

**6th ANNUAL MIDDLE SCHOOL INVITATIONAL
HOSTED BY EXCEL AQUATICS**

DIVING

DATE: Friday January 15, 2010
TIME: 5:00 p.m.
WARM-UPS: 3:00-4:45 p.m.
PLACE: Tennessee State
University

SWIMMING

DATE: Saturday, December 12, 2009
TIME: Meet begins at 8:00 AM
WARM-UPS: 7:00-7:45 AM
PLACE: Williamson County Indoor
Sports Complex
920 Heritage Way, Brentwood
* Please check the Excel website prior to the
Swim meet for warm-up assignments

COACHES' MEETING: 4:45 by the scorer's table

COACHES' MEETING: 7:45 in the hospitality room

ELIGIBILITY: Each swimmer/diver may enter a maximum of 4 events, no more than 2 of which may be individual events. Schools are not limited to the number of swimmers in any event, however a team is allowed only four (4) scoring entries in each individual event, with all other entries being exhibition entries. Exhibition entries are to be designated with an 'X' next to the time on the original team entry form. A team is allowed one scoring relay per relay event, but may enter one additional exhibition relay. Exhibition relays will be seeded separately. Eligibility is restricted to students who are currently in their school grade (6th, 7th, & 8th grades) and have not repeated a grade during those years.

ENTRIES: Completed entries for swimmers are due by 4:00 PM on Monday, December 7, 2009. Completed entries for divers are due by 4:00 PM on Monday, January 11, 2010. Please check your entries carefully before submitting them. Changes to swimming entries received will be accepted only until Thursday December 10, 2009. No additional athletes will be entered after the deadline. Entries must be submitted using HyTek Team Manager. No hand-written entries will be accepted. Please check your entries carefully before submitting them. According to Federation guidelines, no changes will be accepted after entries are submitted. A printed report should contain the following: coach's/contact's name, school name & initials, coach's/contact's work and home phone numbers, swimmer's name and grade, USA Swimming ID number (where applicable), and swimmer's best time (in yards) listed under the correct event. Relay entries, with times, should be included in the original entry. Swimmers competing in only relay events must be listed on the entry as relay-only swimmers. Divers should be entered in event 9 or 10. In addition, divers must submit the diving score sheet, signed by the coach and the diver and completed in pencil, by the January 11, 2010 deadline. This report will serve as the official entry form. Team entries and a signed release with fee summary must be mailed within 72 hours of the meet entry deadline.

EMAIL ENTRIES: The following guidelines must be followed for email entries:

1. Official entry forms and all entry fees and swimmer surcharges are due within 72 hours or receipt of entry.
2. Email entries must be zipped so that it arrives to the entry chair intact.
3. The school's entire entry must be sent in one email. Please do not flood the entry chair with several emails which compose one single team entry.
4. Divers shall bring their diving score sheet with them to the competition on January 15, 2010.
5. A release form, signed by the head coach (or school representative, if coach not attending meet), must be submitted with the entry from each school.

SWIMMING FORMAT: Timed finals, no prelims. Two 25-yard 8-lane pools with Daktronics electronic timing system and HyTek Meet Manager computer scoring. Schools will need to provide two (2) timers for each pool. The host club will assign lanes.

DIVING FORMAT: The diving area at TSU has two Model B Maxi-flex boards with a dura-firm short standard platform mounted on a paddock stand. Water depth is 14 feet. There will be a minimum three (3) judges and one (1) referee present for the competition.

Competition will follow National Federation dual meet guide lines which is one (1) voluntary dive (which will be drawn randomly at the beginning of warm-ups) and five (5) optional dives. The voluntary dive will use its assigned degree of difficulty of 1.8 or lower. The five optional dives will use their assigned degree of difficulty. All divers will complete the full list of six (6) dives. Dives will be performed in the order of: voluntary first, followed by the five (5) optional dives, arranged in any order.

Fully completed diving score sheets for men and women must be submitted on the appropriate form (with proper signatures of the diver and coach) by Monday, January 11, 2010 with the official team entry. Dives on properly submitted forms may be changed by the diver up to 30 minutes before the start of the diving competition.

SCORING & AWARDS: Points will be awarded for first through eighth place for both individual and relay events. Scoring will be 9-7-6-5-4-3-2-1. Relays will score double points. Exhibition entries will not score points. Ribbons will be awarded for first through eighth place for all events. Individual diving awards will be awarded on January 15, 2010 at the conclusion of the diving competition. Team trophies for swimming only events will be presented to the winner and first runner-up teams in the combined division. A team must consist of male and female scoring swimmers in order to qualify for the combined division.

