

# MMHSAA Girls Swim Handbook 2025

## Chairperson:

## Girls Swim Calendar:

First Practice.....	Monday, August 18
First Scrimmage.....	after 6 team/6 individual practices
First Meet.....	after 6 team/6 individual practices
All-Catholic Swim Meet.....	Wednesday, October 29
CHSAA Intersect.....	Sat. & Sun. November 8
NYSPPHSAA States.....	Fri. & Sat. November 21-22

**Practice Requirements:** Practices requirements prior to first scrimmage or interscholastic meet: Team 6 Individual 6. Only one practice session a day and only six days of a calendar week may be counted toward the total number of practice sessions required.

**Maximum # Contests:** Unlimited

**Definition of a Scrimmage:** In swimming scrimmages no official times or scores are to be kept. Times may not be used to meet the qualifying standard. More than one heat per event is permitted.

**League Roster Sheet:** Due by the first league meet.

**Assignment of Officials:** Officials shall be assigned via Arbiter, approved by the MMHSAA Director. The league will pay for the officials and bill the school later.

## Reporting results:

Scores will be reported using the [MMHSAA Scores reporting form](#). Scores must be reported by the winning team immediately following the meet.

All cancellations are to be reported to the league with a rescheduled date. The school making the cancellation must notify officials. Meets will be postponed only if the participating school is officially closed due to weather or illness.

## League Meet information:

1. All entries are due by noon on meet day via [SwimCloud](#). Changes needed after noon will need to be made on the deck.
2. For dual meets, each team enters a maximum of three swimmers per event, two scores.
3. A swimmer may be entered in up to four scoring events, including relays, but no more than two individual events.
4. The Home Team (left side) will be in Lanes 1-3-5 and the Away Team (right side) will be in Lanes 2-4-6. Please enter the lane information into the Team Manager File.
5. NSCHSAA Girls Championship Time Standards:

	Event	Time
1	200 Med Relay	<b>1:58.72</b>
2	200 Free	<b>2:05.93</b>
3	200 IM	<b>2:24.47</b>
4	50 Free	<b>26.21</b>
6	100 Fly	<b>1:04.82</b>
7	100 Free	<b>58.94</b>
8	500 Free	<b>5:37.70</b>
9	200 Fr Relay	<b>1:47.79</b>
10	100 Back	<b>1:05.04</b>
11	100 Breast	<b>1:14.13</b>
12	400 Fr Relay	<b>3:56.43</b>

## Determination of a Champion:

In the event of a tie in the standings, both teams will be awarded the position. Completion of Schedule: Each school in this association has assisted in the development of the schedule and has formally approved the final schedules; therefore, all schools must, unless there is some dire emergency, keep their commitments of the entire schedule or forfeit all remaining games.

All-Catholics:

October 29, 2025 at 6 pm at Flickinger Center Pool

A meet management file will be sent to you.

Swimmers must swim in 50 percent of all league meets to be eligible for All Catholic meet. A school may have unlimited entries per event. A swimmer may be entered in up to four scoring events, including relays, but no more than two individual events. "B" and "C" relays must be entered as exhibition.

The final heat will consist of the best swimmer from each school and the next three best swimmers from the league based on the swim times from the current season. For relays, only "A" Relays may score. Relay line ups can be changed as long as relay slips are given to the timer. Scoring is based on the top 8 times, regardless of the swimmer's heat.

Awards:

Individual Events:	Medals	1st through 3rd place
Relays:	Ribbons	4th through 6th place
	Medals	1st through 3rd place

MMHSAA shall supply plaques or trophies for the champion of the league as determined by the outcome of the Championship meet. The officials will give and provide the award to the outstanding swimmer in memory of Natalie Lewis, a 2007 graduate of Nardin Academy.

MMHSAA Jewelry Rule: New (August 2022)

Students will now be permitted to wear jewelry in cross country, track & field, swimming & diving, tennis, softball, baseball and volleyball (stud earrings). As in previous years, the wearing of a medical alert with the alert visible continues and is encouraged for purposes of risk minimization.

