

2010 DISTRICT 10-4A SWIMMING & DIVING CHAMPIONSHIP

Location: Rockwall ISD Aquatic Center
1205 T L Townsend Blvd
Rockwall, TX 75087
(469) 698-7410

Schedule:

Diving: Thursday, February 4th, 2010

Warm-ups: 11:00AM (Coed)
Girls Warm-Up @ 11:30AM
Girls Competition @ 12:00 NOON
Boys Warm-Up @ **Approximately** 1:30PM
Boys Competition @ **Approximately** 2:00PM

Swimming: Friday, February 5th, 2010

Warm-ups @ 3:00pm
Coaches/Officials Meeting @ 4:30
Parade of Athletes @ 4:45pm
Meet Start (Timed Finals) @ 5:00pm

Facility Features

- 8-Lane 25 yard pool with warm-up/cool-down area.
 - Daktronics electronic timing systems.
 - Two (2) 1-meter Maxiflex diving boards.
- Seating for 800. Deck space for approximately 800.

Entries:

A team may have up to four (4) individuals entered per individual event. Relay teams will be limited to one (1) entry per team per relay event. An individual may enter no more than 2 individual events and 2 relays, or 1 individual event and 3 relays. National Federation & UIL rules will apply. Divers will perform eleven (11) dives (five (5) voluntary/six (6) optional). Diving sheets must be signed and verified no later than one (1) hour before their respective events. No changes can be made after that time. **There is no charge for entries. All entries must be submitted by 4:00PM (CST) Monday, January 25th (no exceptions). Diving sheets must accompany swim event entries. Entries must be sent using Hy-Tek's Team Manager, or via fax using official UIL entry form. If entries are sent via Team Manager, a hard copy of entries must also be sent, either by fax, e-mail, or post. E-mail entries to pwallace@rockwallisd.org or tsacco@rockwallisd.org. Fax entries to Paul Wallace or Tommy Sacco @ (469) 698-7406.**

Confirmation of entries will be sent via e-mail or by phone. If you have not heard from us by 4pm on Monday, January 25th, please call. 469-698-7410.

Scratches

TISCA District Awards 2009-2010

According to TISCA By-Laws, the following rules are in effect for the District Championships.
The following TISCA Awards will be given at the District Championships.

Girls District Athlete of the Meet - Diving
Girls District Athlete of the Meet – Swimming
Boys District Athlete of the Meet – Diving
Boys District Athlete of the Meet – Swimming
Girls District Coach of the Year – Diving
Girls District Coach of the Year – Swimming
Boys District Coach of the Year – Diving
Boys District Coach of the Year – Swimming

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

1. Coaches must be current members of TISCA to be eligible to vote or receive a TISCA District Coach of the Year Award. Each TISCA member will get one vote.
2. Coach of the Year Award will be determined by a vote of the eligible coaches. Coaches will vote for a Girls Division Coach of the Year and a Boys Division Coach of the Year for both Swimming and Diving.
3. TISCA Athlete of the Meet for Girls and Boys Swimming will be determined using NISCA Power Points. The Swimmer with the highest total will be named the Athlete of the Meet for Swimming.
4. TISCA Athlete of the Meet for Girls and Boys Diving will be determined using NISCA Power Points. The Diver with the highest total will be named the Athlete of the Meet for Diving.