

2010 TENNESSEE SWIMMING & DIVING CHAMPIONSHIPS
February 12-13, 2010

OFFICIAL MEET INVITATION

Centennial Sportsplex
222 25th Avenue North
Nashville, TN 37212

HOST: Nashville Aquatic Club

FACILITY: Centennial Sportsplex Tracy Caulkins Natatorium contains an indoor 50 meter by 25 yard pool divided by 2 bulkheads into two 8-lane 25-yard courses. Separate 6-lane 25-yard warm down pool will be available.

TIMING: Colorado Timing System 6. Hy-Tek's Hy-Wire wireless live results will be available.

MEET MANAGEMENT:

Meet Referee:	Stephanie Nadeau	jnadeau103@aol.com
Administrative Referee	Ed DeBruyn	edebruyn@bellsouth.net
Meet Director:	Colleen Heyman	swimmomnac@aol.com (615) 491-6196
Diving Director:	John Goddard	jgoddardvols@mindspring.com

RULES:

Current National Federation of State High School Associations (NFSHSA) Rules govern the conduct of these championships, except as modified by the TISCA Constitution and Bylaws.

OFFICIALS:

All swimming officials must be currently certified and current members of USA Swimming.

CREDENTIALS:

Coaches, athletes and officials are required to display credentials (available at registration) to gain access to the pool deck.

ELIGIBILITY:

This Championship meet is open to current TISCA member teams in good standing (swimmers and divers in grades 9 through 12) and teams consisting of "Home School" athletes (grades 9 through 12), if meeting the requirements of Article VIII and accepted by TISCA.

TEAM CHECK-IN (Main Lobby Centennial Sportsplex):

Thursday, February 11, 2010 – 4:00 – 6:30 pm
Friday, February 12, 2010 – 7:00 – 9:00 am

MEET FORMAT:

A Prelims/Finals meet with 24 events as set forth in the "Order of Events". There will be a championship & consolation heat (top 16) for all swimming events. All swimming championship finalists will report to the designated ready area. Consolation finalists will report to the blocks.

WARM-UP RULES:

NFHS safety guidelines and warm-up procedures will be in effect.

ENTRIES:

Each competitor may enter a maximum of four events, no more than two of which may be individual events and must have met the qualifying time in any entered event during the current season. A team is allowed FOUR (4) scoring entries in each individual event.

Individual swimming events: Unless designated otherwise at the time of entry, the top four finishers from each team after preliminaries shall be designated as official entries for the purpose of scoring points; all other results shall be designated as exhibition. Once preliminaries have been completed, no change to "official" and "exhibition" designations may occur.

Diving events: Scoring and exhibition entries must be designated prior to the start of competition.

Relays: Teams are limited to ONE scoring ("A") relay per event. The "A" relay must consist of at least two members who have qualified in individual swimming events. ONE exhibition ("B") relay may also be entered with an entry time and must be designated as such on the entry. All "B" Relay swimmers must be entered in at least one individual swimming event and the relay will count as an event for these swimmers. Eight individuals may be designated on the entry.

Relay-Only Swimmers: Each team may enter a maximum of two men and two women as relay-only swimmers who may compete on "A" relays only. A diver wishing to participate as a member of an "A" relay team must qualify in an individual swimming event or be designated a relay-only swimmer. To declare a swimmer as Relay Only, click on the **Entrd** check box next to the swimmer's name and then **right mouse click**. TM will ask you to confirm that you wish to enter this swimmer as a Relay Only Swimmer. Click **Yes** and that Relay Only Swimmer entry will be stored in your Database and the column to the left of the swimmer's name will be listed with a @ character to indicate the Relay Only status. Relay Swimmers will be displayed in the Meet Entry Report sorted "by Name" with the "Individual and Relay" box checked.

ENTRY TIMES:

Enter with best short course yards times achieved in competition during the current high school season. Entry times should be in hundredths of a second. Swimmers who achieve short course meters qualifying times should convert such times to short course yards times.

ELECTRONIC ENTRIES ONLY:

All swimming and diving entries must be submitted by email using Hy-Tek Team Manager or Team Manager Lite. Please refer to the TISCA website for Hy-Tek Team Manager/Lite instructions. The downloadable Team Manager event file is available on the TISCA web site and NAC's website www.swimnac.com

ENTRY FEES:

Individual event, per event	----	\$3.50
Relay Only swimmer, per swimmer	----	\$3.50
Relays, per relay event	----	\$10.00

Make checks payable to **NAC**. Please list SCHOOL NAME on check.