Rationale: The wearing of jewelry ordinarily presents little risk of injury to either the competitor or opponents. Elimination of the rule allows officials to focus on meet administration directly related to competition. Coaches continue to have the obligation to see that competitors are properly equipped.

Soft, pliable barrettes are permissible, body gems are not. The use of metal hair fasteners to secure hair is permissible in Girls Gymnastics. NOTE: The sports of Bowling and Golf are exempt from this rule. Wristwatches are permitted in cross country and in practice only for track and field. Hair restraints, to control a competitor's hair, are permitted in track and field and cross country. (Dec. 2010)

Sportsmanship Pledge: This should be said before each meet.

As members of the Monsignor Martin Athletic Association of the Diocese of Buffalo, we pledge sportsmanship and dedication to the high standards of our schools. As players we pledge unselfishness, hard work and respect. As spectators we pledge courtesy and respect towards everyone.

## MONSIGNOR MARTIN SEASON SWIM RECORDS

Event	Athlete	Year	School	Record
200 Medley Relay		2013	Mt. St. Mary	1:52.21
200 Freestyle	Alex Doody	2011	Sacred Heart	1:56.87
200 Ind Medley	Elle Noecker	2021	Buffalo Seminary	2:09.03
50 Freestyle	Maya Huntress	2024	Sacred Heart	23.78
100 Butterfly	Lauren Levy	2021	Buffalo Seminary	56.68
100 Freestyle	Maya Huntress	2023	Sacred Heart	52.24
500 Freestyle	Jordan Deren	2006	Nardin	5:13.19
200 Free Relay		2021	Sacred Heart	1:39.62
100 Backstroke	Alexis Fredericks	2014	Mt. St. Mary	:58.72
100 Breaststroke	Elle Noecker	2021	Buffalo Seminary	1:06.65
400 Free Relay		2024	Sacred Heart	3:40.00

Revised on  
8/20/25

## ALL CATHOLIC SWIM MEET RECORDS

Event	Athlete	Year	School	Record
200 MEDLEY RELAY		2021	Buffalo Seminary	1:49.08
200 FREESTYLE	Abby Halsdorfer	2016	Sacred Heart	1:56.29
200 INDIV MEDLEY	Elle Noecker	2021	Buffalo Seminary	2:04.18
50 FREESTYLE	Maya Huntress	2023	Sacred Heart	24:18:00
100 BUTTERFLY	Lauren Levy	2021	Buffalo Seminary	56.39
100 FREESTYLE	Maya Huntress	2023	Sacred Heart	53.23
500 FREESTYLE	Sarah Miller	1993	Mt. Mercy	5:09:02
200 FREE RELAY		2019	Nardin	1:39.92
100 BACKSTROKE	Megan Jermak	2017	Nardin	:59:40
100 BREASTROKE	Elle Noecker	2021	Buffalo Seminary	1:04.73
400 FREE RELAY		2008	Nardin	3:40.33

Revised 11/2//2024

# Swimming and Diving Rules Changes - 2025-26

**2-1, 2-7-2b, 2-7-3, 8-1-2:** Permits the use of backstroke starting ledges if approved with state association adoption, in pools with a minimum of 6 feet (1.84 meters) water depth measured from the starting end through 16 feet 5 inches (5 meters) from the end wall.

**Rationale:** The permissive nature of the proposal allows for the use of the backstroke ledge in situations where it is both safe and practical. The proposed rule ensures that pools with the required depth can benefit from this technology without creating barriers for those that may not be able to accommodate the equipment.**8-3-4a:** Clarifies the foot placement for relay participants starting from the deck. One foot must be positioned at the edge of the deck, and ancillary movement of the back foot is permitted, prior to the start.

**Rationale:** The rule provision prohibits swimmers using deck starts from performing a running start.

## 2025-26 SWIMMING AND DIVING EDITORIAL CHANGES

2-7-7 PENALTY, 3-3-3 PENALTIES, 3-3-3a, 3-3-3b, 3-3-4 PENALTIES, 6-3-3, 8-2-1e, 9-7-2, State Association Adoption Chart

## 2025-26 SWIMMING AND DIVING POINTS OF EMPHASIS

1. Backstroke Ledge Education
2. Viability of High School Diving and Importance of Education