

**2010 MID-STATE REGIONAL CHAMPIONSHIP
SWIMMING & DIVING MEET
HOSTED BY EXCEL AQUATICS
Centennial Sportsplex – Nashville, TN**

DIVING

SWIMMING

DATE: January 28, 2010

DATE: January 29, 2010

TIME: 5:30pm

TIME: 12:00pm

WARM-UP: 4:00 – 5:15 P.M.

WARM-UPS: 11:00-11:25am /
11:30-11:55am

PLACE: Centennial Sportsplex

COACHES' MEETING: 10:45am
(In the Hospitality Suite)

COACH'S/JUDGE'S

MEETING: 5:15pm

No swimmers or divers are allowed in the pool during the coaches' meetings.

ELIGIBILITY: Participating schools must be members of MTHSSA in good standing with all athletes registered and appropriate fees paid. Each swimmer 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 individual 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. All relays, including Exhibition relays, will be seeded and swum together. The meet will follow the National Federation Guidelines in the 2009-2010 High School Rules Book. Eligibility is restricted to students who are currently in their school grade (9th, 10th, 11th & 12th grades) and have not repeated a grade during those years.

ENTRIES: Completed entries for swimmers and divers are due by 11:59 PM on Friday, January 22, 2010. 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. 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 for all events. Two 25-yard, 8-lane pools with Colorado electronic timing system and Hytek Meet Manager computer scoring. Warm-down lanes will be available.

DIVING

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

Competition will follow National Federation guidelines, and will consist of five (5) voluntary dives and six (6) optional dives. The voluntary dives will come from each of the five (5) groups, with their assigned D.D. and have a sum total of 9.0 or less. The six optional dives will include at least one chosen from each of the five (5) groups. No more than one optional dive from the same group is permitted through the semi-finals (first eight dives). All five groups must be represented in the first eight rounds.

The dives to be performed during each round of championship competition shall be as follows:

Preliminaries	Any two voluntary Any three optional	Cut to twenty after this round
Semifinals	Two voluntary One optional	Cut to sixteen after this round
Finals	One voluntary Two optional	

Dives may be performed in any order within each round of competition. The optional dive in the semifinal round must be from a different group from those represented in the prelim round. Semifinals will be contested immediately following the prelim round. Finals will be contested immediately following the semifinal round. The dive number for the voluntary dives will be circled on the diving form.

Fully completed diving score sheets for men and women must be submitted on the appropriate form (with proper signatures of the diver and coach) one hour prior to the start of the diving session. 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 sixteenth place for both individual and relay events. Scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Relays will score double points. Exhibition entries will not score points. Medals will be awarded for first through third place for all events. Medals will read "2009 Region Championships". Ribbons will be awarded for fourth through sixteenth for all events. Team trophies will be presented to the top five teams in the boys' division, girls' division, and in the combined division. A team must consist of male and female swimmers in order to qualify for the combined division. Trophies will be awarded at the conclusion of the meet.

1st Place will be announced "All Region Team"
2nd Place will be announced "1st Runner-up All Region Team"
3rd Place will be announced "2nd Runner-up All Region Team"

CLERK OF COURSE:

This will be a card-less meet, other than relay sheets. All relay sheets will be given to the coaches to complete and return to the Clerk of Course prior to the start of the event. Deadlines for turning in relay sheets will be announced during warm-ups and through out the meet.

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
- chronicks@aol.com
847-830-7946

Entries must be received at the above email address by 11:59 P.M. Friday, January 22, 2010. No late entries will be accepted after the deadline. Make checks payable to EXCEL AQUATICS and submit with entry. All entries must be completely paid and received within 72 hours of the meet entry deadline.

REMINDERS:

- 1) No late entries will be accepted.
- 2) Each team is encouraged but not required to provide two timers (one timer for the girls' pool and one for the boys' pool from each school that is coed and two timers for the appropriate pool for the schools that are not). Please check the Excel website for warm-up lane assignments and lane timer assignments.
- 3) At the meet, the names for each relay team member must be designated on the relay sheets in the order in which they are to compete prior to the start of the event. Alternates must be listed on the card.

ACCORDING TO NATIONAL FEDERATION GUIDELINES:

- 1) No changes may be made to the official entry once the entry has been - submitted to the entry chairman.
- 2) A competitor participating in more that the allowable number of events is disqualified from that event and further competition in the meet.
- 3) 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.
- 4) Eligibility for diving competition will follow National Federation rules for championship meets.
- 5) Divers will be disqualified if, in the judgment of the referee, the competitor fails 2 of the 11 dives.

Mid State Regional Championship Swim Meet

ORDER OF EVENTS

DIVING:

Thursday, January 28, 2010

WARM-UPS

4:00-5:15pm

Coaches' Meeting 5:15pm
Meet starts 5:30pm

<u>Men's Events</u>	<u>Event Description</u>	<u>Women's Events</u>
9	1 Meter Diving	10

SWIMMING:

Friday, January 29, 2010

WARM-UPS

11:00-11:25am

11:30-11:55am

Coaches' Meeting 10:45am
Meet starts 12:00pm

MEN EVENT #	QUALIFYING TIME	EVENT	QUALIFYING TIME	WOMEN EVENT #
1*	NONE	200 MEDLEY RELAY*	NONE	2*
3	2:19.99	200 FREE	2:34.99	4
5	2:44.99	200 IM	2:54.99	6
7	27.49	50 FREE	30.99	8
9	---	DIVING	---	10
11	1:19.99	100 FLY	1:24.99	12
13	1:02.99	100 FREE	1:09.99	14
15	6:19.99	500 FREE	6:39.99	16
17**	NONE	200 FREE RELAY**	NONE	18**
19	1:14.99	100 BACK	1:21.99	20
21	1:21.99	100 BREAST	1:29.99	22
23***	NONE	400 FREE RELAY***	NONE	24***

- *Relay sheets due at 11:30am
- **Relay sheets due by the end of event # 8
- ***Relay sheets due by the end of event #14

**MID-STATE REGIONAL
HIGH SCHOOL CHAMPIONSHIPS
HOSTED BY EXCEL AQUATICS**

Please complete and return with your entry:

School name: _____ **School Initials:** _____

School Address: _____

Swim Coach: _____ **Contact Person:** _____

Contact Address: _____

Work Phone: _____ **E-mail Address:** _____

Home Phone: _____ **Cell Phone:** _____

SCHOOL/TEAM ENTRY:

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 any volunteer timers and the pools which would like to work (we encourage one timer for the girls' pool and one for the boys' pool from each school that is coed and two timers for the appropriate pool for the schools that are not): Timers should report to the appropriate pool when they are called prior to the start of the meet.

Name _____ Pool _____

Name _____ Pool _____

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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 2009 High School Regional Championships. I also agree not to charge Excel Aquatics, Inc., Davidson County Centennial Sportsplex, Middle Tennessee Diving, MTHSSA, or any representative of these organizations for any claims resulting from injury, or loss, or damage to valuables.

Head Coach/School Representative