ENTRY DEADLINE:

Email Team Manager entry file to entry@swimnac.com by Tuesday, February 2, 2010 at 8:00 PM. Please do not email requesting entry status, an email confirmation will be sent when entry is received. The team must submit the Hy-Tek Team Manager Meet Entry Report, the Hy-Tek Meet Entry Fee Summary, Hy-Tek Team Report, signed waiver and entry fee check postmarked by the entry deadline. Please ensure that your contact information is included and is accurate. Coaches must give a cell phone contact number. Signature requirement must be waived for all USPS, Fed-EX and UPS deliveries.

SUBMIT the above to:

Tresea Davis
2315 Ellington Circle
Nashville, TN 37211
615-347-0226
entry@swimnac.com

ENTRY CORRECTIONS:

Coaches are responsible for the accuracy of entries. Corrections must be submitted by email to Tresea Davis at entry@swimnac.com by the entry deadline. The Psych Sheet will be posted on the TISCA and NAC web sites by Thursday, February 4, 2010.

ENTRY TIME VERIFICATION:

A swimmer who does not attain the qualifying time for an event during competition in this meet will be required to provide proof of qualifying time. The only valid proof of time will be *official meet results*, defined as results achieved in high school competition or USA Swimming, AAU, or YMCA meets during the current season. Failure to provide proof of time will result in a \$25 fine for each unproven time. **It is strongly suggested that proofs of time and/or fines be taken care of at the meet.** Teams will have until 30 days after the conclusion of the State Championship Meet to submit official results in order to prove times. After 30 days have passed, proofs will no longer be accepted and fines for all unproven times will be required. Please note that a team will not be allowed to participate in future TISCA Championship Meets until all outstanding fines have been paid. "Exhibition" swims should be shown as part of the official meet results. A certified official who was present must sign Time Trial results. A TISCA representative will be available in upper lobby of Centennial Sportsplex for times verification.

WARM-UP SCHEDULE

A meet warm-up schedule will be published by Monday, February 8, at 8:00 PM.

OPEN WARM UPS AVAILABLE ON THURSDAY, FEBRUARY 11

SWIMMING: 8 Short Course Lanes will be available 12:00pm-4:00pm and 5:00pm-7:00 pm for open warm-ups; all athletes must be accompanied and supervised by a coach.

DIVING: Boards will be available 12:00p - 6:00p - all athletes must be accompanied and supervised by a coach.

NISCA NATIONAL CERTIFICATION:

Pool measurement is certified by NISCA for national records.

COMPETITORS WITH DISABILITIES:

Coaches and/or athletes are responsible for notifying the meet referee of any accommodation requests.

2010 TISCA Championship Qualifying Times & Order of Events

Note: Men dive on Saturday, Women dive on Friday

Friday, February 12, 2010

MEN		EVENT		WOMEN
Event #	Time		Time	Event #
1	None	200 yd. Medley Relay	None	2
3	2:01.20	200 yd. Freestyle	2:15.80	4
5	2:21.10	200 yd. Individual Medley	2:32.30	6
7	24.20	50 yd. Freestyle	27.30	8
9		1 Meter Diving (WOMEN)		10
11	1:02.40	100 yd. Butterfly	1:10.20	12

Saturday, February 13, 2010

MEN		EVENT		WOMEN
Event #	Time		Time	Event #
13	54.00	100 yd. Freestyle	1:00.50	14
15	5:42.20	500 yd. Freestyle	6:11.20	16
17	None	200 yd. Freestyle Relay	None	18
9		1 Meter Diving (MEN)		10
19	1:04.00	100 yd. Backstroke	1:09.50	20
21	1:10.20	100 yd. Breaststroke	1:17.60	22
23	None	400 yd. Freestyle Relay	None	24

If swimming in a short course meter pool, please refer to the TISCA web site to compare the ACTUAL time swum with the SCM time standards to determine if a swimmer has qualified for the State Championship Meet. All entry times submitted for TISCA Championship Swim Meet must be stated in short course yards.

