



**26th ANNUAL HIGH SCHOOL INVITATIONAL
HOSTED BY EXCEL AQUATICS**

SWIMMING

DIVING

DATE: Saturday, January 9, 2016

DATE: Saturday, January 9, 2016

TIME: 1:45 PM

TIME: 1:40pm

WARM-UPS: 12:00-12:40 PM
12:40-1:20 PM

WARM-UPS: 12:00pm

PLACE: Williamson County Indoor
Sports Complex
920 Heritage Way,
Brentwood, TN 37027

PLACE: Centennial Sportsplex

COACHES' MEETING: 1:20 PM

COACHES' MEETING: 1:30pm

ELIGIBILITY: All in-state high school teams must be an active member school of TISCA and/or MTHSSA in good standing with all athletes registered and appropriate fees paid. Each swimmer/diver may enter a maximum of 4 events, no more than 2 of which may be individual events. Schools are not limited to the number of swimmers in any event; however a team is allowed only four (4) scoring entries in each individual event. A team is allowed one scoring relay per relay event, but may enter one additional non-scoring "B" relay. The meet will follow the National Federation Guidelines in the 2015-2016 High School Rules Book. Eligibility is restricted to students who are currently in their school grade (9th, 10th, 11th & 12th grades) and have not repeated a grade during those years.

ENTRIES: Completed entries for swimmers/divers are due by 4:00 PM on Monday, December 28, 2015. Please check your entries carefully before submitting them. Entries must be submitted using HyTek Team Manager. No hand-written entries will be accepted. According to Federation guidelines, no changes will be accepted after entries are submitted. A printed report should contain the following: coach's/contact's name, school name & initials, coach's/contact's work and home phone numbers, swimmer's name and grade, USA Swimming ID number (where applicable), and swimmer's best time (in yards) listed under the correct event. Relay entries, with times, should be included in the original entry. Swimmers competing in only relay events must be listed on the entry as relay-only swimmers. Divers should be entered in event 9 or 10. In

addition, divers must submit the diving score sheet, signed by the coach and the diver and completed in pencil, by the January 9, 2016 deadline. This report will serve as the official entry form. Team entries and a signed release with fee summary must be mailed within 72 hours of the meet entry deadline.

EMAIL ENTRIES: The following guidelines must be followed for email entries:

1. Official entry forms and all entry fees and swimmer surcharges are due within 72 hours or receipt of entry.
2. Email entries must be zipped so that it arrives to the entry chair intact.
3. The school's entire entry must be sent in one email. Please do not flood the entry chair with several emails, which compose one single team entry.
4. Divers shall bring their diving score sheet with them to the competition on January 9, 2016.
5. A release form, signed by the head coach (or school representative, if coach not attending meet), must be submitted with the entry from each school.

SWIMMING FORMAT: Timed finals, no prelims. There will be two 25-yard 8-lane pools with Daktronics electronic timing system and Hytek Meet Manager computer scoring.

DIVING FORMAT: The diving area has one Model B Maxi-flex board with a dura-firm short standard platform mounted on a paddock stand. Water depth is 14 feet. There will be a minimum three (3) judges and one (1) referee present for the competition.

Competition will follow National Federation dual meet Guidelines: one (1) voluntary dive (which will be drawn randomly at the beginning of warm-ups) and five (5) optional dives. The voluntary dive will use its assigned degree of difficulty of 1.8 or lower. The five optional dives will use their assigned degree of difficulty. All divers will complete the full list of six (6) dives. Dives will be performed in the order of: voluntary first, followed by the five (5) optional dives, arranged in any order.

Fully completed diving score sheets for men and women must be submitted on the appropriate form (with proper signatures of the diver and coach) by Saturday, January 9, 2016 with the official team entry. Dives on properly submitted forms may be changed by the diver up to 30 minutes before the start of the diving competition; voluntary first, followed by the five (5) optional dives, arranged in any order.

SCORING & AWARDS:

Points will be awarded for 1st – 16th place for individual and 1st – 8th for relay events. Individual events score 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Relays score 40-34-32-30-28-26-24-22.

Ribbons will be awarded 1st – 16th place for all individual events, 1st-8th for relay events. Individual diving awards will be awarded on January 9, 2016 at the conclusion of the diving competition.

CLERK OF COURSE: This is a no-card meet. All relay sheets will be given to the coaches to complete and turn in to the computer table prior to the start of the event. Relay sheets not turned in to the computer table prior to the event will result in disqualification of the relay(s).

