

2016 TENNESSEE INTERSCHOLASTIC SWIM COACHES ASSOCIATION STATE HIGH SCHOOL SWIMMING & DIVING CHAMPIONSHIP FEBRUARY 12 & 13, 2016

OFFICIAL MEET INFORMATION

Tracy Caulkins Competition Pool Centennial Sportsplex
222 25th Ave North, Nashville, TN 37203

HOST: Nashville Aquatic Club

FACILITY: Indoor 50 meter by 25 yard pool divided by two 4-foot wide bulkheads into two 25 yard pools. Competition pool 1 runs from 7 feet at starting end to 8 feet deep, Competition pool 2 runs from 12 feet at starting end to 8 ½ feet deep. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Separate warm down pool will be available. Wireless live results will be available at www.swimnac.com. **Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.**

MEET MANAGEMENT:

Meet Referee:	Stephanie Nadeau	stephanienadeau06@gmail.com
Admin Referee:	Tara Todd	tara.todd@vanderbilt.edu
Admin Official:	Kristan Schiedemeyer	AdminOffical@SwimNAC.com
Meet Director:	Meg Brasuell	MeetDirector@SwimNAC.com
Diving Director:	John Goddard	jgoddard3892@gmail.com
Entry Chairperson:	Chelsea Fourakre	Entry@SwimNAC.com

RULES: Current National Federation of State High School Associations (NFSHSA) Rules govern the conduct of these championships, except as modified by the TISCA Constitution and Bylaws, TISCA Championship Rules, or this Meet Invitation. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all the information contained in the meet information.

OFFICIALS: All swimming officials must be currently certified and 2016 members of USA Swimming. Officials desiring an assigned position must submit an application to the meet referee by **Friday, February 5, 2016**. Applications are available at: <http://www.tisca.net/>

Dress code of white polo shirts with khaki bottoms will be worn for all prelim sessions. Oxford blue shirts with khaki slacks or skirts will be worn for all finals sessions. White socks & shoes will be worn for all sessions.

CREDENTIALS:

Coaches, athletes and officials are required to display credentials to gain access to the pool deck. Credentials will be provided at Team Check-In. Lost credentials can be replaced for \$5.00.

ELIGIBILITY:

This Championship meet is open to current TISCA member teams and athletes in good standing (swimmers and divers in grades 9 through 12) and teams consisting of "Home School" athletes (grades 9 through 12), if meeting the requirements of *Article VII and Article VIII* and accepted by TISCA. All home school unattached swimmers must be a current member of TISCA.

Failure to have renewed will result in no voting privileges being granted, nor State Championships entries being accepted unless dues are current. Any outstanding dues must be paid by January 15. Questions: Ben Whiteside: bwhiteside@tnaquatics.com

TEAM CHECK-IN:

Coaches and teams must check-in and receive their team packet and credentials before they will be allowed onto the pool deck. Early Check-In will be held on Thursday, February 11, 2016 from 4:00 pm to 7:00 pm at Centennial Sportsplex. Coaches may also check-in prior to the preliminary sessions on Friday and Saturday 6:30 am – 8:30 am. Team packets and heat sheets will be available at check-in.

MEET FORMAT:

Prelim/Final meet with 24 events as set forth on the "Order of Events". There will be a championship & consolation heat (top 16) for all swimming events. All events will be pre-seeded. For the Finals Session: All swimming and diving championship finalists will report to the ready area (hallway next to the locker rooms). Consolation finalists will report to the blocks.

WARM-UP RULES & ASSIGNMENTS:

Southeastern Swimming safety guidelines and warm-up procedures will be in effect. **Coaches of multiple high school teams must email Admin@SwimNAC.com to request their teams to be assigned to the same warm-up.** Warm-Up assignments will be posted on the NAC website when available and included in the team packets.

ENTRIES:

Each competitor may enter a maximum of four (4) events, no more than two (2) of which may be individual events and must have met the qualifying time in any entered event during the current season. A team is allowed four (4) scoring entries in each individual event. Teams are limited to one (1) scoring "A" relay per event. The "A" relay must consist of at least two members entered in at least one individual swimming event. Note: Diving is not considered an individual swimming event for purposes of this rule. Onenon- scoring "B" relay may also be entered with an entry time and must be designated as such on the entry. In relay events 8 individuals may be designated on the entry.

