

2024-2025

SECTION

IX

**GIRLS AND BOYS
SWIMMING & DIVING HANDBOOK**

COORDINATORS:

Mr. Chris Sammons – GIRLS

Mr. Dan Wargo – BOYS

Section 9 follows NFHS Swimming & Diving Rules

SECTION 1
(Contact Information)

**Girls' Swimming & Diving Contact List
2024 – 2025**

School	Coach	Email	Phone
Kingston (Girls Chairperson)	Chris Sammons	csammons@kingstoncityschools.org swansong73@yahoo.com	(845) 389-9644
Boys Chairperson	Dan Wargo	dwargo@wcsdk12.org	(724) 454-2681
Beacon/Spackenkill	Larry Collins	collins.l@beaconk12.org	(914) 474-4277
Cornwall	Dylan Burns	Dylan.burns136@gmail.com	
FDR	Glen Berger	glenburger@hpcsd.org	(845) 867-6485
Goshen/Chester			(845) 645-1458
Marlboro/Highland	Amanda Creeden	amanda.creeden@marlboroschools.org	(845) 542-0783
Middletown	Samantha McGregor	Samantha.mcgregor@ecsdm.org	(845) 238-6742
Minisink Valley	Megan Sontag	msontag@minisink.com	(914) 420-7275
Monroe-Woodbury	Justin Wright	jwright@mw.k12.ny.us	(845) 656-0220
Newburgh	Lauren Labarskey	llubarsky@necsd.net	(845) 926-8591
New Paltz	Emily Benkert	benkertemily@gmail.com	(845)-444-4421
Our Lady of Lourdes	Tom Bubel	tjbubel@optonline.net	(845) 235-2087
Pine Bush	John Barth	joniceb@yahoo.com	(845) 800-0875
Red Hook	Mackenzie Dabo	Mdabo@rhcsd.org	(845) 416-8516
Rhinebeck	Stephen Boucher (AD)	sboucher@rhinebeckcsd.org	(845) 871-5500
Valley Central	Tom Plitsch	Thomas.plitsch@vcsdny.org	(845) 514-0018
Wallkill	Doug Thompson	bistro59@aol.com	(845) 532-4301
Washingtonville	Dan Wargo	dwargo@wcsdk12.org	(724) 454-2681
Warwick	Lauren Beneat	lb11426@gmail.com	(845)537-6942
Section 9 Rules Interpreter	Alice Plitz	arpitz@optonline.net	(845) 242-2890
Times-Herald Record	Tom McMillan	kmcmillian@th_record.com	
OCIAA Office	Chris Mayo	cmayo@ouboces.org	(845) 294-5799

**Section IX Boys Swimming Contact list
2024-2025**

School	Coach	Email	Phone
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Kingston (Girls Chairperson)	Chris Sammons	swansong73@yahoo.com	(845) 389-9644
Boys Chairperson	Dan Wargo	dwargo@wcsdk12.org	(724) 454-2681
Beacon/Spackenkill	Larry Collins	collins.l@beaconk12.org	(914) 474-4277
Cornwall	Christine Pryne	cpryne@cornwallschools.com	(845) 527-3708
FDR	Glen Berger	glenburger@hpcsd.org	(845) 867-6485
Goshen	Matthew Sass	matthew.sass@gcsny.org	
Marlboro/Highland	Amanda Creeden	amanda.creeden@marlboroschools.org	(845) 542-0783
Middletown	Paul Burke	paul.burke@ecsdm.org	(845) 637-5802
Minisink Valley	Sam Woodward	swoodward@minisink.com	(845) 649-7344
Monroe-Woodbury	Justin Wright	jwright@mw.k12.ny.us	(845) 656-0220
Newburgh	Zach Williams	zmwilliams88@gmail.com	(845) 926-8591
New Paltz	Melissa Gruver-LaPolt	mgruver@newpaltz.k12.ny.us	(845)-797-7258
Our Lady of Lourdes	Eileen Bernhardt	etbernhardt@yahoo.com	
Pine Bush	Kevin Blackwell	kevblackwell3@hotmail.com	(845) 234-3422
Red Hook	Mackenzie Dabo	Mdabo@rhcsd.org	(845) 416-8516
Rhinebeck	Stephen Boucher (AD)	sboucher@rhinebeckcsd.org	(845) 871-5500
Valley Central	Tom Plitsch	Thomas.plitsch@vcsdny.org	(845) 514-0018
Washingtonville	Jim Frisbie	jfrisbie@wcsdk12.org	(845) 857-5871
Warwick	Frank Woodward	kscldad@gmail.com	(845) 649-8627
Section 9 Rules Interpreter	Alice Plitz	arpitz@optonline.net	(845) 242-2890
Times-Herald Record	Tom McMillan	kmcmillian@th_record.com	
OCIAA Office	Chris Mayo	cmayo@ouboces.org	(845) 294-5799

