

**Frisco Independent School District  
Swimming & Diving Invitational  
Frisco ISD Natatorium  
Frisco, Texas  
November 18, 20, 2010**

Location: Frisco ISD Natatorium  
7411 North First Street (First Street & North County Road)  
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  
Fully automated Colorado Timing System  
Spectator seating for 800+  
Ample deck seating for swimmers

Schedule: **Diving – Thursday, November 18, 2010**

Warm-up	3:30
Diving	5:00*

\*Start time may be adjusted depending on number of divers entered.

Each diver will perform eleven (11) dives, five (5) voluntary and six (6) optional. Please consult the National Federation Swimming & Diving Rule Book for choice and order of dives. There is no DD requirement for diving.

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

**Swimming - Saturday, November 20, 2010**

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

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.

Medals will be awarded to first, second, and third place in individual and relay events. Ribbons will be awarded to fourth 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 (diving counts as an individual event).  
**Each team may enter four (4) individuals and two (2) relays in each event.**

**EXCEPTION: Each team may enter six (6) individuals in the 50 Free and 100 Free.**

**COACHES: PLEASE ADHERE TO TIME STANDARDS.**

Entry Procedure: Enter your team with Team Manager II. Event file is posted on the Frisco ISD 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: [rogersr@friscoisd.org](mailto:rogersr@friscoisd.org)**

Entry Fees: **Team Manager Entries:** \$9.00 per individual, regardless of the number of individual events they enter. **\$9.00** per relay entered. (Maximum entry fee per Team - \$400.00)

**Non-Team Manager Entries:** **\$11.00** per individual, regardless of the number of individual events entered. **\$11.00** per relay entered. (Maximum entry fee per team \$450.00)

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, November 11, 2010.**

**A psych sheet should be posted on the Frisco ISD Swimming Web site on Monday, November 15. Please check your entries for errors. E-mail any corrections and scratches by noon on Thursday, November 18. 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](mailto:rogersr@friscoisd.org)

## Schedule of Events

	Time Standard	Event	Time Standard	
9		Diving		10
1	2:40.99	200 Medley Relay	2:24.99	2
3	2:36.99	200 Free	2:22.99	4
5	2:55.99	200 Individual Medley	2:47.99	6
7	0:29.99	50 Free	0:26.19	8
11	1:29.99	100 Fly	1:15.99	12
13	1:06.99	100 Free	0:59.99	14
15	7:29.99	500 Free	6:59.99	16
17	2:19.99	200 Free Relay	2:08.99	18
19	1:24.99	100 Back	1:17.99	20
21	1:29.99	100 Breast	1:19.99	22
23	4:49.99	400 Free Relay	4:19.99	24

**Coaches: Swimmers must meet or be equal to or faster than the listed Time Standard.**

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

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

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