Each school/team may enter a maximum of four (4) men and four (4) women as "Relay Only" swimmers (implemented February 11, 2012). These swimmers may compete on "A" relays only. If a diver wishes to participate as a qualified member of an "A" relay team, they must qualify in a "swimming" event. If diver does not meet this qualification, they may be included as "Relay Only" swimmers. "Relay Only" swimmers must be entered on the relay in the original entry. A "Relay Only" swimmer is a swimmer who is not entered in any individual swimming events.

To declare a swimmer as "Relay Only" in the Team Manager software, click on the Entered check box next to the swimmer's name and then right mouse click. TM will ask you to confirm that you wish to enter this swimmer as a "Relay Only" swimmer." Click OK and the "Relay Only" swimmer entry will be stored in your database and the column to the left of the swimmer's name will be listed with a @ character to indicate the "Relay Only" status. "Relay Only" swimmers will be displayed in the Meet Entry Report sorted "byname" with the "Individual and Relay" boxchecked.

ENTRY TIMES:

Enter with best **SHORT COURSE YARDS** times achieved in competition during the current high school season. Entry times should be in hundredths of a second.

ELECTRONIC ENTRIES ONLY:

All swimming and diving entries must be submitted **USING THE ASSIGNED TISCA STATE MEET TEAM ABBREVIATION FOR YOUR SCHOOL** via email using Hy-Tek Team Manager/Team Manager Lite or Team Unify. The downloadable Team Manager EVENT FILE is available on the TISCA website <http://www.tisca.net/> and Nashville Aquatic Club website at www.SwimNAC.com.

ENTRY FEES:

- Individual Event (per event): \$3.50
- "Relay Only" Swimmer (per swimmer): \$3.50
- Relay Event (per relay event entered): \$10.00

Checks payable to: **NASHVILLE AQUATIC CLUB**
**Please list SCHOOL NAME on the check.*

Mail checks to: **Nashville Aquatic Club**
PO BOX 128318
NASHVILLE, TN 37212
**Signature requirement must be waived for USPS, Fed-EX & UPS deliveries*

ENTRY DEADLINES:

Meet Entry File:

ENTRY FILE must be RECEIVED by Wed, February 3, 2016 @ 6:00 pm CST.

All emailed entries must include the *TISCA State Meet Team Abbreviation* assigned to your team AND the full school name in the SUBJECT line of the email. **An email confirmation will be sent when entry is received.**

Meet Entry Fee:

Meet Entry Report, Meet Entry Fee Summary, Team Summary Report, Waiver & Team Information Form (included in this Meet Invite) and Entry Fee check must be RECEIVED by Friday, February 5, 2016.

Coaches must give a cell phone contact number.

ENTRY CORRECTIONS:

Coaches are responsible for the accuracy of entries. Once entry is received by NAC, an email confirmation will be sent that the email was RECEIVED. **Coach will receive school entry report via email by Friday, February 5, 2016 @ 12:00 pm CST.** The Psych Sheet will be posted on the TISCA and NAC web sites by 6:00 pm, CST, Tuesday, February 9, 2016. **Please check entries carefully before submitting. No ADDITIONS can be made after Feb 3rd due to High School Championship rules.**

ENTRY TIME VERIFICATION:

A swimmer who does not attain the qualifying time for an event during competition in this championship meet will be required to provide proof of entered time. The only valid proof of time will be official meet results from the meet where the time was attained. Failure to provide entry time verification immediately after the session by the coach will result in \$25 fine charged to the team per instance. Fines may be paid immediately, please note that a team will not be allowed to participate in future TISCA Championship Swim Meets until all outstanding fines have been paid. Official meet results are defined as results achieved in high school competition or meets such as USA Swimming, AAU, or Y meets. "Exhibition" swims should be shown as part of the official meet results. A certified official who was present must sign Time Trial results.

COMPETITORS WITH DISABILITIES: Coaches and/or athletes are responsible for notifying the meet referee of any accommodation requests.

