

Section VIII

Girls

Swimming and Diving

Coaches Handbook

2025

Summer 2025- Original Posting

Subject to changes- Coaches are encouraged to review periodically- changes are noted in red

Important Websites

Section VIII- Home Page	https://secviii.org/
GO Fan -tickets for all events	https://gofan.co/app/school/NYSPHSAA8_1
Swim Meet Results	www.swimcloud.com
NYS Swimming & Diving HS Swim History	nyhsswim.com

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INTRODUCTION

This handbook is an attempt to put under one cover, rules, regulations, and guidelines which pertain to Nassau County Girls High School Swimming, in hopes that this will be of major benefit to all those involved with the interscholastic program.

The hope is that a handbook such as this will be beneficial to all coaches to help standardize procedures and to familiarize new coaches with regulations, and act as a point of information/reference to athletic directors and administrators as we work towards the betterment of high school athletics.

SPORTS COMMITTEES

Coaches Association		
President	Rachel McShane (2024-2028)	Northern Region
Vice-President	Lynn Volosevich	Long Beach
Secretary	Colleen Parris	Uniondale
Treasurer	Randal Corcoran (2024-2028)	Farmingdale
HSAA	Joe Bracio	Plainview
Conference Reps		
Conference I	Richard Stern	Jericho
Conference II	Shari Epstein	Hicksville
Conference III	Ryan Clark	South Side
Conference IV	Paula Braband	Bethpage
Division Reps		
Division A		
Division B		
Division C		
Other Positions		
Officials	Susie Soulier	
Section Eight Coordinator	Christin Snow DeGrom	Levittown
Modified Coordinator	Tami DeRose	Jericho
Ranhoffer Award Selection	Christin Snow DeGrom	Levittown

NASSAU COUNTY SWIM COACHES ASSOCIATION BY-LAWS

I. Purpose

The purpose of the Nassau County Swimming Coaches Association is to help promote interscholastic swimming in Nassau County.

II. Membership

1. Membership is open to each interscholastic swim team coach whose team participates under the auspices of Section Eight.
2. All coaches of the association agree to abide by the by-laws, the Eligibility Standards, Sports Standards, and other such rules, regulations, and standards established by the New York State High School Athletic Association.
3. In 2017 the association voted to implement a \$50.00 membership fee for the head coach of each participating team.

III. Officers

1. There shall be a President, Vice-President, and Secretary & Treasurer.
2. The election of officers shall take place at the spring meeting. Elections are not required, and the incumbent officers may stay seated by acclimation.
3. The term of office shall take effect for four years beginning September 1st, or for an indefinite period as determined by the membership.
4. The duties of the officers are as follows:
 - a. President - shall preside over all meetings; establish the agenda for all association meetings; appoint chairman for committees and delegate their duties to report back to the members for a vote.
 - Vice - President - shall preside over all meetings in the absence of the president.
1. Secretary - shall record minutes of all meetings and send copies of minutes and next meeting to all coaches and to their athletic directors; handle all necessary correspondence needed to run the association.
2. Treasurer - Shall keep financial records of all monies received and deposited; sign checks for all expenditures; give a financial report at each meeting

IV. Meetings

1. Preseason meeting: usually held in August just after the start of official practices. This meeting will include a presentation by the rules interpreter about new or redefined rules.
2. In season meeting: Held at the county diving championships during the break for the first cuts.
3. End of year meeting: usually after state coordinators meeting usually held in spring to review new rules and changes by the state executive committees.
4. The secretary shall notify BOCES to send each member a notice of each meeting at least two (2) weeks prior to said meeting.
5. A special meeting may be called at any time by the President or Section Coordinator provided at least 48 hours notice is given.

V. Voting

1. Each member school that competes during a season, has one (1) vote. A voting member is defined as the head coach or representative approved by the school Athletic Director.
2. A quorum of 50% of the membership must be present to have a vote. If that number is not present, the President will designate the Sec/Treas. to call those absent as to ascertain their vote.
3. A majority vote of the members present may carry a motion or elect officers.
4. The President of the Association is entitled to one (1) vote for his school on all voting matters.
5. A 66 2/3 % majority of the entire membership is necessary to amend the by-laws.

6. Should the President of the Association not represent a member school then he will vote only to break a tie.

PROTESTS

Recommended procedures for protests of athletic contests.

The coach protesting the event/meet will inform the referee and opposing coach at the point in the meet immediately following the situation protested. The **time, score and situation will be identified** in the scorebook as soon as the protest is announced to the officials and opposing coach. A subsequent protest in the game will be required to be announced and recorded, using the procedures described above for each specific point of protest. The protesting coach is required to **notify** the President or Section Eight Coordinator within 48 hours of the contest.

