



***Section One***  
***Boys Swimming Booklet***  
***2019 – 2020***





**Section One**  
**Boys Swimming Calendar**  
**2019 – 2020**

**First Practice** permitted November 12, 2019

**First Scrimmage** permitted after 6 days for Individual (no team limits)

**First Game** permitted after 6 days for Individual (no team limits) November 29, 2019

**Last Day to Compete** January 21, 2020

**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**

<b>Dual Meet Scheduling Dates</b>
<b>League 1:</b> Monday and Wednesday meets
<b>League 2:</b> Tuesday and Thursday meets
<b>League 3:</b> Tuesday and Friday meets
<b>No Meets On:</b> 12/20/2019 - 1/3/2020
<b>Relay Carnival Meet:</b> 11/25/19
**Please note, we will work with schools if their home location cannot have meets on our selected days

Round	Date	Site	Time
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**Conference Championships**

Diving	1/30	SUNY Purchase	<b>warm-up</b> 3:00PM <b>start</b> 4:30PM
Swimming	2/1 at:		
League 1		North Rockland	<b>warm-up</b> 8:30AM <b>start</b> 10:00AM
League 2		White Plains	TBD
League 3		Beacon	<b>warm-up</b> 7:30am <b>start</b> 9:00AM

Entries for Conference Meet: NO ENTRIES – NO PARTICIPATION

Portal opens for entries on January 25, 2020

Portal closes on January 28 @ 8:00PM Verification due on January 29 @ 12:00 NOON

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**Section One  
Boys Swimming Calendar (cont.)  
2019 – 2020**

**Section One Tournament Finals**

<b>Round</b>	<b>Date</b>	<b>Site</b>	<b>Time</b>
Diving	Thur. 2/6	SUNY Purchase	<b>warm-up</b> 3:30PM, <b>start</b> 5:00PM
Swimming Trials	Mon. 2/10	Felix Festa MS	<b>warm-up</b> 4PM, <b>start</b> 5PM
Swimming Finals	Tues. 2/11	Felix Festa MS	<b>warm-up</b> 4PM, <b>start</b> 5PM

Make up dates are February 12 & 13

Entries for Section One Championships: NO ENTRIES – NO PARTICIPATION

Portal opens on Sunday, February 2<sup>nd</sup>

Portal closes on Tuesday, February 4<sup>th</sup> @ 8:00PM

Verification of Entries: Wednesday, February 5 at 12:00 NOON

**SECTION ONE will seed prelims to 32 and include 2 alternates. In the event there is more, we will seed to fill the heat and include 2 more alternates. Remember to include everyone who you think may have a chance of qualifying.**

INDIVIDUAL SPORT VERIFICATION FORM must be emailed to Meg Kaplan @ [camelot93@optonline.net](mailto:camelot93@optonline.net), **prior to the opening of the portal on Sunday, February 2, 2020.** Remember to include everyone on your team who has participated in 6 meets.

**State Championships**

**NYSPHSAA Boys Championships:** at Eisenhower Park, Long Island, NY  
**Travel day, Thursday 3/5/2020**

<b>Round</b>	<b>Date</b>	<b>Time</b>
Swim Trials	Fri. 3/6	
Diving	Fri. 3/6	All 11 rounds Start 1:00PM
Swimming Finals & Travel Home	Sat. 3/7	

**Coaches Meetings**

	<b>Date</b>	<b>Time</b>
Pre-Season B & G Swim	8/28/19 @ JJCR	7:00PM
Executive Committee Mtg.	April 2019	TBA
Westchester Officials	TBD @ White Plains HS	3:30PM
Relay Carnival	11/25/19 @ WPHS	3:30PM/4:00PM

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

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**Section One Boys Swimming  
2019 – 2020**

***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) (945) 631-2400 x304  
(Eve) (914) 763-8860  
(Fax) (914) 631-9408  
(Cell) (917) 260-1213  
(Email) camelot93@optonline.net

**Committee Members:**

**Conference I** Athletic Director Chris Serra, Clarkstown CSD  
**Conference II** Athletic Director John Giametta, Beacon High School  
**Conference III** Athletic Director Karen Peterson, Bronxville High School

