



**Region V-5A
Swimming & Diving Championships**
**School entries due by
5:00 p.m. Sunday, January 31, 2016**



**HOSTED BY
A&M Consolidated High School
Swimming & Diving**

**February 5 – 6, 2016
Following UIL & NFHS Rules of Conduct
USA Swimming Observed**

LOCATION: Texas A&M University
Student Recreation Center Natatorium
Olsen Boulevard
College Station, TX 77843

For more information about the TAMU Student Recreation Center Natatorium, visit:
<http://recsports.tamu.edu/>

LOCAL INFORMATION:

Parking: Before 5:00 p.m. Friday, everyone must pay for parking at the West Campus Garage across from the TAMU Rec Center (\$2/hour before 5:00 pm – \$0.50/hour after 5:00 p.m.). After 5:00 p.m. Friday, parking is free on the campus surface lots, except where designated. The West Campus Garage and the pay-by-number spaces in front of the TAMU Rec Center are **never** free.

Teams with **buses and vans** should drop off their passengers on Olsen Blvd at the Rec Center and park in the PA 100 lots around Reed Arena or Olsen Field (see attachment).

Hotels: Please visit the Bryan/College Station Convention and Visitors Bureau at <http://www.visitaggieland.com> or call (800) 777-8292.

POOLS: **Swimming:** One eight lane, 25 yard indoor pool with non-turbulent lane lines will be used for warm-up and competition. A separate 25 yard indoor pool will be available for warm-up and warm-down.

Diving: A separate diving well with double 1-meter spring boards will be used for diving warm-up and competition.

TIME AND DATE: This is a prelim/finals meet with A, B finals. Open warm-up format at prelims and finals. Diving warm-up and competition will be conducted on Saturday **only**.

Friday, February 5: Prelims: 5:15* – 6:15 p.m. warm-up / 6:30 p.m. start

Saturday, February 6: Finals: 2:00 – 3:15 p.m. warm-up / 3:30 p.m. start
Diving (boys and girls): 2:00 p.m. warm-up / 3:30 p.m. start

Note: Pool deck will be open to teams at 5:00 p.m. on Friday and 1:30 p.m. on Saturday. Teams that arrive early should wait in the upstairs spectator seating area until the pool deck is open.

MEET REFEREE: Sig Johansen, email: sigandcyn@yahoo.com (see officials information below)

MEET DIRECTORS: Henry Clark, (979) 220-2703, email: clark@comp.tamu.edu,
Gayden Darnell, Paul de Figueiredo, Christine Johnson, Denyce Quave, Kelly
Waguespack, Yunlong Zhang

DIVING MEET REFEREE: Wendy Lerew, wlerew@aol.com

SAFETY GUIDELINES AND WARM-UP PROCEDURES: See attachment

TEAM SEATING: There will be assigned seating for teams. Assigned seating areas will be determined based on the number of athletes entered in the meet.

COACHES MEETING: Coaches meetings will be held before each session in the meet operations room. The meeting will begin at 6:15 p.m. on Friday and 3:15 p.m. on Saturday or immediately following each warm-up. Any changes to the conduct of the meet will be decided at this meeting. It is each coach's responsibility to be aware of any changes made during this meeting.

MEET COMMITTEE: A meet committee will be appointed by the Meet Referee.

PRELIMS AND SCRATCHING: High School Championship format, scratches are not permitted.

- Swimmers who fail to appear for any competition in which they have entered or have qualified will be disqualified from further competition.
- Previous performances will not be nullified.
- Failure to compete by reason of illness or injury is exempted.
- Any individual swimmer or relay team may withdraw from competition without penalty in any given event by declaring a false start with the Meet Referee. **Note:** the Meet Referee will designate the time and place for such declarations.

MEET SWIMMING FORMAT: High School meet format: Boys and Girls Prelims and Finals will be conducted in the same course alternating events. This meet will be a pre-seeded meet. Heat and lane assignments will be shown in the meet program. Coaches, please inform your swimmers.

After the entry deadline there shall be no substitutions allowed in the individual events. If the district qualifiers cannot compete in the region meet, the next place may be certified (if time allows) by the district meet director who contacts the region meet director and the next qualifier. Substitutions will be allowed on any school relay team into the region meet. Eight relay swimmers shall be listed for the region meet. Any four may swim prelims and or finals provided they do not exceed the allowed number of entries for the meet. In this meet, the entry will only count if they swim on the relay.

