

# WALLKILL VALLEY SWIM CONFERENCE

## RULES AND REGULATIONS

Revised May 2010

### WVSC PHILOSOPHY

*The Wallkill Valley Swim Conference is a summer recreational program that is committed to the development of the enjoyment of swimming while teaching responsibility, camaraderie, sportsmanship with respect for teammates and opponents, and establishing a positive attitude towards competition. Summer recreational swimming is defined as a program to encourage children to swim for self-improvement, to establish a team identity and philosophy, and to develop a love for a sport that could benefit them in the future. Coaches, parents, and swimmers are to view competition with a positive attitude whether the team or individual is victorious or not. These are children and we want them to gain from this summer recreational program is team spirit, self-worth, and a positive attitude about themselves, others, and competition.*

### TEAMS

Each team will pay annual dues. The amount will be established at the first league meeting. The dues will cover trophies, medals, ribbons, championship referees, etc. Dues are payable at Pre-season Clinic.

Teams must carry liability insurance, and provide a copy of their insurance certificate to the league prior to any competitions. A deadline for this will be established at the Pre-Season Meeting.

A Team consists of a coach and a group of swimmers. There is no limit to the number of swimmers a team may carry. No new team members will be accepted after July 15<sup>th</sup>, except 6-under swimmers. Updated final rosters, including names, age, and birth date, should be submitted to the league Secretary via e-mail by July 15<sup>th</sup>. Swimmers cannot change teams during the season, unless a family physically moves to another team's area.

In every age group, boys will compete with boys, and girls will compete with girls. The age groups are as follows: 6-under, 7&8, 9&10, 11&12, 13&14, and 15-18. The child's age on July 1<sup>st</sup> will determine their age group participation for the season.

### MEETINGS

All teams should be represented by no more than two people at all league meetings. The Board may limit discussion as they see fit in the consideration of time.

### CONDUCT

All swim team members, coaches, and parents, are to be treated with respect and consideration. NO TEAM PERSONNEL, COACHES, OR SPECTATORS, SHALL ACT IN AN UNSPORTSMANLIKE MANNER. This includes any act the referee deems poor sportsmanship including, but not limited to:

1. Making insulting or derogatory remarks or acts to an official or opponents.
2. Questioning, trying to influence, or showing disgust with official's decisions.
3. Not respecting and obeying the rules of the host facility.
4. Crowding in the scorer's area during the meet.
5. Entering the water during an event in which the swimmer is not a participant.
6. SMOKING BY MEET PERSONNEL DURING COMPETITION.

ANY CONDUCT CONTRARY TO THE RULES AND LEAGUE PHILOSOPHY WILL BE SUBJECT TO REVIEW BY THE LEAGUE BOARD. REQUESTS TO REVIEW MUST BE MADE IN WRITING TO THE LEAGUE PRESIDENT WITHIN 48 HOURS OF THE INCIDENT SUCH VIOLATIONS MAY RESULT IN FORFEITURE OF POINTS AND/OR MEET.

PERSONS FAILING TO COMPLY WITH THESE ABOVE STATED RULES OF CONDUCT WILL BE SUBJECT TO IMMEDIATE DISMISSAL BY THE REFEREE. IF IT IS NECESSARY, THE MEET WILL BE DELAYED UNTIL THE OFFENDER IS REMOVED.

### OFFICIALS AND THEIR DUTIES

All officials must be non-biased. They should attend the annual WVSC Pre-Season Stroke Clinic, unless they have USA, YMCA, or comparable certification. The head official is the referee.

#### **REFEREE**

The referee will be supplied by the home team. They are responsible for running the meet, shall administer the meet promptly, and in the spirit of good sportsmanship. It is preferred that the referee not share other official duties. If a shortage of officials occurs, the referee may serve only as a recorder or timer. **THE REFEREE'S DECISION IS FINAL!!**

Before the meet, the referee shall:

1. Set aside application of a rule that he deems unfair, preferably prior to the start of the meet.
2. Insure that the facility has everything in place to properly conduct the meet. See that all equipment necessary for proper conduct of the meet is in the proper place and condition.
3. Assign officials to particular lanes and instruct the timers how to time a race, read the watch, and when to reset the watch.

