



MMHSAA Girls Swim Handbook 2021

Schools	Coach	Email
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Mt. St. Mary	Emily Keem	keeme@canisius.edu
	Kelly Burns	
Nardin-O'Hara-Mt. Mercy	Alexandra Skomra	askomra@nardin.org
Assistant	Rory Buscaglia	
Sacred Heart	Charles Schutt	coach.schutt@gmail.com
Assistant	Ashley Gizzo	amgizzo@buffalo.edu

Chairperson: Barbara Rooney office: 834-2101 x 319
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Girls Swim Calendar:

First Practice Monday, August 23
 First Scrimmageafter 6 team/6 individual practices
 First Meetafter 6 team/6 individual practices
 All-Catholic Swim Meet.....Tuesday, October 26
 States.....Fri. & Sat. November 19-20

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 chair person 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. Buffalo State will send out meet management event file to the league coaches for all meets.
2. Import the file on Team Manager and then enter your athletes into the meet.
3. For dual meets, each team enters a maximum of three swimmers per event, two score.
4. A swimmer may be entered in up to four scoring events, including relays, but no more than two individual events.
5. The Home Team (score board side) will be in Lanes 1-3-5 and the Away Team (bleacher side) will be in Lanes 2-4-6. Please enter the lane information into Team Manager File.
6. After entering the athletes into meet, export your meet entry file. Retrieve your meet entry file from your folder and email (krollml@buffalostate.edu) your meet entry file.
7. Entries are due by 12:00 pm on Meet day.
8. State web site for times and state meet sheets: www.nbsharks.com (select high school)

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.

Kissinger Pool Rules & Regulations:

1. Everyone entering the pool must take a shower and swim attire will be:
 - a. Bathing suit. No thongs allowed.
 - b. At no time will individuals wearing street clothes be permitted in the pool. Proper swimming attire also is required to enter the pool enclosure. Street clothes will not be permitted on the pool deck.
2. No alcoholic beverages or smoking is permitted on the premises.
3. No running, horseplay or unsafe behavior will be tolerated.
4. Please adhere to the rules and regulations displayed inside the pool area.
5. Masks are required of spectators and everyone on the pool deck.

All-Catholics:

October 26, 2021 6 pm at ECC Flickinger Pool

Be prepared with names & times by 12:00 noon on 10/26/21. A meet management file will be sent to you from ECC.

1. Swimmers must swim in 50 percent of all league meets to be eligible for All Catholic meet.
2. 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.
3. "B" and "C" relays must be entered as exhibition.
4. 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 2019 season.
5. For relays, only "A" Relays may score. Relay line ups can be changed as long as relay slips are given to the timer.
6. Scoring is based on the top 8 times, regardless of the swimmer's heat.

Awards:

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

MMHSAA shall supply plaques or trophies for champion of 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: No jewelry, which includes visible body piercing objects, shall be worn in any sport. Any piece of jewelry that is visible at the start of or during a contest is in violation of the MMHSAA/NYSCHSAA Jewelry Rule. Religious medals must be taped to the body and under the uniform. Medical medals must be taped to the body so they are visible.

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

<u>200 Medley Relay</u>		<u>2013</u>	<u>Mt. St. Mary</u>	<u>1:52.21</u>
<u>200 Freestyle</u>	<u>Alex Doody</u>	<u>2011</u>	<u>Sacred Heart</u>	<u>1:56.87</u>
<u>200 Ind Medley</u>	<u>Alexis Fredericks</u>	<u>2013</u>	<u>Mt. St. Mary</u>	<u>2:10.99</u>
<u>50 Freestyle</u>	<u>Hilary White</u>	<u>2004</u>	<u>Holy Angels</u>	<u>:24.63</u>
<u>100 Butterfly</u>	<u>Alexis Fredericks</u>	<u>2013</u>	<u>Mt. St. Mary</u>	<u>:59.15</u>
<u>100 Freestyle</u>	<u>Natalie Lewis</u>	<u>2006</u>	<u>Nardin</u>	<u>:54.48</u>
<u>500 Freestyle</u>	<u>Jordan Deren</u>	<u>2006</u>	<u>Nardin</u>	<u>5:13.19</u>
<u>200 Free Relay</u>		<u>2013</u>	<u>Mt. St. Mary</u>	<u>1:41.74</u>
<u>100 Backstroke</u>	<u>Alexis Fredericks</u>	<u>2014</u>	<u>Mt. St. Mary</u>	<u>:58.72</u>
<u>100 Breaststroke</u>	<u>Savannah Revelas</u>	<u>2018</u>	<u>Sacred Heart</u>	<u>1:08.18</u>
<u>400 Free Relay</u>		<u>2008</u>	<u>Nardin</u>	<u>3:43.31</u>

Revised on 10/17/2018

ALL CATHOLIC SWIM MEET RECORDS

200 MEDLEY RELAY		2017	Sacred Heart	1:50.67
200 FREESTYLE	Abby Halsdorfer	2016	Sacred Heart	1:56:29
200 INDIV MEDLEY	Aleza Epstein	2010	Sacred Heart	2:11:06
50 FREESTYLE	Natalie Lewis	2003	Nardin	24:25
100 BUTTERFLY	Lily Dimmig	2017	Sacred Heart	58:25
100 FREESTYLE	Natalie Lewis	2004	Nardin	53:44
500 FREESTYLE	Sarah Miller	1993	Mt. Mercy	5:09:02
200 FREE RELAY		2013	Mt. St. Mary	1:40:38
100 BACKSTROKE	Megan Jermak	2017	Nardin	:59:40
100 BREASTROKE	Leia Federiconi	2008	Nardin	1:08:83
400 FREE RELAY		2008	Nardin	3:40:33

Revised 11/3/2017

2021-22
GIRLS' SWIMMING & DIVING
NYPHSAA CHAMPIONSHIP QUALIFYING STANDARDS

EVENT	PROPOSED STANDARD
200 Medley Relay	1:52.35
200 Freestyle	1:57.24
200 Individual Medley	2:12.84
50 Freestyle	24.84
Diving	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