

**Region V-5A
Swimming & Diving Championships**

**School entries due by
5:00 p.m. Sunday, January 31, 2021**

**CO-HOSTED BY
Friendswood High School Swimming & Diving
and
A&M Consolidated High School Swimming & Diving**

**February 4 – 6, 2021
Following UIL & NFHS Rules of Conduct
USA Swimming Observed**

LOCATION: Friendswood High School Natatorium
1115 Falling Leaf Drive
Friendswood, TX 77546

For more information about the Friendswood High School Natatorium, visit:
<https://www.myfisd.com/departments/natatorium>

WEBSITE: All meet information, livestream link, t-shirt order link and meet results will be published on the Aggie Swim Club website at <https://www.teamunify.com/team/guasc/page/calendar>

PARKING: Parking will be either at or near the natatorium. The parking lot at the football stadium may be used on Friday afternoon and Saturday.

POOLS: **Swimming:** One eight (8) lane, 25-yard pool with non-turbulent lane lines will be used for competition. A separate four (4) lane 25-yard pool will be available for warm-up/cool down.
Diving: Double 1-meter spring boards will be used for diving warm-up and competition.

TIME AND DATE: This is a prelim/finals meet with A, B finals. A warm-up schedule will be made for both prelims and finals sessions. Diving warm-up and competition will be conducted on Thursday, February 4 **only**.

Thursday, February 4: Girls Diving: 9:00 – 9:45 a.m. warm-up / 10:00 a.m. start
Boys Diving: 12:00 – 12:45 p.m. warm-up / 1:00 p.m. start

Friday, February 5: Girls Prelims: 9:00 – 10:15 a.m. warm-up / 10:30 a.m. start
Girls Finals: 3:30 – 4:45 p.m. warm-up / 5:00 p.m. start

Saturday, February 6: Boys Prelims: 9:00 – 10:15 a.m. warm-up / 10:30 a.m. start
Boys Finals: 3:30 – 4:45 p.m. warm-up / 5:00 p.m. start

MEET REFEREE: Felipe Zambrano, email: Felipe.Zambrano@Xyleminc.com (see officials information)

MEET DIRECTOR: Henry Clark, (979) 220-2703, email: clark@comp.tamu.edu,

DIVING MEET REFEREE: Wendy Lerew, wlerew@aol.com

TEAM PERSONNEL: Each team may bring a maximum of two team personnel to each session: 1- Head Coach and 2- Assistant Coach or Team Manager.

TEAM SEATING: There will be assigned seating for teams. Assigned seating areas will be determined based on the number of athletes entered in the meet.

Thursday – Divers Only (no swimmers at the venue)

Friday – Girls Only (no boys at the venue)

Saturday – Boys Only (no girls at the venue)

COACHES' MEETING: A coaches' meeting will be held online by Zoom on Sunday, January 31, 2021 at 1:30 p.m. The meeting link and call in number will be emailed out. Any changes to the conduct of the meet will be decided at this meeting. It is each coach's responsibility to be aware of any changes made during this meeting.

MEET COMMITTEE: A meet committee will be appointed by the Meet Referee.

PRELIMS AND SCRATCHING: High School Championship format, scratches are not permitted.

- Swimmers who fail to appear for any competition in which they have entered or have qualified will be disqualified from further competition.
- Previous performances will not be nullified.
- Failure to compete by reason of illness or injury is exempted.
- Any individual swimmer or relay team may withdraw from competition without penalty in any given event by declaring a false start with the Meet Referee.

MEET SWIMMING FORMAT: High School meet format will be conducted. This meet will be a pre-seeded meet. Heat and lane assignments will be shown in the meet program. Coaches, please inform your swimmers.

