

**2012 TENNESSEE INTERSCHOLASTIC SWIM COACHES ASSOCIATION
STATE HIGH SCHOOL SWIMMING & DIVING CHAMPIONSHIP
FEBRUARY 10 & 11**

OFFICIAL MEET INFORMATION
Centennial Sportsplex
222 25th Avenue N. Nashville, TN 37212

HOST: Nashville Aquatic Club

FACILITY: The competition pool is 50 meters, divided by two bulkheads, with each course 25 yards with 8 nine foot wide lanes. 25-yard warm-up/warm-down pool is located adjacent to the competition pool. Eight lanes will be used for finals session. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Only coaches, athletes, officials and volunteers are permitted on the pool deck. Locker rooms are adjacent to the pool.

TIMING: Colorado Timing electronic timing system and scoreboard. Hy-Tek's Hy-Wire wireless live results will be available.

MEET MANAGEMENT:

Meet Referee:	Stephanie Nadeau	jnadeau103@aol.com
Meet Director	Colleen Heyman	accounting@swimnac.com
Diving Director:	John Goddard	jgoddardvols@mindspring.com
Entry Chairperson:	Cindy Davis	entry@swimnac.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, TISCA Championship Rules, or this Meet Invitation. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all the information contained in the meet information.

OFFICIALS: All swimming officials must be currently certified and 2012 members of USA Swimming. Officials desiring an assigned position must submit an application to the meet referee by Friday, February 3, 2012. Applications are available at: <http://www.tisca.net/>

Dress code of white polo shirts with khaki bottoms will be worn for all prelim sessions. Oxford blue shirts with khaki slacks or skirts will be worn for all finals sessions. White socks & shoes will be worn for all sessions.

CREDENTIALS:

Coaches, athletes and officials are required to display credentials to gain access to the pool deck. Credentials will be available at registration. Lost credentials will be replaced for \$5.00.

ELIGIBILITY:

This Championship meet is open to current TISCA member teams and athletes 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 VII and accepted by TISCA. All home school unattached swimmers must be a current member of TISCA.

Failure to have renewed will result in no voting privileges being granted, nor State Championships entries being accepted unless dues are current. Any outstanding dues must be paid by February 1, 2012. Non-TISCA member schools wishing to participate may submit an application for review by the TISCA Board of Directors prior to February 1, 2012. The current "season" is defined as September 1, 2011 through February 1, 2012. Questions: *Bryan Goldberg 865.255.5427*

TEAM REGISTRATION:

Coaches and teams must be registered before they will be allowed onto the pool deck. Early registration will be held on Thursday, February 9, 2012 from 4:00 pm to 7:00 pm at the Centennial Sportsplex. Coaches may also register prior to the preliminary sessions on Friday and Saturday 6:30 am – 8:30 am. Registration packets and heat sheets will be available at registration.

MEET FORMAT:

A Prelim/Final meet with 24 events as set forth on the "Order of Events". There will be a championship & consolation heat (top 16) for all swimming events. All events will be pre-seeded. All swimming and diving championship finalists will report to the ready area (hallway next to the locker rooms). Consolation finalists will report to the blocks.

WARM-UP RULES:

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

ENTRIES:

Each competitor may enter a maximum of four (4) events, no more than two (2) 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. Teams are limited to one (1) scoring "A" relay per event. The "A" relay must consist of at least two members entered in at least one individual swimming event. Note: Diving is not considered an individual event for purposes of this rule. One non-scoring "B" relay may also be entered with an entry time and must be designated as such on the entry. "B" Relay swimmers must be entered in at least one individual event and the relay will count as an event for these swimmers.

Each school/team may enter a maximum of two (2) men and two (2) women as "Relay Only" swimmers (implemented February 22, 2007). These swimmers may compete on "A" relays only. If a diver wishes to participate as a qualified member of an "A" relay team, they must qualify in a "swimming" event. If diver does not meet this qualification, they may be included as "Relay Only" swimmers. "Relay Only" swimmers must be entered on the relay in the original entry. A "Relay Only" swimmer is a swimmer who is not entered in any individual events.

