

UIL Region VII-5A Swimming & Diving Championships February 2 & 3, 2018

Host: Lamar Consolidated ISD

Facility: LCISD Natatorium

1011 N. Horace Mann Ave/ Rosenberg, TX 77471-

- 8 Lane Competition Course – 9’ wide lanes, 6’-13’ depth
- 4 warm-up lanes on the other side of the bulkhead (1 lane will remain empty)
- Two 1-meter, Maxiflex Boards
- Daktronics timing system with scoreboard
- Spectrum starting blocks with track starts
- Restroom and locker facilities on deck
- Spectator restrooms separate in the front foyer area
- Concession stand
- Swimsuit vendor
- Souvenir T-shirts will be available for sale
- Coaches can sit/stand on the west side of the pool facing the stands
- This facility is school property-NO TOBACCO OR ALCOHOL of any kind allowed in or around the area, including the parking lot

Swim Prelims: Friday, February 2ND *****

Warm-up: 8:00 AM

Meet start: 10:00 AM

Diving: Warm-up: 2:30 PM

Meet Start: 4:30 PM

Swim Finals: Saturday, February 3RD *****

Warm-up: 12:30 PM

Meet start: 2:30 PM

Meet Referee: Steve Long-Please let Steve Long know before January 1, 2018 if you have someone interested in being an official. (slong@bricebarclay.com)

Rules: The 2017-2018 NFHS rules will govern this meet.

Format: Championship with two heats, consolation and championship, advancing. During the consolation heat, athlete’s names will be announced while they are swimming. Finalists’ names will be announced before they swim.

Admission: \$5.00 per session per person (5 and under free)

Heat Sheets: \$3.00 per session

Entries: An individual may enter no more than two (2) individual events and two (2) relays, or one (1) individual event and three (3) relays. Each team may enter a maximum of four (4) individuals per event and one (1) relay per event. NFHS & U.I.L. rules apply. **All participants, including relay only participants** must be listed on the UIL master entry form and Hy-Tek Zip. File to be

considered eligible to compete. Swimming and Diving entries must be generated by Hy Tek Team Manager. The athlete's USA swimming ID must be included in your entry file. The meet host will not add them manually. Competitors in the diving events must be included in the Team Mangaer entries. **Send entries to mmay@lcisd.org.** Please include your name, school address, work and home phone. A confirmation email will be sent once entries are received and successfully imported. If you do not receive an email, contact me ASAP.

Dive sheets must be entered on www.cleanentries.com by the entry deadline. The meet will be listed as UIL Region VII-5A. Girls & Boys 1-meter, diver will perform eleven (11) dives, five (5) voluntary, and six (6) optional. Dive sheets are due **by 1:00 PM, Monday, January 29, 2018.** All diving sheets must be signed by the diver and the coach before the start of the meet. Dive sheet changes and/or corrections are due to the check in table no later than one hour before the scheduled start of competition. Dive state qualifiers enter the state meet **before** they leave the Region meet.

Entry Fees: Entry fees are **\$12.00** per athlete. Entry fees or proof of the requisition of fees must be received prior to competition.

ENTRY FEES PAYABLE TO: LCISD

Deadlines: **Entries must be received no later than 1:00 PM, Monday, January 29, 2018.** District meet directors are to send, via email, the advancers file, the district meet backup file and meet results file, immediately following the completion of the district meet.

Each team must send in an entry file, independent of the results file sent in by the district meet director.

Coaches, please notify your district meet director of any regional qualifier that you are planning on scratching for the region meet. This will allow us to insure that the alternate athletes are called up, and able to compete.

****Remember**** Divers must be included with the team's entries that are due by 1:00 PM, Monday, January 29, 2018.

Send Entries and Entry Fees To:

LCISD ATHLETICS
C/O Meredith May
1000 East Stadium Drive
Rosenberg, TX 77471
Office Phone: (832) 223 - 0531
Email for Hy-tek entry files: mmay@lcisd.org
Fax #: (832) 223 – 0515 - ATTN: Meredith May

Instructions: Please abide by the following requirements

- Use the official UIL Team Code (see UIL or TISCA website)
- Use the numeric grade level (9,10,11,12) for each swimmer/diver
- Use the school name as the “short name”
- Ensure the USS ID is entered and correct

Substitutes: After the entry deadline, no changes of entries will be allowed unless the contestant is being scratched from the meet. If one of your swimmers qualifies in an event that you know he or she

will not swim at the Region meet, please have the person completing your entries make the necessary changes prior to turning in the Region Entry Forms. Indicate on the cover sheet the changes that were made and write "scratch or SCR" in the event they had qualified in.

