

# Section One Girls Swimming & Diving Booklet 2022-2023



## Co-Chairperson

Dr. Chris Serra  
Clarkstown CSD  
**Day** (845) 624-3970 x5565  
**Cell** (845) 304-4251  
**Email** [cserra@ccsd.edu](mailto:cserra@ccsd.edu)

## Co-Chairperson

Meg Kaplan  
**Day** (914) 260-1213  
**Eve** (914) 763-8860  
**Cell** (917) 260-1213  
**Email** [camelot93@optonline.net](mailto:camelot93@optonline.net)

## Committee Members

**Conf 1** AD Matt Cameron, White Plains HS  
**Conf 2** AD Chris Serra, Clarkstown CSD  
**Conf 3** AD Mike McCoy, Woodlands HS

**Conf 1** Coaches Rep Clare Carr, SHEDI  
**Conf 2** Coaches Rep Patti Gilmartin, White Plains HS  
**Conf 3** Coaches Rep Kirk Skoglund, Suffern HS

## Official Association Reps

Wayne Pollak - Westchester/Putnam  
Margaret Stead - Rockland  
Doug Olympia - Dutchess

## Coaches Assoc. for All Counties

David Holmes, At Large

## Additional Committee Members

Katrina Baker-DeSouza - Ossining  
Tobey-Anne Saracino - SHEDI  
Paul McClintock - NYS Rules Interpreter  
Renee Acquisto - Brewster  
Renay Cerrato - Wappingers

## IMPORTANT INFORMATION

**Girls & Boys Swim Coaches Meeting**  
8/31/22 @ 7pm (Horace Greeley Football Field)  
**Coaches Awards Meeting** TBD  
**Seeding Meeting** 10/29/22  
**All Section Dinner** TBD

**Maximum # of Games** 16+  
**Rules** NFHS  
**First Practice** 8/22/22  
**First Game** 9/8/22  
**Last day to swim** 10/25/22

## CONFERENCE TOURNAMENT

<u>Round</u>	<u>Class</u>	<u>Date</u>	<u>Site</u>
Conference Diving	All	10/28/22	SUNY Purchase
Conference Swimming	All		
Conference 1		10/29/22	Felix Festa Middle School
Conference 2		10/29/22	North Rockland High School
Conference 3		10/29/22	Yonkers
Conference 4		10/29/22	Peekskill
(Rain Date)		10/30/22	

## SECTION ONE TOURNAMENT

<u>Round</u>	<u>Class</u>	<u>Date</u>	<u>Site</u>
Dive Trials	All	11/4/22	Purchase College
Swim Trials	All	11/7/22	FFMS
Finals	All	11/8/22	FFMS
Snow Dates	All	11/9 & 10/22	FFMS

**Disclaimer:** Section One tournament times and sites are tentative. The Sports Committee will finalize the tournament at the Seeding Meeting. Regional and State tournament dates may change due to weather, travel and site availability.

## STATE COMPETITION

NYSPHSAA Championships - Webster High School Rochester, NY November 18th-19th, 2022

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## **GIRLS SWIM & DIVE RULES - NFHS**

Please see the NYSPHSAA sports specific webpage for all applicable [Girls Swimming & Diving Latest Rules Updates](#)

## **ELIGIBILITY** - Submit the Sport Verification form by 10/30/2022

### **NYSPHSAA Handbook**

### **#26 Representation Rule**

**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/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 of the team's regular schedule.

## **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 29, 2022**. Entries close **November 1, 2022 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 are 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.

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## **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 2022 – 2023 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 15th, 2022**. Your final team roster is due to him with the full name of your swimmer/diver and their year in school by **September 6, 2022** i.e., Ann E. Smith - no nicknames 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 8/31 at 7pm at Horace Greeley High School. **If a school is NOT represented, then they are INELIGIBLE to participate in In-Season Qualifying for the 2022 – 2023 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 visitor's 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 athletes to be eligible for participation in the NYSPHSAA Meet without exception.

## **PROTOCOL FOR ATHLETES TO QUALIFY FOR THE STATE SWIMMING & 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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**PROTOCOL FOR ATHLETES TO QUALIFY FOR THE STATE SWIMMING & DIVING CHAMPIONSHIPS** continued

<b>SECTION ONE GIRLS SWIMMING AND DIVING 2022 SECTIONAL QUALIFYING TIMES</b>	
200 MEDLEY RELAY	ONE ENTRY PER TEAM
200 FREESTYLE	2:04.59
200 INDIVIDUAL MEDLEY	2:20.66
50 FREESTYLE	26.35
DIVING	180 POINTS (3 JUDGES)***
100 BUTTERFLY	1:03.46
100 FREESTYLE	57.47
500 FREESTYLE	5:38.47
200 FREESTYLE RELAY	ONE ENTRY PER TEAM
100 BACKSTROKE	1:04.43
100 BREASTSTROKE	1:13.30
400 FREESTYLE RELAY	ONE ENTRY PER TEAM