During the meet, the referee shall:

1. Assure all competition is conducted according to the rules and shall be responsible for making decisions on matters not specifically covered by a rule.
2. Instruct an event to start without delay when a contestant fails to report promptly.
3. May declare a race re-swum when there is an obvious unfairness.
4. See that all results are announced properly.
5. resolve any and all meet controversies before the next event begins.
6. notify coach(es) of disqualifications and infractions before the start of the next heat.
7. Prohibit the use of any artificial noisemakers and flash photography (when electronic starting systems are in use) at the start of the race.
8. Signal the starter that commands may begin, or blow whistle to stop an event.
9. Carry league rules and be familiar with them; also explain them to others.
10. Discourage pacing by coaches or spectators along the side of the swimming area.
11. Sign the official meet results, along with coaches from both teams, at the conclusion of the meet.

#### **STARTER**

The starter and associated equipment (e.g. pistol, horn, etc) is supplied by the home team. The starter may also aid the Marshall in helping the swimmers into proper lanes.

The starter is also responsible for signaling false starts, and reporting them to the referee.

The starter shall carry out the provision of a fair start. The commands for initiating each race shall be:

- |                     |                                       |
|---------------------|---------------------------------------|
| For Forward starts: | 1. "Swimmers, step up!"               |
|                     | 2. "Take your mark!"                  |
|                     | 3. Sounding of gun or starting system |

- |                        |                                       |
|------------------------|---------------------------------------|
| For Backstroke Starts: | 1. "Swimmers, step in!"               |
|                        | 2. "Place your feet!"                 |
|                        | 3. "Take your mark!"                  |
|                        | 4. Sounding of gun or starting system |

#### **MARSHAL**

The home team shall provide this person. The responsibilities are:

1. Meet the swimmers prior to each race to review lane assignments and starting instructions.
2. Check that each swimmer takes their proper lane.
3. May deck (re)seed races with the referee's approval in response to last minute scratches/no shows. Changes in this scenario must be reported to the score table.

### **STROKE JUDGE**

Each team will provide two stroke judges per meet. At lake meets, one stroke judge from each team will be on the starting and finishing docks.

Stroke Judges shall:

1. Be assigned to specific lanes.
2. Examine the swimming strokes of competitors assigned to them by the referee.
3. Signal by raising one hand overhead with open palm IMMEDIATELY upon discovering an infraction.
4. Report the violation to the referee immediately following that heat.
5. If at all possible, those parents serving as stroke and finish judges should not judge their own child's heat.
6. If there is any cause for doubt about calling an infraction, the swimmer shall not be cited for the violation. *THE SWIMMER HAS THE BENEFIT OF THE DOUBT!!!*

### **FINISH JUDGE**

Each team shall provide a finish judge who will record the finish.

FINISH JUDGES WILL JUDGE ALL RELAY TAKE-OFFS ON THEIR OWN ASSIGNED DOCK/SIDE OF POOL. STROKE JUDGES SHOULD REMAIN TO ACT AS RELAY TAKE-OFF JUDGES.

### **TIMER**

Each team shall provide a timer and watch for each lane and one back-up timer.

Timers shall start their watches on the designated start signal and stop them when the swimmer in their designated lane completes the course by any contact with the wall/pipe (regardless of whether it was a legal finish). Timers shall not clear the watches until instructed to do so by the referee.

In the event of a malfunction, the timer will immediately raise his hand and ask for a back-up timer. IF NO BACK-UP TIMER IS AVAILABLE, THE ONE WATCH FOR THAT LANE IS THE OFFICIAL TIME.

A timer from each lane may serve as the recorder for their particular lane, writing both watch times in the same order starting with the home team.

### **RECORDER**

The recorder is provided by home team and writes down the order of finish from each finish judge and both watch times in the same order starting with the home team. The recorder also writes down any disqualifications after being notified of such by the referee or stroke judge. This person relays the information to the scorer's table.

### **SCORER**

One scorer shall be provided from each team per meet. The scorer shall:

1. Be proficient in the use of HyTek Meet Manager software.
2. Record the official time and order of finish for each event.
3. Maintain current cumulative team scores for the meet.
4. Assure proper recording of meet results.
5. Give the announcer the official results.
6. Check for major discrepancies between the two times in each individual lane.
7. Timing is the deciding factor and visuals second. BUT if the times from the timers are off by .5 seconds it goes to visuals.

8. In case of a tie, combine points for higher place and divide between competitors. Do not award ribbons for place which points were already divided.