After the entry deadline there shall be no substitutions allowed in the individual events. If the district qualifiers cannot compete in the region meet, the next place may be certified (if time allows) by the district meet director who contacts the region meet director and the next qualifier. Substitutions will be allowed on any school relay team into the region meet. Eight relay swimmers shall be listed for the region meet. Any four may swim prelims and or finals provided they do not exceed the allowed number of entries for the meet. In this meet, the entry will only count if they swim on the relay.

Finals Qualifiers: A competitor may withdraw from an event with a declared false start. Notice must be given to the meet referee or the referee's designee by the swimmer, coach or other team personnel at a specified time. The event shall still count as an entry for the competitor. However, it does not disqualify the competitor from further competition or nullify previous performances. Failures to compete by reason of illness or injury are exempted, as are alternates.

FINALISTS: All finalists and relay teams should report directly to the ready area and then will be escorted to the starting blocks. The names of the top 8 finalists and relay teams will be announced before the start. The names of the consolation finalists and relay teams will be announced after the start.

RELAY EVENTS: Only the four (4) swimmers declared on the front of the relay card, in order of swimming, are permitted to report to the ready area, blocks and compete.

Relay Card Deadlines: Relay cards are due each session to the meet operations table by the following deadlines:

- 200 Medley Relay cards – no later than thirty (30) minutes prior to the scheduled start time of the session.
- 200 Free Relay cards – no later than the start of the 500 Free.
- 400 Free Relay cards – no later than the start of the 100 Breast.

All changes to relays must be made at the scoring table. Do not make changes on the lane timer sheets at the starting blocks.

Relays will be swum following the NFHS COVID-19 safety protocol:

- Four relay teams per heat in either lanes 1, 3, 5, 7 or lanes 2, 4, 6, 8
- Empty lane between relay teams
- Four heats at prelims and four heats at finals per relay event
- Heats will be seeded assuming a four lane competition pool
- At finals, heats 1 and 2 will score combined as the Consolation Final and heats 3 and 4 will score combined as the Championship Final.

MEET DIVING FORMAT: All diving warm-up and competition will be conducted on Thursday, February 4, 2021. The competition will be conducted as a Championship meet. The 1-meter diving shall consist of five (5) voluntary dives and six (6) optional dives following NFHS Rule 9, Section 4, Article 1, Section a, b, c, & d. All corrections/revisions must be in the hands of the Diving Referee no later than one (1) hour prior to the start of the competition.

All divers must check in with the Diving Meet Referee before warming up.

DIVING ENTRIES: Dive sheets are due by **5 pm, Sunday, January 31, 2021** and must be submitted online through cleanentries.com. No late entries will be accepted. All schools entering divers must provide a UIL certified diving judge. Divers must also be entered in their team's Hy-tek entry file.

ALL AMERICAN DIVING: Schools may appoint one (1) individual to film/videotape all the diving competition for that school. The name of the person filming must be included in the email with the entries. This person will be permitted to film from the spectator area during the diving competition only. Only power pack or battery video tape recorders will be permitted.

TEAM ENTRIES: All teams **MUST** submit their entries electronically using the Hy-tek Meet Manager/Team Manager computer software. Include divers, relays and relay-only swimmers with your electronic submission. In relay events, eight (8) swimmer names shall be listed as the team, any four (4) shall be assigned to swim. Entry files and pdf/MS Word copy of entries **must be emailed** to the Meet Director, Henry Clark, clark@comp.tamu.edu by **5 pm, Sunday, January 31, 2021.**

Enter the UIL school code and school name as the "short name" in the entry file. Do not use a mascot name or shortened school name. Grade levels must be included in the entry file and in number format (09, 9, 10...) not letter format (Fr, So...).

This meet will be USA Swimming observed for registered USA swimmers. USA-S ID numbers must be correctly entered in the Hy-tek entry file.

Entry Times: Entry times must be the times achieved from the District meet.

