

# FAIRFIELD COUNTY SWIMMING LEAGUE

## APPENDIX

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Many of these Appendices are also available on [www.fcsl.info](http://www.fcsl.info) as pdf files to download and print out additional copies.

Please check the relevant individual sports pages on the FCSL web site for the links to the files.

# SWIMMING AND DIVING RECORDS

AS OF AUGUST 14, 2011

Event Number & Name	Name	Time/ Points	Club	Year
1. Boys 10/U 1M Diving	James Hopper	206.25	Greenwich CC	2010
2. Girls 10/U 1M Diving	Margaret Rogers	179.10	Newfield	2010
3. Boys 12/U 1M Diving	Justin Sodakoff	254.40	Burning Tree	2010
4. Girls 12/U 1M Diving	Rachel Burston	237.50	Long Ridge	2010
5. Boys 14/U 1M Diving	<b>Sean Burston</b>	301.30	Long Ridge	<b>2011</b>
6. Girls 14/U 1M Diving	Jane O'Keefe	274.75	New Canaan FC	1971
7. Boys 17/U 1M Diving	Conor Brisson	386.00	Long Ridge	2010
8. Girls 17/U 1M Diving	Alex Leinroth	357.45	InnisArden	2007
9. Boys 200 Medley Relay	Roxbury	2:05.02	Newfield	2009
10. Girls 200 Medley Relay	Roxbury	2:14.29	Roxbury	1995
11. Boys 8/U 25 Butterfly	<b>William Montesi</b>	16.68	Roxbury	<b>2011</b>
12. Girls 8/U 25 Butterfly	<b>Gretchen Walsh</b>	16.56	Rocky Point	<b>2011</b>
13. Boys 10/U 25 Butterfly	Jack Montesi Alexander Milewski	15.17	Roxbury Roton Point	2009
14. Girls 10/U 25 Butterfly	Katie Carter	15.02	Lake Club	2004
15. Boys 12/U 50 Butterfly	<b>Guido Balderrama</b>	28.86	Shore & Country	<b>2011</b>
16. Girls 12/U 50 Butterfly	Morgan Karetnick	30.53	Milbrook	2007
17. Boys 14/U 50 Butterfly	Austin Woolff	27.29	New Canaan	2008
18. Girls 14/U 50 Butterfly	Morgan Karetnick	29.24	Milbrook	2008
19. Boys 17/U 50 Butterfly	Daniel Madwed	25.26	Newfield	2005
20. Girls 17/U 50 Butterfly	Kerry Guendel	29.17	Roxbury	2006
21. Boys 8/U 25 Breaststroke	David Reed	19.70	New Canaan FC	1998
22. Girls 8/U 25 Breaststroke	Alex Walsh	20.46	Rocky Point	2010
23. Boys 10/U 25 Breaststroke	<b>Charlie Palsbo</b>	17.12	Weston	<b>2011</b>
24. Girls 10/U 25 Breaststroke	Katie Pease	17.42	Roton Point	1984
25. Boys 12/U 50 Breaststroke	Eric Ronda	35.03	Belle Haven	2007
26. Girls 12/U 50 Breaststroke	Kerry Gruendel	35.51	Roxbury	2002
27. Boys 14/U 50 Breaststroke	Eric Ronda	31.57	Belle Haven	2009
28. Girls 14/U 50 Breaststroke	Katie Lynch	34.59	Long Ridge	2005
29. Boys 17/U 50 Breaststroke	Christian Higgins	30.12	Waveny	2008
30. Girls 17/U 50 Breaststroke	Katie Lynch	33.64	Long Ridge	2006
31. Boys 10/U 100 Individual Medley	Jack Montesi	1:17.75	Roxbury	2009
32. Girls 10/U 100 Individual Medley	Kelly Hannigan	1:18.60	Rocky Point	1995
33. Boys 12/U 100 Individual Medley	<b>Jack Montesi</b>	1:07.67	Roxbury	<b>2011</b>
34. Girls 12/U 100 Individual Medley	Kelly Hannigan	1:09.48	Rocky Point	1997
35. Boys 14/U 100 Individual Medley	<b>Stephen Holmquist</b>	1:02.72	Shore & Country	<b>2011</b>
36. Girls 14/U 100 Individual Medley	Laura Evans	1:07.66	Innis Arden	2005
37. Boys 17/U 100 Individual Medley	Daniel Madwed	59.57	Newfield	2004
38. Girls 17/U 100 Individual Medley	Kerry Gruendel	1:06.66	Roxbury	2006