To declare a swimmer as "Relay Only" in the Team Manager software, click on the Entered 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 OK and the "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 Only" 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. Conversions are not permitted.

ELECTRONIC ENTRIES ONLY:

All swimming and diving entries must be submitted by email using Hy-Tek Team Manager/Team Manager Lite or Team Unify. The downloadable Team Manager EVENT FILE is available on the TISCA website <http://www.tisca.net/> and Nashville Aquatic Club website <http://www.swimnac.com/> For Entry Questions please contact Cindy Davis entry@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 the check. Entries submitted without payment are subject to rejection.

ENTRY DEADLINE:

Email ENTRY FILE to entry@swimnac.com by Wednesday, February 1, 2012, 6:00 pm CST. An email confirmation will be sent when entry is received. Please **DO NOT** email requesting entry status, confirmation will be sent. Meet Entry Report, the Meet Entry Fee Summary, Team Summary Report, signed Waiver and entry fee check payable to Nashville Aquatic Club **MUST BE RECEIVED** by Friday, February 3, 2012. Please ensure that your contact information is included and is accurate. Coaches must give a cell phone contact number. Meet credentials/packets are generated from Team Reports.

ENTRY PAPERWORK AND CHECK MUST BE RECEIVED BY FRIDAY, FEBRUARY 3, 2012:

Please Mail To:

Nashville Aquatic Club
C/O Cindy Davis
1205 Cornerstone Court
Nashville, TN 37221

Signature requirement must be waived for all USPS, Fed-EX and UPS deliveries.

ENTRY CORRECTIONS:

Coaches are responsible for the accuracy of entries. Corrections must be submitted by email to the meet entry chair entry@swimnac.com by 6:00pm CST Monday, February 6, 2012. The Psych Sheet will be posted on the TISCA and NAC web sites by 6pm, CST, Tuesday, February 7, 2012.

ENTRY TIME VERIFICATION:

A swimmer who does not attain the qualifying time for an event during competition in this championship meet will be required to provide proof of entered time. The only valid proof of time will be official meet results from the meet where the time was attained. Failure to provide entry time verification immediately after the session by the coach will result in \$25 fine charged to the team per instance. Fees may be paid immediately, please note that a team will not be allowed to participate in future TISCA Championship Swim Meets until all outstanding fines have been paid. Official meet results are defined as results achieved in high school competition or meets such as USA Swimming, AAU, or Y meets. "Exhibition" swims should be shown as part of the official meet results. A certified official who was present must sign Time Trial results.

NISCA NATIONAL CERTIFICATION: Pool measurement is certified by USA Swimming and NISCA for national records.

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

2012 TISCA Championship Qualifying Times & Order of Events

Note: Women dive on Friday, Men dive on Saturday

Friday February 10, 2012

WOMEN		EVENT		MEN
Event #	Time		Time	Event #
1	None	200 yd. Medley Relay	None	2
3	2:14.99	200 yd. Freestyle	2:01.29	4
5	2:32.39	200 yd. Individual Medley	2:18.29	6
7	27:39	50 yd. Freestyle	24:09	8
9		1 Meter Diving WOMEN		
11	1:09.79	100 yd. Butterfly	1:01.79	12

Saturday February 11, 2012

WOMEN		EVENT		MEN
Event #	Time		Time	Event #
13	1:00.59	100 yd. Freestyle	54.09	14
15	6:07.09	500 yd. Freestyle	5:37.19	16
17	None	200 yd. Freestyle Relay	None	18
		1 Meter Diving MEN		10
19	1:09.59	100 yd. Backstroke	1:02.29	20
21	1:17.69	100 yd. Breaststroke	1:09.79	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 of USA Swimming technical rules. For only those USA-S 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. PLEASE do NOT "create" ID's in Team Manager for non-USA-S athletes. The USA-S 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 two weeks of the last day of the meet (February 25, 2012) and submitted to the LSC SWIMS 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.

DIVING COMPETITION:

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. There will be three stages of competition: preliminaries, semi-finals and finals. There will be a minimum of five 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 9:45 am, Friday, February 10, 2012. Men divers must submit score sheets, by 9:15 am, Saturday, February 11, 2012. An entry box will be available at the Diving Scoring 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 during the open warm-up on Thursday, February 9, 2012 between 5:00 pm and 7:30 pm at the Centennial Sportsplex.

