

District 9-4A
Swimming & Diving Championships
Frisco ISD Natatorium
Frisco, Texas
January 21-22, 2011

Location: Frisco ISD Natatorium
7411 First Street
Frisco, Texas 75034
469-633-6160

Facilities: One 25-yard Competition Course
Separate 25-yard Warm-up/Cool-down Pool
Two One-meter Dura-Flex Diving Boards
Colorado Timing System 6
Full matrix full color LED scoreboard
Spectator seating for 800+
Ample deck seating for swimmers

Schedule: **Diving – Friday, January 21, 2011**

Warm-up	10:00
Diving	11:30

Each diver will perform eleven (11) dives, five (5) voluntary and six (6) optional.
Diving counts as an individual event. Include your divers in your Team Manager entries.

Preliminaries: Any two (2) voluntary & three (3) optional

Semifinals: Two (2) voluntary & one (1) optional

Finals: One (1) voluntary & two (2) optional

Dive sheets must be signed and verified by 10:45.

Swimming - Saturday, January 22, 2011

Building Open	8:45
Warm-up	9:30 – 10:45
Timed Finals	11:00

Rules: U.I.L. and National Federation Rules will govern the meet.

Scoring: Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2

Awards: Team awards will be given to the girl's team champion and runner-up and the boy's team champion and runner-up.

Medals will be awarded to first, second, and third place in individual and relay events.

Entries: Each contestant may enter a maximum of four (4) events.
No more than two (2) may be individual events (diving counts as an individual event).
Each team may enter four (4) individuals and one (1) relay in each event.

All teams will meet at the Frisco ISD Natatorium on Monday, January 17 at 10:00am to turn in their entries. Bring your entries on a disk or flash drive.
All Swimming and Diving entries will be due at this time, including Diving Sheets.
We will discuss items pertaining to the conduct of the District Meet at this meeting.
A psych sheet will be available at the end of the meeting.

We will not post a psych sheet on our web site.

Team Manager: **Enter your team with Team Manager II. Event file is posted on the Frisco ISD Swimming Web Site. <http://www.friscoisd.org/swimming>**

- Use version 4.0 or higher of Team Manager.
- Up-date your software often to insure compatibility.
- Use the official UIL Team Code.
- Use the numeric grade level for each swimmer/diver.
- Use the school name as the "short name".
- Do not use a mascot name or shortened name.

Adult Admission - \$4.00

Student Admission - \$3.00

Heat Sheets - \$2.00

T-Shirts - \$13.00

Please call or e-mail if you have any questions:

Bruce Eubanks
Frisco HS
469-633-6161
eubanksb@friscoisd.org

Ronnie Rogers
Centennial HS
469-633-6162
rogersr@friscoisd.org

John Janak
FISD Natatorium
469-633-6160
janakj@friscoisd.org

Coach of the first place winner in each event will present the awards for that event. Swimmers and Divers are encouraged to report to the awards stand on time for each presentation of awards and pictures.

Schedule of Events

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
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Thursday

9.	Diving	10.
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Awards: Events 9 - 10

Saturday

1.	200 Medley Relay	2.
3.	200 Free	4.
5.	200 Individual Medley	6.
7.	50 Free	8.

Awards: Events 1 - 4

11.	100 Fly	12.
13.	100 Free	14.

Awards: Events 5 - 8

15.	500 Free	16.
17.	200 Free Relay	18.

Awards: Events 11 - 14

19.	100 Back	20.
21.	100 Breast	22.

Awards: Events 15 - 18

23.	400 Free Relay	24.
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Awards: Events 19 - 24

TISCA Awards

Team Awards

TISCA District Awards 2010-2011

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.