

Northern Westchester Swimming Conference, Inc.

Website: <http://nwsc.usswim.net>; Email: nwscmail@aol.com

Recommended List of Documents **COACHES** should review, and/or have available:

GENERAL

Dual Meet Schedule(s) master and by division	on website
B Meet Schedules	on website
Constitution	on website
Club List	on website
Directions to Facilities OR Google Link	on website
Coaches Rating of Officials	on website & email blast

MEETS

Swim Guidelines & Warm-up Procedures	on website	
Order of Events for Dual & Championship Meets	on website (in Constitution)	
B Meet Rules	on website (in Constitution)	
Time & Place Cards	on website	
Major Disqualifications in a Summer Meet	on website	
List of Approved Swim Suits (FINA)	on website	new for
New NFHS Swimsuit Rule	on website	2010

DIVING

Diving Sheet (Score Form)	on website
Awarding Points for the Diving Competition	on website
NWSC Rules on Diving – updated June 2009	on website
Quick Guide for Judging One Meter Diving	on website
One Meter Diving Table	on website