood the first person listed on the entry card is the lead-off swimmer.**

Diving entries

Contact [Kirk Skoglund](#) for Diving info.

- 11 dive format (See NYS Rule Book for format NOTE:
- Divers who will be competing 11 dives will score first. Divers competing 6 dives will score after. (Ex. – 5 divers doing 11 dives score 1st- 5th place, 4 divers doing 6 dives will score will place 6th - 9th place. Six (6) dive contestants will use dive 101 (front dive) as the required dive.

Officials and Coaches Meeting

There will be a coach's/officials meeting on Saturday 9:45am. All meet information will be discussed at this time. NR will provide timers. However, **in the event we need additional timers we are asking each team be ready to provide 1 timer.**

Eligibility

The meet is open to all Section I – Rockland County Teams who are bonafide members of the National High School Federation. Entries are limited to 7-12 grade athletes. No independent athletes will be permitted to compete in this meet. **NYS Swimming and Diving Rules and Regulations** will be followed.

This is a USS Metro Sanctioned competition. All certified times will be registered in the USS SWIMS database.

Scoring

Conference - Top 16 places will score (See **NYS Swimming and Diving Rules and Regulations**)

Awards

Rockland County and Division IV. Champions - Medals for 1st - 3rd place finishers.

- Team plaques will be awarded to the Conference and County Champions
- MVP will be recognized and announced at the completion of the 100 Breaststroke.
- Awards for each event will be awarded at the completion of the following event (ie. Medley Relay at the end of the 200 Free, 200 free at end of 200 IM, etc.).

Team Seating

Deck seating will be limited. In an effort to accommodate each team (size all are encouraged to lock there belongings in a locker. Swimmers are to enter and exit the pool through the locker room. All swimmers are asked to keep all belongings in a locker and NOT on the pool deck. With the exception of coaches, officials and timers **NO SHOES ARE PERMITTED ON THE POOL DECK.**

NOTE:

It is highly recommended that no valuables be brought to the meet.

NRCSD is not responsible for any lost or stolen property.

Team and Spectator Conduct

All student/athletes and spectators are expected to represent their schools in an appropriate and sportsmanlike manner. Security guards will be on duty throughout the meet (hallways and in gymnasium). NRCSD. reserves the right to remove any student/athlete or spectator if there behavior is deemed to be unsafe or un-sportsmanlike.

**PLEASE MAKE SURE THAT YOUR TEAM AREA IS CLEANED OF ALL DEBRIS UPON DEPARTURE.
Your cooperation is greatly appreciated**

Admission – \$5.00 per person (includes program)

Concessions

There will be a concession area for all spectators and athletes in the hall way outside of the pool area.
There will be a coach and official's hospitality table upstairs adjacent to the girls locker room.

Coaches and A.D.'s - If there are any questions please do not hesitate to contact me at:

Cell - (845) 304-5252

E-mail - Holmsey11@optonline.net

Good Luck,

Dave Holmes

Dave Holmes
Meet Director

***REMIND SWIMMERS TO KEEP ALL CLOTHING, COATS, ETC. IN THE
LOCKER ROOM***

FACILITY WILL BE SUPERVISED

Directions to NRHS

Take the NYS Thruway North to Exit 13 N (PIP North). Take Palisades Pkwy. North to exit 14 (Letchworth Village). End of ramp make right onto Filores Lane (soccer fields on right). Go approx. 1½ miles (through traffic light) to stop sign (just past Dunkin Donuts). Make right onto Hammond Rd. Go ¼ mile. NRHS on left. Parking and pool entrance on left side of school.

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Event #1: 200 Medley Relay	TIME
Event #2: 200 Freestyle	TIME
Event #3: 200 IM	TIME
Event #4: 50 Freestyle	TIME
Event #6: 100 Butterfly	TIME

Event #7 100 Freestyle	TIME
Event #8: 500 Freestyle	TIME
Event #9: 200 Freestyle Relay	TIME
Event #10: 100 Backstroke	TIME
Event #11: 100 Breaststroke	TIME
Event #12: 400 Freestyle Relay	TIME

SCHOOL NAME:

COACH'S SIGNATURE:

2016 Championships

Rockland County – Conference 2, League 3

TEAM:	HEAD COACH:
SCHOOL ADDRESS:	ASSISTANT(S):
SCHOOL PHONE:	

Swimmer (Last, First)	Grade	Event #/Time	Event #/Time
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