Finals Qualifiers: A competitor may withdraw from an event with a declared false start. Notice must be given to the meet referee or the referee's designee by the swimmer, coach or other team personnel at a specified time. The event shall still count as an entry for the competitor. However, it does not disqualify the competitor from further competition or nullify previous performances. Failures to compete by reason of illness or injury are exempted, as are alternates.

Swimmers who qualify as alternates for final events must be immediately available should no shows occur. Immediately is defined as being on the block and ready to swim within 60 seconds of being called. There will be NO delays.

FINALISTS: All finalists and relay teams should report directly to the starting blocks. The names of the top 8 finalists and relay teams will be announced before the start. The names of the consolation finalists and relay teams will be announced after the start.

RELAY EVENTS: Relay take-off exchange pads will be utilized. Only the four (4) swimmers declared on the front of the relay card, in order of swimming, are permitted to report to the blocks and compete.

Relay Card Deadlines: Relay cards are due each day to the meet operations table (located in the meet operations room) by the following deadlines:

- 200-yard Medley Relay cards – no later than thirty (30) minutes prior to the scheduled start time of the session.
- 200-yard Free Relay cards – no later than the start of the boys 500-yard freestyle.
- 400-yard Free Relay cards – no later than the start of the girls 100-yard breaststroke.

Once relay cards have been submitted to the meet operations table, **no changes will be permitted and no post-meet corrections will be made.**

State Meet Relay Change Form: Teams that advance relays to the State meet should go to the UIL website and submit relay names for their relays.

MEET DIVING FORMAT: All diving warm-up and competition will be conducted on Saturday February 6, 2016. The competition will be conducted as a Championship meet. The 1-meter diving shall consist of five (5) voluntary dives and six (6) optional dives following NFHS Rule 9, Section 4, Article 1, Section a, b, c, & d. All corrections/revisions must be in the hand of the Diving Referee no later than one (1) hour prior to the start of the competition.

All divers must check in with the Diving Meet Referee before warming up. The diving scoring table will be open to all divers to check in at 2:00 p.m. Warm-up from 2:00 - 3:15 p.m. Both boys and girls competition starts at 3:30 p.m.

DIVING ENTRIES: Dive sheets are due by **5 pm, Sunday, January 31, 2016** and must be submitted online through cleanentries.com. No late entries will be accepted. **All schools entering divers must provide a UIL certified diving judge.** Divers must also be entered in their team's Hy-tek entry file.

ALL AMERICAN DIVING: Schools may appoint one (1) individual to film/videotape all the diving competition for that school. The name of the person filming must be included in the email with the entries. This person will be permitted to film from the pool deck during the diving competition only. Only power pack or battery video tape recorders will be permitted.

TEAM ENTRIES: All teams MUST submit their entries electronically using the Hy-tek Meet Manager/Team Manager computer software. Include divers, relays and relay-only swimmers with your electronic submission. In relay events, eight (8) swimmer names shall be listed as the team, any four (4) shall be assigned to swim. Entry files and pdf/MS Word copy of entries **must be emailed** to the Meet Director, Henry Clark, clark@comp.tamu.edu by **5 pm, Sunday, January 31, 2016.**

Enter the UIL school code and school name as the "short name" in the entry file. Do not use a mascot name or shortened school name. Grade levels must be included in the entry file and in number format (9, 10...) not letter format (Fr, So...).

This meet will be USA Swimming observed for registered USA swimmers. USA-S ID numbers must be correctly entered in the Hy-tek entry file.

Entry Times: Entry times must be the times achieved from the District meet.

Entry Limit: Each swimmer may enter a maximum of four (4) events. No more than two (2) may be individual events. Relay only swimmers will be permitted. No school may enter more than four (4) swimmers in any single individual event. Each school is limited to one (1) relay team per relay event.

Deadlines: District meet results must be received by **midnight** after the District meet. District reports shall be emailed as two column PDF reports and include a complete Meet Manager back up file.

School entry files (including dive sheets through cleanentries.com) are due by **5 pm, Sunday, January 31, 2016**. No late entries will be accepted. Coaches should provide a school and a non-school email address. A confirmation email will be sent to confirm that entries have been received.

