

Section One

Boys Swimming & Diving Booklet

2025-2026



AD Chairperson

Dr. Chris Serra
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Coach Chairperson

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Committee Schedulers

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 Tobey-Anne Saracino - AHEDI
Conf 2 Coaches Rep Kirk Skoglund, Suffern HS
Conf 3 Coaches Rep Inga D’Nuzio - Scarsdale

Official Association Reps

Patrick Flores - Westchester/Putnam
Felicity Marinello- Rockland
Doug Olympia - Dutchess

Coaches Assoc. for All Counties

David Holmes

Additional Committee Members

Katrina Baker-DeSouza - Ossining
Paul McClintock - NYS Rules Interpreter
Renay Cerrato - Wappingers
Anne Murray - Mount Vernon

IMPORTANT INFORMATION

Girls & Boys Swim Coaches Meeting

Pre-Season Coaches Meeting August 25, 2025

First Practice November 17, 2025

First Scrimmage/Game Permitted after 6 practices

Last day to swim January 26, 2026

Seeding Meeting February 4, 2026

All Section Dinner TBD

Maximum # of Games 16

Rules NFHS & NYSPHSAA

League Championships		
Date	Site	Class
1/29/26	Diving SUNY Purchase	ALL Warmup - 3:00PM Start - 4:00PM
1/31/26	Felix Festa Middle School	League A
1/31/26	Mark Twain	League B
1/31/26	Ardsley Middle School	League C

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Section One Championships		
Date	Site	Class
2/5/26	Diving SUNY Purchase	ALL Warmup - 3:00PM Start - 4:30PM
2/9/26 Trials	Felix Festa Middle School	ALL Warmup - 4:00PM Start - 5:00PM
2/10/26 Finals	Felix Festa Middle School	ALL Warmup - 4:00PM Start - 5:00PM
NYSPHSAA Boys Swimming State Championships		

Disclaimer: The dates/times and format of Section One Tournaments are subject to change at the discretion of the Section One Executive Director and/or designee in conjunction with the Section One Sport Chair due to inclement weather. Dates of the postseason tournaments are based on the dates of the NYSPHSAA championships.

INCLEMENT WEATHER POLICY APPROVED FOR SECTION ONE INDIVIDUAL CHAMPIONSHIP EVENTS

The Executive Committee approved a new benchmark for whether or not an individual Section One Championship event (such as wrestling, bowling, track, etc.) will be postponed or canceled due inclement weather. If 33% or more of participating teams in a particular class or division of an individual sport championship event are unable to attend due to weather-related issues, the event will be postponed and/or canceled based on the availability of facilities, officials, event staff, etc. The cancellation of an event due to logistical constraints could potentially eliminate a student-athlete's ability or opportunity to qualify and/or advance to state championship competitions. Creating a standard of 33% establishes a definitive benchmark for making this determination.

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BOYS SWIM & DIVE RULES - NFHS

Please see the NYSPHSAA sports specific webpage for all applicable

ELIGIBILITY - Submit the Sport Verification form by: Monday, February 2, 2026
camelot93@optonline.net MUST HAVE BOTH COACH AND AD SIGNATURES
ALL SCHOOLS MUST COMPLETE EVEN IF NOT ENTERING SECTIONALS

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 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 2024-2025 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.

Online seeding opens on 1/31/26. Entries close 02/02/25 at 8:00PM. If you have not entered by that time, you will not be participating. Meet verifications due on 2/02/26.

An individual is able to qualify for Sectional Championships via a Time Standard (See attached, which is the averaged time of 16th 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 to represent 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 9th place and a swimmer in finals may qualify/finish no lower than 8th place.

IN SEASON QUALIFYING REQUIREMENTS

1. All Schools are REQUIRED to participate in the Section One website which can be located at www.Swimcloud.com. The website basic plan is \$10 payable by Section One. Should you or your

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school wish to upgrade features, then that is on the specific coach or school district for \$150 for both Girls and Boys Season. For a team to enter meet results without Hytek and be entered manually, you must purchase Swim Cloud Pro. The information needed as soon as possible to set up each account is the name of the School. If this is a merged program, it will be listed as a Co-Op , provide the name of the head coach and from there the coach can update the assistant coach, team mascot and enter your entire roster. Please remember that each ATHLETE owns their profile. Their US ID# will be ported in with their name. It is the responsibility of the ATHLETE to ensure that this information is correct. **Your roster is Due by December 1, 2025.**

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.
3. Dual Meet ENTRIES must be put into Swim Cloud prior to the meet taking place no later than 4 PM day of the meet. Changes to the line up can be made on deck, but please let the HOME coach know of the change so that they are aware. This should be noted on BOTH the entry card and the SCORE sheet The HOME school will enter all results. If there is an error in the results, please email the HOME coach so that it can be edited and updated. Results are to be placed into swim cloud no later than 24 Hours of the meet start.
4. If FAT (Fully Automatic Timing) 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.
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. The swimmer MUST be entered into the 50 or 100 Free events OR have individual event eligibility for the meet in order to have this exception apply.
6. The NYSPHSAA Protocol for Athletes to qualify must also be met for the athlete to be eligible for participation in the NYSPHSAA Meet without exception.

PROTOCOL FOR ATHLETES TO QUALIFY FOR THE 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, 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 2nd place finisher only if no other swimmer met the qualifying standard for that event.

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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.

