

CCISD TISCA Zone Meet

Swimming & Diving Invitational

November 18 & 19, 2011

Hosted by:
Corpus Christi Independent School District

This is an invitational meet and will be conducted under the National Federation Of State High School Associations Swimming and Diving and Water Polo Rules for the 2011-12 season, exceptions noted within.

Location: Corpus Christi ISD Natatorium, 3202 Cabaniss Parkway, Corpus Christi, TX 78415.
Telephone #'s: Pool 878-2333, Fax 878-2335 E-Mail: Billy.McLendon@ccisd.us

Facility: An all deep 8 lane 25-yard competition pool with an 8 lane 25-yard warm-up/cool-down pool. The water depth in the diving well is 14.5 ft. We will be using Dura-flex 1 meter and 3 meter diving boards. We will be using our Daktronics Timing System. This facility has seating for 1000 with dressing and locker rooms available. This facility is on school district property, which means that no tobacco products or alcohol of any kind will be allowed in or around the area, this includes the parking lot. Please remember that the food policy for this facility does not allow food of any kind in the pool area. You may bring in drinks in plastic bottles as long as they have caps.

Entry Fees: \$10.00 per Athlete & \$10.00 per Relay. Make check payable to **CCISD Aquatics**. A **MANDATORY TISCA fee of \$1.00 per swimmer is also required**; please make this check payable to **TISCA**.

Entry Deadline: All entries must be received by Tuesday November 15, 2011 by E-Mail. Diving sheets must be faxed with your entries. I will not accept late entries and teams will not be allowed to compete if their entry fees have not been paid. There will be NO billing. I will send you a reply email with a PDF document attachment showing you all your entries, if you do not receive this please make sure you call me to check on your entries so we can avoid any problems.

Entry Limit: Teams may enter a maximum of 5 entries per individual events and 2 entries for relays. Each athlete shall be permitted to enter a maximum of 4 events, no more than 2 of which may be individual events.

Eligibility: All Athletes must be eligible under the University Interscholastic League guidelines as outlined in the UIL Swimming & Diving Manual. The **Head Coach** must be a member of **TISCA** for the team to compete.

Qualifying Times: The following times will be used for this meet.

Time Standards

	GIRLS	EVENT	BOYS	
1	NT	200 Medley Relay	NT	2
3	2:15.00	200 Freestyle	2:10.00	4
5	2:35.00	200 Individual Medley	2:25.00	6
7	28.00	50 Freestyle	26.00	8
9	11 Dives	1 Meter Diving	11 Dives	10
11	1:10.00	100 Butterfly	1:05.00	12
13	1:00.00	100 Freestyle	55.00	14
15	6:00.00	500 Freestyle	5:45.00	16
17	NT	200 Freestyle Relay	NT	18
19	1:15.00	100 Backstroke	1:10.00	20
21	1:20.00	100 Breaststroke	1:15.00	22
23	NT	400 Freestyle Relay	NT	24
25	6/11 Dives	3 Meter Diving	6/11 Dives	26

Proof of Time: All times must be pre-approved. Each team must send in proof of time with their entries. Results must be FAX to me or posted on the WEB to be accepted. It is expected that the coach will only bring athletes who have a proven time.

Relays: Each team will be limited to two relays per event. Relay entry times are required and shall be determined as follows:

- a. The sum of the individual team member's times (aggregate) for like distances, **OR**
- b. The actual time achieved by the relay team during the present high school season.

Scoring: Standard 16 place scoring will be used.

Awards: Medals will be given to the top three finishers in each event with ribbons through 16th place. Team plaques will be presented to the top three teams. Awards, first through third, will be presented after the finals of the 50 Freestyle, 100 Breaststroke and the 400 Freestyle Relay.

Liability: It is understood and agreed that the Corpus Christi Independent School District and all officials will be free from any and all liabilities or claims for damage arising by reason(s) of injury to anyone during the conduct of the meet or while traveling to or from the meet.

Meet Behavior: It is expected that all persons attending this meet will respect the facilities and remember that they represent themselves, and their respective schools and teams. Damage to the facility when proven will cause the offending team to be held accountable and liable for repairs. It may also result in expulsion from the meet.