Fees: \$15.00 per individual event, \$30.00 per relay event. Make checks payable to **Aggie Swim Club**. Fees must be received no later than the start of the meet. School district issued checks, booster club checks, cash and credit cards will be accepted. Once the entry fees are accepted they will not be refunded, if an athlete should fail to compete. Mail or hand deliver entry fee payment to the Meet Director at:

Henry Clark
9465 Barrow Court
College Station, TX 77845

Phone: (979) 220-2703

Email: clark@comp.tamu.edu

SCORING: Individual Events: 1st – 8th place: 20-17-16-15-14-13-12-11
9th – 16th place: 9-7-6-5-4-3-2-1
Relay Events: 1st – 8th place: 40-34-32-30-28-26-24-22
9th – 16th place: 18-14-12-10-8-6-4-2

AWARDS: Individual / Relay: 1st – 3rd place medals,
4th – 8th place TISCA ribbons

Note: The coach of the first place winner, of each event, should report to the awards stands to present the awards. Athletes are encouraged to dress in team apparel when on the awards stand.

Girls Team: 1st, 2nd, 3rd place trophies
Boys Team: 1st, 2nd, 3rd place trophies

TISCA AWARDS: Girls Region Athlete of the Meet – Swimming
Girls Region Athlete of the Meet – Diving

Boys Region Athlete of the Meet – Swimming
Boys Region Athlete of the Meet – Diving

Girls Region Coach of the Year – Swimming
Girls Region Coach of the Year – Diving

Boys Region Coach of the Year – Swimming
Boys Region Coach of the Year – Diving

The following criteria will be followed in determining the TISCA Awards:

1. TISCA Athlete of the Meet for Girls and Boys Swimming will be determined using NISCA Power Points calculated by Meet Manager. The Swimmer with the highest total will be named the Athlete of the Meet for Swimming.
2. TISCA Athlete of the Meet for Girls and Boys Diving will be determined using NISCA Power Points. The Diver with the highest total will be named the Athlete of the Meet for Diving.
3. Coach of the Year Awards will be determined by the votes of the head coaches from each school. Each head coach will vote for the Girls Coach of the Year and the Boys Coach of the Year for both Swimming and Diving. **Note: coaches must be current TISCA members to vote and to receive COTY awards.**

RULES AND SANCTIONS: The 2015-2016 National Federation of State High School Association Swimming and Diving and UIL rules and regulations regarding competition will be applied. This meet will be USA Swimming observed for registered USA swimmers.

OFFICIALS: Any team bringing UIL and/or USA swimming officials should contact the Meet Referee; Sig Johansen, email: sigandcyn@yahoo.com Officials dress is white over khaki for prelims and blue over khaki for finals. Deck officials must have current UIL registration and certification. USA-S certified (not trainee) officials are also needed. There will be officials' meetings at 5:30 p.m. on Friday and at 2:30 p.m. on Saturday.

TIMING SYSTEM: A Daktronics electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. **Daktronics relay take-off pads will be used for relay judging.**

TIMERS: Each team will be required to furnish **ONE** timer for the prelim session. Timing assignments will be published in the meet program.

SPECTATORS: \$10.00 per adult, \$5.00 per student with ID per session. Children 10 & under are free with parent. Meet programs will be \$5.00 at each session.

CONCESSIONS: Concessions will be available at the Program Sales desk and in the main lobby of the Rec Center at the "Time Out" snack bar / Smoothie King.

POOL DECK RESTRICTION: Because of insurance and safety regulations, the swimming pool deck, during the operation of this meet, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

MEDIA: Credential tags for media personnel must be arranged for one week in advance with the Meet Director. No media credentials will be approved the day of the meet. Only individuals with media credentials will be allowed access to the pool deck. The following protocol for media credentials must be followed: 1- Credential requests must be submitted (emailed) on company letterhead to the meet director one (1) week prior to the start of the event. The letter must identify the school(s) they are covering in their credential request. 2- Each person, along with his/her duties (reporter or photographer) must be listed on the request. Photo identification must be presented in order to claim credentials.

Credentials will not be issued to internet sites/magazines. Commercial for profit internet sites will not be issued credentials. Paid membership-only sites will not be issued credentials. Credentials will not be issued to recruiting services or scouts. Photographers whose photos will be used for any purpose other than media coverage will not receive credentials.

AUDIO/VIDEO RECORDING DEVICES: Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

DECK CHANGING PROHIBITION: Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

SWIMMERS WITH DISABILITIES: Coaches and/or swimmers are responsible for notifying the Meet Director of any disability prior to the competition and for providing their own assistant or equipment.

