REGION 4 - 5A

Swimming & Diving Championships

At Westside Aquatic Center

Friday, February 2nd, 2018– Diving

Fri. & Sat., February 3rd 2018 – Swimming

Lewisville Independent School District is proud to host the Region 4-5A Swimming & Diving Championships. We wish the best of luck to all of you, and hope that you achieve all your goals. Coaches, please have your athletes adhere to the rules of the swim center and keep the facility clean.

**Absolutely NO DECK CHANGING! NO GUM! NO BALLOONS! Athletes should bring chairs for the deck.**

**Facility: LISD Aquatic Center West –** 1750 Duncan Ln. Lewisville, TX 75067

• 2– 8 Lane Courses – Depth 7.0’ – 14.0’

• Overflow gutter system

• Warm down area

• Fully automated Colorado Timing system w/pads

• 2 - 10 Lane Scoreboard Display

**Entries:** \****District Directors***: Immediately after the district meet, email Hy-Tek Advancer file and Full Results PDF to Shannon Gillespy at **gillespys@lisd.net.**

\****Swim Coaches***: Immediately after the district meet,e-mail Hy-Tek detailed name report and meet entry fee report for your team to Shannon Gillespy at **gillespys@lisd.net.** A confirmation email will be sent within 24 hours of receiving your email and fax.

**\**Diving Coaches*** – please send dive sheets to Sherry McGuire at **mcguires@lisd.net.**

**Entry Limit:** Each individual may compete in a maximum of four events, no more than two of which may be individual events. In relay events, eight individuals may be listed on the entry card with any four assigned to swim. This will count as an entry for each person listed only if they swim in prelims or finals. Of the eight swimmers listed, different swimmers may swim at each level (District, Region, State), if next level meet director is notified on entry blank.

**Relay Entries:** Prelim Relay Entry Cards are due by 2:00pm, Friday, February 1st. If any swimmer

changes are needed for Finals; they must be made on the original card with the Meet Referee by 2pm Saturday, February 2nd.

**NOTE:** This meet will be approved for observation by USA Swimming for NTV purposes. Only times achieved by swimmers who are currently registered with USA Swimming, have an accurate and complete USA Swimming ID Number in the Meet Manager Database, and conform to the technical rules will be loaded in the SWMS Database. **The athlete’s USA Swimming ID must be included in your entry file. The meet host will not add them manually**.

\*\*\* This meet is Championship format\*\*\*

**Entry Fees:** $12 swimmer surcharge regardless of number of number of individual events entered; $16.00 per relay team. Team payment must be turned in day of the meet, before the Coaches’ meeting. . Fees can be mailed to the address below or bring your check to get your team’s packet. If you mail your entry fees, bring proof from your athletics office. Make checks payable to

**Marcus** **HS Swim and Dive Booster.**

**6101 Long Prairie Rd.**

**P.O. Box 744-210**

Flower Mound, TX 75028

**Packet Pick-up:** Friday, February 1st 1:30pm. At that time, Coaches will turn in meet entry fees and pickup coaches’ packet.

**Coaching:** Only UIL High School coaches are allowed on the pool deck. Coaches can stand on either side of the pool deck to watch their swimmers.

**Thursday, January 31st** – Diving Finals (Combined Dive Event)

• 3pm Diving Warm-up (Girls and Boys)

• 5:00 pm Diving Competition Starts

**Friday, February 1st** - Swimming Prelims

• 1:30 pm – 2:30 pm Lanes 1-8 General Warm-up

• 2:30 pm – 2:45 pm Lanes 1 & 8 Pace

Lanes 2, 3, 6 & 7 One-Way Racing Starts

Lanes 4 & 5 General Warm-up

• 3:00 pm Swimming Prelims Start

**Saturday, February 2nd** - Swimming Finals

• 1:30 pm – 2:30 pm Lanes 1-8 General Warm-up

• 2:30 pm – 2:45 pm Lanes 1 & 8 Pace

Lanes 2, 3, 6 & 7 One-Way Racing Starts

Lanes 4 & 5 General Warm-up

• 3:00 pm Finals Start

**State Qualifying:** The winner and second place in each swimming event will automatically qualify for the State Championships. Also, the next eight swimmers with the best final time from the eight regional meets throughout the state will advance to the state championships. In diving events, the first and second place finisher will automatically advance.

**Scoring:** The fastest 16 swimmers in each event or relays will qualify for the consolation and finals. On Saturday’s Finals, the fastest 16 in each event will score.

Individual: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1

Relay: 40 34 32 30 28 26 24 22 18 14 12 10 8 6 4 2

**Timers:** Will be provided

**Awards:** Medals will be awarded for first, second, and third place in each event. Trophies will be awarded to the girls’ and the boys’ team champions and runner’s up. Medals will be presented during the meet by the coach of the winning team or individual. Please note that awards will not be mailed afterwards.

