

FAIRFIELD COUNTY SWIM LEAGUE

APPENDICES

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Many of these Appendices are also available on www.fcsll.info as pdf files to download and print out additional copies. Please check the on the FCSL web site for the links to the files.

FAIRFIELD COUNTY SWIMMING LEAGUE

SWIMMING AND DIVING RECORDS

as of June 1, 2024 (as achieved thru' August 8, 2023)

Event Number & Name	Name	Time/ Points	Club	Year
1. 1. Boys 10/U 1M Diving	James Hopper	206.25	Greenwich CC	2010
2. 2. Girls 10/U 1M Diving	Margaret Rogers	179.10	Newfield	2010

** Previous to 2015, FCSL 10/Under Diving competed with 5 total dives, pre-existing records are above.*

** New FCSL Diving Records were established for 10/Under Diving starting in 2014.*

** 10/Under Diving now competes with only 4 total dives. (As shown in table below)*

Event Number & Name	Name	Time/ Points	Club	Year
1. Boys 10/U 1M Diving *	Quinn Neyer	123.30	Rocky Point	2019
2. Girls 10/U 1M Diving *	Alden Charette	138.95	Rocky Point	2021
3. Boys 12/U 1M Diving	Kevin Bradley	254.40	Shore & Country	2014
4. Girls 12/U 1M Diving	Rachel Burston	237.50	Long Ridge	2010
5. Boys 14/U 1M Diving	Kevin Bradley	303.10	Shore & Country	2016
6. Girls 14/U 1M Diving	Jane O'Keefe	274.75	New Canaan FC	1971
7. Boys 17/U 1M Diving	Kevin Bradley	424.65	Shore & Country	2018
8. Girls 17/U 1M Diving	Elizabeth Fitzpatrick	398.60	Tokeneke	2014
9. Boys 200 Medley Relay	J Montesi, L Ciecimirski, S Davey, A Bridges	2:05.02	Roxbury	2009
10. Girls 200 Medley Relay	L Winget, L McCormick, A Walsh, K Leahy	2:12.68	Rocky Point	2016
11. Boys 8/U 25 Butterfly	Jack Haley	16.52	Waveny	2015
12. Girls 8/U 25 Butterfly	Annabelle Hayes	16.28	Silver Spring	2023
13. Boys 10/U 25 Butterfly	Owen Tharrington	15.00	Patterson	2018
14. Girls 10/U 25 Butterfly	Gretchen Walsh	14.47	Rocky Point	2013
15. Boys 12/U 50 Butterfly	Guido Balderrama	28.86	Shore & Country	2011
16. Girls 12/U 50 Butterfly	Alex Walsh	30.00	Rocky Point	2014
17. Boys 14/U 50 Butterfly	Jack Montesi	26.35	Roxbury	2013
18. Girls 14/U 50 Butterfly	Gretchen Walsh	28.77	Rocky Point	2017
19. Boys 17/U 50 Butterfly	Jack Montesi	25.06	Roxbury	2016
20. Girls 17/U 50 Butterfly	Maddie Rusch Kate Hazlett	28.90 28.90	CC New Canaan Greenwich CC	2012 2018
21. Boys 8/U 25 Breaststroke	David Reed	19.70	New Canaan FC	1998
22. Girls 8/U 25 Breaststroke	Meghan Lynch	18.95	Bailiwick	2012
23. Boys 10/U 25 Breaststroke	Charlie Palsho	17.12	Weston	2011
24. Girls 10/U 25 Breaststroke	Meghan Lynch	16.35	Bailiwick	2014
25. Boys 12/U 50 Breaststroke	Jack Lewis	34.25	Lake Club	2013
26. Girls 12/U 50 Breaststroke	Meghan Lynch	33.70	Newfield	2016
27. Boys 14/U 50 Breaststroke	Ben Feldman	31.42	Newfield	2016
28. Girls 14/U 50 Breaststroke	Meghan Lynch	34.01	Newfield	2018
29. Boys 17/U 50 Breaststroke	Ned Thunem	29.78	Lake Club	2013
30. Girls 17/U 50 Breaststroke	Alex Walsh	33.16	Rocky Point	2017

FAIRFIELD COUNTY SWIMMING LEAGUE

SWIMMING AND DIVING RECORDS cont'd

as of June 1, 2024

31. Boys 10/U 100 Individual Medley	Jack Haley	1:14.25	Waveny	2017
32. Girls 10/U 100 Individual Medley	Meghan Lynch	1:12.24	Bailiwick	2014
33. Boys 12/U 100 Individual Medley	Jack Montesi	1:07.67	Roxbury	2011
34. Girls 12/U 100 Individual Medley	Meghan Lynch	1:05.55	Newfield	2016
35. Boys 14/U 100 Individual Medley	Jack Montesi	59.96	Roxbury	2013
36. Girls 14/U 100 Individual Medley	Gretchen Walsh	1:06.10	Rocky Point	2017
37. Boys 17/U 100 Individual Medley	Austin Bridges	58.25	Roxbury	2012
38. Girls 17/U 100 Individual Medley	Meghan Lynch	1:04.66	Bailiwick	2021
39. Boys 8/U 25 Backstroke	William Montesi	18.54	Roxbury	2011
40. Girls 8/U 25 Backstroke	Annabelle Hayes	17.68	Silver Spring	2023
41. Boys 10/U 25 Backstroke	Nicholas Malchow	16.37	Rocky Point	2014
42. Girls 10/U 25 Backstroke	Samantha Ennis	16.71	Innis Arden	2014
43. Boys 12/U 50 Backstroke	Jack Montesi	30.67	Roxbury	2011
44. Girls 12/U 50 Backstroke	Lauren Church	31.26	Bailiwick	2006
45. Boys 14/U 50 Backstroke	Jack Montesi	27.34	Roxbury	2013
46. Girls 14/U 50 Backstroke	Alex Walsh	29.36	Rocky Point	2016
47. Boys 17/U 50 Backstroke	Jack Montesi	26.04	Roxbury	2016
48. Girls 17/U 50 Backstroke	Kate Hazlett	30.22	Greenwich CC	2018
49. Boys 8/U 25 Freestyle	E.J. Verrico	15.18	Roxbury	1996
50. Girls 8/U 25 Freestyle	Meghan Lynch	15.18	Bailiwick	2012
51. Boys 10/U 50 Freestyle	Jack Haley	29.20	Waveny	2017
52. Girls 10/U 50 Freestyle	Meghan Lynch	28.43	Bailiwick	2014
53. Boys 12/U 50 Freestyle	Guido Balderrama	27.36	Shore & Country	2011
54. Girls 12/U 50 Freestyle	Meghan Lynch	28.69	Newfield	2016
55. Boys 14/U 50 Freestyle	James Case	25.06	Roxbury	2005
56. Girls 14/U 50 Freestyle	Kate Hazlett	26.82	Greenwich CC	2015
57. Boys 17/U 100 Freestyle	Aiden Bucaria	51.66	Greenwich Water C	2023
58. Girls 17/U 100 Freestyle	Meghan Lynch	57.52	Bailiwick	2021
59. Boys 17/U 200 Freestyle Relay	N Malchow, W Montesi P Clisham, W Belmont	1:50.84	Roxbury	2014
60. Girls 17/U 200 Freestyle Relay	U Wise, A Winget, A Walsh, A Miller	1:59.04	Rocky Point	2013
61. Boys 12/U 3 Meter Diving	Kevin Bradley	229.00	Shore & Country	2014
62. Girls 12/U 3 Meter Diving	Elizabeth Fitzpatrick	273.35	Tokeneke	2010
63. Boys 14/U 3 Meter Diving	James Hopper	295.25	Greenwich CC	2014
64. Girls 14/U 3 Meter Diving	Elizabeth Fitzpatrick	285.50	Tokeneke	2011
65. Boys 17/U 3 Meter Diving	Kevin Bradley	418.20	Kevin Bradley	2018
66. Girls 17/U 3 Meter Diving	Elizabeth Fitzpatrick	399.80	Tokeneke	2012

Note:

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

(2020's Covid Championship Challenge times were not eligible)

FAIRFIELD COUNTY SWIMMING LEAGUE

APPENDIX II

BRIEF HISTORY OF THE FCSL

Enthusiasm for athletics is akin to “Mom” and “apple pie” in Fairfield County. Thus it is not surprising that, in the spring of 1949, several swimming and diving enthusiasts gathered to discuss the formation of a league that would sponsor fun, friendly swimming and diving competitions to be held during the summer season.