2016 TISCA Championship Qualifying Times & Order of Events

Note: Women dive on Friday and Men dive on Saturday

Friday, February 12, 2016

WOMEN			EVENT	MEN		
Event #	SC Yards	SC Meters		SC Yards	SC Meters	Event #
1	NT	NT	200 Medley Relay	NT	NT	2
3	2:12.19	2:26.39	200 Freestyle	2:00.29	2:13.29	4
5	2:31.09	2:47.69	200 Individual Medley	2:17.49	2:32.79	6
7	26.99	30.09	50 Freestyle	23.99	26.89	8
9			1 Meter Diving WOMEN			
11	1:07.39	1:14.89	100 Butterfly	1:00.19	1:06.99	12

Saturday, February 13, 2016

WOMEN			EVENT	MEN		
Event #	SC Yards	SC Meters		SC Yards	SC Meters	Event #
13	1:00.39	1:07.19	100 Freestyle	52.99	58.89	14
15	5:59.69	5:15.49	500 yd./400 m. Freestyle	5:37.19	4:56.09	16
17	NT	NT	200 Freestyle Relay	NT	NT	18
			1 Meter Diving MEN			10
19	1:07.89	1:15.49	100 Backstroke	1:01.59	1:08.39	20
21	1:17.69	1:26.39	100 Breaststroke	1:09.19	1:16.89	22
23	NT	NT	400 Freestyle Relay	NT	NT	24

*All entry times submitted for TISCA Championship Swim Meet must be converted to short course yards.

USA SWIMMING OBSERVED STATUS:

This meet has been approved for Observation of USA Swimming technical rules. For only those USA-S swimmers entered into the meet database with accurate USA-S ID numbers, all times from legal USA-S swims will be automatically loaded into the national times database. PLEASE do NOT "create" ID's in Team Manager for non-USA-S athletes. The USA-S athlete's correct USA Swimming ID#, registered full name with middle initial and date of birth must be included with the entry. For those USA-S swimmers without USA-S ID's or inaccurate ID #'s, a written request must be submitted. Leadoff splits for individual events and relays must be specifically requested in writing. Requests must be made by submission of the SES Individual Verification Request Form by the athlete or coach within two weeks of the last day of the meet (February 29, 2016) and submitted to the LSC SWIMS/NTV Chair. Email requests are not acceptable. Forms are available at: www.seswim.org/forms An LSC administrative fee of \$5.00 per swimmer fee must be submitted with the request, payable to Southeastern Swimming, Inc. If submitted past the deadline, \$10 per swimmer late fee applies.

DIVING COMPETITION:

Divers are required to dive in and complete at least three dive meets, at least one being an 11-dive meet, during the current high school swimming/diving season in order to be eligible to dive in the TISCA Championship Meet. All divers should have their score sheets showing successful completion of three dive meets available in case of any eligibility question. There will be three stages of competition: preliminaries, semi-finals and finals. There will be a minimum of five judges and one referee present for the competition. Competition will consist of five voluntary dives and six optional dives, which may be performed in any order within each stage of competition. The five voluntary dives must come from each of the five groups and the sum total of their assigned degrees of difficulty must be 9.0 or less. The six optional dives must include at least one dive chosen from each of the five groups. All five groups of dives must be represented in the preliminary and semi-final rounds (first eight dives). The dives to be performed during each stage of the championship competition shall be as follows:

Preliminaries (rounds 1-5): Any two voluntary dives, any three optional dives. If there are more than 32 divers, the field will be reduced to the top 32 following round 3 (at the discretion of the Diving Director). The top twenty divers will advance to the semi-finals.

Semi-finals (rounds 6-8): Two voluntary dives, one optional dive (this dive must be from a different group than those in the preliminaries). The top sixteen divers will advance to the finals.

Finals (rounds 9-11): One voluntary dive, two optional dives.

DIVING SCORE SHEETS:

Diving score sheets for Women must be submitted, signed by the coach and the diver, written in pencil, by 9:30 am, Friday, February 12, 2016. Men divers must submit score sheets, by 9:30 am, Saturday, February 13, 2016. An entry box will be available at the Diving Scoring table. Score sheets will NOT be accepted after the deadline. Changes are permitted until 60 minutes prior to the start of the diving competition. The dive number for the voluntary dives must be circled on the diving form. Diving score sheets will also be accepted during the open warm-up on Thursday, February 11, 2016.