SWIMMING WARM-UPS: 12:00-12:40 PM and 12:40-1:20 PM. Please check the Excel web site for warm-up lane assignments.

COACHES' MEETING: 1:20 PM in the hospitality room. No swimmers are allowed in the pool during the coaches' meeting.

COST: \$ 3.00 per individual swimming event / \$12.00 per diver
\$ 10.00 per relay event
\$ 6.00 surcharge per swimmer – Includes Online Heat Sheet

SUBMIT ENTRIES TO: Colin Faris – Meet Entry Chair
c/o Excel Aquatics
920 Heritage Way
Brentwood, TN 37027
xelschoolentries@excelaquatics.org

Entries must be received at the above address by 4:00 PM, Monday, December 28, 2015. Make checks payable to **EXCEL AQUATICS** and submit with entry. Submitted entries will not be accepted without full payment.

PARKING: Parking is free. There are 3 parking lots available for the meet. Participants may park in either the main parking lot or the overflow lots. Please enter the pool through the main entrance to the Indoor Sports Complex. Pool fire exit doors will not be used for entrance.

SPECTATORS' CORNER: Admission is free. Spectator seating is provided for approximately 750 people. No outside food or coolers are allowed inside the pool area. Spectators must comply with all signs or verbal directions from meet officials limiting or restricting the use of certain areas for seating or standing. No smoking is allowed anywhere on the site.

COMPETITORS

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

PSYCH SHEETS: The Psych Sheet will be available on the Excel Aquatics website on HS Invite Even Page at www.excelaquatics.org the Monday before the meet.

HEAT SHEETS: Heat Sheets will be available in a printable format on the HS Invite Event Page at www.excelaquatics.org the day before the meet. **Heat Sheets WILL NOT be sold at the Meet.**

HOSPITALITY: There will be hospitality available for coaches and officials.

REMINDERS:

- 1) No late or deck entries will be accepted.
- 2) At the meet, the names for each relay team member must be designated on the relay sheet in the order in which they are to compete prior to reporting to the starting block. Relay sheets must be turned in to the computer table prior to the start of the event.
- 3) No changes may be made to the official entry once the entry has been submitted to the entry chairman. Fees for submitted entries are not refundable.
- 4) A competitor participating in more than the allowable number of events is disqualified from that event and further competition in the meet.
- 5) Swimmers failing to compete in any race that they have entered shall be disqualified from further competition. A competitor may withdraw from an event with a declared false start. Notice must be given to the referee prior to the event. The event shall still count as an entry for the competitor.
- 6) Eligibility for diving competition will follow National Federation rules on dual meet format.

ORDER OF EVENTS
26th Annual High School Invitational Meet
Hosted by *Excel Aquatics*
Saturday, January 9, 2016

Warm-ups	12:00-12:40 PM
	12:40-1:20 PM
Coaches' Meeting	1:20 PM
Meet starts	1:45 PM

WOMEN	Event Description	MEN
1	200 Yard Medley Relay	2
3	200 Yard Freestyle	4
5	200 Yard Individual Medley	6
7	50 Yard Freestyle	8
9#	Diving (at Sportsplex)	10#
10 MINUTE BREAK		
11	100 Yard Butterfly	12
13	100 Yard Freestyle	14
15	500 Yard Freestyle	16
17	200 Yard Freestyle Relay	18
19	100 Yard Backstroke	20
21	100 Yard Breaststroke	22
23	400 Yard Freestyle Relay	24

Diving to be completed at Centennial Sportsplex on January 9, 2016

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Please complete and return with your entry:

School Name: _____ **School Address:** _____

School Initials: _____ **Coach Email:** _____

Swim Coach: _____

Contact Person: _____ **Contact Email:** _____

Work Phone: _____ **Cell Phone:** _____

Number of swimmers entered: _____ x \$6.00 = \$ _____

Number of individual swimming events entered: _____ x \$3.00 = \$ _____

Number of divers entered: _____ x \$12.00 = \$ _____

Number of relays entered: _____ x \$10.00 = \$ _____

TOTAL ENTRY MONEY DUE \$ _____
(Make checks payable to Excel Aquatics)

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RELEASE

I hereby relinquish any and all claims that my organization and its members may have in case of injury or loss of valuables traveling to, traveling from, or while in attendance at the **2016 26th Annual EXCEL High School Invitational Swim Meet**. I also agree not to charge Excel Aquatics, Inc., Williamson County Department of Parks and Recreation, the City of Brentwood, Middle Tennessee Diving, or any representative of these organizations for any claims resulting from injury, or loss, or damage to valuables.

Head Coach's Signature: _____