# SWIMMING AND DIVING RECORDS

AS OF AUGUST 14, 2011

Event Number & Name	Name	Time/ Points	Club	Year
39. Boys 8/U 25 Backstroke	<b>William Montesi</b>	18.54	Roxbury	<b>2011</b>
40. Girls 8/U 25 Backstroke	Carrie Sackett	19.75	Lake Club	1976
41. Boys 10/U 25 Backstroke	Jack Montesi	16.47	Tokeneke	2009
42. Girls 10/U 25 Backstroke	<b>Kate Hazlett</b>	16.74	Greenwich CC	<b>2011</b>
43. Boys 12/U 50 Backstroke	<b>Jack Montesi</b>	30.67	Roxbury	<b>2011</b>
44. Girls 12/U 50 Backstroke	Lauren Church	31.26	Bailiwick	2006
45. Boys 14/U 50 Backstroke	<b>Edward Stolarski</b>	28.80	Shore & CC	<b>2011</b>
46. Girls 14/U 50 Backstroke	Lauren Church	31.09	Bailiwick	2007
47. Boys 17/U 50 Backstroke	Daniel Madwed	28.01	Newfield	2004
48. Girls 17/U 50 Backstroke	Lauren Church	30.72	Riverside	2010
49. Boys 8/U 25 Freestyle	E.J. Verrico	15.18	Roxbury	1996
50. Girls 8/U 25 Freestyle	<b>Gretchen Walsh</b>	15.33	Rocky Point	<b>2011</b>
51. Boys 10/U 50 Freestyle	Anthony Robinson	30.84	Lake Club	1990
52. Girls 10/U 50 Freestyle	Barbara Schmidt	30.70	Newfield	1972
53. Boys 12/U 50 Freestyle	<b>Guido Balderrama</b>	27.36	Shore & Country	<b>2011</b>
54. Girls 12/U 50 Freestyle	Torey Thelin	28.69	Tokeneke	1997
55. Boys 14/U 50 Freestyle	James Case	25.06	Roxbury	2005
56. Girls 14/U 50 Freestyle	<b>Annie Miller</b>	27.24	Rocky Point	<b>2011</b>
57. Boys 17/U 100 Freestyle	Daniel Madwed	51.74	Newfield	2005
58. Girls 17/U 100 Freestyle	Sue Wager	58.69	Roton Point	1983
59. Boys 17/U 200 Freestyle Relay	Lake Club	1:55.43	Lake Club	1983
60. Girls 17/U 200 Freestyle Relay	Woodway	2:00.28	Woodway	1978
61. Boys 12/U 3 Meter Diving	Sean Burstson	196.35	Long Ridge	2008
62. Girls 12/U 3 Meter Diving	Elizabeth Fitzpatrick	273.35	Tokeneke	2010
63. Boys 14/U 3 Meter Diving	Connor Brisson	285.25	Long Ridge	2008
64. Girls 14/U 3 Meter Diving	<b>Elizabeth Fitzpatrick</b>	285.50	Tokeneke	<b>2011</b>
65. Boys 17/U 3 Meter Diving	Connor Brisson	393.10	Long Ridge	2010
66. Girls 17/U 3 Meter Diving	Katherine Mattison	357.15	Middlesex	1998

**Note:**

FCSL Records are Championship Meet Records which may only be set each year in FCSL Championship Meets, including FCSL Divisional Championships & FCSL Counties.

## **APPENDIX II**

Page 4,5

### **BRIEF HISTORY OF THE FCSL**

A printable 2 page history of the League can be found in Downloads - FCSL website.

## **APPENDIX III - A**

Page 6

### **THE CHAMPIONSHIP TEAMS**

Winners of the FCSL County Championship Swimming Meet.

The Swimming and Diving Championships have been awarded separately since 1997.

## **APPENDIX III - B**

Page 7

### **THE DIVING CHAMPIONSHIP TEAMS**

Winners, second & third place (combined ages).

## **APPENDIX III - C**

Page 8-10

### **THE WATER POLO CHAMPIONSHIP TEAMS**

With the popularity of Water Polo continuing to increase in recent years, a decision was made by the FCSL League to organize the Water Polo teams into 4 divisions for the 2008 season.

Four top teams from each Division were then eligible to participate in Divisional Water Polo Championships in the younger age groups.

After the initial test with 4 divisions, it was decided to cut back to 3 divisions for the 2009 season.

Senior Championships continues to have eight top teams participate in a single Senior Championship.

**Complete printable lists of all FCSL Championship Teams (Appendix III) are available for download on the FCSL web site.**

## **APPENDIX IV**

# **FAIRFIELD COUNTY SWIMMING LEAGUE**

## **MEMBERSHIP REQUIREMENTS**

1. **Membership Application** Applicant clubs should request from the FCSL Membership chairman a "Membership Application Form". With this form, the applicant will also be given a copy of these "Membership Requirements, Membership Directory, the FCSL Bylaws and the FCSL Rule Books.
2. **Sponsorship** The application must be supported by at least three FCSL Member Clubs. Each sponsoring club must have held a swimming meet with the applicant club within the past two seasons. Sponsoring letter and seconding letters, each letter from the Swim Chair of one of the three FCSL member club are to be sent to the applicant Club and forwarded by the applicant, with the completed application form, to the FCSL Membership Chair.
3. **Meeting with FCSL Representative** The FCSL President will appoint one or more representatives to meet with the applicant Club's representative(s) and members of his or her Swim Committee and to inspect the swimming and diving facilities of the club. The representative(s) will report to the FCSL Board a recommendation as to the apparent support and enthusiasm of the Club for its Swimming and Diving program and as to the adequacy of facilities and equipment. After the Board considers the application, it will be submitted to the FCSL membership for a vote.
4. **Swim Team Support** Strong parent support is essential to a successful meet program. Parents of Swim Team members must be aware that their participation, acting as officials, driving to away meets, etc., is required as a condition of continuing membership in the FCSL. The Club must be willing and able to host its fair share of dual meets and of County Divisional Championships each summer.
5. **Facilities** The facilities of new or member club should meet, or approximately meet United States Swimming, Inc., United States Diving, Inc., and United States Water Polo Inc.'s minimum requirements, and adhere to all State and Local health & safety codes:
  - a. 25 meter or 25 yard pool with at least 4 but preferably 6 lanes.
  - b. Competitive swimming area of adequate depth (4'6" strongly recommended) and width.
  - c. Standard starting blocks.
  - d. Standard competition diving board with at least a 1-meter, preferably also a 3-meter platform and adjustable fulcrum;
  - e. Diving well of proper depth

*See also the full FCSL Rules & Regulations and FCSL Bylaws.*

## **FAIRFIELD COUNTY SWIMMING LEAGUE**

6. Equipment: Equipment to host the meet should meet USA Swimming requirements, where applicable:
- a. Lane Starting Blocks and lane lines
  - b. Pool bottom-lined and end wall targets for competition
  - c. Two backstroke flag lines, anchored 5M (25M pool) or 15 feet from starting end of the pool.
  - d. Six club-owned digital stopwatches, in addition to those owned by individual members.
  - e. Electronic starting system or starting gun and ammunition, .22 caliber preferred
  - f. Three (3) sets of Diving Judges flashcards
  - g. Public Address system at the pool to announce diving and swimming events, scores and other announcements.