Warm-up Procedures: Corpus Christi Independent School District Safety Guidelines and Warm-up Procedures will be in effect during this meet. Please make sure you understand and follow these procedures, as they will be strictly enforced. **Please see Attachment A**

Meet Administration: The following list of officials has been provided to you to answer any questions you might have concerning this meet. If you have any questions about entries or need general meet info please call the Meet Director. If you have any questions about rules please call the Meet Referee. All visiting officials are welcome to participate and coaches are encouraged to enlist the officials from their school or area to work this meet. Please contact the meet Referee if there are officials in your area that will be able to help, it will be greatly appreciated. If you have any questions about the diving portion of this meet please call the Diving Coordinator. We are requesting that each team provide up to two timers per session. Thank you for the help.

Meet Director:

Billy McLendon
3202 Cabaniss Parkway
Corpus Christi, TX 78415
Email: Billy.Mclendon@ccisd.us
Phone: 361-878-2333 x114

Meet Referee:

Pat O'Connell
Email: poconnell@stx.rr.com
Phone: 361-814-5212

Diving Coordinator:

Trey Collins
3202 Cabaniss Parkway
Corpus Christi, TX 78415
Phone: 361-878-2333 x116

Diving Referee:

Trey Collins
Email: silversurfer1945@yahoo.com
Phone: 361-834-3759

Meet Schedule:

Swimming

Session	Warm-ups	Meet Starts
Preliminaries (Friday)	10am to 10:45am (assigned lanes) 11am to 11:45am (assigned lanes)	12 noon
Finals (Saturday)	9 am to 9:45 am (assigned lanes)	10:00 am

Diving

Session	Warm-ups	Meet Starts
Girls & Boys 1 meter (Friday)	10 am to 12 noon	12 noon
Girls & Boys 3 meter (Saturday)	9 am to 10 am	10:00 am

Corpus Christi Independent School Districts Safety Guidelines and Warm-up Procedures

I. Safety Guidelines

- A. Coaches are responsible for the following:
 - 1. Instructing Athletes regarding safety and warm-up procedures as they apply to the conduct of this meet.
 - 2. Actively supervising their Athletes throughout the warm-up sessions.
 - 3. Maintaining as much contact with their Athletes as possible, both verbal and visual, throughout the warm-up period.
- B. The Meet Director shall be responsible for the following:
 - 1. Marshals, which have the authority to remove from the deck any Athlete or coach found to be in violation of these Procedures for the remainder of the warm-up period.
 - 2. Providing a minimum of two marshals, who report to and receive instructions from the Meet Referee and/or Meet director, on the deck during the entire warm-up period.
 - 3. Posting warm-up times and lane assignments at several locations around the facility.
 - 4. Providing an announcer for the warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-ups.
- C. Safety Considerations:
 - 1. Glass containers of any sort will not be permitted anywhere within the Natatorium.
 - 2. All Athletes and coaches must observe announced, published and posted warm-up and general safety procedures and cautions.
 - 3. No competitor will be allowed in the instructional pool at any time.
 - 4. Horseplay in or around the pool will not be tolerated.
 - 5. Violators of the safety provisions are subject to disqualification from the meet and/or expulsion from the facility.
 - 6. No on-site shaving of any kind will be permitted.

II. Warm-up Procedures

- A. General Warm-up (first 30 minutes)
 - 1. All athletes will enter the water feet first.
 - 2. Warm-up lanes and times will be assigned to teams based on the number of entrants.
 - 3. Push/Pace lanes will push off one or two lengths from the starting end.
- B. Final Warm-up (last 15 minutes)
 - 1. Sprint lanes are for diving from the blocks or for backstroke starts in specified lanes at designated times.
 - 2. Dive sprints may be done only under the direct supervision of the coach.
 - 3. There shall be no diving in the general warm-up lanes, circle swimming only.
- C. Miscellaneous Notes
 - 1. Backstrokes will ensure they are not starting at the same time as a swimmer is on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting.
 - 2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recall.
 - 3. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting during warm-ups.
 - 4. Warm-up procedures will be enforced for any breaks scheduled during the meet.
 - 5. No hand paddles, fins or kickboards may be used at any time during warm-ups.
 - 6. The Meet Director and/or Meet Referee may modify the time schedule or recommended lanes assignments depending on the number of swimmers.