Scratches: After prelims are completed, scratches and alternates will be accepted for 30 minutes.

Psych Sheet: A psych sheet will be emailed no later than 7:00 p.m., Wednesday, January 31, 2018.

Awards: Team trophies for the first place girl's and boy's teams.
Medals for 1st – 3rd place individuals and relays.
Ribbons for 4th – 8th place individuals and relays.

Award breaks will be as follows:

<u>After the 200 Medley Relay for:</u>	<i>200 Medley Relay & Diving</i>
<u>After the 50 Free for:</u>	<i>200 Free, 200 IM, 50 Free</i>
<u>After the 100 Free for:</u>	<i>100 Fly, 100 Free</i>
<u>After the 200 Free Relay for:</u>	<i>500 Free, 200 Free Relay</i>
<u>After the 100 Breast for:</u>	<i>100 Back, 100 Breast</i>
<u>After the 400 Free Relay for:</u>	<i>400 Free Relay, and Team Awards</i>

The coach of the winning swimmer in that event or relay will hand out awards for that event. Female/Male swimmer and diver of the meet will be determined using Hy-Tek power points. The Coach of the Year award will be voted on by those who are current TISCA members.

Scoring: Individual Events 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

State: Relay entries to the UIL State Meet should be in the UIL office 10 days prior to the start of the meet. No entry sheets need to be sent to the UIL for the state meet, only indicate your relays online. If you are scratching a swimmer or relay after you have left the Region Meet site, contact the Region Meet Director and the UIL with that information. It is your responsibility to get any information to the UIL office they request. Check their website for your responsibilities.

Committee: The Meet Committee will consist of two coaches in attendance, two swimmers, and one official.

Contingency: In the unlikely event that a session(s) needs to be cancelled, the corresponding events and times will be the following Saturday/Monday and/or the first available day. Information will be emailed to coaches and Tweeted using @lcisdnatatorium.

Restrictions: Please inform your students and parents of the following

- Noise Makers Prohibited: The use of artificial noise makers, i.e. radios, televisions, whistles, bells, sirens, horns, or any other noise maker will not be allowed at the meet.
- There is to be no food on deck or in the restrooms at anytime
- Only coaches will be allowed chairs on deck
- No strollers or chairs in the stands
- Shaving is not permitted anywhere within the LCISD Natatorium
- No tobacco, alcohol, or illegal drugs on the premises including the parking lot
- Non-participants shall remain in the bleachers. Coaches and participating athletes ONLY are allowed on deck and/or in the pool.

Hotel : Spring Hill Suites by Marriot HOUSTON ROSENBERG/6815 Reading Rd/Rosenberg, Tx 77471. **LCISD Natatorium event** rates. Contact Cecilia De Leon directly at 832-595-2220 ext:4005 for preferred LCISD rates.

ORDER OF EVENTS

Women's Events	Distance/Stroke	Men's Events
1	200 Medley Relay	2
3	200 Freestyle	4
5	200 Individual Medley	6
7	50 Freestyle	8
9	One-Meter Diving	10
11	100 Butterfly	12
13	100 Freestyle	14
15	500 Freestyle	16
17	200 Freestyle Relay	18
19	100 Backstroke	20
21	100 Breaststroke	22
23	400 Freestyle Relay	24

Friday, February 2, 2018	Swimming Prelims	
Warm-up-general-no diving	All lanes(25 min each) (In assignments will be sent out before the meet	8:00 am-9:15 am
	One way sprints	9:15 am-9:40 am
	Individuals	Lanes 2-7
	Push pace	Lanes 1,8
Clear Pool		9:40 am
Coaches Meeting		9:40 am
Meet Starts		10:00 am
Friday, February 2, 2018	Diving-All Rounds	
Warm-up		2:30-4:15pm
Coaches Meeting		4:15 pm
Meet starts		4:30 pm

Saturday, February 3, 2018	Swimming Finals	
Warm-up-general; no diving	All Lanes(open warm-up, no assigned lanes)	12:30 pm-1:45 pm
Specific Warm-up	One way sprints	1:45 pm-2:10 pm
	Individuals	Lanes 2-7
	Push pace	Lanes 1,8
Clear Pool		2:10 pm
Coaches Meeting		2:15 pm
Meet Starts		2:30 pm

The warm up pool will be open throughout the meet