*Please note: Meet Score Sheets, Diving Entry/Score Sheets, Timer's Cards, and Water Polo Score Sheets are provided by the league and can be downloaded for printing from the FCSL web site. See also FCSL Rules and Bylaws.*

7. Timers Clinic: The League will conduct a clinic for Swim Team parents and Pool Staff at each newly admitted Club prior to their first meet. It is understood that agreement to provide for strong attendance at this initial clinic is a condition of membership application
8. League Meetings: At least one Swim Chair and one Head Coach are expected to attend the two yearly FCSL luncheon/dinner League meetings: the preseason meeting in June and the Annual Meeting in August.
9. League Dues: Annual dues are payable on or before June 1 of each year. There is no initiation fee. The League does bill member Clubs for such dues; however each Swim Chairman is responsible for making sure that their Club's dues are paid on time.

**FAIRFIELD COUNTY SWIMMING LEAGUE**  
**APPLICATION FOR MEMBERSHIP**

Name of Club \_\_\_\_\_  
Location Address \_\_\_\_\_  
Town \_\_\_\_\_ Zip Code: \_\_\_\_\_ Club Phone: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_  
Town \_\_\_\_\_ Zip Code: \_\_\_\_\_ Pool Phone: \_\_\_\_\_

The above club hereby applies for membership in the Fairfield County Swimming League. Application is sponsored and seconded by the three FCSL Member Clubs; letters of recommendation from the Swim Chairs of those Clubs are attached to this application.

The undersigned Swim Chair has received a copy of the Rules and Bylaws of the FCSL and, on behalf of his or her Club, agrees to comply with all FCSL Rules and Bylaws and to accept the responsibilities of League membership.

Swim Chair Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Print Full Name: \_\_\_\_\_  
Home Address: \_\_\_\_\_  
Town: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Phone: \_\_\_\_\_ CellPhone: \_\_\_\_\_

Since membership in the FCSL affects to some extent the entire membership of the Club, use of the pool, parking area during home meets, prompt payment of annual dues, etc., the league requires that this application also be countersigned by the President of the applicant Club. Annual FCSL dues are \$ \_\_\_\_\_, and are payable on or before June 1 of each year.

Signature of Club President: \_\_\_\_\_ Date: \_\_\_\_\_  
Print Full Name: \_\_\_\_\_

.....  
This application and attached letters to be given, prior to May 1, to the FCSL Membership Chairman named below

PLEASE PRINT CLEARLY:

Send to applicant: Two (2) Copies of application One (1) "Membership Requirements" One (1) Copy of FCSL Bylaws One (1) FCSL Rules Book
--

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Town: \_\_\_\_\_ Zip: \_\_\_\_\_  
Home Phone: \_\_\_\_\_

# **FAIRFIELD COUNTY SWIMMING LEAGUE**

## **APPENDIX VI**

### **DIVING & SWIMMING WARM-UP PROCEDURES**

#### **Diving**

No divers should warm up before a certified diving coach is present.

#### **Swimming**

##### **1. Pre-Meet Warm-up**

- a. Control / Supervise - key words for safe warm-up
- b. Officials should be actively supervising the warm-up to ensure that proper procedures are followed. They have authority, through referee or swim chairs, over the warm-up. A swimmer and/or a coach may be removed from the deck for interfering with his or her authority.
- c. Coaches are reminded that they are responsible for supervision of their swimmers during a warm-up just as they are when they are on the deck at a practice.

##### **2. Important Points to Remember During Warm-up**

- a. There shall be no diving off the blocks or the edge of the pool during the general warm-up -- swimmers must enter the pool feet first for warm-up swims. Orange cones, pylons or chairs should be placed on the starting blocks so that all swimmers are aware that the blocks are not to be used.
- b. THE ONLY TIME A SWIMMER SHALL DIVE INTO THE POOL, i.e., ENTER THE POOL HEAD FIRST, SHALL BE DURING THE SPECIFIC WARM-UP PERIOD WHILE ENTERING A LANE DESIGNATED FOR SPRINTING.
- c. Swimmers need to be aware of the potential for disaster when a swimmer is diving from the block at the same time a backstroker is executing a start from beneath the block. In sprint lanes, the backstrokers shall stand in line with the other swimmers waiting to start from the top of the block. Backstrokers shall enter the water when their turn comes. While a backstroker is in the water preparing for and executing a start, no swimmer shall step onto the block.
- d. Coaches should maintain as much contact with their swimmers as possible -- verbal and visual -- throughout the warm-up period. IT IS THE COACHES' RESPONSIBILITY TO SUPERVISE THEIR SWIMMERS DURING THE WARM-UP.



# **FAIRFIELD COUNTY SWIMMING LEAGUE**

## **APPENDIX VII**

### **RULES FOR SECOND TEAM FROM ONE CLUB**

1. The Club with two teams competing in the FCSL will submit two rosters to the FCSL president prior to either of the Club's first meets. These rosters shall include the full name of each contestant and the specific team to which he or she has been assigned.
2. No contestant may compete in the first meet for both teams.
3. There is a grace period during which contestants may be reassigned. The grace period ends before each team's second meet.
4. Contestants may be reassigned once, either up or down, at the discretion of his or her coach, before the end of the grace period, at which point the rosters must remain fixed.
5. At the end of the grace period, the Coach must submit a copy of each of his or her final rosters to the FCSL President with the changes from the original noted on a cover sheet. The FCSL President shall be notified of any member who joins either team after the second meet of both Divisions.
6. Weekly meet results for the club's two teams must be forwarded to a member of the Board of Governors whose own club is not competing in either Division to which the double roster club is assigned. These results are for the board member only, whose responsibility is to check for possible misuse of a contestant. Any new member of the team will be noted on a cover sheet accompanying the weekly meet results when that member first competed.
7. The penalty for using a contestant in both Divisions after the grace period is the loss of the meet for which he or she is ineligible.
8. In all other ways, the contestants from the two rosters will be considered as if from separate clubs with all the rights accorded other FCSL contestants. This includes the Championship and Divisional Meets.

