

2007 TENNESSEE STATE HIGH SCHOOL SWIMMING AND DIVING CHAMPIONSHIPS

HOSTED BY NASHVILLE AQUATIC CLUB

***CENTENNIAL SPORTSPLEX, NASHVILLE, TENNESSEE
FEBRUARY 23 & 24, 2007***

MEET DIRECTOR:

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MEET ENTRIES:

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Tim Jones
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(615) 371-8605
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MEET SCHEDULE

TUESDAY, FEBRUARY 13, 2007

6:00PM Deadline for meet entries received by Tresea Davis at address above

THURSDAY, FEBRUARY 22, 2007

5:30 - 7:00 PM Early Registration at Centennial Sportsplex
5:00 - 7:00 PM Open Diving warmup at Centennial Sportsplex
7:30 PM TISCA Meeting at Holiday Inn Select, 2613 West End Ave.

PLEASE NOTE: The TISCA Membership meeting will be held at the Holiday Inn Select on West End Boulevard, across from Centennial Park. All TISCA members are invited to attend this important meeting. Coaches may also receive their team packets just prior to start of the meeting.

FRIDAY, FEBRUARY 23, 2007

7:30 - 9:00 AM Registration

SWIMMING AND MEN'S DIVING PRELIMINARY COMPETITION

DIVING

9:30 AM Completed diving score sheets for Men are due at Clerk of Course
1:00 PM Men's diving warm-up (as soon as swimming is completed)
2:00 - 5:00 PM Men's diving prelims & semifinals (dives 1-8)

SWIMMING

7:00 – 7:45 AM First Swimming warm-up
7:45 – 8:30 AM Second Swimming warm-up
8:30 – 9:15 AM Third Swimming warm-up
9:15 – 9:25 AM Open Swimming warm-up
8:30 AM Officials meeting
9:20 AM Coaches meeting (Friday Only)
9:45 AM Swimming preliminary competition

SWIMMING AND DIVING FINALS COMPETITION

5:00 - 5:45 PM Swimming warm-up for finals
6:00 PM Swimming and Men's Diving - Finals and Awards

SATURDAY, FEBRUARY 24, 2007

7:30-9:00 AM Registration

SWIMMING AND WOMEN'S DIVING PRELIMINARY COMPETITION

DIVING

9:30 AM Completed diving score sheets for Women are due at Clerk of Course
1:00 PM Women's diving warm-up (as soon as swimming is completed)
2:00 - 5:00 PM Women's diving prelims & semifinals (dives 1-8)

SWIMMING

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

SWIMMING AND DIVING FINALS COMPETITION

5:00 - 5:45 PM Swimming warm-up for finals
6:00 PM Swimming and Women's Diving - Finals and Awards

CHANGES and HIGHLIGHTS for 2007;

- ***New for 2007 is the requirement that all 'A' relay teams must include at least two swimmers that have qualified in at least one individual event (diving is not considered an individual event for the purpose of this rule). Additionally, teams are limited to entering a maximum of 4 men and 4 women as 'Relay-Only Swimmers'.***

As example: A school swims in the Medley Relay using 2 'relay only swimmers' and then competes in the 200 Freestyle Relay using 2 different 'relay only swimmers'. If the school then competes in the 400 Freestyle Relay, any 'relay only' swimmers in that event must be chosen from the 4 'relay only' swimmers that swam in either the Medley or 200 Freestyle Relays.

- ***Swimming warm-ups will be in the competition pools and arranged into 3 sessions; 7:00-7:45, 7:45-8:30, and 8:30-9:15 with a 10 minute open warmup at 9:15 AM. Teams assigned in the first session on Friday will be given the third session on Saturday and vice versa.***
- ***There will be an open Diving warmup on Thursday from 5:00 to 7:00PM for all divers. Diving score sheets will be accepted at the Thursday warmup session.***

There will be open diving warm-ups after the completion of swimming preliminaries on Friday and Saturday for those divers competing on that day. Additionally, Women divers may warmup on Friday night after the completion of the Men's Finals.

- ***Coaches packets will be available at the beginning of the TISCA membership meeting on Thursday in addition to the early registration at Sportsplex between 5:30 PM and 7:00 PM***

MEET ELIGIBILITY

The TISCA Championship Meet is open to high school swimmers and divers in grades 9 through 12 and being members of one of the TISCA member teams. Non-TISCA member schools wishing to participate may submit application for review by the TISCA Executive Committee. Additionally, 'Home Schooled' swimmers and divers in grades 9 through 12 may participate in the meet as 'Unattached'.

Qualifying times for certain individual swimming events must have been met during the current high school swimming/diving season for a swimmer to be entered in that event. Times may be achieved in high school competition or other meets consistent with high school rules and regulations, such as USA Swimming, AAU, or YMCA. The only valid proof of times will be the official meet result reports from these meets or from a separate Time Trials held in association with that meet. 'Exhibition' swims should be shown as part of the official meet result report. For Time Trial results from a given meet to be used there must be a certified official present who shall sign the results report. Timing shall be either electronic or there shall be 3 watches per lane, in which case the middle time of the 3 watches shall be used.