Times Herald Record Information

Mailing address: Times Herald-Record 40 Mulberry St. Middletown, NY 10940

Try to post results to Swim Cloud before 9 pm after all meets so that they may be reported in the next day's edition of the paper.

If you are out of town or area you may call 1- 800- 295 – 2181 Ext. 3191 or fax to (845) 342-6024 and remember you can always email.

SECTION 2 (Qualifying)

PROTOCOL FOR ATHLETES TO QUALIFY FOR THE STATE SWIMMING AND DIVING CHAMPIONSHIPS

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.

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.

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 or swim another event in which they have qualified, then the Section may replace the swimmer with the 2nd place finisher. If a Section has more than one (1) class meet, the fastest individual from the final day of competition from all the classes would be the eligible athlete to move on as well as any other swimmer who met the qualifying standard.

FAT Timing (Fully Automatic Timing) or three (3) hand held watches must be used for the time to meet the qualifying standard. Divers must be scored by NFHS certified.

**Girls NYS 2024-2025 Qualifier Times
(Frozen from last year)**

**Boys NYS 2024 -2025 Qualifier Times
(Frozen from last year)**

200 Medley Relay

1:52.35

1:40.67

200 Freestyle	1:57.24	1:47.60
200 Ind. Medley	2:12.84	2:00.63
50 Freestyle	:24.84	:22.19
Diving (11)	440.00	450.00 pts.
100 Butterfly	1:00.02	:53.95
100 Freestyle	:54.36	:48.76
500 Freestyle	5:14.65	4:52.52
200 Freestyle Relay	1:41.69	1:30.12
100 Backstroke	1:00.42	:54.82
100 Breaststroke	1:08.60	1:01.20
400 Freestyle Relay	3:42.73	3:18.87

Girl's NYSPHSAA Meet:
 Boy's NYSPHSAA Meet:

Webster H.S. Rochester, NY
 Ithaca College Ithaca, NY

November 22 & 23, 2024
 March 7 & 8, 2025

SECTION 9 QUALIFYING TIMES

Proposed

2024-2025 Time Standards		
	GIRLS	BOYS

Event	Section 9	Section 9
200 Medley Relay	1 Per Team	1 Per Team
200 Free	2:12.87	2:06.22
200 IM	2:31.50	2:24.83
50 Free	27.70	24.95
6 Dive	140.00	140.00
11 Dive	250.00	250.00
100 Fly	1:10.38	1:06.92
100 Free	1:01.00	56.20
500 Free	5:59.09	5:55.01
200 Free Relay	1 Per Team	1 Per Team
100 Back	1:09.83	1:06.96
100 Breast	1:18.80	1:13.26
400 Free Relay	1 Per Team	1 Per Team

*Boys 50 Free drops by .29, 32nd place was 24.65 in 2024, 42 qualifiers.

*All times slots must be approved at the yearly seasonal coaches' rules meeting when and where scheduled by the League Office those listed above are only a suggestion

SECTION 3 (Championship Meets)

OCIAA GIRLS CHAMPIONSHIP MEET GUIDELINES

Diving-Thursday, Oct 24, 2024, Site Washingtonville HS (tentative)
Swimming-Friday, Oct 25, 2024 OR Saturday, Oct. 26, 2024

ENTRY INFORMATION

- **Coaches must submit their entries via the “on-line” entry form at swimcloud.com. FAX entries not permitted!**
- Each team is permitted a maximum of 36 individual entries and 2 relays for each relay event.
- Unless otherwise agreed upon by a majority of the OCIAA coaches, National Federation Rules will govern the OCIAA Championship Meet.