#### **GENERAL AMENDMENT**

Rules for a particular dual meet may be amended by mutual agreement between the Swim Chairmen of the two clubs involved in that dual meet. Such rules shall not be so amended by the Board, by the Referee, or by agreement between the coaches.

# FAIRFIELD COUNTY SWIMMING LEAGUE

## APPENDIX VIII

### SUPPLIES PROVIDED PER SEASON\*

<u>ITEM</u>	<u>NUMBER NEEDED</u>
Dual Meet Score Sheet [Events #1-60]	1 (7 pages); Also see Directory Appendix XV & website**
Dual Meet Timers' Cards [Lane Pads]	3 pads per lane per club (different colors/lane)
Dual Meet Diving Score Sheet	1; Also see Directory Appendix XVI & website
Championship Diving Sheets	2 of each color for each age group
Dual Meet Results Report Form	1; Also see Directory Appendix X & website
Water Polo Score Sheet	1; Also see Directory Appendix XVII & website

\*\* FCSL website address is [www.fcsl.info](http://www.fcsl.info)

\*also needed by every club, but not provided by the FCSL: copy of HyTek Team Manager

## APPENDIX IX

### DUAL MEET RESULTS REPORT FORM

Head Coach: This report must be turned in with your Divisional Championship Meet Entry.

Note: Your Divisional Swim Meet Entry will not be accepted without this form but may be emailed in this format with your Swim Champ's entry to [entries@fcsl.info](mailto:entries@fcsl.info).

Club \_\_\_\_\_ Division \_\_\_\_\_ Year \_\_\_\_\_

Season Record (Official FCSL Meets Only) Won \_\_\_\_ Lost \_\_\_\_ Tied \_\_\_\_

DUAL MEET SCORES (Official FCSL Meets Only)

	<u>Your Score</u>	<u>Other Team Score</u>	<u>Opposing Club</u>	<u>Meet Held at</u>	<u>Date Held</u>
1.					
2.					
3.					
4.					
5.					
6.					

# FAIRFIELD COUNTY SWIMMING LEAGUE

## APPENDIX XI

### CLARK FALKENSTEIN & JOHN HAHNFELDT DIVING AWARDS

In 2001, the Board of Governors of the Fairfield County Swimming League established the Clark Falkenstein Diving Award in memory of long-time and much-beloved diving coach, Clark Falkenstein, who died in 2000 after a typically feisty and courageous battle with a brain tumor. According to the wishes of Maria Coomaraswamy-Falkenstein, and as agreed by the FCSL Board, this award would be presented to

“a diver who, regardless of the odds, kept plugging along. One who was not necessarily always a ‘winner’, but who, nevertheless, tried the hardest because of their love of the sport.”

The Board further determined that the recipient could be

“a person who has been an important advocate of, or who has been extraordinarily important to, the sport of diving in Fairfield County.”

In 2012, the Board voted to recognize the life-long commitment of another beloved diving coach, who had recently passed away, by establishing the John Hahnfeldt Award. Accordingly, the Board voted to re-dedicate the Falkenstein Award and return to the criteria originally established by Maria Coomaraswamy-Falkenstein, recognizing a diver who persevered.

The John Hahnfeldt Award will, therefore, be awarded to

“a person who has been an important advocate of, or who has been extraordinarily important to, the sport of diving in Fairfield County.”

This award will be presented for the first time at the end of the 2012 season.

The nominations for these awards will come from FCSL diving coaches, swim coaches, or divers. Nominating forms will be available from the Diving Coaches’ Representative to the Board. The nominations will be reviewed by a committee consisting of the Diving Coaches’ Representative, the Vice-President of Diving, and a person selected by Maria Coomaraswamy-Falkenstein to represent her on the committee.

The recipients of the Clark Falkenstein Diving Award to date:

2001	Joseph Somma, Jr.	
2002	Katherine Mattison,	Middlesex Club
2003	Issac Sterner,	Newfield Swim Club
2004	Susan G. Ceresa,	Lake Club & CC of Darien
2005	David MacDonald,	Middlesex Club
2006	Artie Waters,	Middlesex Club
2007	Shannon Eagan,	Shorehaven Country Club
2008	Jim Bowser,	Long Ridge Club
2009	Conor Brisson,	Long Ridge Club
2010	John Hahnfeldt,	<i>in memoriam</i>
2011	(not presented)	

## **FAIRFIELD COUNTY SWIMMING LEAGUE**

**NOTE: Lists of all Awards recipients (in printable files) are available for download from the FCSL web site. They have not been included in this printed Rulebook.**

### **APPENDIX X**

Page 17

## **PHILLIP R. GOODE AWARD RECIPIENTS**

This award honors a long-time FCSL referee who took vacation time to referee our meets, and loved teaching kids and other referees about swimming.

The award goes to the team which showed the most improvement, prior year to current year, in dual meets and championship swim meet results.

The recipient is determined by the Board of Governors.

### **APPENDIX XII**

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## **SKIP LEHMANN TEAM SPIRIT AWARD RECIPIENTS**

This award honors “Skip” Lehmann, a very dedicated, long-time FCSL Board member, long-time Greenwich Country Club Head Swim Coach, and FCSL Referee, who embodied the spirit of the Fairfield County Swimming League.

Following the first year, it will be awarded annually to the swim team(s) in each Division that best represents the characteristics for which “Skip” is known:

- Team Spirit.
- Sportsmanship
- Respect for teammates, opponents, coaches, officials and volunteers.

