



2010 UNIVERSITY OF HOUSTON
REGION 5 5A & REGION 6 4A
SWIMMING AND DIVING REGIONAL MEETS
FEBRUARY 12-13 2010

6 4A WILL SWIM AM SESSION FRIDAY & SATURDAY
5 5A WILL SWIM PM SESSION FRIDAY & SATURDAY

HOSTED BY
University of Houston Women's Swimming Team

Short Course Yards Two Day Prelim - Finals Swimming and Diving Meet

This meet will be observed for USA qualification purposes.

WELCOME:

The University of Houston Women's Swimming Team is hosting the UIL Region 5 5A & 6 4A meets at the University of Houston Campus Recreation and Wellness Center. The meet will be conducted in a single 25-yard course pool, using a Daktronics Timing System and Hy-Tek Meet Manager software.

LOCATION:

University of Houston Campus Recreation and Wellness Center



4500 U.H. University Drive Map attached
Campus Recreation and Wellness Center building is circled on map
Houston, TX. 77204

Directions:

I-45 Southbound Exit on Texas Spur 5 follow road to stop light at U.H. University Dr. Turn right. Turn right into parking lots 20 A and 20 C. Parking lots are across the street from the Campus Recreation and Wellness Center.

I-45 Northbound Exit Cullen. U Turn under I-45 at Cullen. Stay on the feeder road, follow road, continuing past stop light at Elgin to U. H. University Dr. Turn right. Turn right into parking lots 20 A and 20 C. Parking lots are across the street from the Campus Recreation and Wellness Center.

Region 5 5A & 6 4A Parking Procedure Parking fee Friday \$3.00 Parking is free on Saturday.

Parking Enforcement process to obtain parking permits for the Region 5 5A & 6 4A meets Friday February 12, 2010

Parking Enforcement plans to have a booth in the parking lot on Friday from 7 AM to 12 Noon and 1 PM to 6 PM. **Tags are \$3.00 each, cash only.** Tags must be hung from the rear view mirror. Vehicles without a tag will be ticketed. This will be strictly enforced. All school vehicles, cars, vans and busses, must have a parking tag. Any changes in this procedure due to weather will be posted on the TISCA website and sent out to the coaches.

PARTICIPANT REGISTRATION PROCEDURE: Swimmers coaches and officials must check in at the registration table located on deck just inside the rotunda pool entrance. Credentials will be distributed at this location only. Credentials are required to enter the pool deck area. Coaches and Officials must also wear their credentials. **Only swimmers and divers participating in the meet will be allowed on deck.** Substitutes on relays will have passes if listed in the school entries. Swimmers without credentials will **NOT** be allowed on deck. All meet personnel are to enter and exit the pool deck through the rotunda swimmer entrance only.

MEDIA: Credential tags for media personnel must be arranged for **one week in advance** with the meet director. No media credentials will be approved the day of the meet. Only individuals with media credentials will be allowed access to the pool deck. The following protocol for media credentials must be followed:

Credential requests must be submitted (emailed) on company letterhead to the meet director 1 (one) week prior to the start of the event. The letter must identify the school(s) they are covering in their credential request.

Each person, along with his/her duties (reporter or photographer) must be listed on the request. Photo identification must be presented in order to claim credentials.

***Credentials will not be issued to internet sites/magazines. Commercial for profit internet sites will not be issued credentials. Paid membership-only sites will not be issued credentials.

***Credentials will not be issued to recruiting services or scouts.

***Photographers whose photos will be used for any purpose other than media coverage will not receive credentials.

LOCATION: This is a physical address not a mailing address. Please see entry information regarding mailing address.

POOL: Eight lane, 25 yard in door pool with non-turbulent lane lines. Separate warm up/down available.

POOL DECK RESTRICTION: 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 meet personnel, please do so. It is for your safety.

See complete facility rules attached to this invitation.

Teams are permitted to bring two coolers, with water only, on deck. No Food allowed on deck, if found will be confiscated.