Bill Campbell, then head swim coach of the Stamford Yacht Club, and Rocky Point member Bill Smith spearheaded the effort by inviting representatives from Fairfield County clubs to a meeting that was held at the Stamford Yacht Club. Eight clubs were represented at the meeting: Stamford Yacht Club, Brooklawn Country Club, Fairfield Beach Club, Riverside Yacht Club, Rocky Point Beach Club, Shore & Country Club, Tokeneke Club, and the Wee Burn Beach Club. The end result was the formation of the “Fairfield County Swimming League” (a.k.a. “FCSL”) and the election of Bill Campbell as its first president. The first dual meet schedule was set for the summer of 1949, with the first County Championship meet scheduled to be held that August.

At that time, Stamford Yacht Club was the only club with a facility that would be appropriate for a championship meet: a real swimming pool with six lanes (100 feet in length) and a one-meter diving board. Rocky Point had a pool of sorts -- with a rock and seaweed bottom -- but, the other founding clubs had no pools at all and held their dual meets in Long Island Sound. Milbrook held meets in a pond until their first pool was built in 1959.

For years the “Counties” meet was the highlight of the summer season for swimming and diving competitors and fans. It was not at all unusual for families to plan their summer vacations around the meet schedule, often cheering on the deck with engines running and bicycles strapped atop the family station wagon in the parking lot or along the neighboring roadside of the host club. “Off to catch the ferry!” was often offered as the reason a child was being shuffled into the rear seat of a packed station wagon, with towels wrapped snugly around the dripping, but happy, little swimmer ... after all, he had “made it to Counties”!

Stamford Yacht Club won the championship in the inaugural year of the championship meet, with Rocky Point claiming second place and Wee Burn Beach Club taking third place. Stamford Yacht Club kept the title for the next five years, allowing Rocky Point a moment of glory in 1955, but SYC reclaimed the title the next year until Rocky Point snatched it back in 1958. The New Canaan Field Club held the trophy once in 1959. But, since then, several power houses have emerged, with amazingly long runs at holding on tightly to the FCSL championship title. The Milbrook Club, who hosted its home meets in a pond until their pool was completed in 1959, was the keeper of the trophy for most of the 1960’s (1960-68, to be exact), after which it was The Lake Club’s responsibility to polish the trophy for the 1969 through 1971 seasons. Newfield Swim Club was the team to beat from 1972 through 1979. But, The Lake Club did just that and housed the coveted prize for the entire decade of the 1980’s and into the 1990’s, unsuspecting that Roxbury Swim Club had forged a special niche for it to call home ... and it resided there comfortably from 1991 until 2003. The 2003 County Championship meet was a “nail biter” to say the least. At the end of the freestyle relay, the crowd looked to body language for the answer: who won? ... Rocky? ... Roxbury, again? ... then, all of a sudden, Terry Lowe was in the pool! There was no doubt! Rocky Point ended its 35-year hiatus and captured the County Championship crown! The glory was short-lived though, as Roxbury regained the title in 2004.

League membership grew slowly at first, reaching eleven clubs on the roster by 1955. In the 1950’s, when membership was still small, the FCSL enhanced its schedule with outside meets, including championship challenge-matches against the Westchester Swimming League (won 2, lost 2) and “telephone meets” against leagues in places like Columbus, Ohio (won it easily), Detroit (lost by 2 points), Philadelphia (lost by 20), and Los Angeles (“They creamed us!”). These telephone meets featured simultaneous starts (three swimmers per league) by firing a gun over an open telephone circuit, comparing times, and awarding matched sets of special ribbons at both locations. The ribbons were printed in Jackson Smith’s basement, and a good time was had by all!

FAIRFIELD COUNTY SWIMMING LEAGUE

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BRIEF HISTORY OF THE FCSL cont'd

Membership expanded to 26 clubs by 1960, as a result of the great club and pool building boom of the late 1950's. When the League began, all events were 25's except for the 16 & Under 50 freestyle. IM's were not a part of the original format, and there were 6 & Under events across the pool, as well as at the beginning of the meet before the lane ropes (not lane lines!) were put up in the pool. As the League grew, so did the program: competitive divisions were formed; new events were added; consolation heats were added to the championship meet (1970); diving age groups were increased from two to three, and then to four in 1977. Three-meter diving was added as an official event in the Championships in 1974. In 1985, Water Polo was introduced to the FCSL team offerings, with the first age-group championship series held in 1988. In that year the Mini Championship went to Rocky Point Club; the Junior Championship was won by the Tokeneke Club; and, the Senior Championship was awarded to the team from Burning Tree.

In 2020 the Covid pandemic required new procedures for social distancing and sanitizing to enable FCSL to run virtual meets. A new app, *Swimmingly*, was introduced on our cell phones to time swim races without needing to use paper timers' slips, with the times sent to and collated by iPad then transmitted to the app database. By 2023, while many of the larger clubs had returned to using stopwatches and paper, the FCSL Board still meets virtually by Zoom, but the June Kickoff & August Annual League meetings are back to in-person attendance.

In 1997, the Fairfield County Swimming League was incorporated in the State of Connecticut as a non-stock, non-profit corporation. League dues, which started out as \$50 per club in 1949, have increased over the years to accommodate the level of sophistication necessary to adapt to the technology and reality of our world in the 21st century. And, it is widely believed, League members are still having fun!

And, "fun" is a key word here. "Fun," rather than competition, has been the objective of the League from its inception. Fun for the children, fun for their families, and even fun for the coaches and staff of the member clubs. Each dual meet has traditionally been a social event between clubs, often ending with a cook-out or social gathering of some sort. The competition is meant to be the means to the end: fun. But the League's objectives also include providing an opportunity to encourage the development of skills, and a sense of self-worth and pride, coupled with life lessons in the importance of team work and the ability to win and to lose with grace and dignity.

"Rules don't make things right; people make things right." But, rules are a "necessary evil" and the League has adapted as its base the rules and safety standards established by the U.S.A. Swimming, U.S.A. Diving and U.S. Water Polo organizations and the Department of Health and Public Safety of the State of Connecticut. The FCSL is fortunate to have the *right* people on board as well. Training opportunities for FCSL coaches and referees have been established to enable them to perform their roles with a level of professionalism that has served the members well over the years. The League has enjoyed the support of parents on the deck as volunteers and as positive role models for our children. The Fairfield County Swimming League has, and always has had, every reason to be proud of its family of competitors, their fans, and their coaches.

Originally written by Susan Guthrie Ceresa

FCSL President

June 2002 - August 2004

As 31 FCSL clubs approach the starting blocks for the next season,
we are still endeavoring to support aquatics fun.