The Award will be announced at the end of each Divisional meet.

Each Head Swim Coach in a Division will vote before the end of each of the Divisional Swim Championships.

In case of a Tie, the Divisional Chair, and Referees at the Divisional Championships may be called upon to vote on team spirit at the Championships in order to break the tie.

## **FAIRFIELD COUNTY SWIMMING LEAGUE**

### **APPENDIX XIII**

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## **HOPE CARTER HUMANITARIAN AWARD RECIPIENTS**

This award honors Hope Carter, a very dedicated long-time FCSL Board member.

To qualify for this award, the recipient must show unselfish, prolonged, dedicated service to the Fairfield County Swim League.

The selection is solely at the discretion of the President of the Fairfield County Swim League.

### **APPENDIX XIV**

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## **MARK NEWCOMBE CUP RECIPIENTS**

This award, initiated in 2002 and named in honor of Mark Newcombe, long-standing FCSL Board member, Coach, and Referee goes to the swimmer who earns the most points at the FCSL County Championship swim meet, (relays points excluded).

Any tie is broken by comparing record time differential.

### **APPENDIX XV**

Page 22 - 28

## **FCSL Dual Meet Score Sheet**

**The 7 pages (page 22 -28) that comprise the FCSL Dual Meet Score Sheets are available on the FCSL web site for separate download.**

### **APPENDIX XVI**

Page 29

## **FCSL Diving Meet Score Sheet**

**The single page (page 29) that comprises the FCSL Diving Score Sheet used for divers participating in dual meets is available on the FCSL web site for separate download.**

### **APPENDIX XVII**

Page 30

## **FCSL Water Polo Score Sheet**

**The single page (page 30) that comprises the FCSL Water Polo Score Sheet used for each game played between clubs is available on the FCSL web site for separate download.**

# FAIRFIELD COUNTY SWIMMING LEAGUE

## APPENDIX XVIII

### FCSL CODE OF CONDUCT

#### **THE FOLLOWING ANNOUNCEMENT IS TO BE MADE PRIOR TO THE START OF EVERY FCSL-SANCTIONED EVENT:**

Good Morning (*Afternoon / Evening*) Ladies, Gentlemen, and Athletes!  
Welcome to (*name of facility*)\_\_\_\_\_ for the diving (*swimming / water polo*)  
competition between (*home club*) \_\_\_\_\_ and (*visiting club*) \_\_\_\_\_

The Referee for today's swimming (*diving/water polo*) competition is \_\_\_\_\_.

This athletic event is scheduled for the benefit of the members and athletes of these two clubs. The final jurisdiction of this competition rests with the referee.

This is an FCSL sponsored contest. Our athletes are expected to accept the responsibility and privilege of representing their club. Officials & coaches will promote positive and respectful behavior at all times, without displaying any negative behavior in this venue or meet (*games*).

Everyone in attendance is expected to respect the judgment of the assigned officials, abide by the FCSL rules of conduct, and not display negative behavior towards your opponent or anyone else.

One of the most important goals of this league is to promote sportsmanship, respect and courtesy of all of the athletes & coaches participating in this event as well as the spectators watching.

Any violation of this "Code of Conduct" may result in disciplinary action by the presiding officials and the League.

We look forward to a competition that embodies good sportsmanship and fun!

-----  
**\*\* FCSL Policy Clarification \*\* (NOT read aloud at venues)**

#### UNSPORTSMANLIKE CONDUCT

A. This includes any act the referee deems unsportsmanlike including, but not limited to, the following:

- a) making insulting or derogatory remarks or gestures, or acts such as taunting or language or actions that are unsuitable to friendly competition involving young children;
- b) trying to influence officials' decisions or flagrant and hostile exhibition of disgust with officials' decisions
- c) interfering with contestants or meet officials.

B. Competitors cited for unsportsmanlike conduct will be eliminated from further participation. If a contestant who causes such an incident has completed any of his or her scheduled diving or swimming events, he or she shall be disqualified from all of his or her previous events with points deducted from the team score, with no additional re-scoring.

Parents, other adults, or team representatives who are cited for unsportsmanlike conduct will be asked to leave the competition area, This penalty will be imposed at the discretion of the referee, but may be requested by either Swim Chair.