As guests of The University of Houston Campus Recreation and Wellness Center, all must adhere to the facility rules. Coaches must supervise their swimmers. Locks may not be put on lockers. **Wet swimmers cannot leave the pool deck.** Athletes must wear warm ups or a parka to go out into the rotunda. Meet participants are not allowed in the spectator seating area. Children of spectators must be supervised at all times.

SAFETY GUIDELINES AND WARM-UP PROCEDURES: See attached Safety Guidelines and Warm-up procedures.

SWIMMER

ELIGIBILITY: All athletes must be eligible under the University Interscholastic League guidelines as outlined in the UIL Swimming and Diving Manual for 2009-10.

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

RULES: The 2009-2010 National Federation of High Schools Swimming and Diving and Water Polo Rules will apply to this meet.

**MEET FORMAT:
Swimming**

High School meet format: Boys and Girls Prelims and Finals **will be conducted in the same course alternating events.** The 500 freestyle will be swum slowest to fastest.

After the entry deadline there shall be no substitution allowed in the individual events. If the district qualifiers cannot compete in the regional meet, the next place may be certified (if time allows) by the district director who contacts the regional meet director and the next qualifier. Substitutions will be allowed on any school relay team into the regional meet. **Eight relay swimmers should be listed for the regional 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.

This meet will be a pre-seeded meet. Heat and lane assignments will be shown in the heat sheet. Coaches, please inform your swimmers. Two Meet programs will be included in the coach packet.

Finals Qualifiers: A competitor may withdraw from a preliminary event or final 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.

Swimmers who qualify as alternates for final events must be immediately available should no shows occur. Immediately is defined as being on the block and ready to swim within 60 seconds of being called. There will be NO delays.

**MEET FORMAT:
Diving**

All diving will be conducted on Friday February 12, 2010.

This meet will be conducted as a Championship meet. The 1 meter diving shall consist of 5 voluntary dives and six optional dives following NFHS Rule 9, Section 4 Article 1, Section a, b, c, & d.

Diving competition will start at the same time as the swimming competition begins.

All corrections/revisions must be in the hand of the Diving Referee not later than one (1) hour prior to the start of the competition.

**ALL AMERICAN
DIVING:**

Schools may appoint one (1) individual to film/videotape the diving competition. The name of the person filming must be included in the email with the entries. This person will receive a pass in the coach packet and will be permitted to film from the pool deck during the diving competition only. **Only power pack or battery video tape recorders will be permitted.**

MEET REFEREES DIVING: Region 5 5A Coach Ed Hooker Phone work: 713-365-4570 Fax: 713-365 4572
Diving sheets must be faxed attn: Coach Hooker by end of the school day Monday February 8, 2010. No late entries will be accepted. The original diving sheet must be brought to the meet. All Schools entering divers must provide a TISCA certified diving judge.

Region 6 4A Derrick Mauk Phone: 281-748-8240

Diving sheets must be faxed to 281-366-7406 attn: Jim Brenneke by end of the school day Monday February 8, 2010. No late entries will be accepted. The original diving sheet must be brought to the meet. All Schools entering divers must provide a TISCA certified diving judge.

MEET REFEREE SWIMMING: Rick Tobin tobinrc@comcast.net

Officials interested in working please contact Rick Tobin at the email address above at least one week prior to the meet. The uniform for all **preliminary sessions will be white polo over navy blue pants/skirt (no shorts)** as appropriate. **Finals uniform will be navy blue polo over white pants/skirt (no shorts)** as appropriate.

ENTRIES: No paper forms for swimming entries will be accepted. Entry times **must** be from the District meet. Swimming entries must be done using Hy-Tek programs, either Meet manager or Team manager. Team Manager Lite programs may be downloaded at <http://www.hy-tek ltd.com/downloads.html> Click on **Lite** next to the product name to download and save the file to your desktop. Then open the Lite file from your desktop to install the Lite software. Entry files must be emailed to the name and address below. When emailing Hy-Tek entries you must also email a hard copy of the entries and the entry fees in Word or PDF format. Relay swimmer names, up to 8, may be listed. **Divers must be entered in the meet via your Hy-Tek file.** Entries are not considered complete until all hard copies of the entries have been received. Grade levels must be included in the file and in number form not letters. USA Swimming numbers, for USA Swimming registered swimmers, must be included in the hy-tek entry file.