The FCSL Board of Governors expresses our appreciation to all FCSL supporters for their
extraordinary efforts on behalf of our children.

FAIRFIELD COUNTY SWIMMING LEAGUE

APPENDIX III - A THE CHAMPIONSHIP TEAMS

Winners of the FCSL County Championship Swimming Meet.

1949	Stamford Yacht Club	1988	Lake Club
1950	Stamford Yacht Club	1989	Lake Club
1951	Stamford Yacht Club	1990	Lake Club
1952	Stamford Yacht Club	1991	Roxbury Swim Club
1953	Stamford Yacht Club	1992	Roxbury Swim Club
1954	Stamford Yacht Club	1993	Roxbury Swim Club
1955	Rocky Point Club	1994	Roxbury Swim Club
1956	Stamford Yacht Club	1995	Roxbury Swim Club
1957	Stamford Yacht Club	1996	Roxbury Swim Club
1958	Rocky Point Club	* 1997	Roxbury Swim Club
1959	New Canaan Field Club	1998	Roxbury Swim Club
1960	Milbrook Club	1999	Roxbury Swim Club
1961	Milbrook Club	2000	Roxbury Swim Club
1962	Milbrook Club	2001	Roxbury Swim Club
1963	Milbrook Club	2002	Roxbury Swim Club
1964	Milbrook Club	2003	Rocky Point Club
1965	Milbrook Club	2004	Roxbury Swim Club
1966	Milbrook Club	2005	Innis Arden Golf Club
1967	Milbrook Club	2006	Roxbury Swim Club
1968	Milbrook Club	2007	Roxbury Swim Club
1969	Lake Club	2008	Roxbury Swim Club
1970	Lake Club	2009	Rocky Point Club
1971	Lake Club	2010	Roxbury Swim Club
1972	Newfield Swim Club	2011	Roxbury Swim Club
1973	Newfield Swim Club	2012	Rocky Point Club
1974	Newfield Swim Club	2013	Rocky Point Club
1975	Newfield Swim Club	2014	Rocky Point Club
1976	Newfield Swim Club	2015	Rocky Point Club
1977	Newfield Swim Club	2016	Rocky Point Club
1978	Newfield Swim Club	2017	Rocky Point Club
1979	Newfield Swim Club	2018	<i>Counties canceled, storm</i>
1980	Lake Club	2019	Rocky Point Club
1981	Lake Club	2020	<i>No Counties, Pandemic</i>
1982	Lake Club	2021	Rocky Point Club
1983	Lake Club	2022	Rocky Point Club
1984	Lake Club	2023	Rocky Point Club
1985	Lake Club	2024	
1986	Lake Club	2025	
1987	Lake Club	2026	

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

FAIRFIELD COUNTY SWIMMING LEAGUE

APPENDIX III - B

THE DIVING CHAMPIONSHIP TEAMS

Winners of the FCSL County Championship Diving (age groups combined)

	First	Second	Third
1997	Long Ridge Club	Roxbury Swim Club	Burning Tree Country Club
1998	Long Ridge Club	Middlesex Club	Roxbury Swim Club
1999	Long Ridge Club	Lake Club	Middlesex Club
2000	Roxbury Swim Club	Lake Club	Middlesex Club
2001	Middlesex Club	Roxbury Swim Club	Shorehaven Golf Club
2002	Middlesex Club	Roxbury Swim Club	New Canaan Field Club
2003	Middlesex Club	New Canaan Field Club	Shore and Country Club
2004	Middlesex Club	New Canaan Field Club	Long Ridge Club
2005	Middlesex Club	New Canaan Field Club	Newfield Swim Club
2006	Middlesex Club	New Canaan Field Club	Newfield Swim Club
2007	Newfield Swim Club	New Canaan Field Club	Long Ridge Club
2008	New Canaan Field Club	Long Ridge Club	Middlesex Club
2009	Middlesex Club	Newfield Swim Club	New Canaan Field Club
2010	Long Ridge Club	Middlesex Club	Newfield Swim Club
2011	Roxbury Swim Club	Long Ridge Club	Newfield Swim Club
2012	New Canaan Field Club	Roxbury Swim Club	Long Ridge Club
2013	Roxbury Swim Club	Lake Club	Long Ridge Club
2014	Lake Club	Roxbury Swim Club	Burning Tree Country Club
2015	Roxbury Swim Club	Newfield Swim Club	Burning Tree Country Club
2016	Roxbury Swim Club	Burning Tree Country Club	Shore & Country Club
2017	Roxbury Swim Club	Lake Club	Newfield Swim Club
2018	Roxbury Swim Club	Shore & Country Club	Newfield Swim Club
2019	New Canaan Field Club	Shore & Country Club	Roxbury Swim Club
2020	<i>Pandemic – Diving Championships Not Competed</i>		
2021	Rocky Point Club	Shorehaven Golf Club	Burning Tree Country Club
2022	Rocky Point Club	Shorehaven Golf Club	Burning Tree Country Club
2023	Rocky Point Club	Shorehaven Golf Club	Burning Tree Country Club
2024			
2025			
2026			

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

FAIRFIELD COUNTY SWIMMING LEAGUE
APPENDIX III - C
THE WATER POLO CHAMPIONSHIP TEAMS

	Mini Champ	Junior Champ	Senior Champ
	Mini Runner Up	Junior Runner Up	Senior Runner Up
1985	Rocky Point Club	Tokeneke Club	Burning Tree Country Club
	NA	NA	Innis Arden Golf Club
1986	NA	NA	NA
1987	NA	NA	NA
1988	Rocky Point Club	Tokeneke Club	Burning Tree Country Club
	Roxbury Swim Club	Weston Field Club	Rocky Point Club
1989	Roxbury Swim Club	Rocky Point Club	Rocky Point Club
	Rocky Point Club	Roxbury Swim Club	Riverside Yacht Club
1990	Roxbury Swim Club	Roxbury Swim Club	Rocky Point Club
	Greenwich CC/Stanwich	Rocky Point Club	Riverside Yacht Club
1991	Greenwich CC/Stanwich	Rocky Point Club	Rocky Point Club
	Roxbury Swim Club	Roxbury Swim Club	Riverside Yacht Club
1992	Milbrook Club	Rocky Point Club	Rocky Point Club
	Roxbury Swim Club	Roxbury Swim Club	Rocky Point Club B
1993	Belle Haven Club	Roxbury Swim Club	NA
	Innis Arden Golf Club	New Canaan Field Club	NA
1994	Roxbury Swim Club	Burning Tree Country Club	Rocky Point Club
	Belle Haven Club	Roxbury Swim Club	Burning Tree Country Club
1995	Burning Tree Country Club	Rocky Point Club	Rocky Point Club
	Greenwich CC/Stanwich	Burning Tree Country Club	Roxbury Swim Club
1996	Greenwich CC/Stanwich	Burning Tree Country Club	Roxbury Swim Club
	Burning Tree Country Club	Belle Haven Club	Burning Tree Country Club
1997	Riverside Yacht Club	Innis Arden Golf Club	Burning Tree Country Club
	Greenwich CC/Stanwich	Roxbury Swim Club	Riverside Yacht Club
1998	Rocky Point Club	Burning Tree Country Club	Rocky Point Club
	Burning Tree Country Club	Innis Arden Golf Club	Burning Tree Country Club
1999	Burning Tree Country Club	Burning Tree Country Club	Innis Arden Golf Club
	Rocky Point Club	Rocky Point Club	Rocky Point Club
2000	Innis Arden Golf Club	Rocky Point Club	Innis Arden Golf Club
	Lake Club	New Canaan Field Club	Rocky Point Club
2001	Roxbury Swim Club	Burning Tree Country Club	Innis Arden Golf Club
	Middlesex Club	Rocky Point Club	Rocky Point Club
2002	Rocky Point Club	Rocky Point Club	Rocky Point Club
	Roxbury Swim Club	Innis Arden Golf Club	Burning Tree Country Club
2003	Rocky Point Club	Roxbury Swim Club	Burning Tree Country Club
	Greenwich Country Club	Rocky Point Club	Rocky Point Club
2004	Rocky Point Club	Rocky Point Club	Rocky Point Club
	Innis Arden Golf Club	Roxbury Swim Club	New Canaan Field Club