Entry Limit: Each swimmer may enter a maximum of four (4) events. No more than two (2) may be individual events. Relay only swimmers will be permitted, however only 2 boys and 2 girls may be brought as "alternates". These "alternates" must be listed as either the 5th, 6th, 7th or 8th position on the relay entries. No school may enter more than four (4) swimmers in any single individual event. Each school is limited to one (1) relay team per relay event.

Deadlines: District meet results must be received by **11:59 p.m.** on the day of the District meet. District reports shall be emailed as two column PDF reports and include a complete Meet Manager back up file.

School entry files (including dive sheets through cleanentries.com) are due by **5 pm, Sunday, January 31, 2021**. No late entries will be accepted. Coaches should provide a school and a non-school email address. A confirmation email will be sent to confirm that entries have been received.

Fees: \$15.00 per individual event, \$30.00 per relay event, \$2 per athlete surcharge. Make checks payable to **Aggie Swim Club**. Fees must be received no later than the start of the meet. School district issued checks, booster club checks, cash and credit cards will be accepted. Once the entry fees are accepted they will not be refunded, if an athlete should fail to compete. Mail or hand deliver entry fee payment to the Meet Director at:

Henry Clark
9465 Barrow Court
College Station, TX 77845

Phone: (979) 220-2703

Email: clark@comp.tamu.edu

SCORING: Individual Events: 1st – 8th place: 20-17-16-15-14-13-12-11
9th – 16th place: 9-7-6-5-4-3-2-1
Relay Events: 1st – 8th place: 40-34-32-30-28-26-24-22
9th – 16th place: 18-14-12-10-8-6-4-2

AWARDS: Individual / Relay: 1st – 3rd place UIL medals,
4th – 8th place TISCA ribbons

Note: The awards for the top three finishers (relays and individual events) will be presented at the end of each session. Athletes are encouraged to dress in team apparel when on the awards stand.

Girls Team: 1st place trophy
Boys Team: 1st place trophy

TISCA AWARDS: Girls Region Athlete of the Meet – Swimming
Girls Region Athlete of the Meet – Diving
Boys Region Athlete of the Meet – Swimming
Boys Region Athlete of the Meet – Diving
Girls Region Coach of the Year – Swimming
Girls Region Coach of the Year – Diving
Boys Region Coach of the Year – Swimming
Boys Region Coach of the Year – Diving

The following criteria will be followed in determining the TISCA Awards:

1. TISCA Athlete of the Meet for Girls and Boys Swimming will be determined using NISCA Power Points calculated by Meet Manager 8.0. The Swimmer with the highest total will be named the Athlete of the Meet for Swimming.
2. TISCA Athlete of the Meet for Girls and Boys Diving will be determined using place at the Region meet. The Diver with the highest total number of points will be named the Athlete of the Meet for Diving.
3. Coach of the Year Awards will be determined by the votes of the head coaches from each school. Each head coach will vote for the Girls Coach of the Year and the Boys Coach of the Year for both Swimming and Diving.

Note: coaches must be current TISCA members to vote and to receive COTY awards.

RULES AND SANCTIONS: The current National Federation of State High School Association Swimming and Diving and UIL rules and regulations regarding competition will be applied. This meet will be USA Swimming observed for registered USA swimmers.

OFFICIALS: Any team bringing UIL and/or USA swimming officials should contact the Meet Referee; Felipe Zambrano, email: Felipe.Zambrano@Xyleminc.com Officials dress is white over khaki for prelims and blue over khaki for finals. Deck officials must have current UIL registration and certification. USA-S certified (not trainee) officials are also needed. The time and place for officials' meetings will be determined by the meet referee.

TIMING SYSTEM: A Daktronics electronic timing system with electronic scoreboard will be used. One or two watches per lane will be used as a back-up.

TIMERS: Timers will be provided by the host.

SPECTATORS: No spectators allowed during the swimming sessions. This event will be livestreamed.

CONCESSIONS & T-SHIRTS: Concessions will be made available at the venue. T-shirts may be ordered online.