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<b>2022 SECTION ONE GIRLS SWIMMING AND DIVING NYSPHSAA CHAMPIONSHIP QUALIFYING STANDARDS</b>	
<b>EVENT</b>	<b>STANDARD</b>
200 MEDLEY RELAY	1:52.35
200 FREESTYLE	1:57.24
200 IM	2:12.84
50 FREESTYLE	24.84
1 METER DIVING	440 PTS
100 BUTTERFLY	1:00.02
100 FREESTYLE	54.36
500 FREESTYLE	5:14.65
200 FREESTYLE RELAY	1:41.69
100 BACKSTROKE	1:00.42
100 BREASTSTROKE	1:08.60
400 FREE RELAY	3:42.73

**Section One**  
**Swimming and Diving**

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

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## **SECTION ONE SWIMMING AND DIVING GUIDELINES FOR CONFERENCE CHAMPIONSHIP MEET FRIDAY, OCTOBER 28 AND SATURDAY, OCTOBER 29, 2022**

1. ALL League Swimming Championship meets will take place on **October 29, 2022**. Warm-up will be determined by each site director with the start 1 hour after. Warm-Up times will be at the discretion of each meet director. Sites for 2022 are as follows:
  - League 1 - Felix Festa Middle School
  - League 2 - North Rockland High School
  - League 3 - Yonkers
  - League 4 - Peekskill
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. 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 28, 2022** 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 are responsible for this expense. Please divide the cost with all the teams in your league.
7. TICKETS for Admission will be purchased ONLINE ONLY prior to the event and at the Conference Venue. Information will be sent to site chairperson with QVC Code prior to the event. No CASH or check will be accepted.

### **PROTEST PROCEDURES**

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 within 48 hours of acknowledging the protest.
8. There will be no appeal of the protest committees' ruling. Their decision shall be final.



# **LEAGUE ALIGNMENT**

## **Cross Conference 2022**

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### **LEAGUE A**

Clarkstown North  
Edgemont/Sleepy Hollow/Hastings/Irvington  
Fox Lane  
Horace Greeley  
JJCR/North Salem  
Rye/Blind Brook/Rye Neck  
Suffern  
Ursuline  
White Plains  
Westlake/Briarcliff/Pleasantville/Valhalla

### **LEAGUE B**

Arlington  
Bronxville/Tuckahoe  
Eastchester  
Lakeland/Walter Panas  
Mamaroneck  
New Rochelle  
North Rockland  
Ossining  
Pelham  
Scarsdale  
Tappan Zee

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### **LEAGUE C**

Ardsley/Dobbs Ferry  
Byram Hills  
Croton-Harmon/Hen Hud  
Harrison  
JJEF  
Nyack  
Pearl River  
Yonkers  
Yorktown/Somers

### **LEAGUE D**

Albertus Magnus  
Brewster  
East Ramapo  
Mahopac/Putnam Valley  
Mt. Vernon  
Peekskill  
Port Chester  
Poughkeepsie  
RCK  
Woodlands

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## Individual Sport Verification

**Due: 10/29/2022**  
**submit to Section 1 Chair via email:**  
**camelot93@optonline.net**

Please verify below that each person listed on this roster has met the 4 contest minimum this sports season. \*This form must be submitted to the 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



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# TEAM OF ONE VERIFICATION FORM

Email completed form with all signatures in place no later than 10/29/2022 for inclusion in Sectional Championships to Meg Kaplan at [camelot93@optonline.net](mailto:camelot93@optonline.net)  
Team of One athletes are NOT ELIGIBLE for CONFERENCE CHAMPIONSHIPS

SWIMMER/DIVERS NAME: \_\_\_\_\_

SWIMMER/DIVERS SCHOOL: \_\_\_\_\_

SCHOOL BOARD APPOINTED COACH: \_\_\_\_\_

ATHLETIC DIRECTOR: \_\_\_\_\_

SCHOOL ADDRESS: \_\_\_\_\_

SCHOOL PHONE NUMBER: \_\_\_\_\_

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 Directors signature. Once the form is completed with the Athletic Director's signature, it must be submitted to the Section One Sports Chair at the Sectional Seeding meeting. Without a completed form, postseason competition will not be permitted. DUE 10/29/2022**

ATHLETIC DIRECTOR Signature: \_\_\_\_\_

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Dive Order	<b>NYSPHSAA Diving Championship</b>	Place
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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 R E L I M S</b>	<b>1</b>	Forward Back Reverse Inward	____SS ____Twist																
	<b>2</b>	Forward Back Reverse Inward	____SS ____Twist										+						
	<b>3</b>	Forward Back Reverse Inward	____SS ____Twist										+						
	2 Vol	<b>4</b>	Forward Back Reverse Inward	____SS ____Twist									+						
	3 Opt	<b>5</b>	Forward Back Reverse Inward	____SS ____Twist									+						
<b>S E M I S</b>	<b>6</b>	Forward Back Reverse Inward	____SS ____Twist									+							
	<b>7</b>	Forward Back Reverse Inward	____SS ____Twist									+							
	2 Vol	<b>8</b>	Forward Back Reverse Inward	____SS ____Twist									+						
1 Opt	<b>9</b>	Forward Back Reverse Inward	____SS ____Twist									+							
<b>F I N A L S</b>	<b>10</b>	Forward Back Reverse Inward	____SS ____Twist									+							
	<b>11</b>	Forward Back Reverse Inward	____SS ____Twist									+							
	1 Vol	<b>11</b>	Forward Back Reverse Inward	____SS ____Twist									+						
2 Opt												<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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