FAIRFIELD COUNTY SWIMMING LEAGUE

Water Polo Championship Teams, III - C cont'd

	Mini Champ	Junior Champ	Senior Champ
	Mini Runner Up	Junior Runner Up	Senior Runner Up
2005"A"	Rocky Point Club	Rocky Point Club	Burning Tree CC / Milbrook
	Innis Arden Golf Club	Burning Tree Country Club	Rocky Point Club
2005"B"	Tokeneke Club	Rocky Point Club	None
	Middlesex Club	Middlesex Club	
2006"A"	Innis Arden Golf Club	Rocky Point Club	Rocky Point Club
	New Canaan Field Club	Innis Arden Golf Club	Roxbury Swim Club
2006"B"	Tokeneke Club	Middlesex Club	None
	Middlesex Club	Country Club of Darien	
2007"A"	Riverside Yacht Club	Innis Arden Golf Club	Roxbury Swim Club
	Rocky Point Club	Rocky Point Club	New Canaan Field Club
2007"B"	Tokeneke Club	Middlesex Club	None
	Middlesex Club	Lake Club	
2008Div1	Roxbury Swim Club	Rocky Point Club	Rocky Point Club Roxbury Swim Club <i>(Div 1,2,3,4 combined)</i>
	New Canaan Field Club	Innis Arden Golf Club	
2008Div2	Middlesex Club	Milbrook Club	
	Lake Club	Lake Club	
2008Div3	Long Ridge Club	Balle Haven Yacht Club	
	Stamford Yacht Club	Country Club New Canaan	
2008Div4	<i>(Div 3,4 combined)</i>	Long Ridge Club	
		Waveny Pool	
2009Div1	Roxbury Swim Club	Rocky Point Club	Rocky Point Club Innis Arden Golf Club <i>(Div 1,2,3 combined)</i>
	Rocky Point Club	Burning Tree Country Club	
2009Div2	Riverside Yacht Club	Riverside Yacht Club	
	Middlesex Club	Milbrook Club	
2009Div3	Stamford Yacht Club	Greenwich Country Club	
	Country Club of Darien	Woodway Country Club	
2010Div1	Roxbury Swim Club	Rocky Point Club	Rocky Point Club Innis Arden Golf Club <i>(Div 1,2,3 combined)</i>
	New Canaan Field Club	Riverside Yacht Club	
2010Div2	Lake Club	Lake Club	
	Stamford Yacht Club	Milbrook Club	
2010Div3	Country Club of Darien	Greenwich Country Club	
	Belle Haven Club	CC of New Canaan	
2011Div1	Roxbury Swim Club	Roxbury Swim Club	Rocky Point Club Innis Arden Golf Club <i>(Div 1,2,3 combined)</i>
	Rocky Point Club	Burning Tree Country Club	
2011Div2	Lake Club	Middlesex Club	
	Middlesex Club	Lake Club	
2011Div3	Belle Haven Club	Tokeneke Club	
	Country Club of Darien	Belle Haven Club	

FAIRFIELD COUNTY SWIMMING LEAGUE

Water Polo Championship Teams III - C cont'd

	Mini Champ	Junior Champ	Senior Champ
	Mini Runner Up	Junior Runner Up	Senior Runner Up
2012Div1	Rocky Point Club	Roxbury Swim Club	Rocky Point Club Roxbury Swim Club <i>(Div 1,2,3 combined)</i>
	Roxbury Swim Club	Milbrook Club	
2012Div2	Newfield Swim Club	Stamford Yacht Club	
	Middlesex Club	New Canaan Field Club	
2012Div3	Tokeneke Club	Greenwich Country Club	
	Roton Point Club	Roton Point Club	
2013Div1	Rocky Point	Rocky Point Club	Roxbury Swim Club Rocky Point Club <i>(Div 1,2,3 combined)</i>
	Roxbury	Roxbury Swim Club	
2013Div2	Tokeneke Club	Stamford Yacht Club	
	Newfield Swim Club	Newfield Swim Club	
2013Div3	Greenwich Country Club	Belle Haven Club	
	Roton Point Club	Woodway CC/Waveny	
2014Div1	Rocky Point Club	Rocky Point Club	Rocky Point Club Roxbury Swim Club <i>(Div 1,2,3 combined)</i>
	Roxbury Swim Club	Lake Club	
2014Div2	Greenwich Country Club	Newfield Swim Club	
	Riverside Yacht Club	Riverside Yacht Club	
2014Div3	Roton Point Club	Long Ridge Club	
	Woodway Country Club	Woodway Country Club	
2015Div1	Rocky Point Club	Roxbury Swim Club	Lake Club Roxbury Swim Club <i>(Div 1,2,3 combined)</i>
	Roxbury Swim Club	Rocky Point Club	
2015Div2	Riverside Yacht Club	Burning Tree CC	
	Newfield Swim Club	Riverside Yacht Club	
2015Div3	Roton Point Club	Roton Point Club	
	Tokeneke Club	Belle Haven Club	
2016Div1	Roxbury Swim Club	Rocky Point Club	TIE <i>due to storms</i> Lake Club & Roxbury Swim Club <i>(Div 1,2,3 combined)</i>
	Greenwich Country Club	Roxbury Swim Club	
2016Div2	Newfield Swim Club	Newfield Swim Club	
	New Canaan Field Club	Milbrook Club	
2016Div3	Woodway Country Club	Middlesex Club	
	Waveny Pool	Woodway Country Club	
2017Div1	Rocky Point Club	Roxbury Swim Club	Rocky Point Club Roxbury Swim Club <i>(Div 1,2,3 combined)</i>
	Newfield Swim Club	Rocky Point Club	
2017Div2	Milbrook Club	Middlesex	
	Burning Tree Country C	Burning Tree Country Club	
2017Div3	Roton Point Club	Roxbury Swim Club B	
	Rocky Point Club B	Waveny Pool	

