

**2009 North Zone TISCA Swimming and Diving Invitational
November 20-21, 2009**

Meet Host: Lewisville ISD/ Marcus, Lewisville, Flower Mound

Meet Site: Loos Natatorium/**Reserve the right to change locations**
3815 Spring Valley Rd.
Addison, TX 75244
972-888-3191

Just North of I-635 on Spring Valley between Marsh and Midway

- Indoor 50 meter pool divided into two 25 yard pools with starting blocks, warm-up-warm-down facilities.
- Locker rooms and showers
- Coaches' and officials hospitality
- Fully automated Colorado timing system
- Ample seating for competitors and spectators
- Meet manager computer program will be used to conduct the meet

Schedule:

Friday, Nov 20, 2009 Swimming warm-up 10:00 am @ Loos Pool

Coaches Meeting 11:30 am

Swimming Prelims 11:45 am

- Men's and Women's preliminary competition will be run simultaneously using both ends of the pool. Women in the shallow and Men in the deep end. (Switch every year)
There will be a 10-minute break after the 50 Free.
- **DIVING Girls EVENT DD 12.3**
Diving will be at the LISD Aquatic Center. Warm-up will begin @ 3 pm/Start 5 pm (Sheri McGuire)

Saturday, Nov 21, 2009

DIVING Boys EVENT DD 12.5

Diving warm-up 8 am

Diving Prelims/Finals 10 am

@ The LISD Aquatic Center

5729 Memorial Drive

The Colony, Texas 75056

Phone (469) 948-2750

Fax (469) 362-2099

Swimming warm-up 11:30PM @ Loos Pool

Swimming Finals 1:00 pm

- Finals will be held in the deep end. The shallow end may be used for warm-up and warm down. There will be a 15 minute break after the 50 Free and a 10 minute break after the 100 Breast.

Rules: 2009-2010 National Federation Rules will apply. SUIT RULE WILL BE IN AFFECT.

Team Eligibility: Each school entered must have a coach or designated sponsor, who is a current member of the TISCA Coaches Association. Membership applications may be found at www.tisca.org. Send membership applications and check with your meet entries if you are not a member.

Scoring:

Place: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Points: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1

Relays DOUBLE

Entry Limit: Each Swimmer may enter a maximum of four events. No more than two may be individual events. **Relay entries are limited to two per relay event. Relay entries must be entered with a time. Relay entries with no times will not be entered in the meet.** There is no limit to the entries in the individual events, as long as the time standards has been reached in the last calendar year.

Entry Fee: MUST BE ON HYTEK PROGRAM

Entries using the Hard copy entry form only: **\$15.00 per Athlete/\$15 per Relay.** Entries using the Hytek meet software and hardcopy: **\$15.00 per Athlete/\$15 per Relay**

Entry Forms:

When sending entries on Hy-tek teams must e-mail a HARD COPY IN WORD FORMAT of the names and entry fees. Admin. Must have a hard copy. Relay swimmers names must be listed. This is for comparison of entries. When entering on Paper teams must use the UIL forms distributed in your handbook. Fees must accompany entries or received prior to competition!! **Please send these to your accountants EARLY!!!**

Deadline:

ENTRY DEADLINE NO LATER THAN 5:00 PM, TUESDAY, NOV. 10TH

Entries and fees may be sent to: Shannon Gillespy
5707 Morriss Rd.
Flower Mound, Texas 75028
Fax: 972-350-9313
gillespys@verizon.net

FEES MUST ACCOMPANY ENTRY OR BE HAND DELIVERED (send your fee requests early to your ISD's.)

Checks should be made payable to: **Marcus Swim/Dive Booster Club**

Meet Director: Shannon Gillespy
Marcus High School 214-697-4145
5707 Morriss Rd.
Flower Mound, Texas 75028
gillespys@verizon.net

Admission: \$5.00 per adult/\$3.00 per student
Heat Sheet \$5.00 includes 2 day band for finals sheet

2009 NORTH ZONE TISCA TIME STANDARDS

GIRLS		BOYS
2:10.00	200 MEDLEY RELAY	1:55.00
2:05.50	200 FREESTYLE	1:55.00
2:19.75	200 IND. MED	2:08.00
27.00	50 FREESTYLE	24.00
12.3	DIVING	12.5
1:03.75	100 BUTTERFLY	58.50
59.50	100 FREESTYLE	53.50
5:40.00	500 FREESTYLE	5:14.00
2:00.00	200 FREE RELAY	1:50.00
1:05.50	100 BACKSTROKE	1:01.50
1:13.25	100 BREASTSTROKE	1:07.50
4:00.00	400 FREE RELAY	3:45.00

Each team is limited to two (2) relays per relay event. **Please adhere to the TIME STANDARDS.**

COMPLETE DIVE SHEETS MUST BE SUBMITTED BY THE ENTRY DEADLINE

Rule-section 3 art.5. Fax to 972-355-7513 Questions contact Sherry McGuire @ mcguires@lisd.net

Coaches when entering divers Section 8 art. 3 rules apply please adhere to the DD requirements

North Texas TISCA Diving

Location: LISD Aquatic Center
5729 Memorial Drive
The Colony, Tx. 75056
Phone (469)948-2750
Fax (469)362-2099

***Dive Sheets must be faxed with entries !!!

Contact : Sherry McGuire @ mcguires@lisd.net

Sherry McGuire
4th Grade Swim Program
Diving Coach
Lewisville ISD
LISD Natatorium
1776 Timbercreek
Flower Mound Tx
(972)539-4405
(972)317-7675