GENERAL MEET FORMAT-SWIMMING

- The OCIAA Championship Meet is a TIMED FINAL meet.
- Heats will be swum slowest to fastest.
- Since the diving competition is on a different day, there will be a minimum of a 20-minute break after Event No. 4 (50-yard freestyle).

GENERAL MEET FORMAT-DIVING

- The diving event in the OCIAA Championship Meet is an 11-dive format competition.
- Since the meet is a TIMED FINAL meet, all divers will perform all 11 dives regardless of the number of divers entered.
- If a diver fails to finish the diving competition, they will be disqualified from the event.
- The dive sheets must be filled out on the official dive sheet and turned in 1 hour prior to the start of competition.

SCORING

- Scoring will be scored to 16 places utilizing National Federation High School rules.

AWARDS

- There will be a Team Championship Plaque.
- There will be medals awarded to the top 8 finishers in each individual event.
- There will be medals awarded to the top 8 finishers in each relay event.

MISCELLANEOUS

- A Championship Meet Committee will consist of two participating coaches and the meet referee.
- The Orange/Ulster BOCES Athletic Coordinator in conjunction with the OCIAA Athletic Director Swimming Chairperson will assign officials for the OCIAA Championship Meet.

ENTRY DEADLINES

Online Entry (www.swimcloud.com)

All coaches submit entries by Monday, October 21, 2024, at 11:59 PM

No verification, entries will go live after the deadline.

ONCE PSYCH SHEET GOES OUT ON WEB LIVE – THERE ARE NO CHANGES ONLY SCRATCHES

OCIAA BOYS CHAMPIONSHIP MEET GUIDELINES

Diving – Feb. 6, 2024 @ Washingtonville

Swimming –

Division 2 @ Washingtonville on Feb. 7, 2024

Division 1 @ NFA on February 8, 2024

***Snow Dates:**

Washingtonville: Saturday, February 7, 2024

NFA: Monday, February 10, 2024

ENTRY INFORMATION

- **Coaches must submit their entries via the online entry form at www.swimcloud.com.**
- Each team is permitted a maximum of 36 individual entries and 2 relays for each relay event.

- Unless otherwise agreed upon by a majority of the OCIAA coaches, National Federation Rules will govern the OCIAA Championship Meet.

GENERAL MEET FORMAT-SWIMMING

- The OCIAA Championship Meet is a TIMED FINAL meet.
- Heats will be swum slowest to fastest.
- Since the diving competition is on a different day, there will be a minimum of a 20-minute break after Event No. 4 (50-yard freestyle).

GENERAL MEET FORMAT-DIVING

- The diving event in the OCIAA Championship Meet is an 11-dive format competition.
- Since the meet is a TIMED FINAL meet, all divers will perform all 11 dives regardless of the number of divers entered.
- If a diver fails to finish the diving competition, they will be disqualified from the event.
- The dive sheets must be filled out on the official dive sheet and turned in 1 hour prior to the start of competition.

SCORING

- Scoring will be for the top 16 places utilizing National Federation High School rules.

AWARDS

- There will be a Team Championship Plaque.
- There will be medals awarded to the top 3 finishers in each individual event.
- There will be medals awarded to the top 3 finishers in each relay event.

MISCELLANEOUS

- A Championship Meet Committee will consist of two participating coaches and the meet referee.
- The Orange/Ulster BOCES Athletic Coordinator in conjunction with the OCIAA Athletic Director Swimming Chairperson will assign officials for the OCIAA Championship Meet.

ENTRY DEADLINES

Online Entry (www.swimcloud.com)

All coaches submit entries by Monday, February 3, 2024, at 11:59 PM

No verification, entries will go live after the deadline.

ONCE PSYCH SHEET GOES OUT ON WEB LIVE – THERE ARE NO CHANGES ONLY SCRATCHES

Section IX 2024 Girls' Swimming & Diving Championships

Hosted at Valley Central

****Times are Tentative****

ENTRY DEADLINES

Online Entry (www.swimcloud.com)

All coaches submit entries by Monday, November 4, 2024, at 11:59 PM

No verification, entries will go live after the deadline.