**Coaches Rep** Clare Carr, Brewster High School/John Jay  
**Coaches Rep** Patty Gilmartin, White Plains High School  
**Coaches Rep** Ron Terwilliger, Arlington High School  
**Coaches Rep** David Holmes, North Rockland HS  
**Coaches Rep** Katrina Baker, At Large  
**Coaches Rep** Tobey Sarracino, Edgemont High School

**Other Members:**

Paul McClintock, Officials Rep., Rules Interpreter

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**Official Association Reps:**

Margaret Stead, Rockland  
Doug Olympia, Dutchess  
Tom Nangle, Westchester/Putnam

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**Coaches Association Reps:**

David Holmes, Rockland/Dutchess/Westchester/Putnam

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## Section One Swimming and Diving

Todd Santabarbara – Section 1 Executive Director - [tsantabarbara@swbooces.org](mailto:tsantabarbara@swbooces.org)  
Meg Kaplan – Section 1 Swimming and Diving Coordinator - [camelot93@optonline.net](mailto:camelot93@optonline.net)  
Karen Peterson – Section 1 Swimming and Diving Athletic Director Coordinator –  
Bronxville HS

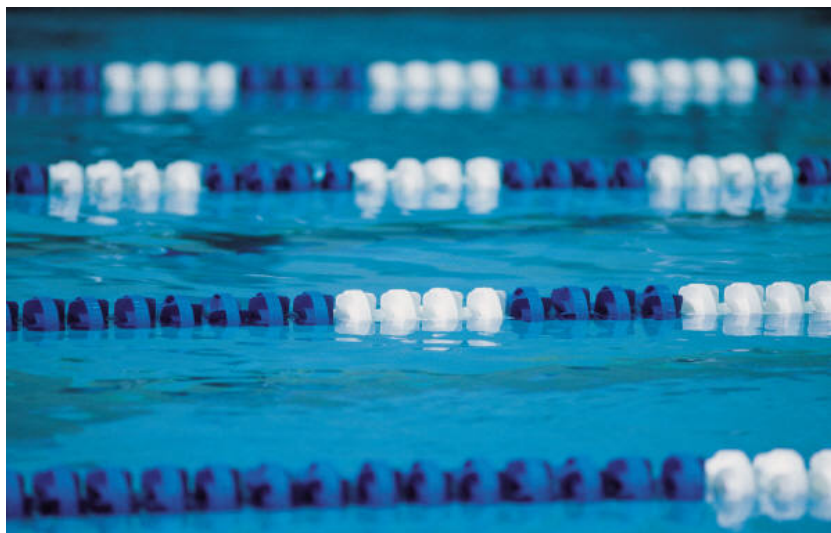
### In-Season Qualifying Requirements

1. All Schools are REQUIRED to participate in the Section One website which can be located at [www.Section1swim.com](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, assistance coach, team mascot is due to John Coombs at [john@computeraide.com](mailto:john@computeraide.com) by **November 6<sup>th</sup>**, 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 **November 20<sup>th</sup>**; i.e., Tom E. Smith no nick names such as Tommy Smith.
2. All schools must provide a representative head coach, assistant coach or athletic director to attend the Joint Mandatory coaches meeting held in the Fall. **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. At the trials, a copy of ALL meet score sheets with the referee signature in place and if using FAT (fully automatic timing) a copy of the printout for the meet will be required for those who have qualified in-season only. Data will be kept for 7 years electronically.
5. 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.
6. 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.
7. The NYSPHSAA Protocol for Athletes to qualify must also be met for athlete to be eligible for participation in the NYSPHSAA Meet without exception.

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## **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.



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**SECTION ONE SWIMMING AND DIVING 2019-2020  
GUIDELINES FOR CONFERENCE CHAMPIONSHIP MEET  
THURSDAY, JANUARY 30, AND SATURDAY, FEBRUARY 1,  
2020**

1. ALL Conference Swimming Championship meets will take place on Saturday, February 1, 2020. Warm-up times will be at the discretion of each meet director. Sites for 2019-2020 are as follows:

Diving: All Divisions SUNY Purchase, January 30, 2020

Swimming: February 1, 2020

League 1 North Rockland

League 2 White Plains

League 3 Beacon

Entries for Conference Meet: NO ENTRIES – NO PARTICIPATION

Portal opens for entries on January 22

Portal closes on January 27 @ 8:00PM

Verification of Entries: January 28 at 12 noon

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. All Leagues are a true Championship meet.