HOSPITALITY: A hospitality room will be available for coaches, officials and meet personnel.

TEXAS A&M UNIVERSITY STUDENT RECREATION CENTER NATATORIUM RULES:

- Participants and spectators are not allowed to use other areas of the Student Recreation Center Complex during this event. No pets allowed in the Rec Center complex or on the pool deck
- Swimming is allowed only when the area is supervised.
- NO glass containers, tobacco, or alcoholic beverages are allowed within the natatorium area.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck. All spectators and parents must remain in the grandstand.
- Participants are not allowed to climb over the grandstand railings or pass any posted barriers.
- Don't hang on the lane lines.
- There will be **NO SHAVING** within the Student Recreational Complex. All shaving should be completed prior to arrival at the natatorium. Safety marshals will be monitoring the locker rooms and restrooms to enforce this policy.
- Safety rules will be enforced during warm-ups before each event session and in the diving well during the meet. The diving well is a warm-up area. Recreational swimming is prohibited.
- Please be neat. Throw your trash in the trash containers.
- **NO LAWN CHAIRS** are allowed in the facility.
- The Texas A&M Recreational Sports staff has final authority on all safety matters and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited. Team Banners must not exceed 5'X 8' and will be hung by event staff. No handmade signs are allowed in the facility.

DAILY SCHEDULE: The following schedule will be used as a guideline for all activities.

Friday, February 5

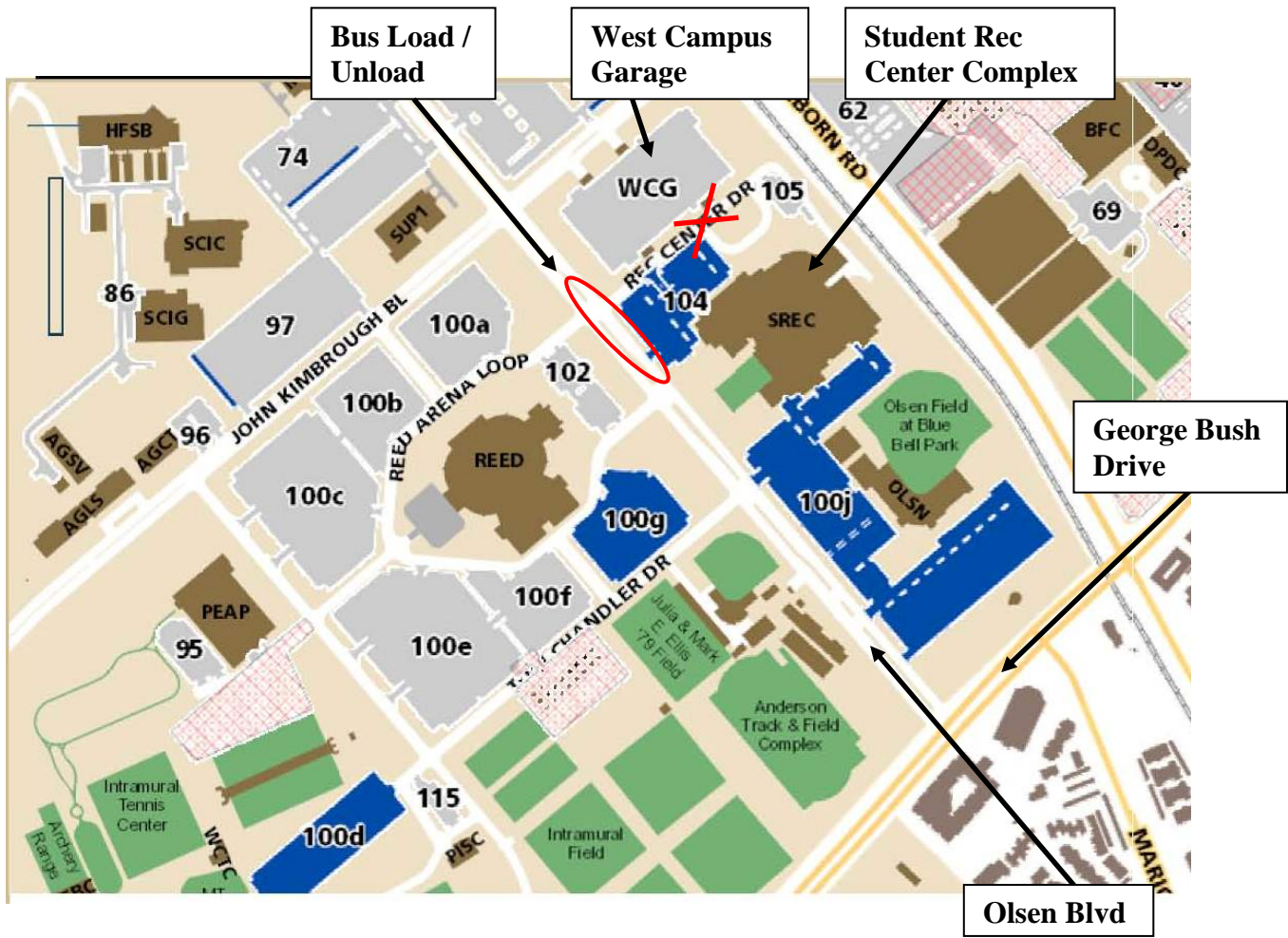
5:00 p.m.	Teams may enter pool deck
5:15 – 6:15 p.m.	Pools open for warm-up (swimming only, no diving)
5:30 p.m.	Officials meeting
6:00 p.m.	200 Medley Relay cards due
6:15 p.m.	Coaches meeting (meet operations room)
6:25 p.m.	National Anthem
6:30 p.m.	Prelims session starts
7:25 p.m.	15 minute break (after completion of boys 50 Free)
8:15 p.m.	200 Free Relay cards due (prior to the start of the boys 500 Free)
9:00 p.m.	400 Free Relay cards due (prior to the start of the girls 100 Breast)
9:40 p.m.	End of prelims session