ALL DIVERS MUST BE ENTERED IN HY-TEK OR TEAM UNIFY FILE THAT IS SUBMITTED ELECTRONICALLY TO ENTRY@SWIMNAC.COM.

SCORING:

Scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Points will be awarded for first through sixteenth place for individual swimming and diving events. Double points will be awarded for relay events.

AWARDS:

There will be individual awards for the top sixteen athletes in each individual and relay event. Medals for 1-16 will be awarded. Trophies will be presented to the top 10 teams in the Men's & Women's divisions. The Ray Bussard Combined Team Championship Award will be presented to the top 10 combined teams. Awards will be given out each evening throughout the course of finals on deck at the awards stand.

Additional awards to be presented at the completion of the Finals Session on Saturday:

- **Female Swimmer of the Year**
- **Male Swimmer of the Year**
- **Men's Swimming Coach of the Year**
- **Women's Swimming Coach of the Year**
- **Female Diver of the Year**
- **Male Diver of the Year**
- **Diving Coach of the Year**

ALL STATE AWARDS

Swimmers and Divers will be recognized by TISCA as "All State" by placing 1st or 2nd in an individual event or participating on a 1st place relay. Awards for All State will be mailed to the athletics team after the competition.

MEET ENTRY TIMELINE

WEDNESDAY, FEBRUARY 3, 2016

- Final Meet Entry File is due @ 6:00 pm CST to Entry@SwimNAC.com
TISCA Team Abbreviation & full school name must be in the Subject line of the email
- Email confirmation will be sent indicating file was RECEIVED
- **Please check entries carefully before submitting. No additions can be made after Feb 3rd due to High School Championship rules.**

FRIDAY, FEBRUARY 5, 2016

- Team Meet Entry Reports will be emailed to each team representative by 12:00 pm CST
- Entry Paperwork & Check must be RECEIVED by NAC at PO Box 128318, Nashville, TN 37212

TUESDAY, FEBRUARY 9, 2016

- Psych Sheet will be posted to the NAC and TISCA website by 6:00 pm CST

THURSDAY, FEBRUARY 11, 2016

- Meet Timeline & Warm-Up Assignments will be posted on the NAC website by 12:00 pm CST

SCHEDULE

***TISCA Meeting 30 minutes after the conclusion of the Friday morning session.
Location to be announced.***

THURSDAY, FEBRUARY 11, 2016

12:00 – 4:00 PM	Swimming warm-up by reservation – CENTENNIAL SPORTSPLEX*
12:00 – 6:00 PM	Diving warm-up at CENTENNIAL SPORTSPLEX**
4:00 – 7:00 PM	Early Team Check-In at CENTENNIAL SPORTSPLEX
5:00 – 7:00 PM	Swimming warm up by reservation – CENTENNIAL SPORTSPLEX*

*Email Admin@SwimNAC.com to reserve lanes for swimming warm-ups at Centennial Sportsplex

**Diving warm-up at Centennial Sportsplex is “first-come, first-served”

FRIDAY, FEBRUARY 12, 2016

6:30 AM	Centennial Sportsplex doors open
6:30 AM – 8:30 AM	Team Check-In

SWIMMING PRELIMS

7:00 – 7:45 AM	First warm-up
7:45 – 8:30 AM	Second warm-up
8:30 – 9:15 AM	Third warm-up
9:15 – 9:25 AM	Open warm-up
8:30 – 9:15 AM	Officials meeting – Multipurpose Room
9:15 AM	Coaches meeting – Multipurpose Room
9:30 AM	Swimming Competition Begins
30 Min after conclusion	TISCA Annual Business Meeting – Location TBD

DIVING PRELIMS

9:30 AM	Women's Diving score sheets due at Diving Scoring Table
12:00 – 1:45 PM	Women's Diving warm-up (once swimming is completed)
2:00 PM	Women's Diving prelims & semifinals (rounds 1-8)

FINALS

5:00 - 5:45 PM	Swimming warm-up
6:00 PM	Swimming Competition & Women's Diving - Finals & Awards
Immediately following Diving Finals	Men's Diving warm-up: Pool will remain open for 30 minutes after the completion of all Finals competition