USA SWIMMING OBSERVED STATUS:

This meet has been approved for Observation by USA Swimming. USA-S swimmers entered into the meet database with accurate USA-S ID numbers, will have times from legal USA-S swims automatically loaded into the national times database. For those USA-S swimmers with inaccurate ID #'s, a written request must be submitted. Requests must be made by submission of the SES Individual Verification Request Form by the athlete or coach within two weeks of the last day of the meet and submitted to the LSC NTV Chair. Email requests are not acceptable. Forms are available at: www.seswim.org/forms An LSC administrative fee of \$5.00 per swimmer fee must be submitted with the request, payable to Southeastern Swimming, Inc. If submitted past the deadline, \$10 per swimmer late fee applies. Leadoff splits for individual events and relays must be specifically requested in writing.

DIVING COMPETITION:

Divers are required to dive in and complete at least three diving meets, with at least one being an 11-dive meet, during the current high school swimming/diving season in order to be eligible to dive in the TISCA Championship Meet. All divers should have their score sheets showing successful completion of three dive meets available in case of any eligibility question. The diving competition will be conducted in accordance with NFHS diving rules governing championship meets. There will be three stages of competition: preliminaries, semi-finals and finals. Semi-finals will be held immediately following the

preliminaries each day. Women's finals will be held following event 8 on Friday night, and Men's finals will be held following event 18 on Saturday night. There will be a minimum of three judges and one referee present for the competition. Competition will consist of five voluntary dives and six optional dives, which may be performed in any order within each stage of competition. The five voluntary dives must come from each of the five groups and the sum total of their assigned degrees of difficulty must be 9.0 or less. The six optional dives must include at least one dive chosen from each of the five groups. All five groups of dives must be represented in the preliminary and semi-final rounds (first eight dives). The dives to be performed during each stage of the championship competition shall be as follows:

Preliminaries (rounds 1-5): Any two voluntary dives, any three optional dives. If there are more than 32 divers, the field will be reduced to the top 32 following round 3 (at the discretion of the Diving Director). The top twenty divers will advance to the semi-finals.

Semi-finals (rounds 6-8): Two voluntary dives, one optional dive (this dive must be from a different group than those in the preliminaries). The top sixteen divers will advance to the finals.

Finals (rounds 9-11): One voluntary dive, two optional dives.

DIVING SCORE SHEETS:

Diving score sheets for Women must be submitted, signed by the coach and the diver, written in pencil, by 9:30 AM, Friday, February 12. Male divers must submit score sheets by 9:30 AM, Saturday, February 13. An entry box will be available at the Clerk of Course table. Score sheets will NOT be accepted after the deadline. Changes are permitted until 60 minutes prior to the start of the diving competition. The dive number for the voluntary dives must be circled on the diving form. Diving score sheets will also be accepted by the diving director during the open warm-up on Thursday.

SCORING:

Scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Points will be awarded for first through sixteenth place for individual swimming and diving events. Double points will be awarded for relay events.

AWARDS:

There will be individual awards for the top sixteen athletes in each event, medals for 1-8, and ribbons for 9-16. Awards will be given out each evening throughout the course of finals on deck at the awards stand. Trophies will be presented to the top 10 teams in men & women's divisions. The Ray Bussard Combined Team Championship Award will be presented to the top 10 combined teams.

Additional awards:

- | | |
|---------------------------------|-----------------------------------|
| *Outstanding Female Swimmer | *Outstanding Male Swimmer |
| *Outstanding Coach - Men's Team | *Outstanding Coach - Women's Team |
| *Outstanding Female Diver | *Outstanding Male Diver |
| *Outstanding Coach - Diving | |

SCHEDULE

THURSDAY, February 11, 2010

4:00 – 6:00

Early Registration in Lobby Centennial Sportsplex

12:00 – 4:00 & 5:00 – 7:00 p

Swim warm-up 8 Lanes Centennial Sportsplex

12 noon – 6:00

Diving warm-up at Centennial Sportsplex

7:00 PM Coaches meeting, TISCA Meeting at The McGugin Building (Vanderbilt Campus)
2601 Jess Neely Drive.