ONCE PSYCH SHEET GOES OUT ON WEB LIVE – THERE ARE NO CHANGES ONLY SCRATCHES

Thursday, Nov. 7, 2024 (Swim Prelims) – snow date is Friday, Nov. 8, 2024

Doors Open:

2:00 pm

Warm Up: Circle Swim, all lanes 2:30 pm – 3:50
 Lanes 1, 5, 8 Remain Circle Swim 3:50 – 4:20
 Lanes 2, 3, 4 Relay Take-offs.
 Lanes 6 & 7 One-way sprints

Pool Cleared: 4:20pm
 Coaches Meeting: 4:20 pm
 Start: 4:30 pm

Friday, Nov. 8, 2024 (All of diving) –snow date is Saturday, Nov. 9, 2024 (prior to swimming finals)

Doors Open: 1:30 pm
 Warm Up: 2:00 pm
 Boards Close: 3:50 pm
 Coaches Meeting: 3:50 pm
 Start: 4:00 pm

Saturday, Nov. 9, 2024 (Finals) – snow date is Sunday, Nov. 10, 2024 (after 12 noon)

Swimmers Warm up: Circle Swim, all lanes 10 am-11:15 pm
 Lanes 1, 5, 8 Remain Circle Swim 11:15 pm – 11:50 pm
 Lanes 2, 3, 4 Relay Take-offs
 Lanes 6 & 7 One-way sprints

Pool Cleared: 11:50 pm
 Coaches Meeting: 11:50 pm
 Start: Noon

Coaches:

- Enter pool from the deck door.
- If you plan on warming up at your own facility, please notify Tom Plitsch or Chris Sammons of when you plan to arrive at the pool for the competition.
- Discuss with your team that Valley Central will not be held responsible for any lost or stolen items, bring a lock, and lock it up.

2024
NYSPHSAA Girls Swimming and Diving
Voluntary Dive Schedule

Start of Season – September 14	100 – Forward
September 15 – September 21	200 – Back
September 22 – September 28	400 – Inward

September 29 – October 5	5000 – Twist
October 6 – October 12	300 – Reverse
October 13 – October 19	100 – Forward
October 20 – October 26	200 – Back
October 27 – November 2	400 – Inward
November 3 – November 9	5000 - Twist

✓ If a school is competing outside of New York or is hosting a team outside of New York, coaches of both teams MUST agree on a voluntary dive 24 hours before the meet is contested.

✓ Meets rescheduled due to weather or some other unforeseen reason will use the dive from the originally scheduled date.

✓ Divers may use any dive from the scheduled group as they're voluntary dive, but must be listed with a degree of difficulty no higher than 1.8.

Approved 5/7/2024: NYSPHSAA Girls Swimming and Diving Committee

2024-2025

Section IX 2023- Boys' Swimming & Diving Championships Hosted at Valley Central

**all times tentative

ENTRY DEADLINES

Online Entry (www.swimcloud.com)

All coaches submit entries by Monday, February 17, 2024, at 11:59 PM

No verification, entries will go live after the deadline.

ONCE PSYCH SHEET GOES OUT ON WEB LIVE – THERE ARE NO CHANGES ONLY SCRATCHES

Thursday, February 20, 2025 (Swim Prelims) - snow date is Friday, Feb. 21, 2025

Doors Open:

2:00 pm

Warm Up: Circle Swim, all lanes 2:30 pm – 3:50 pm
 Lanes 1, 5, 8 Remain Circle Swim 3:50 – 4:20
 Lanes 2, 3, 4 Relay Take-offs
 Lanes 6 & 7 One-way sprints

Pool Cleared: 4:20pm
 Coaches Meeting: 4:20 pm
 Start: 4:30 pm

Friday, February 21, 2025 (all of Diving) – snow date is Saturday, Feb. 22, 2025 (Prior to swim finals)

Doors Open: 1:30 pm
 Warm Up: 2:00 pm
 Boards Close: 3:50 pm
 Coaches Meeting: 3:50 pm
 Start: 4:00 pm