Teams may enter a maximum of four men and four women as 'Relay-Only Swimmers'. These swimmers may compete as part of 'A' relays only.

Divers are required to dive in and complete at least three dive meets, 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.

For purposes of entry eligibility, the "current high school swimming/diving season" is considered as starting in September and ending at the Championship Meet entry cutoff date.

ENTRIES

Each competitor may enter a maximum of four events, no more than 2 of which may be individual events and must meet qualifying time in any entered event.. **A team is allowed only four (4) scoring entries in each individual event.** All other entries will be exhibition entries, and must be designated with an "X" next to the entry time on the original team entry form.

Teams are limited to one (1) scoring entry ("A") per relay event. The "A" relay must consist of at least two members that are entered in at least one individual swimming event. Note: Diving is not considered an individual event for purposes of this rule only.

One exhibition ("B") relay may also be entered **with an entry time** and must be designated with an "X" next to the entry time on the original team entry form. "B" Relay swimmers must be entered in at least one individual event, and the relay will count as an event for these swimmers. Home-schooled swimmers may enter one non-scoring relay per region.

Entries must be legible and complete. Entry forms must contain the school name and initials, the coach's/contact's name and phone numbers (home and work), and the name, grade, and best times (yards) of each swimmer listed under the appropriate box. **Swimmers competing only in relay events must be listed on the entry form as relay-only swimmers.** Divers should be entered on the general entry sheet in event 9 or 10. A meet release form, signed by the head coach, must be submitted with the entry from each school. **Teams who have HYTEK'S TEAM MANAGER may submit their entries on a 3-1/2" disk. Disks will be returned at the end of the meet. Also provide hard copy printout for proof reading.**

ENTRY DEADLINE: Entries **MUST** be received at the address below by **6:00PM CST, Tuesday, February 13, 2007.** Please **DO NOT** send entry packet by method requiring a signature on receipt. To receive confirmation of meet entry receipt, an email requesting receipt confirmation should be sent to Tresea Davis (TreseaLdavis@earthlink.net) at the time your entry is submitted. **A confirmation email will be sent to you within 24 hours of the entry being received by NAC.**

Please do not send multiple emails requesting entry status as this only clogs up the system and slows down response time for everyone.

FEES: \$3.50 per individual event
 \$3.50 per 'Relay Only' swimmer
 \$10.00 per relay event

Make checks payable to: **Nashville Aquatic Club**
Please put school name on check.

SUBMIT ENTRIES TO:

Tresea Davis
3609 Sycamore Lane
Nashville, TN 37215
(615) 383-8183
TreseaLdavis@earthlink.net

ENTRY CORRECTIONS: A Psych Sheet will be posted on the TISCA website by 6:00 PM CST, Sunday, February 18, 2007. **Corrections will be accepted for computer entry error only and should be faxed to Tresea Davis at (615)-383-8084, emailed at TreseaLdavis@earthlink.net, or delivered to the NAC Office at Centennial Sportsplex by 12:00 PM, Tuesday, February 20, 2007**

MEET RULES and PROCEDURES

The TISCA Championship Meet will follow the 2006-2007 National Federation of State High School Associations (NFSHSA) Rules Book, except as modified by TISCA Constitution and Bylaws, TISCA Championship Rules, or this Meet Invitation.

Starting and False Start Recall procedures shall conform to the current USA Swimming rules (currently section 102.14). {"Whistle Start" and "No False Start Recall"}

Relay Take-Off Judging procedure shall be in conformance to the current USA Swimming rules (currently section 102.15.6).

Per NFSHSA Rule 3, Section 3, Article 4; "Jewelry or objectionable attire shall not be worn. When it is discovered that any competitor is wearing illegal attire or jewelry, he/she will not be permitted to participate in an event/dive until the illegal attire/jewelry is replaced or removed. Religious and medical-alert medals are not considered jewelry. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible. Hair-restraining devices are considered legal, provided they are functioning and are being worn in the hair during the event."

TEAM REGISTRATION

Coaches must register their teams before being allowed onto the deck area. Early registration will be held on Thursday, February 22 from 5:30 to 7:00PM and again just prior to the TISCA membership meeting at 7:30PM at the Holiday Inn Select. Coaches may also register prior to the swimming preliminary sessions on Friday and Saturday morning. Registration packets will contain heat sheets, credentials, team ballots and pertinent information. Teams are allowed one complimentary coach/chaperone pass for every six competitors entered. Credentials must be shown for entrance to the pool area. Lost credentials will be replaced for \$5.00.

SWIMMING COMPETITION

The TISCA Championship Swimming competition shall follow a Preliminary session / Finals session format. The Finals session will be swum as two heats, Consolation and Finals, for each event. All finalists should report to the ready area (outside the locker rooms) during the swimming of the preceding event. Finalists will then march to the blocks together. Consolation swimmers should report directly to the blocks.