3. Diving will be held on January 30, 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 in advanced on-line as per meet director\*. Packets should be available within 2-3 days prior to this championship.

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.

7. It is required by Section One that admission be charged to cover meet expenses. The money is to be turned in to the Swimming Coordinator at the Sectional Seed Meeting. An admission fee will be charged for all Final games. **\$8.00 Admission, \$5 Children 12 & under and Senior Citizens (62 and over). \$5** per Conference Meet including diving. Please make sure you have a responsible individual taking admissions.

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**SECTION ONE SWIMMING AND DIVING 2019-2020  
GUIDELINES FOR CONFERENCE CHAMPIONSHIP MEET  
(Continued)**

8. Each Conference will receive 30 “All-Conference” plaques. It will be up to each meet committee to determine the selection of their All-Conference athletes. Names of those chosen will be submitted to the Sectional Coordinator at the Sectional Trials. Each school has the All-Conference plaques and it then becomes the responsibility of each coach to provide the appropriate names to their respective Athletic Director. Please make sure that each school within your league receives at least one All-Conference Plaque as all teams represented have at least one person deserving of this award. Typically, the All-Conference plaques are distributed to any winner of an event, including relay teams and then the top finishers overall throughout the championship.

9. Medals are the responsibility of the Section and are awarded to the first, second and third place finishers. A plaque will be presented to the winning team in each League.

10. A completed copy of the meet results in each League, including All-Conference selections, shall be forwarded to the Sectional Coordinator at the Sectional Trials.

11. Additional Guidelines will be established by each meet Director. Meet Directors must furnish Guidelines 3 weeks prior to meet date to all Teams. Copies of additional guidelines will be given to the Swimming Coordinator prior to the Conference Championship Meet as well as mailed information to the coaches / teams in your Division.

12. Teams of one may participate in conference championships with Athletic Director’s approval and notification to the Sectional Coordinator.





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## SECTION ONE SWIMMING AND DIVING WINTER 2019 – 2020

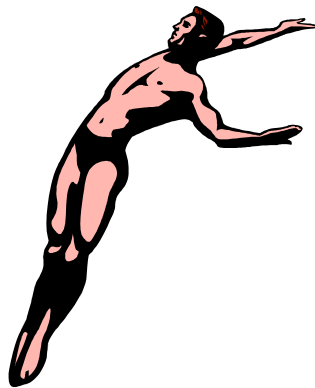
### HOW TO QUALIFY FOR SECTIONAL CHAMPIONSHIPS

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 at the Sectional Seed Meeting, having completed all necessary forms to have the School compete and each school utilizing an entry card for each entry. For the 2019-2020 season, we will automatically seed the first 2 alternates in the program. If you have a swimmer that has yet to make the cut, but is close, it is your responsibility to enter them electronically.

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. 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.

A School is able to enter 1 (one) relay team (4 (four) swimmers) per relay event no matter what the seed time is, allowing **each school participating in Section One Swimming representation the Championships in at least 3 (three) 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.



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**2019 – 2020**  
**SECTION ONE BOYS SWIMMING AND DIVING**  
**PROPOSED LEAGUE ALIGNMENT**

**League 1**

Ardsley/Hastings/Edgemont  
& Irvington  
Arlington  
Brewster/John Jay  
Bronxville/New Rochelle  
Byram Hills/Briarcliff/Valhalla  
& Westlake/Pleasantville  
Clarkstown  
Fox Lane  
Horace Greeley  
North Rockland  
Scarsdale

**League 2**

Blind Brook/Rye/Rye Neck  
Harrison  
Lakeland/Walter Panas/Putnam Valley  
Mamaroneck  
Ossining  
Suffern  
Wappingers  
White Plains  
Yonkers Schools  
Yorktown/Somers

**League 3**

Beacon  
Croton/Hen Hud/Peekskill  
Eastchester  
Keio  
Mt. Vernon (New Team 2019-2020)  
Nyack  
OLL  
Pelham  
Port Chester  
Poughkeepsie  
Tappan Zee  
Woodlands

**OFFICIALS**

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

**TIEBREAKING PROCEDURE**

When there is a tie between 8<sup>th</sup> and 9<sup>th</sup> place qualifiers, a swim off will be held. The winner will be declared the 8<sup>th</sup> place qualifier. The loser becomes 9<sup>th</sup> place.