Saturday, February 22, 2025 (Finals) – snow date is Sunday, Feb. 25, 2025

Swimmers Warm up: Circle Swim, all lanes 11:00 am – 12:50 pm
 Lanes 1, 5, 8 Remain Circle Swim 12:20 pm – 12:50 pm
 Lanes 2, 3, 4 Relay Take-offs
 Lanes 6 & 7 One-way sprints

Pool Cleared: 12:50 pm
 Coaches Meeting: 12:45 pm
 Start: 1:00 pm

Coaches:

- If you plan on warming up at your own facility, please notify Tom Plitsch or Dan Wargo of when you plan to arrive at the pool for the competition.
- Discuss with your team that Valley Central will not be held responsible for any lost or stolen items, bring a lock, and lock it up.

**2023-2024
 NYSPHSAA BOYS Swimming and Diving
 Voluntary Dive Schedule
 Dive of the Week**

Week	Dive Group
Nov 20 – Nov 26	100 (Front)
Nov 27 - Dec 3	100 (Front)
Dec 4 – Dec 10	200 (Back)
Dec 11 – Dec 17	400 (Inward)
Dec 18 – Dec 24	5000 (Twist)
Dec 25 – Dec 31	5000 (Twist)

Jan 1 – Jan 7	300 (Reverse)
Jan 8– Jan 14	100 (Front)
Jan 15 – Jan 21	200 (Back)
Jan 22 – Jan 28	400 (Inward)
Jan 29 – Feb 4	5000 (Twist)
Feb 5 – Feb 11	300 (Reverse)
Feb 14 – Feb 18	100 (Front)

✓ If a school is competing outside of New York or is hosting a team outside of New York, coaches of both teams **MUST** agree on a voluntary dive 24 hours before the meet is contested.

✓ Meets rescheduled due to weather or some other unforeseen reason will use the dive from the originally scheduled date.

✓ Divers may use any dive from the scheduled group as they're voluntary dive, but must be listed with a degree of difficulty no higher than 1.8.

Approved 5/7/2024: NYSPHSAA Boys Swimming and Diving Committee

SECTION 4 (OCIAA Swim Bi-Laws)

ORANGE COUNTY INTERSCHOLASTIC ATHLETIC ASSOCIATION BOYS & GIRLS SWIMMING BY-LAWS Adopted August 31, 2016

1. The current year National Federation Rules, the NYSPHSAA Hand Book and the following OCIAA rules shall apply: A. A minimum of seven (7) participants is required to compete on a team level. Team size is fixed from day one of the start of the competitive season.

B. A mandatory list of required dives for OCIAA League meets must be compiled and distributed by the Chairperson to all participating schools prior to the start of the dual meet season.

C. If the host school has inadequate facilities (i.e. - diving board, water depth, starting blocks, etc.) they must inform the visiting school so that there is prior written mutual consent to conduct the meet.

D. The host school must provide a minimum of one (1) timer per lane.

E. Radios and MP3 players are permitted on the pool deck, with referee's discretion.

F. Host team must report meet results to the Middletown Times Herald Record which is the OCIAA Official League Newspaper and to the Section IX Swimming website.

G. To participate in a League Swim Meet as an individual, all necessary paperwork should be on file before the first League Swim Meet.

2. Unsportsmanlike Conduct:

A. When a coach is ejected from a contest, please refer to the NYSPHSAA Handbook, Sportsmanship Standard #27.

B. When a swimmer(s) is ejected or disqualified from a meet for unsportsmanlike conduct, the following action is required by the NYSPHSAA Regulation, detailed in Standard #27b.

i. (1) First ejection - that swimmer(s) cannot participate in the next scheduled meet.

ii. (2) Second ejection - that swimmer(s) cannot participate in the next two scheduled meets.

iii. (3) Third ejection - that swimmer(s) cannot participate in any remaining scheduled meets - including sectionals and any higher level of competition.

C. There is no appeal to a player(s) ejection. The official's decision is final and includes the following contest(s).

D. The official that ejected the swimmer(s) will notify the OCIAA Athletic Coordinator, prior to 12:00 p.m. the following day, with the name(s) of the player(s) and the type of infraction(s).