Saturday, February 6

1:30 p.m.	Teams may enter pool deck
2:00 – 3:15 p.m.	Pools open for warm-up for swimming and boys / girls diving
2:30 p.m.	Officials meeting
3:00 p.m.	200 Medley Relay cards due
3:15 p.m.	Coaches meeting (meet operations room)
3:25 p.m.	National Anthem
3:30 p.m.	Diving and Finals session starts
3:45 p.m.	Awards presented for 200 Medley Relay (after completion of boys Medley Relay)
4:30 p.m.	Awards presented for 200 Free, 200 IM, 50 Free (after completion of boys 50 Free)
5:05 p.m.	Awards presented for 100 Fly, 100 Free (after completion of boys 100 Free)
5:30 p.m.	200 Free Relay cards due (prior to the start of the boys 500 Free)
5:55 p.m.	Awards presented for 500 Free, 200 Free Relay (after completion of boys Free Relay)
6:15 p.m.	400 Free Relay cards due (prior to the start of the girls 100 Breast)
6:25 p.m.	Awards presented for 100 Back, 100 Breast (after completion of boys 100 Breast)
7:00 p.m.	Awards presented for 400 Free Relay, Diving, Team Awards, TISCA Awards
7:30 p.m.	End of Finals / Diving sessions

PARKING / BUS LOADING AND UNLOADING: Due to the ongoing renovation / construction project at the TAMU Rec Center complex, the circle drive (along Rec Center Drive) in front of the TAMU Rec Center will be closed for bus loading / unloading. Please follow these instructions:

- Buses should NOT enter, unload or park along Rec Center Drive
- Buses should NOT enter, unload or park in lot PA 104 (lot in front of the TAMU Rec Center natatorium).
- Buses should load / unload along Olsen Blvd at the entrance to lot PA 104. Buses should park in lots PA 100a,b,c,d,e,f,g,j (lots on the sides of Reed Area and Olsen Field).
- Buses should NOT park in lot PA102 (lot at the front of Reed Area).



WARM-UP PROCEDURES:

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 - 2. Lanes are **ONE WAY ONLY**

SAFETY GUIDELINES

- A. Swimmers Responsibilities
 - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
 - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
 - 1. Swimmers should be reminded by coaches that breaststrokers need more lead time than freestyle or butterfly swimmers.
 - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
 - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
 - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 - 6. All diving boards and equipment are **OFF LIMITS**.
 - 7. **NO EQUIPMENT**, kick boards, paddles, etc., is allowed during the entire meet.
- E. Pool Rules
 - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
 - 2. Glass containers are prohibited.
 - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.