# FAIRFIELD COUNTY SWIMMING LEAGUE

## APPENDIX XIX

### FCSL ORDER OF EVENTS

1. Boys 10/U Diving	34. Girls 12/U 100 Individual Medley
2. Girls 10/U Diving	35. Boys 14/U 100 Individual Medley
3. Boys 12/U Diving	36. Girls 14/U 100 Individual Medley
4. Girls 12/U Diving	37. Boys 17/U 100 Individual Medley
5. Boys 14/U Diving	38. Girls 17/U 100 Individual Medley
6. Girls 14/U Diving	39. Boys 8/U 25 Backstroke
7. Boys 17/U Diving	40. Girls 8/U 25 Backstroke
8. Girls 17/U Diving	41. Boys 10/U 25 Backstroke
9. Boys 200 Medley Relay	42. Girls 10/U 25 Backstroke
10. Girls 200 Medley Relay	43. Boys 12/U 50 Backstroke
11. Boys 8/U 25 Butterfly	44. Girls 12/U 50 Backstroke
12. Girls 8/U 25 Butterfly	45. Boys 14/U 50 Backstroke
13. Boys 10/U 25 Butterfly	46. Girls 14/U 50 Backstroke
14. Girls 10/U 25 Butterfly	47. Boys 17/U 50 Backstroke
15. Boys 12/U 50 Butterfly	48. Girls 17/U 50 Backstroke
16. Girls 12/U 50 Butterfly	49. Boys 8/U 25 Freestyle
17. Boys 14/U 50 Butterfly	50. Girls 8/U 25 Freestyle
18. Girls 14/U 50 Butterfly	51. Boys 10/U 50 Freestyle
19. Boys 17/U 50 Butterfly	52. Girls 10/U 50 Freestyle
20. Girls 17/U 50 Butterfly	53. Boys 12/U 50 Freestyle
21. Boys 8/U 25 Breaststroke	54. Girls 12/U 50 Freestyle
22. Girls 8/U 25 Breaststroke	55. Boys 14/U 50 Freestyle
23. Boys 10/U 25 Breaststroke	56. Girls 14/U 50 Freestyle
24. Girls 10/U 25 Breaststroke	57. Boys 17/U 100 Freestyle
25. Boys 12/U 50 Breaststroke	58. Girls 17/U 100 Freestyle
26. Girls 12/U 50 Breaststroke	59. Boys 200 Freestyle Relay
27. Boys 14/U 50 Breaststroke	60. Girls 200 Freestyle Relay
28. Girls 14/U 50 Breaststroke	61. Boys 12/U 3 Meter Diving
29. Boys 17/U 50 Breaststroke	62. Girls 12/U 3 Meter Diving
30. Girls 17/U 50 Breaststroke	63. Boys 14/U 3 Meter Diving
31. Boys 10/U 100 Individual Medley	64. Girls 14/U 3 Meter Diving
32. Girls 10/U 100 Individual Medley	65. Boys 17/U 3 Meter Diving
33. Boys 12/U 100 Individual Medley	66. Girls 17/U 3 Meter Diving

#### **NOTE:**

Diving dual meets : Events 1 through 8

Championship diving meets : Events 1 through 8 (1 Meter only)  
Events 61 through 66 (3 Meter only)

Swimming dual meets : Events 9 through 60

Championship swimming meets : Events 9 through 60

# FAIRFIELD COUNTY SWIMMING LEAGUE

## APPENDIX XX

### FCSL Divisional Swimming Championships Email Entry Instructions

Download the HyTek Team Manager Event File for Divisional Swim Championships from FCSL web site before making your entry in Team Manager

You need to make **both** a Disk Entry file and a Hard Copy entry file (not the same file!) Print out the Hard Copy entry file to check your team entry is correct before submitting. Instructions to make these two files in the HyTek Team Mgr program are shown below:

PLEASE follow BOTH columns of instructions!!!

#### DISK ENTRY :

Go to TEAM MANAGER

**File/Export/meet entries/**enter

Insert formatted floppy disk

Make prompt for drive **a:**

Make disk with meet entry file on it

(experienced users can choose to save the files in a folder on their hard drive, instead of on a floppy disk.)

“HARD COPY”, in Team Mgr select :

**Meets/Entries/By Name or /By Event**

Then select **Print/Create Report**

Either make a pdf disk file by selecting:



choose your pdf-driver,



print file

OR make other doc disk file by selecting:



, Format : **Word for Windows/**

Destination : **Disk File**

**OK** (make a note of file name/folder where saved!)

*Note : There may be minor differences in the actual options used in your Team Mgr program, depending on program version (and age) and available drivers.*

Go to your e-mail program and compose an email:

Send to: **entries@fcsl.info**

Subject:

**Meet entry for Div # FCSL Champs** (replace # sign with your Div's number)

Please include your full name, phone number, cell phone number and return e-mail address in the body of the email.

This will enable us to get in touch quickly in case we have a problem with your entry.

Type results of your dual meets in the body of the email similar to the set up of the Dual Meets Results Form, or provide a completed paper copy of the Form.

If you have an older version of the Team Manager program you may not be able to notate the data to show Alternates. Make sure to note them all in your email.

To attach **both** files to your email, in turn:

Go to **a:** prompt (replace the a: drive-letter if you chose elsewhere to save the requisite files)

find your meet entry file

Click on it

Hit **Attach**, (repeat for other file, 'Hard Copy', before sending email)

then **Send** your email

***Meet entries must be received by the announced deadlines, several days before the Divisional Swimming Championship meets – see Key Dates.***



# FAIRFIELD COUNTY SWIMMING LEAGUE

## APPENDIX XXI

### FINA DIVING DEGREES OF DIFFICULTY

FINA DIVING		SPRINGBOARD							
DEGREES OF DIFFICULTY		1-METER				3-METER			
		Strt.	Pike	Tuck	Free	Strt.	Pike	Tuck	Free
FORWARD GROUP		A	B	C	D	A	B	C	D
001	Forward Entry								1.0
100	Forward Entry	1.0	1.0	1.0		1.0	1.0	1.0	
101	Forward Dive	1.4	1.3	1.2		1.6	1.5	1.4	
102	Forward 1 Somersault	1.6	1.5	1.4		1.7	1.6	1.5	
103	Forward 1 ½ Somersault	2.0	1.7	1.6		1.9	1.6	1.5	
104	Forward Double (2) Somersault	2.6	2.3	2.2		2.4	2.1	2.0	
105	Forward 2 ½ Somersault		2.6	2.4		2.8	2.4	2.2	
106	Forward Triple (3) Somersault		3.2	2.9			2.8	2.5	
107	Forward 3 ½ Somersault		3.3	3.0			3.1	2.8	
109	Forward 4 ½ Somersault							3.5	
112	Forward Flying Somersault		1.7	1.6			1.8	1.7	
113	Forward Flying 1 ½ Somersault		1.9	1.8			1.8	1.7	
115	Forward Flying 2 ½ Somersault						2.7	2.5	
DEGREES OF DIFFICULTY		1-M Strt.	1-M Pike	1-M Tuck	1-M Free	3-M Strt.	3-M Pike	3-M Tuck	3-M Free
BACKWARD GROUP		A	B	C	D	A	B	C	D
002	Back Entry								1.0
200	Back Jump	1.0	1.0	1.0		1.0	1.0	1.0	
201	Back Dive	1.7	1.6	1.5		1.9	1.8	1.7	
202	Back (1) Somersault	1.7	1.6	1.5		1.8	1.7	1.6	
203	Back 1 ½ Somersault	2.5	2.3	2.0		2.4	2.2	1.9	
204	Back Double (2) Somersault		2.5	2.2		2.5	2.3	2.0	
205	Back 2 ½ Somersault		3.2	3.0			3.0	2.8	
206	Back 3 Somersault		3.2	2.9			2.8	2.5	
207	Back 3 ½ Somersault						3.7	3.4	
212	Back Flying Somersault		1.7	1.6			1.8	1.7	
213	Back Flying 1 ½ Somersault							2.1	
215	Back Flying 2 ½ Somersault						3.3	3.1	