E. The coach of the swimmer(s) who was ejected will notify his/her Athletic Administrator. The Athletic Administrator will then contact the Athletic Coordinator's Office to confirm that the swimmer(s) will not be allowed to participate in that school's next scheduled meet or meets as required above.

F. A swimmer(s) that is ejected from a meet, will not be allowed to be present at the site of any meet that swimmer(s) has been disqualified from participating in (home or away).

G. For unsportsmanlike violations that occur during the OCIAA season, penalties will carry over into sectional play. NYSPHSAA unsportsmanlike conduct rules will apply after the completion of the league season.

3. Championships:

An individual must have completed in six (6) (amend to 3 – COVID) high school swim meets prior to participating in the Section IX Championship Meet/State Qualifier. This does NOT include the League Championship (OCIAA).

There will be two conferences: Division 1 and Division 2. The Conference Champion will be determined by the point system: 2 points for a win, 1 point for a tie (Conference meets only). If there is still a tie after using the point system, the following will be used to determine the conference champion:

(1) Head-to-head between teams that are tied

(2) If teams are tied after these tiebreaker procedures, co-conference champions will be declared.

4. Awards: **Plaques** will be awarded to each boys and girls swim teams for the following:

- 2 OCIAA League Champions (Dual Meet Season)
- 2 OCIAA Championship Meet Winners (division 1 & division 2)
- 1 Section 9 Championship Meet Winner
- Medals:
 - Awarded to all finalists in the OCIAA championship. Individual and Relay Events – Top 3.
 - Section IX will award medals to – Top 3 and any other in-season NYS qualifier in that particular event.

OCIAA Patches: Each individual school may purchase their own patches if they choose to do so.

5. Safety Guidelines at Meets

- A. Coaches shall actively supervise their swimmers and divers during warm-up sessions at meets.
- B. The available number of lanes for swimming warm-ups must be equally divided between both schools.
- C. There shall be no swimming under the diving board(s) while divers are warming up.
- D. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the block. Swimmers are not to step up on the block if there is a backstroker ready to start.
- E. Warm-up procedures shall be enforced during any breaks scheduled during the competition.
- F. Hazards on deck, in the locker rooms, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
- G. 11 Dive Dual Meet Guidelines
- H. A minimum of 30 minutes of warm-up must be provided to the visiting team in the event of a late arrival.
- I. Feet first entries in water depth less than 9 ft.

6. **Extra Heats** are permitted if both schools agree by **prior mutual consent (24 hours ahead of start of meet), unless involving a “shadowing” school or athlete (aka team of less than 7 athletes)**. All extra heats must precede the scoring heat according to NFHS Rules.

7. Rules Interpretation Meeting:

A Rules Interpretation Meeting will be held prior to each season.

8. Mergers:

- A. Follow all section 9 rules, regulations and application process.
- B. Follow all OCIAA & MHL rules, regulations and application process.

9. Shadowing:

A team of less than 7 members will be a “shadowing” team (determined on day one of the start of the competitive season). The shadowing team will follow an identified parent team’s dual meet schedule. It is the shadowing team’s responsibility, or its named representative, to make contact with the other two participating schools one day in advance to inform them of the additional heats that will be required due to permitting all athletes to participate in the number of required events by NFHS rules.

All athletes from shadowing schools should be given the opportunity to swim in the faster heats if their time warrants that type of placement.

10. Lane assignments are decided upon NFHS Rules and a "shadowing team" will use the lanes assigned to the parent team they are shadowing regardless of what heat they are swimming in.

11. If any shadowing swimmer's time is equal or better, parent or shadowed school's coach makes determination "shadowing" swimmers heat.

12. If the shadowing swimmer's time is said to be faster than the parent schools third swimmer, then the shadowing schools athlete will swim in the faster heat and the parent schools third swimmer will then be placed into the extra preceding heat. To avoid swimming in a heat alone the opposing school will move its third swimmer into the same preceding heat. You will score only the deeded or named 'third' swimmers designated by the coaches prior to the event. Any additional lanes maybe filled with extra swimmers as exhibition.