Official time is the sum of the two times recorded to hundredths, added together and divided by two (drop the thousandth), except when automatic timing systems are in use.

### **ANNOUNCER**

The announcer is provided by the home team. The announcer shall:

1. Call each event
2. Announce participants of next race as the current race is going on.
3. Announce the results of the events.
4. Make whatever other statements, which may help competitors know the progress of the meet.
5. Announce the final scores.

### **RIBBON WRITER/AWARDS**

The home team must also provide a ribbon writer whose duty is to prepare the ribbons and medals for the swimmers.

## **MEETS**

Meets will run according to schedule:

1. Scratch meeting should start no later than 5:30
2. warm-ups beginning no later than 5:40pm
3. Meet start no later than 6:00pm (unless lights are provided by facility)

When a dual meet begins later than 6:15 because the home team is unprepared, unorganized, or just not ready, the home team will forfeit relay points. If a meet starts after 6:15 because the visiting team is unprepared, unorganized, or just not ready, than the visiting team forfeits relay points for that meet.

The WVSC Philosophy should be read prior to the start of the meet (see pg.1).

It is advised that lake facilities be 50 meters in length. In a case where that is not feasible, the coaches of all teams in the league will agree on the length. A pole will mark 25 meters at these facilities. It is recommended that the pole be held in place by shock cords, as they seem to work best. It is the responsibility of the referee to see that the pole is in place after each heat (4" PVC pipe is recommended).

The home team will provide sufficient lane markers in their swimming facility. The league recommends 50 buoys per lane. The recommended width of each lane should be at least 5 feet.

Starting platforms are suggested, but not required.

Each team must provide a sufficient number of timing devices whether home or away.

At least one American Red Cross certified lifeguard must be on duty in close proximity of all warm-ups and races. This staff is to be provided by the home team. The lifeguard is responsible for ensuring the safety of the swimmers during the race.

Facilities that are less than 4 feet deep on the starting side in any lane will not allow diving starts for any events. All starts for all events at that meet will start in the water. The decision to start events in the water will be the decision and responsibility of the referee.

Backstroke flags should be 15 feet from each side of the dock/pool.

The use of flip turns is to be decided by both coaches prior to the start of the meet.

THE MEET IS OVER WHEN THE REFEREE AND BOTH COACHES SIGN THE FINAL RESULT SHEET. ONLY VERIFIABLE, CLERICAL ERRORS MAY BE CORRECTED WITHIN 24hrs. AND SUCH CHANGES MUST BE REPORTED TO A LEAGUE OFFICIAL.

### RE-SCHEDULING

Decisions regarding weather cancellations should be made by 3:00 pm on meet days.

When a meet is interrupted by inclement weather, the re-scheduled meet will begin from the last completed heat at a mutually agreed upon date. Changes are allowed to the remaining heats. In the event of thunder, there is to be a 20-minute delay from the last clap of thunder. If a 40-minute delay occurs, the meet is to be re-scheduled.

A team cannot purposely delay a meet, or slow the meet down.

A meet that is not completed because of darkness does not need to resume unless the meet is close in points and a winner can't be declared at that point. There will be no changes to the heat sheets.

### EVENTS

Order of Events: (Girls go first)

- |                                 |                              |
|---------------------------------|------------------------------|
| # 1 and 2 – (9-10) Butterfly    | # 23 and 24 – (15-18) Fly    |
| # 3 and 4 – (7-8) Butterfly     | # 25 and 26 – (11-12) Back   |
| # 5 and 6 – (9-10) Back         | # 27 and 28 – (13-14) Back   |
| # 7 and 8 – (7-8) Back          | # 29 and 30 – (15-18) Back   |
| #9 and 10 – (6 and U) Free/back | # 31 and 32 – (11-12) Breast |
| # 11 and 12 – (9-10) Breast     | # 33 and 34 - (13-14) Breast |
| # 13 and 14 - (7-8) Breast      | # 35 and 36 – (15-18) Breast |
| # 15 and 16 – (9-10) Free       | # 37 and 38 – (11-12) Free   |
| # 17 and 18 – (7-8) Free        | # 39 and 40 – (13-14) Free   |
| # 19 and 20 – (11-12) Fly       | # 41 and 42 – (15-18) Free   |
| # 21 and 22 – (13-14) Fly       | # 43 and 44 – Relays         |

The 6 and under age group will swim 25 meter freestyle. An older swimmer can accompany them, but is not allowed to advance the swimmer or assist them in any manner. Support devices such as kickboards, floats, etc. are also illegal and not allowed in lanes. Swimmers should swim unassisted. It is advised that anyone in the lanes with younger swimmers give 10 yards distance between them and the swimmer, to avoid "drafting."

