

Section One

Girls Swimming & Diving Booklet

2025



Co-Chairperson

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

Co-Chairperson

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

Committee Members

Conf 1 AD Matt Cameron, White Plains HS
Conf 2 TBD
Conf 3 AD Mike McCoy, Woodlands HS

Conf 1 Coaches Rep Tobey Anne Saracino, SHEDI
Conf 2 Coaches Rep TBD
Conf 3 Coaches Rep Kirk Skoglund, Suffern HS

Official Association Reps

Paul Simco - Westchester/Putnam
Margaret Stead - Rockland
Doug Olympia - Dutchess

Coaches Assoc. for All Counties

David Holmes, At Large

Additional Committee Members

Katrina Baker-DeSouza - Ossining
Clare Carr - SHEDI
Paul McClintock - NYS Rules Interpreter
Renay Cerrato - Wappingers

IMPORTANT INFORMATION

Girls & Boys Swim Coaches Meeting
8/28/25 @ 6:30pm in the Horace Greeley Gym
Coaches Awards Meeting 11/10/25
Seeding Meeting 11/4/25

Maximum # of Games 16
Rules NFHS
First Practice 8/25/25
First Game 9/3/25
Last day to swim dual meets 10/22/25

League Championships				
Event	Class	Date	Site	Time
Diving	All	10/24/25	SUNY Purchase	3:00 PM - Warmup 4:30 PM - Start
League A	All	10/25/25	Felix Festa MS	8:00 AM - Warmup 9:00 AM - Start
League B	All	10/25/25	North Rockland HS	7:30 AM - Warmup 9:00 AM - Start
League C	All	10/25/25	Mark Twain	7:30 AM - Warmup 9:00 AM - Start
Culminating League Event				
League D	All	10/25/25	EF Marymount	7:30 AM - Warmup 9:00 AM - Start

Section One Girls Swimming & Diving Booklet 2025



Section One Championships				
Event	Class	Date	Site	Time
Dive Trials	All	11/6/25	SUNY Purchase	3:00 PM -Warmup 4:30 PM - Start
Swim Trials	All	11/7/25	Felix Festa MS	4:00 PM - Warmup 5:00 PM - Start
Swim Finals	All	11/10/25	Felix Festa MS	4:00 PM - Warmup 5:00 PM - Start

[NYSPHSAA Girls Swimming & Diving Championships](#)

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 11/2/2025 to camelot93@optonline.net](#)
NYSPHSAA Handbook

#26 Representation Rule

Team/Individual and Individual Sports: An individual must 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.

*League Swim/Dive Championships count toward the 6 contest requirement.

IN SEASON QUALIFYING REQUIREMENTS FOR SECTIONAL & STATE CHAMPIONSHIPS

1. All Schools are REQUIRED to use and input data into the Section One website which can be located at www.swimcloud.com.
2. All schools must provide a representative head coach, assistant coach or athletic director to attend the Joint Mandatory coaches meeting on 8/28/25 at 6:30 pm at Horace Greeley High School.
3. Meet results must be put into the SWIMCLOUD website within 24 hours of the meet start. Results are time stamped and if put in later than 24 hours, it will be flagged.
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.

Section One

Girls Swimming & Diving Booklet

2025



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.

HOW TO QUALIFY FOR SECTIONAL CHAMPIONSHIPS

The Section One Championship Trials will consist of 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 times 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 **November 1, 2025 at 8:00PM**. Entries close **November 3, 2025 at 8:00PM**. 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) and that individual must have participated in a minimum of 6 (six) meets during the regular season to be eligible for Section One 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 the NYSPHSAA State Championships are no longer a continuation of Sectional Championships, 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 Section One Championships in at least 3 events** (200 Medley Relay, 200 Freestyle Relay and 400 Freestyle Relay).

Section One Championship Finals will consist of the top 16 competitors; places 9 – 16 will compete in the Consolation Finals and places 1 – 8 in the Championship Finals. A swimmer in Consolations may not qualify/finish any higher than 9th place and a swimmer in Finals may qualify/finish no lower than 8th place.

HOW TO QUALIFY FOR STATE 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 prohibited them from participation in the

Section One

Girls Swimming & Diving Booklet

2025



Sectional Championship Meet, the school may appeal to have a medical waiver approved through the Section One office.

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 2nd 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 CHAMPIONSHIPS QUALIFYING TIME STANDARDS

SECTION ONE GIRLS SWIMMING AND DIVING 2025 SECTIONAL QUALIFYING TIMES	
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

Section One
Girls Swimming & Diving Booklet
2025



NYSPHSAA STATE CHAMPIONSHIPS IN-SEASON QUALIFYING TIME STANDARDS

2025 SECTION ONE GIRLS SWIMMING AND DIVING NYSPHSAA CHAMPIONSHIP QUALIFYING STANDARDS	
EVENT	STANDARD
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 DIVING - GROUP OF THE WEEK

Consult www.SportYou.com website for the specific group of the week. The NYSPHSAA Dive of the week is posted in the files section.