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, ribbons for 9-16. Trophies will be presented to the top 10 teams in the Men's & Women's divisions. The Ray Bussard Combined Team Championship Award will be presented to the top 10 combined teams. Awards will be given out each evening throughout the course of finals on deck at the awards stand.

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 9, 2012

4:00 PM – 7:00 PM Early Registration at Centennial Sportsplex
12:00 PM – 4:00 PM
& 5:00 PM – 7:00 PM Swim warm—up 8 Lanes Centennial Sportsplex*
12:00 PM – 6:00 PM Diving warm-up at Centennial Sportsplex

*Swim warm-up at Centennial Sportsplex schedule with accounting@swimnac.com
Diving warm-up at Centennial Sportsplex schedule “first-come, first-served”

7:15 PM – 8:00 PM Coaches General Meeting at University School of Nashville. Directions will be available on the TISCA web site. TISCA meeting agenda at <http://www.tisca.net/>

FRIDAY, FEBRUARY 10, 2012

6:30 AM Centennial Sportsplex doors open
6:30 AM – 8:30 AM Registration

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
9:15 AM Coaches meeting – Hospitality Room (For coaches not present at Thursday’s meeting)
9:30 AM Swimming Competition Begins

DIVING PRELIMS

9:30 AM Diving score sheets for Women due at Clerk of Course
12:30 PM -2:30 PM TISCA Annual Business Meeting (Metro Park Boardroom)
12:00 PM – 1:45 PM Women’s Diving warm-up (as soon as swimming is completed)
2:00 PM Women’s Diving prelims & semifinals (rounds 1-8)

FINALS

5:00 - 5:45 PM Swimming warm-up
6:00 PM Swimming Competition & Women's Diving - Finals & Awards
6:00 PM Women’s Diving warm-up (finalists will march after event #8)
Diving Boards open immediately following the completion of the Diving Finals
Pool open for 30 minutes after the completion of finals

SATURDAY, FEBRUARY 11, 2012

6:30 AM Centennial Sportsplex doors open
6:30 AM -8:30 AM Registration

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
12:00 PM – 1:45 PM Men’s Diving warm-up (as soon as swimming is completed)
2:00 PM Men’s Diving prelims & semifinals (rounds 1-8)

FINALS

5:00 - 5:45 PM Swimming warm-up
6:00 PM Swimming Competition & Women's Diving - Finals & Awards
6:00 PM Men’s diving warm-up (finalists will march after event #18)

GENERAL INFORMATION

ADMISSIONS:

Teams are allowed one complimentary coach/chaperone admission armband for every six (6) competitors entered. Spectator armbands, \$10 per day, may be purchased in the Centennial Sportsplex lobby Thursday, February 9 from 5:30 pm – 7:00 pm and Friday and Saturday beginning at 6:45 am. Finals only tickets (\$5) may be purchased each evening beginning at 4:30 pm. Heat sheets and championship meet t-shirts and hooded sweatshirts will be available for sale in the Centennial Sportsplex main lobby.

BANNERS:

The **CENTENNIAL SPORTSPLEX FACILITY STAFF** will hang all banners in order received. Teams must turn banners in at team registration. Zip ties will be used to hang banners. Teams are responsible for picking up banners from the facility staff at the end of the meet.

RESULTS:

Real-Time results will be available on the NAC web site <http://www.swimnac.com/>

Results will be posted in the main lobby of the Centennial Sportsplex.

CONCESSIONS & SWIM SHOP:

All American Swim Supply will be on site.

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.

NO STANDING ON THE RAIL AT ANY TIME AND PLEASE NO FLASH PHOTOGRAPHY AT THE START OF RACES.

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 Nashville Metro Parks Department, 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 check one:

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

2012 TN STATE HIGH SCHOOL SWIMMING & DIVING CHAMPIONSHIPS

TEAM INFORMATION

Team Name: _____ Team Abbr: _____

Email Address: _____

Coach: _____ Coach Cell Phone: _____

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: NAC			