- a. The protesting coach is required to file a **written protest**, giving specific details of the situation, time and score to the league President **within 48 hours** of the contest. The report must be accompanied by a **\$75.00** check payable to Section Eight Athletic Council.
 - b. The protest will require the signatures of the **coach, Athletic Director, and the Principal** of the school.
 - c. Copies of the protest must be sent to the Section Coordinator, the protest chairman, and the opposing coach within **48 hours** of the contest.
 - d. The Section VIII Coordinator will notify the Executive Director of Section Eight who, in turn, will notify the game officials involved and direct that a **written statement** from the game officials be filed with the **Sports Coordinator within 24 hours**.
2. The **Sports Coordinator** will arrange for a meeting as soon as possible. The following people will be present at the meeting: the protesting coach, the opposing coach, a rules interpreter, the Coaches Association President or a representative chosen by the President. Attendance of the meet officials involved in the protest will be mandatory, unless extenuating circumstances preclude their attendance.
3. **Protest Committee Options:**
 - a. To deny the protest
 - b. To uphold the protest and direct the meet to be replayed from the point of protest.
 - c. To uphold the protest and direct that the meet be replayed in its entirety.
 - d. To deny the protest but recommend some further action by the H.S. Association.
 - e. To uphold the protest and recommend some further action by the H.S. Association.
4. An **appeal** of the decision of the Protest Committee may be made. This request must be filed within 72 hours of notification of the decision to the Section VIII Appeals Committee upon submission of a \$75.00 fee. (This is an additional \$75.00.)
5. In the case of a protest or an appeal that is upheld, the fee will be returned.

Dual Meet Requirements

1. All teams must have a roster at the scoring table.
2. Both teams should have a representative from their team keeping score.
3. Teams should hand in an entry card with the team name, event and swimmers first and last name.
4. A team can decide to leave their lineup at the scoring table however, if a change needs to be made they must submit an entry card.
5. If a team decides to swim an event exhibition, it must be handed in on their entry card.
6. In order to follow the sportsmanship policy of SECTION 8, teams must exhibition events after they have reached 101 points.
 - a. When a team reaches 101 and has started to exhibition, the meet will continue, however they will be declared the winner of the contest.
7. In a 6 lane meet scoring is as follows:
 - a. Relays- 8, 4, 2 (A team can not sweep all three places)
 - b. Individual- 6,4,3,2,1

In a 4 lane meet scoring is as follows:

- a. Relays 6,3,1
 - b. Individual- 4,3,1
8. A swimmer can swim a total of 4 events. This can either be 2 Individual Events and 2 Relay Events or 1 Individual Event and 3 Relay Events.
9. A dual meet may have two extra heats of events. A meet may have more if it is mutually agreed upon by both teams prior to the contest.

SWIM CLOUD

All sections in NYS will be using Swim Cloud. Swim Cloud's features are similar to our former platform. Swimcloud has a variety of resources on their websites. In addition if you are have trouble <https://support.swimcloud.com/hc/en-us> can assist you, or you can contact: Scott Kitzman at scott@swimcloud.com.

Swim Cloud has its on top swims website, this can be by team, county, state and nation. Below is a short description of swim cloud's feature:

Swim Cloud is a database that is designed to allow teams to maintain a repository of meet results for Girls and Boys High School.

Prior to the start of the first meet:

- Coaches need to complete their rosters
- Coaches needs to input meets prior to the first meet

Major Features:

- Meet results are made immediately available on the web
- Results can be printed on-line
- A Hy-Tek CL2 file of the results can be e-mailed for importing into Team Manager
- Correction to existing meet results are handled on-line
- Team rosters can be maintained on-line
- Calendars for dual meets can be maintained on-line
- Individual results are listed under each Athlete's profile on-line
- Lead-off swim in the 200 Freestyle Relay and 400 Freestyle Relay can be recorded
- Searching of the results are available on-line

It is the coach's responsibility to do the following:

1. Upload (type) in your roster prior to the first meets of the season. If you have club swimmers, their information should match the information they have for their club team.
2. Enter all your times for all dual meets within 48 hours of completion of a competition. If a timing system is used at the dual meet, times must be from the timing system unless there was a malfunction in the timing system.
3. Times not submitted within the time frame may not be considered for qualifying times for any post-season events.
 - a. Times must be performed in a dual or sanctioned high school meet. Time trials and scrimmages are not permitted.
4. Diving scores are based on six (6) dives and two (2) or (3) three judges.
5. The 200-medley relay and both 200 & 400 freestyle relays are included.
 - a. The first leg of the 200 and 400-yard freestyle relay may be used as an official time for the 50 and 100-yard freestyle. Subsequent legs of the relays or legs of the medley may not be submitted as official times.