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 Girls Swimming & Diving Booklet 2025



SECTION ONE SWIMMING AND DIVING GUIDELINES FOR LEAGUE CHAMPIONSHIP MEET FRIDAY, OCTOBER 24 AND SATURDAY, OCTOBER 25, 2025

1. All League Swimming Championship meets will take place on **Saturday, October 25, 2025**. Warm-up will be determined by each site director with the start time of 1 hour later. Warm-Up times will be at the discretion of each meet director. Sites for 2025 are as follows:
 - League 1 - **TBD**
 - League 2 - **TBD**
 - League 3 - **TBD**
 - League 4 - **TBD**
2. There are no cut off times for League Championships. Each team may enter up to four (4) contestants in individual events and one relay team, regardless of times. For all leagues this is a true League 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 24, 2025** at SUNY PURCHASE (3:00pm warm-up, 4:00 pm 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. 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.
5. Each meet committee will be responsible for coaches and officials' refreshments. Section One nor the Sport Chair are responsible for this expense. Please divide the cost with all the teams in your league.
6. TICKETS for Admission will be purchased ONLINE ONLY prior to the event and at the League Meet venue. Information will be sent to the site chairperson with QR Code prior to the event. No CASH or checks will be accepted at the gate.

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 Sport Chair and AD shall acknowledge receipt of a properly filed protest to both coaches and their AD's and will inform the Executive Director of Section One 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 Sport Chair within 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 & Diving Booklet

2025



Leagues 2025			
League A	League B	League C	League D
Scarsdale	Arlington	Lakeland/Panas	Briarcliff/ Pleasantville/ Valhalla/ Westlake/ Byram Hills
Fox Lane	New Rochelle	Poughkeepsie	Rye/ Blind Brook/ Rye Neck
Horace Greeley	Suffern	Peekskill	Sleepy Hollow/ Hastings/ Edgemont/ Irvington
Clarkstown	Pelham	Brewster	JJCR/ North Salem
White Plains	North Rockland	Yonkers	Mahopac/ Carmel/ Putnam Valley
Eastchester	Nyack	Port Chester	Ardsley/ Dobbs Ferry
Ursuline	Wappingers	Pearl River	Bronxville/ Tuckahoe
Tappan Zee	Ossining	Woodlands	Croton-Harmon/ Hendrick Hudson/ Haldane
Mamaroneck	Harrison	Mount Vernon	Yorktown/ Somers

***Effective 2024-2025, any merged team comprised of two or more districts is ineligible to win a League Championship or Sectional Championship. Athletes of merged teams are still eligible to qualify for postseason play and earn Sectional championships individually or in a merged relay.**

Section One
Girls Swimming & Diving Booklet
2025



Individual Sport Verification

Due: 11/2/2025

**submit to Section One Sport Chair, Meg Kaplan, via email:
camelot93@optonline.net**

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 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. If requested, I am able to furnish the list of meets for verification.

Coach's Signature/Date

Athletic Director Signature/Date

Section One
Girls Swimming & Diving Booklet
2025



TEAM OF ONE VERIFICATION FORM

Email completed form with all signatures in place no later than **11/2/2025** for inclusion in
Sectional Championships to Meg Kaplan at camelot93@optonline.net
Team of One athletes are NOT ELIGIBLE for LEAGUE 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 11/2/2025**

ATHLETIC DIRECTOR Signature: _____

Section One

Girls Swimming & Diving Booklet

2025



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					
P R E L I M S 2 Vol 3 Opt	1	Forward _____SS Back _____Twist Reverse _____ Inward _____														
	2	Forward _____SS Back _____Twist Reverse _____ Inward _____											+			
	3	Forward _____SS Back _____Twist Reverse _____ Inward _____											+			
	4	Forward _____SS Back _____Twist Reverse _____ Inward _____											+			
	5	Forward _____SS Back _____Twist Reverse _____ Inward _____											+			
S E M I S 2 Vol 1 Opt	6	Forward _____SS Back _____Twist Reverse _____ Inward _____											+			
	7	Forward _____SS Back _____Twist Reverse _____ Inward _____											+			
	8	Forward _____SS Back _____Twist Reverse _____ Inward _____											+			
F I N A L S 1 Vol 2 Opt	9	Forward _____SS Back _____Twist Reverse _____ Inward _____											+			
	10	Forward _____SS Back _____Twist Reverse _____ Inward _____											+			
	11	Forward _____SS Back _____Twist Reverse _____ Inward _____											+			
												Final Score				

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.

Coach's Signature	Diver's Signature	Referee
-------------------	-------------------	---------