DEADLINE: **District meet results must be received by 12 Midnight the day of the District meet.** District reports should be emailed as two column pdf reports with a complete meet manager back up file. Individual school entries are due by the end of the school day Monday February 8. No late entries accepted. Diving sheets must be received by the same deadlines. See above.

ENTRY LIMIT: Each swimmer may enter a maximum of 4 (four) events. No more than 2 (two) may be individual events. **Relay only swimmers will be permitted.** No school may enter more than 4 (four) swimmers in any single individual event. Each school is limited to 1 (one) relay team per relay event.

ENTRY FEE: \$16.00 per athlete and \$16.00 per relay entry.
Checks payable to HOUSTON COUGARS.
Fees must be received no later than the start of the meet. School District issued checks, booster club checks and cash will be accepted. No personal checks.
Once the entry fees are accepted they will not be refunded, if a swimmer or diver should fail to compete.

MEET DIRECTOR: Linda Brenneke entries4meets@yahoo.com 281.589.8913
Checks payable to HOUSTON COUGARS
Send payment to:
Linda Brenneke
527 Nottingham Oaks Trail
Houston, TX. 77079-6331
281.589.8913
entries4meets@yahoo.com

Coaches must provide a school and a non-school email address and call to confirm that their entries have been received.

6 4A Schedule Friday and Saturday Feb 12-13, 2010

SWIMMING PRELIMS and FINALS FEBRUARY 12-13

*****DIVING PRELIMS AND FINALS FRIDAY FEB 12 ONLY**

******Swimmers and divers will be allowed on the pool deck at 7:30 AM**

***** DIVING will be FRIDAY ONLY**

WARM UPS (swimming & diving)	8:00 AM
CLEAR POOL	9:30 AM
COACHES MEETING	9:35 AM
NATIONAL ANTHEM	9:55 AM
MEET STARTS (swimming & diving)	10:00 AM

5 5A Schedule Friday and Saturday Feb 12-13, 2010

SWIMMING PRELIMS and FINALS FEBRUARY 12-13

*****DIVING PRELIMS AND FINALS FRIDAY FEB 12 ONLY**

******Swimmers and divers will be allowed on the pool deck at 2:00 PM**

Should the morning session run long the afternoon swimmers and divers will be allowed on deck after the conclusion of the morning session

***** DIVING will be FRIDAY ONLY**

WARM UPS (swimming & diving)	2:30 PM
CLEAR POOL	4:00 PM
COACHES MEETING	4:05 PM
NATIONAL ANTHEM	4:25 PM
MEET STARTS (swimming & diving)	4:30 PM

TOP 8 FINALISTS: The top 8 finalists should report directly to the starting blocks. Names will be announced before the start of each final heat.

CONSOLATION & RELAY FINALISTS: Consolation and relay finalists should report directly to the starting blocks. Names will be announced after the start of each of these heats, except for the 50 freestyle heats. Names will be announced before the start of each 50 freestyle heat.

SCORING: Standard championship 16 place scoring will be used

Individual events 16 places	Finals	20-17-16-15-14-13-12-11
	consolation	9 7 6 5 4 3 2 1
Relay events 16 places	Finals	40-34-32-30-28-26-24-22-
	consolation	18 14 12 10 8 6 4 2

AWARDS: Medals for swimming and diving 1 through 3, individual and relay TISCA ribbons 4-8th place. First place men's team and first place women's team will receive trophies. Awards presentations will be held every 2 (two) events. The coach of the first place winner, of each event, should report to the awards stands to present the awards.

TIMING SYSTEM: Daktronics electronic timing systems with an electronic scoreboard will be used. Two watches per lane will be used as backup. Each school will be required to furnish one student volunteer timer for one lane for the duration of the preliminary session. All teams with swimmers in the finals session will be expected to provide one timer for the entire finals session. Timing assignments will be published in the heat sheet.