CLERK OF COURSE: This is a card-less meet, other than relay cards. All relay cards will be given to the coaches to complete and hand out to their relays. Cards must then be presented to the timers upon reporting to the blocks. Please fill out relay sheets and give them to the scorer's table.

WARM-UPS: 7:00-7:45am. Please check the Excel website for warm-up lane assignments.

COACHES' MEETING: 7:45-8:00 AM in the hospitality suite. No swimmers are allowed in the pool during the coaches' meeting.

COST: \$ 3.00 per individual swimming event / \$10.00 per diver
\$ 10.00 per relay event
\$ 3.00 surcharge per swimmer / diver

SUBMIT ENTRIES TO: Kate Chronic
c/o Excel Aquatics
920 Heritage Way
Brentwood, TN 37027
847-830-7946
chronicks@aol.com

Swimming entries must be received at the above address by 4:00 PM, Monday, December 7, 2009. Diving entries must be received at the above address by 4:00 PM, Monday January 11, 2010. No late entries will be accepted. Make checks payable to **EXCEL AQUATICS** and submit with entry. Submitted entries will not be accepted without full payment.

- REMINDERS:**
- 1) No late swimming entries will be accepted after Monday, December 7, 2009. No late diving entries will be accepted after Monday, January 11, 2010.
 - 2) At the meet, the names for each relay team member must be designated on the relay cards in the order in which they are to compete prior to reporting to the starting block.
 - 3) Excel Aquatics will provide timers.
 - 4) No changes may be made to the official entry once the entry has been submitted to the entry

chairman. Fees for submitted entries are not refundable.

- 5) A competitor participating in more than the allowable number of events is disqualified from that event and further competition in the meet.
- 6) Swimmers failing to compete in any race that they have entered shall be disqualified from further competition. A competitor may withdraw from an event with a declared false start. Notice must be given to the referee prior to the event. The event shall still count as an entry for the competitor.
- 7) Eligibility for diving competition will follow National Federation rules on dual meet format.
- 8) Schools will need to provide two (2) timers for each pool. The host club will assign lanes.

ORDER OF EVENTS

Warm up: 7:00-7:45

Coaches' Meeting: 7:45-8:00

Meet starts: 8:00

<u>Men's Events</u>	<u>Event Description</u>	<u>Women's Events</u>
1	200 Yard Medley Relay	2
3	200 Yard Freestyle	4
5	200 Yard Individual Medley	6
7	50 Yard Freestyle	8
9*	Diving*	10*
	10 MINUTE BREAK	
11	100 Yard Butterfly	12
13	100 Yard Freestyle	14
	10 MINUTE BREAK	
15	200 Yard Freestyle Relay	16
17	100 Yard Backstroke	18
19	100 Yard Breaststroke	20
	400 Yard Freestyle Relay	22

*Diving to be done at TSU on January 15, 2010

**MIDDLE SCHOOL INVITATIONAL MEET
HOSTED BY EXCEL AQUATICS**

Please complete and return with your entry:

School Name: _____ **School Address:** _____

School Initials: _____ **Coach Cell Phone:** _____

Swim Coach: _____ **Coach Email:** _____

Contact Person: _____ **Contact Email:** _____

Work Phone: _____ **Cell Phone:** _____

Number of swimmers/divers entered: _____ x \$3.00 = \$ _____

Number of individual swimming events entered: _____ x \$3.00 = \$ _____

Number of divers entered: _____ x \$10.00 = \$ _____

Number of relays entered: _____ x \$10.00 = \$ _____

TOTAL ENTRY MONEY DUE \$ _____
(Make checks payable to Excel Aquatics)

Please indicate below the names of the two timers and the pools that they are assigned to work. Timers should report to the appropriate pool when they are called prior to the start of the meet. Teams are welcome to set up rotating shifts if they so desire as long as representatives of their team is staffing their assigned lanes for the entire meet.

Name _____

Name _____

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RELEASE

I hereby relinquish any and all claims that my organization and its members may have in case of injury or loss of valuables traveling to, traveling from, or while in attendance at the **2010 6th Annual EXCEL Middle School Invitational**. I also agree not to charge Excel Aquatics, Inc., Williamson County Department of Parks and Recreation, the City of Brentwood, Middle Tennessee Diving, or any representative of these organizations for any claims resulting from injury, or loss, or damage to valuables.

Head Coach's Signature: _____