2026 SECTION ONE BOYS SWIMMING AND DIVING NYSPHSAA CHAMPIONSHIP QUALIFYING STANDARDS	
EVENT	STANDARD
200 MEDLEY RELAY	1/SECTION (1:40.67)
200 FREESTYLE	1:47.60
200 IM	2:00.63
50 FREESTYLE	:22.19
DIVING (11)	450.00 POINTS
100 BUTTERFLY	:53.95
100 FREESTYLE	:48.76
500 FREESTYLE	4:52.52
200 FREESTYLE RELAY	1/ SECTION (1:30.12)
100 BACKSTROKE	:54.82
100 BREASTSTROKE	1:01.20
400 FREE RELAY	1/SECTION (3:18.87)

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SECTION ONE BOYS SWIMMING AND DIVING 2025-2026 SECTIONAL QUALIFYING TIMES

200 MEDLEY RELAY	ONE ENTRY PER TEAM
200 FREESTYLE	1:55.52
200 INDIVIDUAL MEDLEY	2:10.74
50 FREESTYLE	:23.99
DIVING (6)	180 POINTS (3 JUDGES)***
100 BUTTERFLY	:58.68
100 FREESTYLE	:52.62
500 FREESTYLE	5:19.27
200 FREESTYLE RELAY	ONE ENTRY PER TEAM
100 BACKSTROKE	:59.73
100 BREASTSTROKE	1:07.16
400 FREESTYLE RELAY	ONE ENTRY PER TEAM

GUIDELINES FOR CONFERENCE CHAMPIONSHIP MEET

THURSDAY, JANUARY 29 AND SATURDAY, January 31, 2026

- ALL Conference Swimming Championship meets will take place on Saturday, February 1, 2025. Warm-up times will be at the discretion of each meet director. Sites for 2024-2025 are as follows:
 Diving: All Divisions SUNY Purchase, January 29, 2026 3 PM warm up 4:30 PM start 6 Dives
 Swimming: January 31, 2026
 League 1: Felix Festa Middle School
 League 2: Yonkers - Mark Twain
 League 3: Ardsley Middle School

Entries for Conference Meet: NO ENTRIES – NO PARTICIPATION

Portal opens for entries on January 24, 20256

Portal closes on January 26, 2026 @ 8:00PM

Verification of Entries: January 27, 2027 at 12 noon

- There are no cut off times for Conferences. Each team may enter up to four (4) contestants in individual events and TWO relay teams, regardless of times. One team is an exhibition. All Leagues are a true Championship meet. The merged league will be awarded medals but will not be awarded a championship plaque as per the section merged team rules.
- Diving will be held on January 29, 2026, at SUNY Purchase, 3:30PM 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).
- Whether or not to prepare a program will be the decision of each meet director.

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5. Seeding for this meet will be in advanced on-line as per meet director*. Heat Sheets should be available within a day prior to this championship. It is the responsibility of EACH COACH to print out their own heat sheet.
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 scan code for Go fan will be available during championship week. NO money is allowed to be collected. Please have a responsible person available to tap each phone ticket for redemption. Admission fees will be charged for all Championships. **\$8.00 Admission, \$5 Children 12 & under and Senior Citizens (62 and over). \$8** per Conference Meet including diving. Purchasing of tickets prior will be arranged by the section again through Go Fan
8. Each Conference will receive 30 "All-Conference" plaques. All-Conference athletes are identified by the points scored at the conference meet. The Individual Point scorers list is to be submitted to the Sectional Coordinator at the conclusion of the meet. Each School holds the plaques for their member schools. 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.** Award winners will be noted on SPORTS YOU in the files section.
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 except for the merged league as per the Section merged team document.
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 and will be available on Swimcloud.com
11. Additional Guidelines will be established by each meet Director. Meet Directors must furnish Guidelines 3 weeks prior to the 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 cannot participate in conference championships Teams of ONE are ineligible for all league honors.
13. Effective Fall 2024, Section 1 instituted a policy that indicates Merged programs (Defined as a Team from 2 or more separate Districts) cannot win a Team Sectional or Team Conference (League) Championship. Consequently, points cannot be split between a merged relay and awarded to each team separately to accrue points for one District for the sole reason that teams who declared themselves as a merged program prior to the season, pursuant to Section policy, cannot demerge to and score points individually for one District. For scoring purposes, merged relays will be counted as an exhibition and not scored for the Conference and Sectional Meets. Individual or Merged Team Athletes can qualify for Sections or States during either the Sectional or Divisional Championship meets, but any merged program is eliminated from the opportunity to win a Sectional or Divisional championship. As the intent of this new policy was not to eliminate an opportunity for an athlete to

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qualify for Sections/States or earn awards, athletes from merged programs are still eligible to win League and/or Section honors.

14. League placement for Section 1 Swimming will utilize dual meet records to set Conferences (Leagues) for the upcoming season, with new teams to the sport being placed in the lowest Conference, and new merged teams being placed in the highest Conference.

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.

SECTION ONE SWIMMING & DIVING

Diving-Group of the Week

Consult 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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Leagues 2025-2026		
League A	League B	League C
Horace Greeley	Wappingers	*Ardsley/Hastings/Edgemont/ Dobbs Ferry/Irvington
Clarkstown	White Plains	*Byram Hills/ Briarcliff/Pleasantville/ Valhalla/Westlake
Scarsdale	Yonkers	*Fox Lane/John Jay CR
Suffern	Ossining	*New Rochelle/Bronxville
Mamaroneck	Tappan Zee	*Lakeland/Walter Panas/ Putnam Valley
North Rockland	Woodlands	*Rye/Blind Brook/Rye Neck
Harrison	Nyack	*Yorktown/Somers
Pelham	Poughkeepsie	*Mount Vernon/Tuckahoe
Arlington	Port Chester	
Eastchester	Pearl River	
	Peekskill	
	Croton-Harmon	

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Individual Sport Verification

Due: February 2, 2026
submit to Section 1 Chair 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.

Coach's Signature/Date

Athletic Director Signature/Date

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TEAM OF ONE VERIFICATION FORM

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.

ATHLETIC DIRECTOR Signature: _____

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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	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	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	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
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