Order of strokes for each age group will be Fly, Back, Breast, Free.

Ages 10 and under will compete in 25 meters/yards in all strokes, except where noted below.

Ages 11 and up will compete in 50 meters/yards in all strokes, except where noted below.

#### Events Exceptions:

Meet #3: 9-10 50 Free (instead of 25); 15-18 100 Free (instead of 50)

Meet #4: 13-14 100 Free (instead of 50)

Meet #5: 6 and under Back\* (recommended); 15-18 100 Breast (instead of 50)

Meet #6: 6 and under Back\* (recommended); 9-10 50 Free (instead of 25); 13-14 100m Breast (instead of 50); 7-8 25 Fly begins

Meet #7: 6 and under Back\* (recommended); 15-18 100 Free (instead of 50); 7-8 25 Fly

Meet #8: 6 and under Back\* (recommended); 13-14 100 Free (instead of 50); 7-8 25 Fly

Meet #9: 6 and under Back\*(recommended); 9-10 50 Free (instead of 25); 7-8 25 Fly

\*RECOMMENDED to start adding the BACKSTROKE at the 5th meet for the 6 and under age group. It would not be another event to the meet. It would be swum in place of FREE that night. Both teams would have to agree to the event. Teams could mix boys and girls in same heats if they also wanted to swim free.

### ENTRIES, & SEEDING

THERE IS NO SWIMMING UP AN AGE GROUP IN INDIVIDUAL EVENTS DURING MEETS. In the Relay Events, a swimmer may swim up an age-group if that age-group has no swimmers in the meet, as long as the swimmer has been in an individual event.

A SWIMMER MUST SWIM IN AN INDIVIDUAL EVENT DURING THE MEET TO BE ELIGIBLE FOR THE RELAY.

A Meet Manager Events File will be provided to all teams at the start of the season.

Host (home team) coach will modify the events file to reflect the events being swum at the meet, and email it to the visiting team to ensure that all entries align properly 48 hours prior to the meet. Visiting team coach will use that file to submit their entries (via Team Manager) no later than 8:00pm the night prior to the meet. Failure to do so will fall under the delay of meet rules and result in forfeiture of relay points, unless an arrangement was agreed upon by both coaches.

Coaches can't change events after entries have been sent, only the number of swimmers.

When seeding, the use of alternating team lane assignments should be adhered to when possible. An even distribution of swimmers in each heat is ideal. Swimmers should not swim alone if it is avoidable.

Every participating swimmer in each age group/gender on a team, must be entered in an official race before another team member can be entered in a 2<sup>nd</sup> event.

No more than 5 entries per team in each event. If space allows, teams may enter other swimmers as exhibition. Exhibition swimmers should be entered as such, or shall be declared prior to, or during, the scratch meeting. Exhibition swims do not count as official entries and cannot score, however times do count as official times.

There shall be no more than 2 heats per event. However, if time allows, teams can mutually agree to add an exhibition heat to an event. This would apply to 6 and unders as well.

Regardless of the size of a team's age group, no swimmer will be prohibited from entering a meet. If needed, other heats can be created to accommodate larger age groups.

All changes to the heat sheets are made prior to the meet beginning. BOTH COACHES MUST AGREE UPON ANY CHANGES TO THE HEAT SHEETS AFTER THE SCRATCH MEETING.

To ensure meet efficiency and fairness to all competitors, WVSC hopes that each team and swimmer will be diligent in scratching from any events where the swimmer will not be swimming; however, there will be penalty for a "no-show".

### SCORING

Places for every age group are the same. 6 & Unders do not score.

INDIVIDUAL EVENTS	PTS.
1 <sup>ST</sup> PLACE	6
2 <sup>ND</sup> PLACE	4
3 <sup>RD</sup> PLACE	3
4 <sup>TH</sup> PLACE	2
5 <sup>TH</sup> PLACE	1

RELAY EVENTS	PTS.
1 <sup>ST</sup> PLACE	7

#### Awards:

1. 1<sup>st</sup> -5<sup>th</sup> Place ribbons
2. Heat ribbons for the winner of each heat.
3. Honorable mention ribbons for all 8 & Unders.



