

2022 Boy's Swimming & Diving

Coaches Packet

Boys' Swimming	
League I	League II
Brentwood	Deer Park
Smithtown	North Babylon
Central Islip	Northport
Huntington/Harborfields/WW	East Hampton
Connetquot/East Islip	Hauppauge
Half Hollow Hills	Lindenhurst
Sachem	Sayville/Bayport
Ward Melville	West Islip

BOYS SWIMMING COMBINED TEAMS

CONNETQUOT/EAST ISLIP - V

HALF HOLLOW HILLS WEST/EAST - V

SAYVILLE/BAYPORT-BP - V

SMITHTOWN WEST/EAST - V

EAST HAMPTON/BH/PIER - V

SACHEM NORTH/EAST

HUNTINGTON/HARBORFIELDS/WALT WHITMAN - V

2021-22 HIGH SCHOOL SCHEDULING INFORMATION revised 6/10/19

<i>SPORT</i>	<i>MAX CONTESTS</i>	<i>#1 PRACTICES BEFORE 1ST CONTEST OR SCRIMMAGE</i>	<i>START DATE</i>	<i>1ST CONTEST DATE</i>	<i>NYSPHSAA CHAMPIONSHIP</i>
Boys Swimming	15	6	11/15	11/22	March 4-5

+6 tournaments maximum

NOTE: FIRST SCRIMMAGE AND FIRST CONTEST DATES ARE BASED ON USING SATURDAYS AND HOLIDAYS AS PRACTICE DATES (EXCEPT THANKSGIVING DAY). If teams do not practice on Saturdays, and/or holidays, add one day for each practice missed. According to the Section XI Holy Day Policy approved on Dec 8, 1978, no contest or interschool scrimmage may be scheduled in Section XI on the dates listed below. Jewish holy days begin at sundown of the preceding day, and end at sundown of the day listed. Student-athletes must be able to be home by 6PM on days preceding Jewish holy days.

HOLY DAY OBSERVANCE	SIGNIFICANT DATES TO CONSIDER
Sept 30 & Oct 1 ♦ Rosh Hashanah Oct 9 ♦ Yom Kippur Dec 24 ♦ Christmas Eve Dec 25 ♦ Christmas Day Apr 8 ♦ 1 st Day of Passover Apr 9 ♦ Holy Thursday Apr 10 ♦ Good Friday Apr 12 ♦ Easter Sunday	Sept 2 ♦ Labor Day Oct 14 ♦ Columbus Day Oct 31 - Halloween Nov 5 ♦ Election Day Nov 11 ♦ Veterans♦ Day (observed) Nov 28 ♦ Thanksgiving Day Jan 20 ♦ Martin Luther King Jr. B-day (observed) Feb 17 ♦ Presidents♦ Day May 25 ♦ Memorial Day (observed)

STANDARD TEST DATES

Aug 24 - SAT	Dec 7 ♦ SAT & Achiev	May 2 ♦ SAT & Achiev
Sept 14 - ACT	Dec 14 ♦ ACT	June 6 ♦ SAT & Achiev
Oct 5 ♦ SAT & Achiev	Feb 8 ♦ ACT	June 13 ♦ ACT
Oct 16, 19 ♦ PSAT	March 14 ♦ SAT	
Oct 26 ♦ ACT	April 4 ♦ ACT	
Nov 2 ♦ SAT & Achiev		

Independent Swimming Schedule (All dates subject to change)

<u>12/2</u>	<u>Sayville</u>	<u>4:30 pm</u>	<u>Meter Pool</u>
<u>12/7</u>	<u>Hauppauge</u>	<u>4:30 pm</u>	
<u>12/9</u>	<u>Ward Melville</u>	<u>4:30 pm</u>	
<u>12/14</u>	<u>Connetquot</u>	<u>4:30 pm</u>	
<u>12/15</u>	<u>West Islip</u>	<u>4:30 pm</u>	
<u>12/23</u>	<u>Central Islip</u>	<u>4:30 pm</u>	
<u>1/4</u>	<u>Half Hollow Hills</u>	<u>4:30 pm</u>	<u>Meter Pool</u>
<u>1/6</u>	<u>Sachem North</u>	<u>4:30 pm</u>	
<u>1/13</u>	<u>Sachem East</u>	<u>4:30 pm</u>	
<u>1/18</u>	<u>Brentwood</u>	<u>4:30 pm</u>	

Please have lane lines in and counters available for the swimmers.

2021-22 Dive of Week Schedule

<i>Week</i>	<i>Dive Group</i>
November 22-28	100(Forward)
Nov. 29 - Dec. 5	100(Foward)
Dec. 6 - 12	200(Back)
Dec. 13 - 19	400(Inward)
Dec. 20 - 26	5000(Twist)
Dec. 27 - Jan. 2	5000(Twist)
Jan. 3 - 9	300(Reverse)
Jan. 10 - 16	100(Forward)
Jan. 17 - 23	200(Back)
Jan. 24 - 30	400(Inward)
Jan. 31 - Feb. 6	5000(Twist)
Feb. 7 - 13	300(Reverse)
Feb. 14 - 20	400(Inward)

2022 Section XI Championship Dates

2/2 - League 1 Championship Sachem North HS 3:45 pm

2/3 - League 2 Championship Hauppauge HS 3:45 pm

2/10 - Section XI Diving Championship Hauppauge HS 5:30 pm

2/12 - Section XI Swimming Championship Stony Brook University

Session #1 10:00 am Session #2 2:00pm

March 4-5 - NYPHSAA Championship, Ithaca College

2022 Boys' Swimming & Diving Time Standards

County Meet

State Meet

<u>Meters</u>	<u>Yards</u>	<u>Event</u>	<u>Yards</u>	<u>Meters</u>
2:09.07	1:55.76	200 Medley Relay	1:40.67	1:52.24
2:11.51	1:58.70	200 Free	1:47.60	1:59.22
2:33.34	2:18.02	200 IM	2:00.63	2:14.01
27.41	24.50	50 Free	22.19	24.92
170.00	or Top 16	Diving	450.00	
1:10.50	1:03.29	100 Fly	53.95	1:00.10
1:01.02	54.93	100 Free	48.76	4:16.83
4:48.45	5:28.54	500 Free	4:52.52	4:16.83
1:56.06	1:44.00	200 Free Relay	1:30.12	1:40.57
1:10.48	1:03.44	100 Back	54.82	1:07.92
1:19.67	1:11.78	100 Breast	1:01.20	1:07.92
4:21.44	3:54.69	400 Free Relay	3:18.87	3:41.54

County Meet Qualifiers

All individual and relay automatic qualifiers are accepted.

We will not be taking swimmers just to fill in heats.

State Meet Qualifiers

All swimmers who qualify in-season are eligible.

Maximum of 2 individual entries are allowed at state meet.

1st Place finisher at county meet qualifies if there are no automatic qualifiers.

All in-season qualifiers must have paperwork submitted 24 hours after meet.