POOL DECK RESTRICTION: Because of insurance and safety regulations, the swimming pool deck, during the operation of this meet, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

MEDIA: No media personnel or team photographers will be allowed in the venue.

SWIMMERS WITH DISABILITIES: Coaches and/or swimmers are responsible for notifying the Meet Director of any disability prior to the competition and for providing their own assistant or equipment.

HOSPITALITY: A hospitality room will be available for coaches, officials and meet personnel.

DAILY SCHEDULE: The following schedule will be used as a guideline for all activities.

Thursday, February 4 – Divers only (No Swimmers at the venue)

9:00 – 9:45 a.m.	Girls diving warm-up and check in with the referee
9:55 a.m.	National Anthem
10:00 – 11:00 a.m.	Girls diving competition
11:15 a.m.	Awards presented for Girls 1 meter diving and TISCA diver of the meet
12:00 – 12:45 p.m.	Boys diving warm-up and check in with the referee
12:55 p.m.	National Anthem
1:00 – 2:00 p.m.	Boys diving competition
2:15 p.m.	Awards presented for Boys 1 meter diving and TISCA diver of the meet

Friday, February 5 – Girls only (No Boys at the venue)

9:00 – 10:15 a.m.	Girls swimming warm-up
10:00 a.m.	200 Medley Relay cards due
10:25 a.m.	National Anthem
10:30 a.m.	Prelims session starts
10:44 a.m.	10 minute break (after completion of 200 Medley Relay)
11:11 a.m.	10 minute break (after completion of 50 Free)
11:30 a.m.	200 Free Relay cards due (prior to the start of the 500 Free)
11:44 a.m.	10 minute break (after completion of 500 Free)
12:11 p.m.	400 Free Relay cards due (prior to the start of the 100 Breast)
12:16 p.m.	10 minute break (after completion of 100 Breast)
12:48 p.m.	End of Girls Prelims session

3:30 – 4:45 p.m.	Girls swimming warm-up
4:30 p.m.	200 Medley Relay cards due
4:55 p.m.	National Anthem
5:00 p.m.	Finals session starts
5:14 p.m.	10 minute break (after completion of 200 Medley Relay)
5:39 p.m.	15 minute break (after completion of 50 Free)
6:02 p.m.	200 Free Relay cards due (prior to the start of the 500 Free)
6:16 p.m.	15 minute break (after completion of 500 Free)
6:47 p.m.	400 Free Relay cards due (prior to the start of the 100 Breast)
6:51 p.m.	15 minute break (after completion of 100 Breast)
7:27 p.m.	Awards presented for Individual and Relay events, TISCA Awards, Team Awards
7:45 p.m.	End of Girls Finals session

Saturday, February 6 – Boys only (no Girls at the venue)

9:00 – 10:15 a.m.	Boys swimming warm-up
10:00 a.m.	200 Medley Relay cards due
10:25 a.m.	National Anthem
10:30 a.m.	Prelims session starts
10:43 a.m.	10 minute break (after completion of 200 Medley Relay)
11:09 a.m.	10 minute break (after completion of 50 Free)
11:27 a.m.	200 Free Relay cards due (prior to the start of the 500 Free)
11:41 a.m.	10 minute break (after completion of 500 Free)
12:07 p.m.	400 Free Relay cards due (prior to the start of the 100 Breast)
12:11 p.m.	10 minute break (after completion of 100 Breast)
12:41 p.m.	End of Boys Prelims session

3:30 – 4:45 p.m.	Boys swimming warm-up
4:30 p.m.	200 Medley Relay cards due
4:55 p.m.	National Anthem
5:00 p.m.	Finals session starts
5:13 p.m.	10 minute break (after completion of 200 Medley Relay)
5:38 p.m.	15 minute break (after completion of 50 Free)
6:00 p.m.	200 Free Relay cards due (prior to the start of the 500 Free)
6:13 p.m.	15 minute break (after completion of 500 Free)
6:43 p.m.	400 Free Relay cards due (prior to the start of the 100 Breast)
6:47 p.m.	15 minute break (after completion of 100 Breast)
7:21 p.m.	Awards presented for Individual and Relay events, TISCA Awards, Team Awards
7:36 p.m.	End of Boys Finals session