TISCA meeting agenda at <http://www.tisca.net/>

FRIDAY, February 12, 2010

6:30 AM Doors open
7:00 AM Registration
6:45 AM Coaches & Athletes allowed on deck

Swimming Prelims:

7:00 – 7:45 AM First warm-up
7:45 – 8:30 AM Second warm-up
8:30 – 9:15 AM Third warm-up
9:15 – 9:25 AM Open warm-up
8:30 – 9:15 AM Officials meeting – Hospitality Room
9:30 AM Coaches meeting – Hospitality Room
9:45 AM Swimming Competition

Diving Prelims:

9:30 AM Diving score sheets for Women due at Clerk of Course
1:00 PM Women's warm-up (as soon as swimming is completed)
2:00 PM Women's prelims & semifinals (rounds 1-8)

Finals:

5:00 - 5:45 PM Swimming warm-up
5:30 PM Officials meeting – Hospitality Room
6:00 PM Swimming Competition & Women's Diving - Finals & Awards
Men's diving warm-up (finalists will march after event #8)
Pool open for 30 minutes after the completion of finals

SATURDAY, February 13, 2010

6:30 AM Doors open
7:00 AM Registration
6:45 AM Deck open

Swimming Prelims:

7:00 – 7:45 AM First warm-up
7:45 – 8:30 AM Second warm-up
8:30 – 9:15 AM Third warm-up
9:15 – 9:25 AM Open warm-up
8:30 – 9:15 AM Officials meeting – Hospitality Room
9:30 AM Swimming Competition

Diving Prelims:

9:30 AM Diving score sheets for Men due at Clerk of Course
1:00 PM Men's warm-up (as soon as swimming is completed)
2:00 PM Men's prelims & semifinals (rounds 1-8)

Finals:

5:00 - 5:45 PM Swimming warm-up
5:30 PM Officials meeting – Hospitality Room
6:00 PM Swimming Competition & Men's Diving - Finals & Awards
(finalists will march after event #18)

GENERAL INFORMATION

ADMISSIONS:

All swimmers, divers, coaches and team personnel must be a participant to be on the deck. Spectator wristbands will be sold at \$5 per person per day. Wristbands will be sold at the door beginning at 7:00 AM each day.

CUSTOM STATE MEET T-SHIRTS & HOODIES:

Items will be for sale beginning Thursday, February 11 at 4:00 pm and continue throughout the meet. All American Swim Supply will be the vendor at this meet. Their merchandise will be located in the lobby.

PARKING & BUSES:

Free Parking available.

BANNERS:

Banners may be hung on locker room side of pool on railings.

RESULTS:

Real-Time results will be posted www.swimnac.com Results at the meet will be posted on walls in the lobby.

CONCESSIONS & SWIM SHOP:

Swim Shop – All American Swim Supply – located in lobby

FACILITY RULES:

THE CENTENNIAL SPORTSPLEX RESPECTFULLY ASKS THAT: NO OUTSIDE FOOD OR DRINK BE BROUGHT INTO THE BUILDING. NO FOOD OR DRINK (with the exception of water bottles) BE BROUGHT INTO THE POOL AREA. NO COOLERS BE BROUGHT INTO THE BUILDING. (CONCESSIONS WILL BE AVAILABLE FOR SALE BY SPORTSPLEX PERSONNEL.) ONLY SWIMMERS, COACHES, AND MEET PERSONNEL SHALL BE ON THE POOL DECK AT ANY TIME.

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

(This form **MUST** accompany Meet Entry)

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with TISCA. I also acknowledge that I am familiar with the rules of TISCA regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my team’s swimmers with those rules during this meet. The Nashville Aquatic Club, the Centennial Sportsplex, TISCA, their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team’s swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet.

Signature of coach or school official: _____

School: _____ Date: _____

Please circle one:

- 1 Our team will arrive as individuals.
- 2 Our team will be traveling by bus together.

2010 TN STATE HIGH SCHOOL SWIMMING & DIVING CHAMPIONSHIPS

TEAM INFORMATION

Team Name: _____ Abbreviation: _____

Email Address: _____

Coach: _____

Team Address: _____

Team Phone #: _____

Team Contact for Entry issues: _____ Phone#: _____

Entry Recap

NUMBER OF INDIVIDUAL EVENTS:		X \$3.50 PER EVENT =	
NUMBER OF "RELAY ONLY" SWIMMERS:		X \$3.50 PER SWIMMER =	
NUMBER OF RELAYS:		X \$10.00 PER RELAY =	
TOTAL AMOUNT SUBMITTED:			
MAKE CHECKS PAYABLE TO: Nashville Aquatic Club			