TIMING IS THE DECIDING FACTOR AND VISUALS SECOND. BUT IF THE TIMES FROM THE TIMERS ARE OFF BY .5 SECONDS IT GOES TO THE VISUALS.

If a team has two or more swimmers in any age group/gender that are swimming in the meet, that team is capable of entering all four events in that age group (two swimmers swimming two events each). Normal event scoring is used.

#### OFFSET SCORING SCENARIOS:

If a team has only one swimmer in an age group/gender swimming in the meet, they are capable of entering up to two events for that age group. In this situation, only two events in this age group can be fully scored. Other events may be swum, but not scored. THE COACH OF THE ONE SWIMMER SHOULD NOTIFY THE SCORING TABLE OF AN OFFSET SCORING SCENARIO.

If a team has no swimmers in an age group, the other team may only score 1<sup>st</sup> & 2<sup>nd</sup> Place in two events only. Other events may be swum, but not scored. THE COACH WITH NO SWIMMERS SHOULD NOTIFY THE SCORING TABLE OF AN OFFSET SCORING SCENARIO.

In the event of a tie of two or more individuals, the two place points are added and divided among the tied contestants; for a tied relay, award 3.5 points for each team.

THE HOME TEAM WILL NOTIFY THE NEW JERSEY HERALD WITH FINAL RESULTS AT FINISH OF THE MEET.

### EVENTS

**FOR THE FORWARD START**, upon command, "STEP UP", swimmers shall assume a position on the starting platform of their assigned lanes some distance from the edge of the platform. Upon the starting command, "TAKE YOUR MARK", swimmers must step up to the front of the block and must assume a motionless body position with at least one foot at the front edge of the platform, pool, or dock. When all swimmers are motionless, the starter shall activate a pistol, or other appropriate starting signal.

**FOR THE BACKSTROKE START**, upon command, "PLACE YOUR FEET", the swimmer places some part of a foot in contact with the water surface, unless the facility is inadequate (coaches agreement necessary with referee prior to start of meet).

**A FALSE START** occurs when a swimmer:

1. Unnecessarily delays in reporting for the start.
2. Leaves the mark before the pistol is discharged.
3. Does not remain motionless immediately prior to the start.

A false start is signaled by second shot or more of a starter's pistol, or the repeated sounding of the electronic starting device, and followed by the sounding of the referee's whistle. The starter or referee shall then indicate by lane the swimmer(s) charged with a false start

Each individual swimmer is allowed one false start. On the second false start, the swimmer is disqualified and must leave the starting area.

During a false start, the remaining swimmers are released by the starter's command, "Stand Up." Those swimmers may stand up or step off the starting platform (forward start), or release from the starting position (backstroke start) until the Starter signals the restart of the heat.

### THE FINISH TOUCH

1. the swimmer's body must finish in the assigned lane; a hand mistakenly reaching under or past a lane line is not an infraction unless it interferes with the swimmer in that lane.
2. the touch shall be the first part of the swimmer's body to touch the finishing wall; time should stop at this point.
3. a swimmer may leave the water before their heat is finished by climbing out of their lane. If a swimmer needs to enter any other swimmer's lane to exit, they must wait for the heat to finish so as not to interfere with those other swimmers. However, all swimmers must stay in the vicinity of the race until the heat is completed.

## **BACKSTROKE**

1. The backstroke start shall be used.
2. The body shall remain on the back to the degree that the shoulders do not turn over beyond the vertical plane except while executing a turn.
3. Any stroke and kick are permitted.
4. The finish requires completion of the required distance and contact with the pole or wall, while remaining on the back.

## **BREASTSTROKE**

1. The forward start shall be used.
2. Stroke – the body shall be kept on the breast and both shoulders shall remain in a horizontal plane from the beginning of the first arm stroke after the start and after each turn. All movements of the arms shall be **SIMULTANEOUS** without alternating movement. The hands shall recover above or under the surface of the water level. The hands may not pass the hips except that after the start and after each turn, the swimmer may take one arm stroke that may pass the hips, and one leg kick while wholly submerged. The head must break the water surface prior to the arms beginning the recovery part of the second arm stroke. The head can go under but must surface once per stroke cycle.
3. Kick – all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The foot must be turned outward during the propulsive part of the kick. No scissor, flutter, or downward butterfly kick is permitted except when the fly kick is used during the initial pullout and turns and immediately followed by a breast kick. Breaking the surface with the feet shall not merit disqualification, unless caused as the result of the dolphin or flutter kick.
4. Turns and finish – when touching the end of the pool, course, turn, or finish of a race, the touch shall be made with both hands simultaneously at, above or below the surface. The shoulders shall be in a horizontal plane. Time stops at any contact, but hands must fulfill the touch requirement.