USA SWIMMING NTVs

This meet has been approved for Observation of USA Swimming technical rules. **For those swimmers entered into the meet database with accurate USA-S ID numbers**, all times from legal USA-S swims will be automatically loaded into the national times database. The athlete's correct USA Swimming ID#, registered full name with middle initial and date of birth **must be included with the entry**. For those USA-S swimmers **without USA-S ID's or inaccurate ID #'s, a written request** must be submitted. **Leadoff splits for individual events and relays** must be specifically requested in writing. Requests must be made by submission of the **SES Individual Verification Request Form** by the athlete or coach within **one week** of the last day of the meet (Mar 3, 2007) 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 \$2.00 per time** must be submitted with the request. All fees payable to Southeastern Swimming, Inc. Submit forms & fees to: Trish Mitchell, SES NTV Chair, 3020 Keller Bend Road, Knoxville, TN, 37922-6521

Entry Time Verification

In the case where a swimmer fails to achieve the time standard for an individual event, the team coach will be asked to provide proof of their entered time for that event ***immediately after the session***. The only valid proof of entered time will be official meet result report as described in MEET ELIGIBILITY section. If the coach is unable to show proof of the entered time, the team will be fined \$25 per occurrence. This fine must be paid before the team will be allowed to participate in future TISCA State Championship meets.

DIVING COMPETITION

SCORE SHEETS: All divers must submit the diving score sheet, signed by the coach and the diver and written in pencil, by 9:30 AM, Friday, February 23 (Men), or 9:30 AM, Saturday, February 24 (Women). **An entry box will be available at the Clerk of Course table. No score sheet will be accepted after the deadline.** Dives on properly submitted forms may be changed by the diver up to 1 hour before 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 during the Open Warmup on Thursday, February 22 between 5:00PM and 7:00PM.**

COMPETITION: There will be three stages of competition; preliminaries, semi-finals and finals. Semi-finals will be held immediately following the preliminaries each day. Men's finals will be held following event 8 on Friday night, and Women'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 (preferably five judges).

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 Dive 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.

SCORING & AWARDS

Points will be awarded for the first through sixteenth place for both individual and relay events. Scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Relays will score double points. Medals will be awarded for first through eighth place and ribbons will be awarded for ninth through sixteenth place for all events. Trophies will be presented to the top ten teams in men's, women's and combined divisions. A team must score in both male and female events in order to qualify for the combined division. Event awards will be given out each evening throughout the course of finals on deck at the awards stand.

Special awards will be given at the meet as follows:

*Outstanding Female Swimmer

*Outstanding Male Swimmer

*Outstanding Female Diver

*Outstanding Male Diver

*Outstanding Coach - Men's Team

*Outstanding Coach - Women's Team

*Outstanding Coach - Diving

ADMISSIONS

Spectator passes may be purchased beginning Friday morning at the entrance of the Sportsplex spectator area for \$5.00 and are good for all sessions. Coaches who wish to buy passes in advance so spectators will not have to wait in line may do so by completing the enclosed form and including a check payable to TISCA.

CONCESSIONS

Concessions will be available in the lobby. No food or drink is allowed in the pool area. No coolers are allowed in the facility.

BANNERS

Team banners are welcome, but may only be hung in specified areas under the direction of Sportsplex staff. No banners are allowed on the wall behind the bleachers.

REMINDERS

1. Coaches will receive relay cards in their packets. Each card must list the four swimmers in the order in which they will compete. The cards will stay in the coaches' possession until the relay team brings them to the block for the event. Coaches, please list any potential swimmer as an alternate on the card should you wish to change the composition of the relay at Finals. These cards will be used as the official timer's cards for the event.
2. A competitor participating in more than the allowable number of events is disqualified from that event and further competition in the meet.
3. Swimmers failing to compete in any race (including relays) that they have entered shall be disqualified from further competition. **A competitor or relay must declare a false start in order to withdraw from an event. Notice must be given to the Referee prior to the event.** The event shall still count as an entry for the competitor.
4. Divers will be disqualified if, in the judgment of the Referee, the competitor fails 3 of the 11 dives.

ORDER OF EVENTS AND QUALIFYING TIME STANDARDS TENNESSEE HIGH SCHOOL STATE CHAMPIONSHIP SWIM MEET

Friday, February 23, 2007

MEN		EVENT	WOMEN	
<u>Event</u>	<u>Standard</u>		<u>Event</u>	<u>Standard</u>
1	None	200 YARD MEDLEY RELAY	2	None
3	2:04.70	200 YARD FREESTYLE	4	2:15.80
5	2:28.00	200 YARD INDIVIDUAL MEDLEY	6	2:32.30
7	24.60	50 YARD FREESTYLE	8	27.30
9		MENS 1METER DIVING		
11	1:04.70	100 YARD BUTTERFLY	12	1:10.20

Saturday, February 24, 2007

MEN		EVENT	WOMEN	
<u>Event</u>	<u>Standard</u>		<u>Event</u>	<u>Standard</u>
13	55.90	100 YARD FREESTYLE	14	1:00.50
15	5:50.00	500 YARD FREESTYLE	16	6:11.20
17	none	200 YARD FREESTYLE RELAY	18	None
		WOMENS 1METER DIVING	10	
19	1:06.20	100 YARD BACKSTROKE	20	1:10.50
21	1:13.90	100 YARD BREASTSTROKE	22	1:17.60
23	none	400 YARD FREESTYLE RELAY	24	None