

REGION 4 - 5A
Swimming & Diving Championships
At Eastside Aquatic Center
Friday, February 5th, 2021- Diving @ WAC
Saturday, February 6th, 2021-Swimming @ EAC

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! All participants will sit in the stands and social distance. All Participants MUST wear a mask. NO Face Shields. No Locker room use.**

Facility: LISD Aquatic Center EAST – 5729 Memorial Dr, The Colony, TX 75056

- 2– 8 Lane Courses – Depth 7.0’ – 14.0’
- Overflow gutter system
- Warm down area
- Fully automated Colorado Timing system w/pads
- 2 - 8Lane Scoreboard Displays

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

***Swim Coaches:** e-mail Hy-Tek detailed meet name file 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.

***Diving Coaches** – At the completion of your district meet, 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), send roster file. **ALL SWIMMERS WILL BE REQUIRED TO GO TO THE READY BENCH BEFORE THEIR EVENTS EXCEPT RELAYS**

Relay Entries: Prelim Relay Entries are due by 8:30am at the clerk of course if changes are needed please go to the clerk of course the day of the meet.

Any changes are needed for Finals; they must be made with the Meet Referee 15 min before the start of the meet. *****Only 2 boys and 2 girls may be brought as alternates**** Any changes to Relays can be done at Clerk of Course...NO RELAY CARDS.

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.

****An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.**

USA Swimming, Inc./LISD/UIIL cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

Entry Fees: \$15 swimmer surcharge regardless of number of number of individual events entered; \$18.00 per relay team. Team payment must be turned in day of the meet, during the Coaches' meeting. . Fees can be mailed to the address below or bring your check to get your team's packet. Fees will not be accepted during the Diving. Make checks payable to:

**Marcus HS Swim and Dive Booster.
6101 Long Prairie Rd.
P.O. Box 744-210
Flower Mound, TX 75028**

Meet Schedule:

Friday, February 5th - Diving PRELIMS, SEMI'S, FINALS @ Westside Aquatic Center

Girls – 7:30am Girls warm up / 9am start

Boys – 10:30am warmup / 12:15 start

Saturday, February 6th AM Prelims @ Eastside Aquatic Center

- 7:30am – 8:30am Lanes 1-8 General Warm-up
- 2:30-2:45pm Lanes 1 & 8 Pace
- Lanes 2, 3, 6 & 7 One-Way Racing Starts
- Lanes 4 & 5 General Warm-up
- 9:00 am Swimming Prelims Start

- Swimming PM Finals

- 4:00pm – 5:00 pm Lanes 1-8 General Warm-up
- 5:00pm –5:20 pm Lanes 1 & 8 Pace
- Lanes 2, 3, 6 & 7 One-Way Racing Starts
- Lanes 4 & 5 General Warm-up
- 5:30pm Finals Start

Packet Pick-up: Saturday, February 6th at the beginning of warmup, 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. **MUST WEAR A MASK!!**

State Qualifying: The top 1 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 - 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 WILL BE PUT IN BAGS AND GIVEN TO THE COACH. NO GATHERING** on deck after the meet.

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: LISD WILL BE LIVE STREAMING THE EVENT. NO SPECTATORS

Heat Sheets: N/A

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

Voting: Ballots for 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 to the announcer table.

Swimming The top 16 swimmers in each event will qualify for Saturday AFTERNOON competition. The top 16 swimmers will score. Consolations will be held in each event immediately prior to the final competition on Saturday.

State The top 1 in each event and the next eight (8) fastest times in the state will advance.

Meet Results: ON MEET MOBILE

Combined Diving Competition

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 - Both 5A and 6A @ Westside Aquatic Center

Any Two Vol. & 3 Opt. 2 Vol. & 1 Opt. 1 Vol. & 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: Must be received by January 30th, 2021

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. 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 at mcguires@lisd.net by Thursday, January 30th. 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 and 2nd 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 small pool before their events.
 - 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. Unless this is a service animal.
 - Headphones must be used with all radios, CD players and iPods.
 - LISD is not responsible for lost, stolen or damaged articles.
 - UIL rules prohibit regional participants from shaving within the facility.
 - If you have a swimmer with special needs, please see head official/meet director and send us a note in an email.
 - Only news media with credentials will be allowed on pool deck.
 - No electrical outlets will be available for cameras. **LIVESTREAMING THE MEET.**
- *Facility guidelines on how the meet will run will be sent out after entries have been received.
- Specific meet questions should be directed to Shannon Gillespy at gillespys@lisd.net.

NO WET SWIMMERS IN THE BLEACHER AREA GO DOWNSTAIRS WITH YOUR MASK AND YOUR TOWEL.