## FAIRFIELD COUNTY SWIMMING LEAGUE

	<b>DEGREES OF DIFFICULTY</b>	<b>1-M Strt.</b>	<b>1-M Pike</b>	<b>1-M Tuck</b>	<b>1-M Free</b>	<b>3-M Strt.</b>	<b>3-M Pike</b>	<b>3-M Tuck</b>	<b>3-M Free</b>
	<b>REVERSE GROUP</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
301	Reverse Dive	1.8	1.7	1.6		2.0	1.9	1.8	
302	Reverse Somersault	1.8	1.7	1.6		1.9	1.8	1.7	
303	Reverse 1 ½ Somersault	2.7	2.4	2.1		2.6	2.3	2.0	
304	Reverse Double Somersault	2.9	2.6	2.3		2.7	2.4	2.1	
305	Reverse 2 ½ Somersault		3.2	3.0		3.4	3.0	2.8	
306	Reverse 3 Somersault		3.3	3.0			2.9	2.6	
307	Reverse 3 ½ Somersault						3.8	3.5	
312	Reverse Flying Somersault		1.8	1.7			1.9	1.8	
313	Reverse Flying 1 ½ Somersault		2.6	2.3			2.5	2.2	

	<b>DEGREES OF DIFFICULTY</b>	<b>1-M Strt.</b>	<b>1-M Pike</b>	<b>1-M Tuck</b>	<b>1-M Free</b>	<b>3-M Strt.</b>	<b>3-M Pike</b>	<b>3-M Tuck</b>	<b>3-M Free</b>
	<b>INWARD GROUP</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
401	Inward Dive	1.8	1.5	1.4		1.7	1.4	1.3	
402	Inward Somersault	2.0	1.7	1.6		1.8	1.5	1.4	
403	Inward 1 ½ Somersault		2.4	2.2			2.1	1.9	
404	Inward Double Somersault		3.0	2.8			2.6	2.4	
405	Inward 2 ½ Somersault		3.4	3.1			3.0	2.7	
407	Inward 3 ½ Somersault							3.4	
412	Inward Flying Somersault		2.1	2.0			1.9	1.8	
413	Inward Flying 1 ½ Somersault		2.9	2.7			2.6	2.4	

	<b>DEGREES OF DIFFICULTY</b>	<b>1-M Strt.</b>	<b>1-M Pike</b>	<b>1-M Tuck</b>	<b>1-M Free</b>	<b>3-M Strt.</b>	<b>3-M Pike</b>	<b>3-M Tuck</b>	<b>3-M Free</b>
	<b>FRONT TWISTING GROUP</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
5111	Forward Dive, ½ Twist	1.8	1.7	1.6		2.0	1.9	1.8	
5112	Forward Dive, 1 Twist	2.0	1.9			2.2	2.1		
5121	Forward Somersault, ½ Twist				1.7				1.8
5122	Forward Somersault, 1 Twist				1.9				2.0
5124	Forward Somersault, 2 Twists				2.3				2.4
5126	Forward Somersault, 3 Twists				2.7				2.8
5131	Forward 1 ½ Som., ½ Twist				2.0				1.9
5132	Forward 1 ½ Som., 1 Twist				2.2				2.1
5134	Forward 1 ½ Som., 2 Twists				2.6				2.5
5136	Forward 1 ½ Som., 3 Twists				3.0				2.9
5138	Forward 1 ½ Som., 4 Twists				3.4				3.3
5151	Forward 2 ½ Som., ½ Twist		3.0	2.8			2.8	2.6	
5152	Forward 2 ½ Som., 1 Twist		3.2	3.0			3.0	2.8	
5154	Forward 2 ½ Som., 2 Twist		3.6	3.4			3.4	3.2	
5172	Forward 3 ½ Som., 1 Twist						3.7	3.4	