FAIRFIELD COUNTY SWIMMING LEAGUE

Water Polo Championship Teams III - C cont'd

	Mini Champ	Junior Champ	Senior Champ
	Mini Runner Up	Junior Runner Up	Senior Runner Up
2018Div1	Rocky Point Club	Rocky Point	<i>(Div1,2,3 combined)</i>
	Burning Tree Country Club	Roxbury Swim Club	
2018Div2	Innis Arden Golf Club	Innis Arden Golf Club	
	Milbrook Club	Woodway Club	
2018Div3	Roton Point Club	Rocky Point B	
	Tokeneke Club	Roton Point Club	
2019Div1	Rocky Point Club	Rocky Point Club	Rocky Point Club Roxbury Swim Club <i>(Div 1,2,3 combined)</i>
	Milbrook Club	Roxbury Swim Club	
2019Div2	Newfield Swim Club	Innis Arden Golf Club	
	Innis Arden Golf Club	Newfield Swim Club	
2019Div3	Middlesex Club	Rocky Point B	
	Rocky Point B	Tokeneke Club	
2020	<i>NO WATER POLO GAMES : PANDEMIC</i>		
2021Div1	Rocky Point Club	Rocky Point Club	Rocky Point Club Milbrook Club <i>(Div1,2,3 combined)</i>
	Roxbury S & T Club	Riverside Yacht Club	
2021Div2	Innis Arden Golf Club	Burning Tree Country Club	
	Middlesex Club	Innis Arden Golf Club	
2021Div3	Belle Haven	<i>No Junior D3 tournament</i>	
	Woodway		
2022Div1	Innis Arden Golf Club	Rocky Point Club	Rocky Point Club Riverside Yacht Club <i>(Div 1,2,3 combined)</i>
	Rocky Point Club	Milbrook Club	
2022Div2	Burning Tree Country C		
	Newfield S & T Club		
2022Div3	Roton Point Club	<i>No D3 Junior Tournament</i>	
	Waveny Pool		
2023Div1	Rocky Point Club	Roxbury S & T Club	Rocky Point Club Burning Tree C'try Club <i>(Div 1,2,3 combined)</i>
	Roxbury S & T Club	Rocky Point Club	
2023Div2	Burning Tree Country Club	Riverside Yacht Club	
	Riverside Yacht Club	Burning Tree Country Club	
2023Div3	Belle Haven	Rocky Point "B"	
	Waveny Pool	Belle Haven	

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 8 top teams participate in a single Senior Championship Tournament.

The number of teams in Divisions 1 & 2 was increased from 6 to 7 teams for the 2017 season.

FAIRFIELD COUNTY SWIMMING LEAGUE

APPENDIX III - D

THE OVERALL CHAMPIONSHIP TEAMS

Winners of the FCSL Combined County Championships (age groups combined)

The total points scored by the teams in the Swimming and the Diving County Championships added together for an Overall Championship team.

It is presented at the Kickoff League Meeting in the following June.

	Champions	Second Place	Third Place
2019	Rocky Point Club	Newfield S & T Club	Roxbury S & T Club
2020	<i>Pandemic – no Water Polo Championships</i>		
2021	Rocky Point Club		
2022	Rocky Point Club		
2023	Rocky Point Club	Roxbury S & T Club	Greenwich Water Club
2024			
2025			
2026			

**Complete printable list of all FCSL Championship Teams (Appendix III A, B & C)
also available as a separate list for download on the FCSL web site.**

FAIRFIELD COUNTY SWIMMING LEAGUE

APPENDIX IV

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

APPENDIX IV

MEMBERSHIP REQUIREMENTS, continued

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: Dual Meet Score Sheets, Diving Entry/Score Sheets, Timer's Cards, and Water Polo Score Sheets are no longer printed & provided by the league but 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

APPENDIX V

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: _____ Cell Phone: _____

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: Name: _____
 Address: _____
 Town: _____ Zip: _____
 Home Phone: _____

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

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*

Paper Products (see table below) are no longer supplied to the League since 2020.

Instead a Swimmingly starter hardware pack was supplied by the League to every Club in 2020, containing :

- 1 Wi-Fi Router
- 12 Universal lanyards (over-the-neck) & phone holder
- 2 Portable Battery Sticks (charge devices before/during meet)
- Online Team Training
- Swimmingly® Help Guide

Clubs were encouraged to use the Swimmingly App software system to minimize physical interaction and reduce the need for meet volunteers at the virtual FCSL dual meets run in lieu of the normal Home-Away FCSL dual meets.

Swimmingly usage continues to be encouraged in 2021 & later but is not compulsory. Home team choice.

Items listed in table below may not be necessary if using Swimmingly.
Also available as files to download & print as needed.

<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

***also needed by clubs not using Swimmingly, and not provided by the FCSL:
a copy of HyTek Team Manager or equivalent program**

All paper products in the table above can be printed out by any Club using the pdf files linked in the Rules Downloads – Appendices, or the Info Download - General sections of the FCSL website.

** FCSL website address is <https://www.fcsl.info>

FAIRFIELD COUNTY SWIMMING LEAGUE

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**.

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.					

This form may not be needed if full results are promptly posted to the fcsl.info web site, and the info also included in the email accompanying the Divisional Meet Entry submission.

FAIRFIELD COUNTY SWIMMING LEAGUE

APPENDIX X

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.

1983	Roxbury Swim Club	2007	Woodway Country Club
1984	Patterson Club	2008	Roton Point Club
1985	Roton Point Club	2009	Aspetuck Valley Country Club
1986	Riverside Yacht Club	2010	Stamford Yacht Club
1987	Burning Tree Country Club	2011	Greenwich Country Club
1988	Middlesex Club	2012	Waveny Pool
1989	Newfield Swim Club	2013	Tokeneke Club
1990	Milbrook Club	2014	Stamford Yacht Club
1991	Stanwich Country Club	2015	Patterson Club
	Long Ridge Club	2016	Patterson Club
1992	Belle Haven Club	2017	Greenwich Water Club
1993	Aspetuck Valley Country Club	2018	Woodway Country Club
1994	Newfield Swim Club	2019	Tokeneke Club
	Weston Field Club	2020	<i>Pandemic – No award</i>
1995	Middlesex Club	2021	Black Rock Yacht Club
1996	Newfield Swim Club	2022	Black Rock Yacht Club
	Shorehaven Golf Club	2023	The Lake Club
1997	Long Ridge Club	2024	
1998	Country Club of New Canaan	2025	
1999	<i>No Winner</i>		
2000	Greenwich Country Club		
2001	Rocky Point Club		
2002	Shore & Country Club		
2003	Innis Arden Golf Club		
2004	Newfield Swim Club		
2005	Innis Arden Golf Club		
2006	Long Ridge Club		

FAIRFIELD COUNTY SWIMMING LEAGUE

APPENDIX XI

CLARK FALKENSTEIN & JON 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 Jon 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 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.

* Also Google doc nominating forms are available in the Info Downloads - Diving section of the FCSL website.

FAIRFIELD COUNTY SWIMMING LEAGUE
APPENDIX XI
CLARK FALKENSTEIN DIVING AWARD

The recipients of the Clark Falkenstein Diving Award to date are:

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	<i>(not presented)</i>	
2012	Tanner Blank	Shorehaven Golf Club
2013	Meredith Jonker	New Canaan Field Club
2014	Robert McCrory	Patterson Club
2015	Jenny Schrenker	Roton Point Club
2016	<i>(not presented)</i>	
2017	Sawyer Neyer	Newfield Swim Club
2018	Esme Merrill	Rocky Point Club
2019	Griffin Casey	The Lake Club
2020	Pandemic – no award	
2021	Alden Charette	Rocky Point Club
2022	Ali Kolman	Roton Point Club
2023	Julie Frangione	Shorehaven Golf Club
2024		
2025		
2026		
2027		

FAIRFIELD COUNTY SWIMMING LEAGUE

JON HAHNFELDT DIVING AWARD

In 2012, the FCSL Board voted to recognize the life long commitment of another beloved diving coach, who had recently passed away, by establishing the Jon Hahnfeldt Award.

The Jon Hahnfeldt Award will 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.”

The nominations for this award will come from the FCSL diving coaches, swim coaches or divers. Nominating forms will be available from the Diving Coaches’ Representative to the Board. The nominations are reviewed by the Diving Coaches’ Representative and the Vice President of Diving.