LIABILITY: The University of Houston, The University of Houston Women's Swimming Team and The University of Houston Campus Recreation and Wellness Center staff, accept no responsibility or liability for injuries sustained by any individual, athlete, official, meet volunteer, or spectator while traveling to and from or while participating in the meet. Damage to the facility, when proved, will cause the offending swimmer, or the offending swimmer's team to be held accountable and liable for repairs. It may also result in expulsion from the meet. Any individuals found to have caused damage to the facility will be held responsible.

CONCESSIONS: Smoothie King and C-Store (may have limited hours) are located in the rotunda of the Rec Center. McAlister's Deli is located in the parking garage across from the Rec Center. Pizza Hut, Subway and Maui Wowi are located across the street adjacent to parking lot 20A. Food and drinks, including smoothies, must be consumed in the rotunda. **Smoothies and food are not allowed on deck.**

MEET T-SHIRTS Meet T-shirts will be available for purchase.

HOSPITALITY: A hospitality room with drinks and snacks will be available for coaches, officials and meet workers only. Food must be eaten in the hospitality room.

SPECTATOR SEATING: The spectator seating area (cement bench seating) will accommodate **600** occupants. No reserve seating is allowed. Children of spectators must be supervised at all times. **Participants are required to remain with their team on the pool deck during each session.** Noise makers of any type are strictly prohibited.

SPECTATOR TICKET SALES: ***All ticket sales and meet program sales will be cash only. No checks or credit cards accepted.

The spectator seating will be cleared after each session.

Ticket sales will begin at **8:30 AM** Friday & Saturday for the **4A** Meet. Doors to the seating area will be opened at **8:30 AM**.

Ticket sales will begin at **3:00 PM** Friday & Saturday for the **5A** Meet. Doors to the seating area will be opened at **3:00 PM**.

ADMISSION:	\$5.00 per adult	\$3.00 per student with ID	per session
	Children 10 & under are free		
Meet program	\$3.00		
Finals meet program	\$3.00		

SAFETY GUIDELINES AND WARM-UP PROCEDURES

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. 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.

B. Safety Marshals

- 1. Safety Marshals 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.**

C. Miscellaneous

- 1. Swimmers should be reminded by coaches that breaststrokers need more leadtime 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. During warm-up, unattached and unattended swimmers must report to the Safety Marshal for assignment to a coach before entering the pool.

D. POOL RULES

- 1. The University of Houston Natatorium is a No Smoking Facility. Smoking, or use of other tobacco products, is not allowed in the building.
- 2. No glass containers are allowed anywhere in the Natatorium.
- 3. It is expected that all persons attending the meet respect the facilities and remember that they represent themselves and their respective teams. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.
- 4. Parents and Swimmers please help keep the Natatorium clean. As you leave please pick up the trash around you. **Thank you!!**
- 5. **See the complete Campus Recreation & Wellness Center Natatorium pool rules attached.**