● Awards for 200 Medley Relay presented after 200 Medley Relay

● Awards for 200 Free, 200 IM, and 50 Free presented during the break after 50 Free

● Awards for 100 Fly, 100 Free, 500 Free and 200 Free Relay - after the 200 Free Relay

* Awards for 100 Back and 100 Breast – After the 100 Breast

● Remaining awards presented after the 400 FR (final event)

Boy and Girl Swimmer of the Meet will be determined by NISCA Power Points. Boy and Girl Diver of the Meet will be the 1st place finishers. “Coach of the Year” awards will be voted on by the coaches immediately after the last event.

**Rules:** National Federation Rules shall govern the meet, along with University Interscholastic League Rules and Regulations.

**Admission:** Thur., February 1st Diving Adults $5.00 Fri., February 2nd - Swimming Prelims Adults $5.00 Students $3.00 Sat., February 3rd Swimming Finals Adults $5.00 Students $3.00

**Heat Sheets:** Available at a cost of $5.00 each.

**Hospitality:** Available for coaches, officials, and meet volunteers.

**Voting:** Ballots for female and male competitor of the meet, and women’s and men’s team coach of the year, will be distributed to the head coaches during the meet. Please return completed ballots by the Finals of the 200 Free Relay.

**Swimming** The top 16 swimmers in each event will qualify for Saturday competition. The top

**Consolation** 16 swimmers will score. Consolations will be held in each event immediately prior

**and Finals:** to the final competition on Saturday.

**State:** The first and second place winner in each event and the next eight (8) fastest times in the state will advance.

**Meet Results:** The results will be posted in the foyer during the meet and will be available after Prelims.

**Combined Diving Competition**

**Diving Schedule:**

**All diving will take place Thursday, January 31st**

• Boys and Girls diving warm-ups begin at 3pm

• Diving competition will begin at 5pm.

**Diving:** Each diver will list eleven dives on the diving sheet. The competition shall consist of five voluntary dives and six optional dives. The five voluntary dives shall come from each of the five groups. The six optional dives shall include at least one chosen from each of the five groups. No more than one optional dive from the same group is permitted through the semifinals. The dives to be performed during each round shall be as follows:

**Prelims Semifinals Finals**

Any Two Vol. & 3 Opt. 2 Vol. & 1 Opt. 1Vol. & 2 Opt.

After the preliminary round, twenty divers will advance to the semifinals. After the semifinals, sixteen divers will advance to the finals. The top 16 divers will score. In the event of a tie for the final qualifying positions, all ties will advance to the next round.

**Diving Entries: Please use Clean Entries.com**

Each diving contestant shall submit a diving score sheet with swim entries, due immediately following the district meet. Email to Sherry McGuire: [mcguires@lisd.net](mailto:mcguires@lisd.net). The dive sheet must include the diver’s name and coach’s signature, dive number, written description, position, degree of difficulty, and order in which the dives will be done in all levels of competition, prelims through finals. The dive number and position shall be the official description of the dive and shall take precedence. Changes shall be permitted up until 60 minutes prior to the start of the respective diving competition. ***Coaches who have a diver competing and are a certified dive judge, may be asked to judge the event. Otherwise, bring a certified judge with you****.* Print clearly on dive sheet!

**Diving Judges:**

Please email the name(s) of your diving judges to Sherry McGuire: [mcguires@lisd.net](mailto:mcguires@lisd.net) by Sunday, Jauary 27th at midnite. Diving judges need to report to the diving referee thirty (30) minutes prior to the start of the diving competition

**Divers to State:** The 1st, 2nd and 3rd place finishers will advance to state.

**General Information**

• During Finals, swimmers/divers will be brought in and introduced on their way to the blocks. Please have athletes report to the staging area near bulkhead before their events.

• Announcements will be made concerning events and heats on the score board; however, each swimmer is solely responsible for making it to the event on time.

• Signs and noisemakers of any type are prohibited within the facility.

• Glass items are prohibited within the facility.

• Smoking is prohibited within the facility.

• Pets are not allowed in the facility.

• Headphones must be used with all radios, CD players and iPods.

• L ISD is not responsible for lost, stolen or damaged articles.

• UIL rules prohibit regional participants from shaving within the facility.

• A concessions will be open for the duration of the meet.

• If you have a swimmer with special needs, please see head official/meet director.

• Only news media with credentials will be allowed on pool deck.

• No electrical outlets will be available for cameras.

• No saving seats prior to the event. We reserve the right to stop selling tickets when seating area has reached capacity.

• Specific meet questions should be directed to Dan Snow at 214-850-7298 or [danrsnow@yahoo.com](mailto:danrsnow@yahoo.com) or to Shannon Gillespy at [gillespys@lisd.net](mailto:gillespys@lisd.net).

**NO WET SWIMMERS IN THE SPECTATOR AREA**