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

The recipients of the Jon Hahnfeldt Diving Award to date are:

2012	Allison Coleman	Woodway Country Club
2013	Joseph Somma, Jr.	New Canaan Field Club & Newfield
2014	Joseph Somma, Jr.	New Canaan Field Club & Newfield
2015	Matt Belanger	Burning Tree Country Club
2016	<i>(not presented)</i>	
2017	Katie Warburg	The Lake Club
2018	Kevin Thompson	Rocky Point Club
2019	Adam Vance	The Lake Club
2020	<i>Pandemic – No Award</i>	
2021	Matthew Magnotta	Woodway Country Club
2022	Robert Devine	Roton Point Club & Stamford Yacht Club
2023	Kendall Somma	Middlesex Club & New Canaan Field Club
2024		
2025		
2026		

FAIRFIELD COUNTY SWIMMING LEAGUE

APPENDIX XII

SKIP LEHMANN TEAM SPIRIT AWARD RECIPIENTS

This award honors “Skip” Lehmann, a very dedicated, long-time FC SL Board member, long-time Greenwich Country Club Head Swim Coach, and FC SL 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 votes 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.

Division	1	2	3	4	5	6
2006	Skip Lehmann, Greenwich CC					
2007	Newfield Swim Club	Burning Tree CC	Woodway CC	Weston Field Club	Aspetuck Valley CC	(5 Div's Until 2019)
2008	Long Ridge Club	The Lake Club	CC of Darien	Belle Haven Club	Aspetuck Valley CC	
2009	Rocky Point Club	Roton Point Club	Stamford YC / Wee Burn CC	Aspetuck Valley CC	Greenwich Field Club	
2010	Long Ridge Club	Shore & Country Club	CC Darien / Waveny Pool	Greenwich CC	Black Rock Yacht Club	
2011	Middlesex Club	The Lake Club	No winner	Burning Tree CC	No winner	
2012	Shore & CC	The Lake Club	Aspetuck Valley CC	Belle Haven Club	Black Rock Yacht Club	
2013	The Lake Club	Greenwich CC	Tokeneke Club	Patterson Club	Greenwich Water Club	
2014	The Lake Club	Stamford Yacht Club	Shorehaven Golf Club	CC of New Canaan	Black Rock Yacht Club	
2015	Middlesex Club	The Lake Club	Wee Burn CC	CC of New Canaan	Patterson Club	
2016	The Lake Club	Roton Point Club	CC of Darien	Weston Field Club	Aspetuck Valley CC	
2017	Waveny Pool	Milbrook Club	Tokeneke Club	Patterson Club	Aspetuck Valley CC	
2018	Innis Arden Golf Club	The Lake Club	Woodway CC	Patterson Club	Black Rock Yacht Club	Only 5 Divisions Until 2019
2019	Roxbury S & T / Shore & CC	Milbrook Club	The Lake Club	Wee Burn	Weston Field Club	Black Rock Yacht Club
2020	<i>Pandemic - Not Awarded</i>					
2021	Greenwich Water Club	Shore & Country Club	Stamford Yacht Club	Greenwich CC / & Stanwich C	Weston	Bailiwick
2022	Shore & Country Club	Riverside Yacht Club	Burning Tree Country Club	Greenwich CC / Black Rock YC	Shorehaven Golf Club	Silver Spring Country Club
2023	Innis Arden Golf Club	Shore & Country Club	Black Rock YC / The Lake Club	CC of Darien / Woodway CC	Stanwich Club	Silver Spring Country Club
2024						

FAIRFIELD COUNTY SWIMMING LEAGUE

APPENDIX XIII

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.

The recipients of the Hope Carter Humanitarian Award to date have been:

2001	Rick and Marilyn Derr	Rocky Point Club
2002	Mark Newcombe	Burning Tree Country Club
2003	Skip Lehmann & Terry Lowe	Greenwich Country Club Rocky Point Club
2004	Cathy Peterson	The Lake Club
2005	Pat Griffis	Greenwich Country Club
2006	Mark & Susan Anderson	Innis Arden Golf Club
2007	John Brisson	Long Ridge Club
2008	Katie Ramaley	Rocky Point Club
2009	Jeanne Hannigan & Miral Kim-E	Burning Tree Country Club Newfield Swim Club
2010	Rick Lewis	Roxbury Swim & Tennis Club
2011	Kurt Bittel	Long Ridge Club & Tamarack Country Club
2012	Kathy Salvo	Waveny Pool
2013	Claire Egan	New Canaan Field Club
2014	Jim Lewis	The Lake Club
2015	Dave Fine & Marj Trifone	Newfield Swim Club Middlesex Club
2016	Laurie Orem	Woodway Country Club
2017	Kyoko Sorenson	Rocky Point Club
2018	Janet Gill-Gentry	Long Ridge Club
2019	Kathy Sweeney	The Lake Club
2020	Mike Simerman	The Lake Club
2021	Beth Ritz	Waveny Pool
2022	Wayne Pollak	
2023	Jim Lewis	The Lake Club
2024		

FAIRFIELD COUNTY SWIMMING LEAGUE

APPENDIX XIII cont'd

GEORGE PALMGREN, KELLY DEVINE & JOHN STOBBIIE
COACHES MEMORIAL AWARD

In 2016 the FCSL Board decided to create an award in honor of “All FCSL Coaches who have passed on.” Over that past winter, the FCSL lost three cherished long-standing coaches, George Palmgren, Kelly Devine and John Stobbie. Each of whom will be remembered for the hard work and devotion they gave to the League and for their love and passion for our sports and athletes.

The recipient will be a coach who demonstrated/s similar characteristics as well as commitment to the League. Nominations will be made by current coaches and the recipient will be determined by a selection committee.

The recipients of the Coaches’ Memorial Award are:

2016	George Palmgren, Kelly Devine and John Stobbie
2017	Joe Somma
2018	Rick Lewis
2019	Terry Lowe
2020	<i>Pandemic – Not Awarded</i>
2021	Dave Fine, Chandler Crosby <i>in memoriam</i>
2022	---
2023	Rick Lewis
2024	

FAIRFIELD COUNTY SWIMMING LEAGUE

APPENDIX XIV

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.

2002	Thomas Payton, Milbrook Club
2003	Daniel Madwed, Newfield Swim Club
2004	Daniel Madwed, Newfield Swim Club
2005	Daniel Madwed, Newfield Swim Club
	Laura Evans, Innis Arden Golf Club
2006	Evan Ramsey, Rocky Point Club
2007	Morgan Karetnick, Milbrook Club
2008	Morgan Karetnick, Milbrook Club
2009	Josh Furth, Long Ridge Club
2010	Alex Walsh, Rocky Point Club
2011	William Montesi, Roxbury Swim & Tennis Club
2012	Meghan Lynch, Bailiwick Club
2013	Jack Montesi, Roxbury Swim & Tennis Club
2014	Meghan Lynch, Bailiwick Club
2015	Kate Hazlett, Greenwich Country Club
2016	Meghan Lynch, Bailiwick Club
2017	Jack Haley, Waveny Pool
2018	<i>(No Counties – Storms)</i>
2019	Claire Michalik, Innis Arden Golf Club
2020	<i>(No Counties – Covid pandemic)</i>
2021	Meghan Lynch, Bailiwick Club
2022	Matthew Bergner, Roxbury Swim & Tennis Club
2023	Aiden Bucaria, Greenwich Water Club
2024	
2025	
2026	

FAIRFIELD COUNTY SWIMMING LEAGUE

APPENDIX XIV cont'd

Wayne Pollak Coaches Award Recipients

This award honors Wayne Pollak, a very dedicated long time Coach, Referee, and FCSL Board Member.

The Wayne Pollak Coaches Award is given to a special individual for outstanding dedication to their team and to the sport of swimming.