## **BUTTERFLY**

1. The forward start shall be used.
2. The body shall remain on the breast with both shoulders in the horizontal plane, except while executing a turn.
3. The stroke requires both arms simultaneously pulled backward under water and then simultaneously recovered over water.
4. The kick requires both legs and feet move up and down simultaneously in the vertical plane. Scissors, breaststroke and alternating up and down movements of the legs are not permitted.
5. The finish requires completion of the distance by executing a two hand simultaneous touch at, above or below the surface of the pole or end of the wall. Time stops at any contact, but hands must fulfill the touch requirement.

## **FREESTYLE**

1. The forward start shall be used
2. The crawl stroke is the required stroke and must be done on the breast with alternating over the water recovery and alternating pulls.
3. Any desired kick is to be used.
4. The finish required completion of the required distance with any part of the swimmer's body contacting the pole or dock.

## **VIOLATIONS**

Entering the water prior to an event without permission from the referee shall disqualify a competitor from that competitor's next scheduled event.

Two false starts by a competitor shall disqualify that swimmer, or relay team, from that event.

A swimmer shall be disqualified from a race for:

1. Illegal stroke
2. Illegal kick
3. Illegal body position
4. Illegal turn
5. Illegal finish
6. Illegal contacting the facility bottom (note: in Freestyle, touching bottom is not a disqualification, but advancing one's self while touching the bottom is a disqualification. It is illegal to touch bottom in any other stroke.)
7. Interfering with a swimmer in another lane
8. Re-entering the water after having left the water upon completion of the race
9. Failure to complete the race in the assigned lane
10. Any unsportsmanlike conduct
11. A relay shall be disqualified from a race when an individual in the relay is disqualified, for all reasons for which an individual swimmer can be disqualified as well as for an illegal take-off (leaving the block prior to the swimmer in the water touching).
12. 6 & Unders: Holding on to the ropes is not a disqualification; but advancing oneself by pulling on the ropes is a disqualification.

\*\*\*NOTE\*\*\*

AFTER ANY DISQUALIFICATION, the referee, recorder, and appropriate coach, or designated team representative, MUST BE INFORMED OF THE SPECIFIC INFRACTION BEFORE THE START OF THE NEXT HEAT. If this procedure is not followed, disqualification DOES NOT take place.

### CHAMPIONSHIPS

Meet place, date, and host will be determined at the first meeting of the season. The host team must provide an acceptable facility. Ample lifeguard coverage must be provided and on duty in close proximity of all warm-ups and races. This staff is to be provided by the host team. The lifeguard is responsible for ensuring the safety of the swimmers during the entire meet.

For Championships, 3-4 Certified Officials (USA, YMCA, NFHS) will be used (Starter, Stroke Judge, Finish Judge, and Referee). A copy of the WVSC Rules and Regulations will be provided to them by the host team.

There will be three timers per lane.

Cut-off times are set by the league (see page 12).

Swimmers must meet the following criteria to qualify for Championships:

1. Must have swum in 50% or more of scheduled league meets.
2. Must have earned a cut-off time at any WVSC-sanctioned meet during the current season to be eligible for that event in Championships. Times from other leagues do not count.

Each swimmer may swim in a maximum of two individual events and 1 relay.

Coaches must submit verifiable entry times via Hy-Tek Team Manager. The due date to be determined by the Host Team.

NO ENTRIES MAY BE ADDED OR MODIFIED AFTER THE ENTRY DUE DATE.

THE AFTERNOON SESSION WILL NOT BEGIN BEFORE PRE-SET TIME

Relays: There will be one all-boy and one all-girl 200 Step-up Medley Relay. A swimmer must have qualified for, and swum in, an individual event to be eligible to swim in the relay.

Championship warm-ups begin at 8:00am, meet will begin at 9:00am.

All strokes and distances swum during the season will be included in Championships. This will include those strokes which are not swum every meet.

Swimmers must swim in their respective age groups. "SWIMMING UP" is not permitted in either individual or relay events at Championships.