If the meet is held in a 6-lane pool and there is a tie between 6<sup>th</sup> and 7<sup>th</sup> place, the same tiebreaker procedure applies.

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## **EXHIBITION HEATS**

Exhibition heats will be allowed during the swim meet Prior Mutual Consent of both the home and visiting teams.

The total number of events offered will be decided by prior mutual consent of both the home and visiting teams.

Additional divers may be permitted by prior mutual consent of both the home and visiting teams and home school approval.

Exhibition heats may occur before the scoring heat or after the scoring heat which will be agreed on prior to the meet.

Upon arrival, officials will be notified of what additional heats will be offered and whether they will take place before or after the scoring heat.

## **PROTEST PROCEDURE**

### **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.

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**SECTION ONE**  
**QUALIFYING STANDARDS 2019-2020**

<b>EVENT</b>	
200 Medley Relay	1 Per Team
200 Freestyle	1:55.52
200 Individual Medley	2:10.74
50 Freestyle	:23.99
Diving (6)	155 pts
100 Butterfly	:58.68
100 Freestyle	:52.62
500 Freestyle	5:19.27
200 Freestyle Relay	1 Per Team
100 Backstroke	:59.73
100 Breaststroke	1:07.16
400 Freestyle Relay	1 Per Team

**BOYS NEW YORK STATE MEET**  
**QUALIFIER TIMES 2020**

<b>EVENT</b>	<b>STATE QUALIFY</b>
200 Medley Relay	<b>1/Sect (1:40.67)</b>
200 Freestyle	<b>1:47.60</b>
200 Individual Medley	<b>2:00.63</b>
50 Freestyle	<b>:22.19</b>
Diving (11)	<b>450 PTS</b>
100 Butterfly	<b>:53.95</b>
100 Freestyle	<b>:48.76</b>
500 Freestyle	<b>4:52.52</b>
200 Freestyle Relay	<b>1/Sect (1:30.12)</b>
100 Backstroke	<b>:54.82</b>
100 Breaststroke	<b>1:01.20</b>
400 Freestyle Relay	<b>1/Sect (3:18.87)</b>

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**SECTION ONE**  
**Individual Sport Verification**  
**Due: January 26, 2020**  
**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)

<u>Athlete's Name</u>	<u>Athlete's Name</u>
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

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**Section One  
Swimming and Diving  
2019 - 2020**

**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**



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								
PRELIMS 2 Vol 3 Opt	1	Forward _____ SS Back _____ Reverse _____ Inward _____ Twist																	
	2	Forward _____ SS Back _____ Reverse _____ Inward _____ Twist											+						
	3	Forward _____ SS Back _____ Reverse _____ Inward _____ Twist												+					
	4	Forward _____ SS Back _____ Reverse _____ Inward _____ Twist												+					
	5	Forward _____ SS Back _____ Reverse _____ Inward _____ Twist												+					
SEMI-FINALS 2 Vol 1 Opt	6	Forward _____ SS Back _____ Reverse _____ Inward _____ Twist											+						
	7	Forward _____ SS Back _____ Reverse _____ Inward _____ Twist											+						
	8	Forward _____ SS Back _____ Reverse _____ Inward _____ Twist											+						
FINALS 1 Vol 2 Opt	9	Forward _____ SS Back _____ Reverse _____ Inward _____ Twist											+						
	10	Forward _____ SS Back _____ Reverse _____ Inward _____ Twist											+						
	11	Forward _____ SS Back _____ Reverse _____ Inward _____ 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.

<i>Coach's Signature</i>	<i>Diver's Signature</i>	<i>Referee</i>
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