Other:

Uniform/ Equipment

In the event that your swimmer needs to wear a different uniform based on religious reasons, the athlete must provide a letter from a religious leader. The letter must then be submitted to Todd Nelson (NYSPHSAA). This should be submitted prior to the first competition and by the district/ school athletic director.

POST SEASON AWARDS

ALL COUNTY SELECTION

It is the desire of the Nassau County Swim Coaches Association to recognize outstanding swimmers by selecting them as members of the All Nassau County Swimming and Diving team.

SELECTION:

1. Any swimmer or diver who places in the top three in either the Section Eight Team Championships or represents Section Eight in the State meet, having swum that event at the county championships. In season state qualifiers who do not swim the event at counties do not qualify as All County in that event.
2. A swimmer or diver is not limited to one selection as All County.
3. This list of All County Swimmers and Divers will be presented to the membership after the county championships. Each coach will need to verify the spelling of their athletes' names.
4. Members of the All County Team shall receive an award acknowledging their achievement.
5. The awards will be handed out at an awards ceremony at the completion of the season.

ALL DIVISION SELECTION

The All-Division Team will be selected from the Division Championship Meets. The top three (3) finishers in each division will be named to the All Division Team. Each Division will have 3 All Division athletes per event.

ALL CONFERENCE SELECTION

All Conference swimmers will be selected from the County Meet or Division Meet. The top 3 swimmers of each conference (after All County Swimmers are removed) will be recognized as All Conference.

RELAY CARNIVAL

ENTRY FEES

The entry fee is approximately \$300 and can be changed due to the needs of the association.

PURCHASE ORDERS ARE MADE OUT TO:

SECTION VIII GIRLS SWIMMING COACHES' ASSOCIATION

c/o Randall Corcorran

ENTRIES

Entries should be sent to the meet director as soon as possible. Entries should include swimmers' names. If you would like to submit a time for a relay, they do not have to be an exact time, please estimate as best you can. If you do not include a time, your team will be seeded with no time.

- EACH SCHOOL WILL BE PERMITTED ONE RELAY PER EVENT.
- ALL HEATS ARE TIMED FINALS.
- TEAM SCORES WILL BE RECORDED, BUT NO TEAM TROPHY WILL BE PRESENTED.
- A SWIMMER MAY SWIM IN THREE (3) DIFFERENT EVENTS.
- SCORING WILL BE TO 20 PLACES

ORDER OF SWIMMING EVENTS:

200 YD. MEDLEY RELAY (BACK-BREAST-FLY-FREE)

500 YD. CRESCENDO RELAY (50-100-200-100-50)

200 YD. BUTTERFLY RELAY (50-50-50-50)

200 YD. FREESTYLE RELAY (50-50-50-50)

200 YD. NOVICE FREESTYLE RELAY (50-50-50-50) NON-SCORING

200 YD. BACKSTROKE RELAY (50-50-50-50)

250 YD. SPRINT RELAY (25-50-100-50-25)

250 YD. NOVICE SPRINT RELAY (25-50-100-50-25) NON-SCORING

200 YD. BREASTSTROKE RELAY (50-50-50-50)

400 YD. FREESTYLE RELAY (100-100-100-100)

400 YD. INDIVIDUAL MEDLEY RELAY (100-100-100-100)

DIVING RELAY EVENT RULES

1. THERE CAN BE A TOTAL OF THREE (3) DIVERS PER TEAM.
2. **EACH TEAM WILL SUBMIT A COMPLETED 6 DIVE SHEET, NO DUPLICATE DIVES, YOU CAN REPEAT CATEGORIES.**
3. TWO DIVERS A TEAM WILL DO 3 DIVES EACH, 3 DIVERS A TEAM WILL DO 2 DIVES EACH.
4. TEAMS MUST HAVE 2 DIVERS TO WIN AN AWARD (1,2,3)

DIVISION CHAMPIONSHIPS

The rules for a championship meet as stated in the NFHS Rule book shall be in effect.

There will be divisional championship meets based on the number of divisions for the current year. A separate diving event will be held prior to the swimming events.

A fifteen (15) minute break will be in place of diving with twelve (12) minutes of swimming warm-up

Entries must be submitted on the website by **5 PM the Saturday before the divisions**. If your entries are not entered in on time your swimmers will not be seeded, and may not be permitted to swim.

All races are a timed finals format.