Although they may not be the fastest swimmer, their team spirit, superior effort and work ethic, and always positive attitude have been an inspiration to their team members, and coaches alike.

Selection is solely at the discretion of Wayne Pollak, with the help of the President, Vice President Swimming, and Championship Awards Chair of the Fairfield County Swimming League.

The Recipients of the Wayne Pollak Coaches Award to date are:

2022	Emmy Lindstrom	Stamford Yacht Club
2023	George Conrod	Stanwich Club
2024		
2025		
2026		
2027		

FAIRFIELD COUNTY SWIMMING LEAGUE

APPENDIX XV

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FCSL Dual Meet Score Sheet

The 7 pages that comprise the FCSL Dual Meet Score Sheets are available on the FCSL web site for separate download. (fcsl.info/FCSL_scoresheet_rev_2020_7page.pdf)

In addition, files for separate download are available to use for unofficial participation (divers & unofficial swim heats : fcsl.info/FCSL_scoresheet_Unofficial_2020.pdf)

APPENDIX XVI

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FCSL Diving Meet Score Sheet

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

In addition, files for separate download are available to use for unofficial participation (fcsl.info/FCSL_scoresheet_Unofficial_Dives_2020.pdf)

APPENDIX XVII

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FCSL Water Polo Score Sheet

The single page 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. (fcsl.info/FCSL_Water_Polo_Scoresheet_2017.pdf)

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

First, check the FCSL Rules for Divisional Entries in your Rule Book [Swimming Rules, Article V (A-G), pg 18,19]

(If available, download the updated HyTek Team Manager Event File for your Division from cfsl.info before making your entry in Team Manager.) Note: Divisional events are numbered #9 thru' #60 just like in dual meets.

You need to make **both** an Entry file and a pdf "Print-out" file in HyTek Team Manager (ie not the same file!) 'Print-out' allows you to check your team entry is correct before submitting. It is the MASTER ENTRY.

'COUNTIES-ONLY' All Relay-only swimmers must appear in your entry file and be noted by name in the email!

PLEASE make BOTH files to be sure of correct entry per the Rules! Instructions below:

For "PRINT-OUT", in Team Mgr select : **Meets/Entries/By Name** or **Meets/Entries/By Event**
Then select **Print/Create Report**

Make a **pdf** file by selecting either:



then choose your pdf-driver, OR



then print file, and save in a folder

OR make a doc file by selecting:



, Format : **Word for Windows/** Destination : **Disk File** **OK**

(make a note of file name & folder where you save file to find for later attaching to your email.

FILE ENTRY :

In TEAM MANAGER: **File/Export/meet entries/enter**

Make a note of the drive letter and folder name that shows on the screen.

Save the file in that folder, you will need to find that file for the email.

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

NEXT in your e-mail program, compose an email:

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

Subject: **ABCD Meet entry for Div # FCSL Champs**

*(replace **ABCD** with your FCSL club code & replace **#** sign with your Division's number!)*

INCLUDE your full name, cell number and return e-mail address in the body of the email, so we can get in touch quickly in case we have a problem with your entry.

You can type the results of your dual meets in the body of the email (like the Dual Meets Results Form) or provide a completed 'paper' file-copy of the Form.

Older versions of the Team Manager program may not be able to mark **Alternates**.

NOTE - Show all Alternates by name with event in your email or they may get scratched!

NB: Max one Alternate per event!

Alternate will NOT swim unless an entered swimmer on your team scratches the same event.

NO ON-DECK ENTRIES! NO on-deck event nor time changes! Include max **3 Relay** team entries!

To attach **both** files to your email, in turn, click on Attach (paperclip symbol)

Go to the **folder** to find your meet entry file which likely ends in **.zip** or **.sd3**

Double-click on the file-name.

Repeat for other file ('Print-out' pdf) by clicking **Attach** icon again, etc

then **Send** your email to **entries@fcsl.info**

Meet entries must be received by the announced deadlines, well before the Divisional Swimming Championship meets – see FCSL Key Dates on fcsl.info.

**FAIRFIELD COUNTY SWIMMING LEAGUE
APPENDIX XXI**

FINA DIVING DEGREES OF DIFFICULTY

FINA 2017-2021

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	
108	Forward 4 Somersault			4.0			3.8	3.4	
109	Forward 4 ½ Somersault			4.3			4.2	3.8	
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						3.9	3.6	
208	Back 4 Somersault						3.7	3.4	
209	Back 4 ½ Somersault						4.7	4.4	
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

FINA 2017-2021

	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
	REVERSE GROUP	A	B	C	D	A	B	C	D
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	
308	Reverse 4 Somersault						3.7	3.4	
309	Reverse 4 ½ Somersault						4.7	4.4	
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	

	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
	INWARD GROUP	A	B	C	D	A	B	C	D
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						3.7	3.4	
409	Inward 4 ½ Somersault						4.6	4.2	
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	

	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
	FRONT TWISTING GROUP	A	B	C	D	A	B	C	D
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	
5156	Forward 2 ½ Som., 3 Twist						3.9	3.7	
5172	Forward 3 ½ Som., 1 Twist						3.7	3.4	

FAIRFIELD COUNTY SWIMMING LEAGUE

	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
	BACK TWISTING GROUP	A	B	C	D	A	B	C	D
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				3.2				3.3
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								3.3
5239	Back 1 ½ Som., 4 ½ Twists								3.7
5251	Back 2 ½ Som., ½ Twist		2.9	2.7			2.7	2.5	
5253	Back 2 ½ Som., 1 ½ Twists						3.4	3.2	
5255	Back 2 ½ Som., 2 ½ Twists						3.8	3.6	
	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
	REVERSE TWISTING GROUP	A	B	C	D	A	B	C	D
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				3.6				3.5
5339	Reverse 1 ½ Som., 4 ½ Twists								3.8
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	3.3			3.3	3.1	
5371	Reverse 3 ½ Som., ½ Twists						3.4	3.1	
5373	Reverse 3 ½ Som., 1½ Twists							3.7	
5375	Reverse 3 ½ Som., 2½ Twists							4.1	
	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
	INWARD TWISTING GROUP	A	B	C	D	A	B	C	D
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 (swim/dive) and water polo games have been changed. Many clubs choose to pay more than these minimums.

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

Note that the Swimming Officials Chair, Diving Coaches Rep. and the Water Polo Coaches Rep (respectively) assign the Referee(s) for swim & dive meets and water polo games.

Payment check should be written prior to the meet, or payment should be made in cash. Payment by the home (host) club is expected to be made to the Referee at the end of the Swim/Dive meet.

Swimming – Dual Meets

Referee: **\$175** per dual meet, plus flat sum of **\$25** if there are any Unofficial (Exhibition) heats. If there are many Unofficial (Exhibition) Heats, clubs should consider paying more than the \$25 minimum.

Payment for the Swim Referee shall be paid by the home (host) club.

Swimming – Championships

Referee, Starter, Stroke & Turn officials: **\$200** each per meet, paid by FCSL.

Diving – Dual Meet

Referee: **\$100** per dual meet. Payment for the Diving Referee shall be paid by the home (host) club.

Diving Championships

A judging panel of five Diving Judges per event – one of whom is also the event Referee - shall be required. Other officials at a Diving Championship Meet should be as listed in the Recommended List.

Each Judge shall be paid **\$25** per event per panel. The event Referee, who also acts as a judge receives an additional **\$25** per panel (i.e. referees are paid **\$50** total per event per panel).

The announcer for each event will be paid **\$25**.