**UNIVERSITY OF HOUSTON
CAMPUS RECREATION AND WELLNESS CENTER
NATATORIUM RULES FOR SWIM AND DIVE MEETS**

1. Seating is limited to 600 occupants in the spectator area of the Natatorium. **NO RESERVING OF SEATS IS PERMITTED** as seating will be on a first come basis only. **No Lawn chairs or portable seating** are allowed.
2. Children under 15 years of age must be supervised at all times.
3. Participants and spectators are only allowed in areas specifically designated during Swim and Dive Meets.
4. Flash photography will **not** be permitted at the start of each race.
5. No coolers, glass or other breakable containers, hard plastic toys, tobacco, alcoholic beverages or gum are allowed in the facility.
6. Team banners must not exceed 5" x 8" and will be hung by event staff. No handmade signs.
7. No balloons permitted in the facility.
8. Animals are not allowed in the facility with the exception of service animals that are assisting disabled persons
9. No Heelys (or any style) of skate shoes allowed in facility.
10. No body paint allowed.
11. No Noise Makers/Coins (Tilt Bleachers) are allowed.
12. No changing clothes on deck.
13. You are encouraged not to bring any valuables with you to the facility. Campus Recreation personnel are not allowed to hold personal items for anyone.
14. No smoothies allowed on deck or in spectator seating area (Observation Deck).
15. No food or non-water beverages are allowed on pool deck. These items must be consumed in Rotunda or outside picnic areas in front of the building.
16. You may be asked to leave the facility if you are caught eating or drinking on the pool deck.
17. All food in the hospitality room must be eaten in the hospitality room.
18. Please respect the facility and clean up after your team and/or family at the conclusion of each session. Throw your trash in trash containers and recycle items where possible.
19. Only participants, coaches, event administrators and event volunteers are allowed on the pool deck.
20. Participants are not allowed to climb over the grandstand railings or pass by posted barriers.
21. Swimming and diving are allowed only when the area is supervised.
22. No swimming under the bulkheads will be permitted.
23. No hanging or sitting on the lane lines.
24. Diving boards and platforms will be closed and off limits during non-competition times.
25. The sauna, spa and outdoor pool areas are off limits to all competitors and spectators.
26. There will be no shaving within the CRWC facility. All shaving should be completed prior to arrival. Safety marshals will be monitoring the locker rooms and restrooms to enforce this policy.
27. Unauthorized personnel are not allowed to be on or walk across the bulkheads.
28. You will be asked to leave the pool deck if you do not have proper identification.
29. Swimmers are required to remain with their team on the pool deck during each session. Wet swimmers are not permitted to leave the pool deck.
30. Blocking or restricting fire lanes or emergency exits and the use of emergency exits for non-emergencies is prohibited.
31. All participants and spectators are expected to follow the directions of CRWC staff at all times. Questions about any decision can be directed to the Assistant Director of Aquatics or his/her representative.
32. The University of Houston Campus Recreation and Wellness Center staff has final authority on all safety matters and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.

OFFICIAL NATIONAL FEDERATION DIVING SCORESHEET

ORDER of

FINISH

TOTAL POINTS

AWARDED

Diving Order

Name _____ School _____
 Meet _____ Site _____ Date _____
 Class _____ VARSITY or JayVee _____ MALE or FEMALE _____

Dive Order	Dive Number	DIVE DESCRIPTION	Dive Position	JUDGES SCORES							Judges Total	Degree of Difficulty	POINTS AWARDED
				1	2	3	4	5	6	7			
1													
2													
3													
4													
5													
PRELIMS (Dives 1, 2, 3, 4, 5 -- 2 Voluntary & 3 Optional)											CUMULATIVE SCORE		
6													
7													
8													
SEMI-FINALS (Dives 6, 7, 8 -- 2 Voluntary & 1 Optional)											CUMULATIVE SCORE		
9													
10													
11													
FINALS (Dives 9, 10, 11 -- 1 Voluntary & 2 Optional)											CUMULATIVE SCORE		

DUAL MEETS: List voluntary dive first.
 Spaces 2-6 for optional dives

CHAMPIONSHIP & OTHER 11-DIVE MEETS
 List dives in each section, as per instructions

Straight (**A**)

Pike (**B**)

Tuck (**C**)

Free (**D**)

TOTAL POINTS AWARDED







Signatures:

Diver _____

Coach _____

Referee _____



	Academic Instruction		Housing
	Administration/Support		Systems Buildings
	Auxiliary Services		Wireless Access

Maps

This map and others can be located at: http://www.uh.edu/campus_map/uh_map_and_index.pdf
(The map is much easier to interpret at the website where there are several versions of maps)

Also: Try the Google maps link below. You can zoom in on the building that looks like it has a donut on it on it, or zoom out to see roads and freeways.

<http://maps.google.com/maps?f=l&hl=en&q=&near=4500+University+Dr,+Houston,+TX&btnG=Search&ll=29.718312,-95.337821&spn=0.004435,0.00942&t=h>