Each team is permitted four (4) entries in each individual event and two (2) relay entries (B relay is non-scoring).

All declared false starts and scratches will follow NFHS rules. A declared false start counts as a swim. A scratch of a swimmer is for all events in the meet.

Seeding will be done by the meet program in accordance with the NFHS rulebook.

Scoring will be in accordance with the rule book and based on the pool set up (number of lanes available).

The All-Conference Teams will also be determined in the Team Championship Finals and where needed trials or divisions. The 1st, 2nd & 3rd place finishers in each conference will qualify for All-Conference.

TEAM CHAMPIONSHIPS / STATE QUALIFYING MEET

The rules for a championship meet as stated in the NFHS Rulebook shall be in effect.

There shall be 1 meet date held for Diving and two days for Swimming.

Entries shall be submitted to the website by **12:00 Noon the SUNDAY BEFORE THE CHAMPIONSHIPS**. No entries will be allowed after this date and time.

The 30 fastest times plus anyone else who is under the county qualifying time, will be seeded in heats to swim in the trials; in the events where more than the 30 swimmers who meet the time standard qualified, extra heats will be provided. A diver who finishes in the top 30 (Combined Division Championships) automatically qualifies. Any diver who has scored over 165 points during the season for 6 dives will also qualify.

There will be two alternates if 30 or fewer entries are made (31-32 fastest times) selected who will participate in order if any of the seeded contestants declare a false start.

Seeding will be done by computer in accordance with the NFHS rulebook.

Each school may enter one (1) 200 Yard Medley Relay team, one (1) 200 Yard Freestyle Relay team and one 400 Yard Freestyle Relay team regardless of time.

The 20 fastest individuals and relays will qualify to swim in the championship and consolation finals.

Scoring will be the first 20 places.

Awards will be given to the top 4 in each event.

The 1st, 2nd & 3rd place finishers in each event will qualify for the All-County Swim team and be invited to the County Dinner. A swimmer who qualifies for the state meet and swims the event at Counties, will qualify for the All- County Swim team and will be invited to the County Dinner.

COACH OF THE YEAR (Barry Variello Award)

This distinction will be determined by a majority vote of the membership in each conference.

Points to be considered on determining selection

- A. Sportsmanship
- B. Contribution to Nassau County Swimming
- C. Improvement over previous season's record
- D. Place in Team Championship
- E. Dual Meet Record

CONFERENCE SWIMMER OF THE YEAR

This distinction will be determined by a majority vote of the membership in each conference.

Points to be considered on determining selection

- A. Sportsmanship
- B. Contribution to Nassau County Swimming
- C. Place in County Championship
- D. Dual Meet Swims

SWIMMER OF THE YEAR (Joe Farrell Award)

Will be voted on by the coaches attending the state championships.

TEAM SPORTSMANSHIP OF THE YEAR

The official associations will present a team sportsmanship award to the team they feel has demonstrated the best overall sportsmanship during the entire dual meet season. This award will be given out by the officials at the county meet on Friday night of preliminaries, it is recommended that all teams attend the county championship.

CHECKLIST FOR NEW COACHES

- Swimmers must complete six practices with you before they are permitted to compete.
- Swimmers must compete in six in season meets to compete in the county championships.
- Coaches must hand in an entry card to the official before each heat during a dual meet.
- Coaches must complete their respective teams information on swimcloud.com within 48 hours of the completion of a dual meet. The home team is responsible for this however because some teams may not supply the scoring table with all times and teams may elect to input their own data.

At any time during the season questions arise, please feel free to contact Christin Snow

Calendar 2025
Girls Swimming

Event Name	Site/Website	Date & Time
Pre- Season Coaches Meeting	Nassau Boces- George Farber Center	Tuesday August 26, 2025 7 PM
First Practice		Monday August 25, 2025
# of Practices required to represent school	6 practices	
Coaches Relay Carnival	Eisenhower	Thursday September 11, 2025 Time- 4:30 warmup 5:30 Dive Start 6:15 swim Start Invoices will be sent By Randy
Rosters Updated on Swim Cloud	www.swimcloud.com	Prior to the First Meet
Host (mutually agreed upon) team setup all dual meets	www.swimcloud.com	prior to the first meet
Deadline Division Entries	www.swimcloud.com www.cleanentries.com	TBD
Division Diving	Eisenhower	Monday October 27, 2025
Division A Swim Champs	Eisenhower	Tuesday October 28, 2025
Division B Swim Champs	Eisenhower	Wednesday October 29, 2025
Division C Swim Champs	Eisenhower	Thursday October 30, 2025
Deadline for County Entries	www.swimcloud.com www.cleanentries.com	TBD
County Diving	Eisenhower	Wednesday November 5, 2025
Coaches Meeting	Eisenhower	Wednesday November 5, 2025 5:45 PM
County Swim Prelims	Eisenhower	Friday November 7
County Swim Finals	Eisenhower	Saturday November 8
Deadline for State Entries	www.swimcloud.com	TBD
NYS State Meet	Webster Aquatic Center	November 20 (Depart) November 21 November 22
Awards Ceremony	Locust Valley High School	January 7, 2026

