

**Frisco Independent School District**  
**Sprint Invitational**  
**FISD Natatorium**  
**Frisco, Texas**  
**September 23, 25, 2010**

Location: Frisco ISD Natatorium  
7411 North First Street (North First Street & North County Road)  
Frisco, Texas 75034  
469-633-6160

Facilities: One 25 Yard Competition Course  
One 25 Yard Warm-up/Cool-down Pool  
Two One-Meter Dura-Flex Diving Boards  
Fully automated Colorado Timing System  
Spectator seating for 800+  
Ample deck space for swimmers

Schedule: Diving – Thursday, September 23, 2010

Warm-up	3:30
Diving	5:00

Each diver will perform six (6) dives, one (1) voluntary and five (5) optional.  
The voluntary dive will be from the **forward group**.

***Diving sheets must be verified and signed by 4:15.***

Swimming – Saturday, September 25, 2010

Doors Open	7:30
Warm-up	8:00 – 9:45
Timed Finals	10:00

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

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

Awards: Team awards will be given to the top three (3) girl's teams and the top three (3) boy's teams.

Ribbons will be awarded first through eighth 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. Each team may enter two (2) relays and four (4) individuals in each event.

Entry Procedure: Enter your team with Team Manager II. Events file will be posted on the FISD Swimming Web Site: **Do not send the Zip File.** Open the Zip File and send the file that ends with HY3. Be sure to include your diving entries.

- 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 (09, 10, 11, 12) for each swimmer/diver.
- Use the team name as the “short name”.
- Do not use a mascot name or shortened name.

**Diving Entries: go to: <http://www.edive.info/delimentries.aspx> to enter divers.**

**Fill out the form and submit to:**

**Ronnie Rogers**  
**rogersr@friscoisd.org**

Entry Fees: **Team Manager Entry: \$8.00** per individual, regardless of the number of individual events they enter. **\$8.00** per relay entered. (Maximum entry fee per Team - \$350.00)

**Non-Team Manager Entry: \$10.00** per individual, regardless of the number of individual events entered. **\$10.00** per relay entered. (Maximum entry fee per team \$400.00)

Individual Entry Fees are **NOT** required for **Relay Only Swimmers**, they are only charged if they are entered in an individual event. Entry Fees are calculated on total number of Swimmers, Divers, and Relays on your original entries. **There is no re-calculation of entry fees for scratches.**

Make checks payable to: **Frisco ISD Natatorium**

Mail to: **Frisco ISD Natatorium**  
**7411 North First Street**  
**Frisco, Texas 75034**

Entry Deadline: Entries must be received by midnight **Thursday, September 16, 2010.**

**A psych sheet will be posted on the Frisco ISD swimming web site on Monday, September 20, 2010. Please check your entries for errors. E-mail any corrections and scratches by noon on Thursday, September 23, 2010. A warm-up schedule will also be posted with the psych sheet.**

**<http://www.friscoisd.org/swimming>**

E-mail corrections and scratches to: Ronnie Rogers  
rogersr@friscoisd.org

## Schedule of Events

Thursday, September 23, 2010

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
9.	Diving	10.

Saturday, September 25, 2010

1.	100 Medley Relay	2.
3.	100 Free	4.
5.	100 Individual Medley	6.
7.	25 Free	8.
11.	50 Fly	12.
13.	50 Free	14.
15.	200 Free	16.
17.	100 Free Relay	18.
19.	50 Back	20.
21.	50 Breast	22.
23.	200 Free Relay	24.

Admission: Adults - \$4.00 Students - \$3.00 Heat Sheets - \$2.00

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

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

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

Ronnie Rogers  
Centennial HS  
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