SATURDAY, FEBRUARY 15, 2014

6:30 AM	Centennial Sportsplex doors open
6:30 AM -8:30 AM	Team Check-In

SWIMMING PRELIMS

7:00 – 7:45 AM	First warm-up
7:45 – 8:30 AM	Second warm-up
8:30 – 9:15 AM	Third warm-up
9:15 – 9:25 AM	Open warm-up
8:30 – 9:15 AM	Officials meeting – Multipurpose Room
9:30 AM	Swimming Competition Begins

DIVING PRELIMS

9:30 AM	Men's Diving score sheets due at Diving Scoring Table
12:00 – 1:45 PM	Men Diving warm-up (once swimming is completed)
2:00 PM	Men Diving prelims & semifinals (rounds 1-8)

FINALS

5:00 - 5:45 PM	Swimming warm-up
6:00 PM	Swimming Competition & Men's Diving - Finals & Awards

GENERAL INFORMATION

ADMISSIONS:

Teams are allowed one complimentary coach/chaperone admission wristband for every six (6) competitors entered. Spectator wristbands, \$10 per day, may be purchased in the Centennial Sportsplex lobby Thursday, February 11 from 4:00 pm – 7:00 pm and Friday and Saturday morning beginning at 6:45 am. Finals only wristbands (\$5) may be purchased each evening beginning at 4:30 pm.

BANNERS:

The **Centennial Sportsplex Facility Staff** will hang all banners in the order in which they are received. Teams must turn banners in at team check-in. Zip ties will be used to hang banners. **Teams are responsible for picking up banners from the facility staff at the end of the meet.**

RESULTS:

Real-Time results will be available on the NAC web site at www.SwimNAC.com. Electronic results will be running on the two television screens in the lobby of the Centennial Sportsplex.

LIVE STREAMING:

Live streaming of the meet will be available via a link posted on the NAC website.

CONCESSIONS & SWIM SHOP:

All American Swim Supply will be on site. Concessions will also be available for sale in the Centennial Sportsplex lobby.

FACILITY RULES:

THE CENTENNIAL SPORTSPLEX RESPECTFULLY ASKS THAT:

NO OUTSIDE FOOD OR DRINK MAY BE BROUGHT INTO THE BUILDING. NO FOOD OR DRINK (with the exception of water bottles) MAY BE BROUGHT INTO THE POOL AREA.

NO COOLERS BE BROUGHT INTO THE BUILDING. (CONCESSIONS WILL BE AVAILABLE FOR SALE BY SPORTSPLEX PERSONNEL.)

ONLY SWIMMERS, COACHES, AND MEET PERSONNEL SHALL BE ON THE POOL DECK AT ANY TIME. CREDENTIALS MUST BE SHOWN FOR ACCESS TO THE POOL DECK.

NO STANDING ON THE RAIL AT ANY TIME AND PLEASE NO FLASH PHOTOGRAPHY AT THE START OF RACES.

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

This form MUST accompany Meet Entry Fee check

I, the undersigned coach or team representative, verify that all of the athletes and coaches listed on the enclosed entry are registered with TISCA. I also acknowledge that I am familiar with the rules of TISCA regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my team's swimmers with those rules during this meet. Tennessee Aquatics, Allan Jones Intercollegiate Aquatics Center, the University of TN, TISCA, their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet.

Signature of coach or school official: _____

School: _____ Date: _____

Please check one:

- _____ Our team will arrive as individuals
- _____ Our team will be traveling by bus together

TEAM & SCHOOL INFORMATION

School: _____ **TISCA State Meet Abbr:** _____

School Mailing Address: _____

Coach Name: _____ Coach Cell Phone: _____

Coach Email Address: _____

School Admin Contact: _____ Phone #: _____

School Admin Contact Email Address: _____

ENTRY RECAP

Number of Individual Events: _____ X \$3.50 per event = _____

Number of "Relay Only" Swimmers: _____ X \$3.50 per swimmer = _____

Number of Relay Events: _____ X \$10.00 per event = _____

Total Amount Submitted: _____

Checks payable to: NASHVILLE AQUATIC CLUB

COMPLETE THIS FORM & MAIL WITH ENTRY CHECK TO:

NASHVILLE AQUATIC CLUB

PO BOX 128318

NASHVILLE, TN 37212

Admin@SwimNAC.com