Water Polo – Games

\$60 for first game, **\$100** for two games, **\$140** for three games, per Referee.

A second Referee for the Senior game **\$60**, making a total expense for the three possible games (Mini, Junior, Senior) of **\$200**.

If only two games are played: the total for one Referee is **\$150**.

Total fee is paid jointly by the two competing clubs with each club paying half the total.

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 1/2 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

Starting summer 2020 tech suits are not allowed in FCSL competition. A ‘tech suit’ has been defined by USA Swimming but FCSL will apply the prohibition to **ALL AGES not just 12 & Unders**.

A "Tech Suit" is defined as a suit that has bonded seams, kinetic tape, or meshed seams.

Any swimmer will be disqualified from any event in which he/she competes in a “tech suit”.

When time permits, the Referee should alert any swimmer in a tech suit to enable the offending suit to be changed before any event is swum.

As before, in FCSL, only traditional “**brief**” or jammer suits of any material for boys are permitted and only traditional “**tank**” style suits for girls covering the torso are permitted.

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

As of 2009, New Interpretation regarding the use of more than 1 swimsuit during competition:

USA Swimming *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.

For further information, see FAQ’s on the FCSL web site (fcsl.info)

FAIRFIELD COUNTY SWIMMING LEAGUE

APPENDIX XXV

as of June 2016

League Divisions If Club Drops Out of League

There are currently 33 FCSL Clubs with swimming & diving teams in the League in five Divisions. The current breakdown of the five Divisions is :

D1 – 7 teams, D2 – 7 teams, D3 – 7 teams, D4 – 6 teams, D5 – 6 teams

If a club drops out from the League, there would be 32 clubs in five Divisions

New breakdown of the five Divisions would be :

D1 – 7 teams, D2 – 7 teams, D3 – 6 teams, D4 – 6 teams, D5 – 6 teams

Per *FCSL General Sports Rules, Article I – General, Section D-Divisions, Parts 1 & 2.*

Case 1 – Team drops out from Division 5

- The losing team in each division will move down to the next division.
- The winning team in Division 2 and in Division 3 will move up to the next division
- The winning team in Division 4 and in Division 5 will stay in their current division

Case 2 – Team drops out from Division 4

- The losing team in each division will move down to the next division.
The losing team in Division 4 is the last place team ignoring the team that drops out.
- The winning team in Division 2, Division 3 & Division 5 will move up to the next division
- The winning team in Division 4 will stay in their current division

Case 3 – Team drops out from Division 3

- The losing team in each division will move down to the next division.
The losing team in Division 3 is the last place team ignoring the team that drops out.
- The winning team in each division will move up to the next division.

Case 4 – Team drops out from Division 2

- The losing team in Division 1, Division 3 and Division 4 will move down to the next division.
- The losing team in Division 2 will stay in Division 2
- The winning team in each division will move up to the next division

Case 5 – Team drops out from Division 1

- The losing team in Division 2, Division 3 and Division 4 will move down to the next division.
- The losing team in Division 1 will stay in Division 1

The winning team in each division will move up to the next division.

FAIRFIELD COUNTY SWIMMING LEAGUE

APPENDIX XXVI

Weather Protocol FCSL Meets/Games

FCSL will make every effort to hold competitions, however the safety of the membership is paramount.

Competitions will be held in rain and wind if deemed safe by meet/game committee and host aquatics facility. Foul weather, such as lightning, hail and gale force winds, may force a postponement or cancelation. These events are out of FCSL control and every reasonable effort will be made to complete the meet/game.

FCSL weather policy is as follows:

1. If foul weather is anticipated the morning of a meet/game a decision to postpone the meet/game will be made no later than 1 hour before warm up via SMS (RainedOut.com)
2. If foul weather begins within ½ hour of the start of warm up during a championship meet/game the following protocol will go into effect:
 - a. Thunder: Meet/game committee will check My Lightning Tracker or similar website or app for lightning distance if any thunder is heard. All athletes should leave the pool.
 - b. Lightning: If lightning is seen or detected within 10 miles of meet/game location a 30 minute hold will go into effect. All athletes, spectators, officials should go directly to a safe location*. Updates will be provided every 15 minutes via SMS.
 - c. Meet/game may continue once lightning has not been detected within a 10 mile radius for 30 minutes. There is no set time period for event cancellation or postponement and every effort will be made to conduct meet/game on the given day. If weather prevents the meet/game from taking place on that date there will be no rain date unless previously indicated by FCSL.
 - d. Hail: If hail occurs before or during the event, meet/game will be suspended until that precipitation stops. Updates will be provided via SMS.
 - e. High Winds: No tents or umbrellas will be allowed on deck if high winds are anticipated – notification of ban will be disseminated via SMS. Sustained winds exceeding 39 mph (gale force) will suspend meet/game until winds decrease to below 39 mph. In the event of high winds during an event all patrons should go directly to a safe location*. Updates will be provided via SMS every 15 minutes.

FAIRFIELD COUNTY SWIMMING LEAGUE

* SAFE LOCATIONS DURING A LIGHTNING STORM (NOAA/NWS)

<p>WHERE TO GO:</p> <p>The safest location during a thunderstorm is inside a large enclosed structure with plumbing and electrical wiring. These include shopping centers, schools, office buildings, and private residences. If lightning strikes the building, the plumbing and wiring will conduct the electricity and eventually direct it into the ground.</p> <p>If no substantial buildings are available, then an enclosed metal vehicle such as an automobile, van, or school bus would be a suitable alternative.</p>	<p>WHERE <u>NOT</u> TO GO:</p> <p>Not all types of buildings or vehicles are safe during thunderstorms. <u>Buildings with exposed sides are NOT safe</u> (even if they are "grounded"). These include beach shacks, metal sheds, picnic shelters/pavilions, carpools, and baseball dugouts. Porches are dangerous as well.</p> <p>Convertible vehicles offer no safety from lightning, even if the top is up. Other vehicles which are NOT safe during thunderstorms are those with open cabs, such as golf carts, tractors, and construction equipment.</p>
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SMS Weather related updates for FCSL Championships: opt in via RainedOut.com
Make sure to subscribe to your sports and or divisions.

Opt-In now!

<https://tinyurl.com/fcslweather>



FAIRFIELD COUNTY SWIMMING LEAGUE

2020 FCSL Pandemic Bylaw/Rules Changes

To enable the kind of necessary changes caused by the current pandemic emergency, FCSL needs to enable the Board and League to waive or change some FCSL Rules or ByLaws.

Please vote on the following ByLaws amendment:

In exceptional circumstances, the Annual League meetings normally held in June and August may be delayed as needed and/or held using virtual communication.

Please vote on the following General Rules amendment:

In the exceptional circumstances caused by the current pandemic, the Board of FCSL and the League allow the Swim Chairs of the individual clubs to temporarily amend various FCSL Rules as needed to accommodate local, state or national health or other guidelines to facilitate FCSL aquatic sports competition, including dual meets/games or championships.

Such amendments would otherwise not fall within the current Rules and include without limit, virtual dual meets, alternating lanes, maximum participants, splitting participants, such that events are out of order, and using electronic data collection to reduce personal and paper contact.

In all such cases, the Swim Chairs of the participating clubs, or their delegates (which may include the club head Coaches) must communicate any and all changes to the opposing Swim Chair.

When such amendments are made to dual meet or championships rules, Divisional promotion and demotion will not be applied for the following year.

No changes to eligibility to participate on a club team are envisaged but the requirement for participation in Championships (if held) has already been reduced to one meet for swimming & diving, and one game for water polo.

June 18, 2020

Applied 2020 & 2021 only.