******Reminder Athletes must participate in 6 meets to be eligible for Counties and States**

Qualifying Times County Meet

Event	Time
200 Medley Relay	One Per Team
200 Freestyle	2:15.51
200 Individual Medley	2:34.69
50 freestyle	27.69
Diving	11 Dives
100 Butterfly	1:09.93
100 Freestyle	1:00.96
500 Freestyle	6:12.39
200 Freestyle Relay	One Per Team
100 Backstroke	1:11.00
100 Breaststroke	1:21.56
400 Freestyle Relay	One Per Team

State Qualifying Times

Event	Time
200 Medley Relay	1:52.35
200 Freestyle	1:57.24
200 Individual Medley	2:12.84
50 freestyle	24.84
Diving	11 Dives 440.00
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 Freestyle Relay	3:42.73

Dive of the Week

<u>Week of:</u>	<u>Category</u>
8/25/2025	100 - Forward
9/1/2025	100 - Forward
9/8/2025	200 - Back
9/15/2025	400 - inward
9/22/2025	500 - Twist
9/29/2025	300 - Reverse
10/6/2025	100 Forward
10/13/2025	200 - Back
10/20/2025	400 - Inward
10/27/2025	500 - Twist
11/3/2025	300 - Reverse
11/10/2025	100 - Forward

- **If a school is competing outside of NYS or is hosting a team outside of NYS, coaches of both teams MUST agree on a voluntary dive 24 hours before the start of the meet.**
- **Meets rescheduled due to weather or other unforeseen reason will use the dive from the originally scheduled date.**
- **Divers may use any dive from the scheduled group as their voluntary dive, with a degree of difficulty no higher than 1.8**

Conferences

Conference 1 Syosset Bellmore Merrick Jericho Long Beach Herricks Farmingdale Manhasset Port Washington
Conference 2 Hicksville Plainview Lynbrook Garden City East Meadow Massapequa Levittown Great Neck South
Conference 3 South Side North Shore Northern Region Great Neck North Cold Spring Harbor Valley Stream Oceanside Sewanhaka
Conference 4 Bethpage Freeport Hewlett Wantagh/West Hempstead Academy Charter Hempstead/Roosevelt Uniondale Westbury

Division Alignment
Diving Meet 10/27/25

Division A- October 28, 2025 Syosset Farmingdale Long Beach Hicksville Massapequa North Shore Cold Spring Harbor Sewanhaka Bethpage Hempstead/Roosevelt Freeport
Division B- October 29, 2025 Herricks Manhasset Port Roslyn Great Neck South Lynbrook Northern Region Valley Stream Great Neck North Hewlett Uniondale Academy Charter
Division C- October 30, 2025 Jericho Bellmore Merrick Plainview Garden City Levittown East Meadow South Side Oceanside Wantagh- West Hempstead Westbury

Division Times:

Diving Warm Up 3:30 Start Time 5pm

Swimming Warm Up 4:30 Start time 5:30

Teams will have to share lanes during Warm Up for Division A and B. Division C each team will have their own lane.

Relay Carnival Events

1. 200 YD. MEDLEY RELAY (BACK-BREAST-FLY-FREE)
2. 500 YD. CRESCENDO RELAY (50-100-200-100-50)
3. 200 YD. BUTTERFLY RELAY (50-50-50-50)
4. 200 YD. FREESTYLE RELAY (50-50-50-50)
5. 200 YD. NOVICE FREESTYLE RELAY (50-50-50-50) NON SCORING
6. 200 YD. BACKSTROKE RELAY (50-50-50-50) The 2, 3, & 4 Swimmer do Forward dives then turn over to back.
7. 250 YD. SPRINT RELAY (25-50-100-50-25) 1st swimmer on Starting Block, all others on Bulkhead.
8. 250 YD. NOVICE SPRINT RELAY (25-50-100-50-25) NON SCORING
9. 200 YD. BREASTSTROKE RELAY (50-50-50-50)
10. 400 YD. FREESTYLE RELAY (100-100-100-100)
11. 400 YD. INDIVIDUAL MEDLEY RELAY (100-100-100-100)