6 & Under swimmers score points in Championships, provided that they swim unassisted and without a lane swimmer.

Points are awarded for all finalists according to National Federation Rules. Conference scoring points are:

	INDIV. EVENTS PTS.	RELAY EVENTS PTS.
1 <sup>ST</sup> PLACE	14	28
2 <sup>ND</sup> PLACE	11	22
3 <sup>RD</sup> PLACE	10	20
4 <sup>TH</sup> PLACE	9	18
5 <sup>TH</sup> PLACE	8	16
6 <sup>TH</sup> PLACE	6	12
7 <sup>TH</sup> PLACE	4	8
8 <sup>TH</sup> PLACE	3	6
9 <sup>TH</sup> PLACE	2	4
10 <sup>TH</sup> PLACE	1	2



The conference championships will be scored as timed finals.

All teams will vote on "Good Sportsmanship Trophy" at the End-of-Season League Meeting to be presented at the Championships.

A conference trophy will be engraved with the name of the team with the most points at the conference championship meet, and be kept by that team for the upcoming year. In the case of a tie, each team's name will appear on the trophy and they will equitably arrange who retains the trophy for that year. The league trophy is then returned at the following year's championships.

### CHAMPIONSHIPS HOSTS

1996 – Lake Tamarack	2008 - Lake Stockholm
1997 – Ogdensburg	2009 - Cliffwood
1998 – Lake Tranquility	2010 - Kittatinny
1999 – Lake Stockholm	2011 - Sussex Wantage
2000 – Cliffwood Lake	2012 - Lake Tranquility
2001 – Sussex-Wantage	2013 - Lake Lackawanna
2002 – Lake Tranquility	2014- Forest Lake
2003 – Forest Lakes	2015- Culver Lake
2004 – Culver Lake	2016- Vernon Valley Lakes
2005 – Newton	2017- Lake Tamarack
2006 – Vernon Valley Lakes/Declined	2018- Ogdensburg
2006 - Lake Tamarack	2019- Lake Stockholm
2007 - Ogdensburg	

**WALLKILL VALLEY SWIM CONFERENCE**  
**CHAMPIONSHIP CUT-OFF TIMES**

<u>AGE GROUP</u>	<u>EVENT</u>	<u>GIRLS METERS</u>	<u>GIRLS YARDS</u>	<u>BOYS METERS</u>	<u>BOYS YARDS</u>
<b>6 &amp; UNDER</b>	25 BACK	40.00	36.04	40.00	36.04
	25 FREE	40.00	36.04	40.00	36.04
<b>AGES 7-8</b>	25 FLY	32.00	28.82	32.00	28.82
	25 BACK	32.00	28.82	32.00	28.82
	25 BREAST	38.00	34.23	38.00	34.23
	25FREE	27.00	24.32	27.00	24.32
<b>AGES 9-10</b>	25 FLY	26.00	23.42	28.00	25.23
	25 BACK	28.00	25.23	28.00	25.23
	25 BREAST	30.00	27.03	30.00	27.03
	25 FREE	23.00	20.72	23.00	20.72
	50 FREE	53.00	47.75	53.00	47.75
<b>AGES 11-12</b>	50 FLY	50.00	45.05	59.00	53.15
	50 BACK	51.00	45.95	53.00	47.75
	50 BREAST	53.00	47.75	56.00	50.45
	50 FREE	42.00	37.84	42.00	37.84
<b>AGES 13-14</b>	50 FLY	46.00	41.44	48.00	43.24
	50 BACK	47.00	42.34	47.00	42.34
	50 BREAST	50.00	45.05	50.00	45.05
	50 FREE	40.00	36.04	40.00	36.04
	100 FREE	1:30.00	1:21.08	1:30.00	1:21.08
	100 BREAST	1:45.00	1:34.59	1:45.00	1:34.59
<b>AGES 15-18</b>	50 FLY	48.00	43.24	43.00	38.74
	50 BACK	47.00	42.34	47.00	42.34
	50 BREAST	50.00	45.05	47.00	42.34
	50 FREE	40.00	36.36	37.00	33.63
	100 FREE	1:30.00	1:21.08	1:30.00	1:21.08
	100 BREAST	1:41.00	1:31.00	1:41.00	1:31.00

*All conversions using Hy-Tek Team Manager's conversion factor of 1.11*