NFHS/UII/FRIENDSWOOD ISD DISCLAIMER: The Pool Deck is Limited to Coaches, Athletes, Officials & Volunteers working the meet – NO EXCEPTIONS

- An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- NFHS/UII/FRIENDSWOOD ISD cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in NFHS/UII sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a NFHS/UII sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

- BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS NFHS/UII/FRIENDSWOOD ISD, EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORSEEN OR UNFORSEEN , IN CONNECTION THEREWITH.
- Friendswood ISD has taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while on the property. An inherent risk of COVID-19 exists in any public or private place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in the Sharks event, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19 PROCEDURES:

- Participants in the meet will abide by the Friendswood ISD COVID-19 Plans and this meet announcement.
- This meet will be conducted in compliance with local, state, and Friendswood ISD COVID-19 restrictions.
- The Meet Referee has final authority over conduct of this sanctioned event and will be working with the Meet Director, Facility Management, and host team COVID-19 Task Force to enforce COVID-19 safety guidelines and resolve any issues.
- Only coaches, officials, swimmers, and lane timers are allowed on the pool deck for the current session and will maintain current social distancing guidelines throughout the meet. Staff will be present to help enforce this rule.
- The pool deck will be closed to spectators. There will be limited adult volunteers that will be necessary to run the competition.
- Spectators will not enter the facility. Meet personnel and swimmers will enter through the main door near the lobby. All swimmers and meet personnel will exit through the side near the soccer field.
- Temperature screenings will be administered to all athletes, meet personnel, staff, and volunteers. No person will be allowed to enter with a temperature over 100.4F in accordance with CDC and local health department recommendations.
- To enter the facility/event will require completion of a health screening questionnaire by the individual requesting admission. This form will be provided by your coach and will need to be turned in on arrival at the pool. Entry to the pool will not be permitted if your health screening is not turned in.
- Officials, coaches, volunteers, and swimmers must always wear a face mask, except for swimmers when they are in the water. Swimmers should plan on bringing extra face masks and plastic bags as their mask may get wet. Failure to adhere to mask-wearing rule may result in removal from the facility.
- All timers will be required to enter and exit the pool as directed by the meet operations staff. Timers will be seated at least 6 feet from the nearest timer. They will move forward only to obtain the ending time of the swimmer in their lane and will immediately move back behind the blocks.
- Swimmers will maintain social distancing at all times. We will allow adequate time between each event to provide rest for the swimmers. Swimmers must wear a face covering at all times, except when competing or warming up in the pool.
- To start each race, swimmers will move to a Ready Area on the west side of the pool. They will then be directed behind the blocks to prepare for their heat. At that time, they will be allowed to remove their face covering and approach the blocks. At the conclusion of each heat, the swimmers will exit the pool and reapply face covering.
- Bring a filled water bottle for your session.
- Swimmers must enter and leave the facility in their swimsuits. Locker rooms will be restroom use only. No more than 5 swimmers are allowed in the boys' bathroom at one time, and no more than 6 swimmers are allowed in the girls' restroom at a time.

WARM-UP PROCEDURES:

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 - 2. Lanes are **ONE WAY ONLY**

SAFETY GUIDELINES

- A. Swimmers Responsibilities
 - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
 - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
 - 1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
 - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
 - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
 - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 - 6. All diving boards and equipment are **OFF LIMITS**.
 - 7. **NO EQUIPMENT**, kick boards, paddles, etc., is allowed during the entire meet.
- E. Pool Rules
 - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
 - 2. Glass containers are prohibited.
 - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.