## FAIRFIELD COUNTY SWIMMING LEAGUE

	<b>DEGREES OF DIFFICULTY</b>	<b>1-M Strt.</b>	<b>1-M Pike</b>	<b>1-M Tuck</b>	<b>1-M Free</b>	<b>3-M Strt.</b>	<b>3-M Pike</b>	<b>3-M Tuck</b>	<b>3-M Free</b>
	<b>BACK TWISTING GROUP</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
5211	Back Dive, ½ Twist	1.8	1.7	1.6		2.0	1.9	1.8	
5212	Back Dive, 1 Twist	2.0				2.2			
5221	Back Somersault, ½ Twist				1.7				1.8
5222	Back Somersault, 1 Twist				1.9				2.0
5223	Back Somersault 1 ½ Twists				2.3				2.4
5225	Back Somersault, 2 ½ Twists				2.7				2.8
5227	Back 1 Somersault, 3 ½ Twists				3.1				3.2
5231	Back 1 ½ Somersaults, ½ Twist				2.1				2.0
5233	Back 1 ½ Som., 1 ½ Twists				2.5				2.4
5235	Back 1 ½ Som., 2 ½ Twists				2.9				2.8
5237	Back 1 ½ Som., 3 ½ Twist								3.2
5239	Back 1 ½ Som., 4 ½ Twists								3.6
5251	Back 2 ½ Som., ½ Twist		2.9	2.7			2.7	2.5	
5253	Back 2 ½ Som., 1 ½ Twists						3.5	3.3	
	<b>DEGREES OF DIFFICULTY</b>	<b>1-M Strt.</b>	<b>1-M Pike</b>	<b>1-M Tuck</b>	<b>1-M Free</b>	<b>3-M Strt.</b>	<b>3-M Pike</b>	<b>3-M Tuck</b>	<b>3-M Free</b>
	<b>REVERSE TWISTING GROUP</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
5311	Reverse Dive, ½ Twist	1.9	1.8	1.7		2.1	2.0	1.9	
5312	Reverse Dive, 1 Twist	2.1				2.3			
5321	Reverse Somersault, ½ Twist				1.8				1.9
5322	Reverse Somersault, 1 Twist				2.0				2.1
5323	Reverse Somersault, 1 ½ Twists				2.4				2.5
5325	Reverse Somersault, 2 ½ Twists				2.8				2.9
5331	Reverse 1 ½ Somersault, ½ Twists				2.2				2.1
5333	Reverse 1 ½ Som., 1 ½ Twists				2.6				2.5
5335	Reverse 1 ½ Som., 2 ½ Twists				3.0				2.9
5337	Reverse 1 ½ Som., 3 ½ Twists				3.4				3.3
5339	Reverse 1 ½ Som., 4 ½ Twists								3.7
5351	Reverse 2 ½ Som., ½ Twist		2.9	2.7			2.7	2.5	
5353	Reverse 2 ½ Som., 1 ½ Twists			3.5			3.5	3.3	
5371	Reverse 3 ½ Som., ½ Twists						3.4	3.1	
	<b>DEGREES OF DIFFICULTY</b>	<b>1-M Strt.</b>	<b>1-M Pike</b>	<b>1-M Tuck</b>	<b>1-M Free</b>	<b>3-M Strt.</b>	<b>3-M Pike</b>	<b>3-M Tuck</b>	<b>3-M Free</b>
	<b>INWARD TWISTING GROUP</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
5411	Inward Dive, ½ Twist	2.0	1.7	1.6		1.9	1.6	1.5	
5412	Inward Dive, 1 Twist	2.2	1.9	1.8		2.1	1.8	1.7	
5421	Inward Somersault, ½ Twist				1.9				1.7
5422	Inward Somersault, 1 Twist				2.1				1.9
5432	Inward 1 ½ Somersault, 1 Twist				2.7				2.4
5434	Inward 1 ½ Somersault, 2 Twists				3.1				2.8
5436	Inward 1 ½ Somersault, 3 Twists								3.4

# **FAIRFIELD COUNTY SWIMMING LEAGUE**

## **APPENDIX XXII**

### **RECOMMENDED MINIMUM REFEREE PAYMENTS**

The recommended minimum payments for Referees at FCSL dual meets have been changed.

Many clubs choose to pay more than these minimums.

These minimums supersede any lower amounts that may appear in the FCSL General Sports, Swimming, Diving or Water Polo Rules :

#### **Swimming**

\$150 per dual meet, plus \$2 per Unofficial (Exhibition) heat.

Payment by the home (host) club.

#### **Diving**

\$90 per dual meet. Payment by the home (host) club.

#### **Water Polo**

\$50 for first game, \$90 for two games, \$130 for three games.

A second Referee for the Senior game \$50, making a total expense for all three possible games of \$180.

Total paid by the two competing clubs with each club paying half.

# **FAIRFIELD COUNTY SWIMMING LEAGUE**

## **APPENDIX XXIII**

### **FCSL SAFETY GUIDELINES**

#### **IMPORTANT**

All FCSL Clubs and Coaches with regard to racing starts will complete a Racing Start Certification for every swimmer. Effective date: May 1, 2009.

“Teaching racing starts” will include:

1. All racing start instruction until a swimmer has been certified by his or her coach as proficient in performing a racing start, and
2. All instruction, subsequent to certification, which seeks to alter a swimmer’s basic technique in performing a racing start.

**TEACHING RACING STARTS SHALL ONLY TAKE PLACE UNDER THE DIRECT SUPERVISION OF THE CLUBS SWIM COACH.**

The Certification Checklist will be available on the FCSL web site

USA Swimming Rules Reference :

Pursuant to USA Swimming Rule 504.8, the USA Swimming Board of Directors has decided to amend Rule 103.2.2 (page 43 of the 2007 Rules & Regulations) which specifically applies to teaching racing starts to provide as follows:

103.2 WATER DEPTH –

.2 /M/ Teaching Racing Starts – Minimum water depth for teaching racing starts in any setting from any height starting block or the deck shall be 6 feet (1.84 meters) measured for a distance of 3 feet 3/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from the end wall.

This decision has been made with the advice and consent of the Safety Education Committee, the Rules and Regulations Committee, and legal counsel. The purpose of this action is to further protect novice swimmers from accidental bottom strikes while they are learning to execute racing starts. This change is effective immediately.

# FAIRFIELD COUNTY SWIMMING LEAGUE

## APPENDIX XXIV

### FCSL SWIMSUIT RULING

Only traditional “brief” or jammer suits of any material for boys will be permitted and that only traditional “tank” style suits for girls covering the torso would be permitted.

*No one wants to be the suit police and this is SUMMER SWIMMING!*

**ALSO as of 2009,**

**New Interpretation regarding the use of more than 1 swimsuit during competition  
USA Swimming has *revised* the interpretation regarding the use of 2 swimsuits  
during competition.**

The Rules & Regulations Committee has issued an interpretation that only one suit swimsuit is allowed during competition.

A further clarification provided an exception and allowed that a second suit worn for modesty or support purposes would be allowable and would not be considered a second suit.