



T.I.S.C.A. Diving Qualifier



Sponsored by
Conroe ISD “*The Nat*” Natatorium

19133 David Memorial Drive
Shenandoah, Texas 77385
936-709-3915

January 8, 2010

CISD Natatorium: 65 meter natatorium consisting of four (4) One-Meter Maxi-Flex Diving Boards on concert platforms, Warm-up spa and w/drip (2) showers one on each side of the Three-Meter platform bases. Wireless scoring system provided by (10) RC-100-**Daktronics** wireless judging Systems. The Natatorium has two (2) independent display boards a full-feature **Daktronics ProStar** and a **Galaxy** monochrome matrix display for posting results and team scores. There are two (2) fully automated **Daktronics 2000** consoles; each will be dedicated to diving. Hy-Tech, E-Z Dive and Pro-Dive Software will be used. The **Grandstands** provides Spectator seating for 1,100 and are located on the second floor together with a complete **Concession** area. The Natatorium has 11,000 + sq.ft. of deck and can provide seating for 800+ competitors.

January 8, 2010

Diving (11dives) Event 1-Girls -1meter

Event 2– Boys-3meter Diving (6dives)

Diving (6dives) Event 3- Girls-3meter

Event 4-Boys-1meter Diving (11dives)

Warm-up 1:30 a.m. 2:30 pm

Diving Official’s meeting 2:45 pm

Diving 3:00 pm

This competition will be conducted as a *championship meet*. **Events 1 & 2 – Girls & Boys 1-meter**, diver will perform eleven (11) dives, five (5) voluntary (*maximum d.d. 9.0*) and six (6) optional (*d.d. no limit*). **Events 3 & 4 – Girls & Boys 3-meter**, divers will perform six (6) dives, one (1) voluntary (*maximum d.d. 1.9, note the vol. dive D.D. can be greater than 1.9 but will be assigned a d.d. 1.9*) and six optional dives (*d.d. no limit*). Event 1 & 2 will run together first follow by a 30 minute warm-up then events 3 & 4. Please consult the National Federation Swimming & Diving Rule Book for choice and order of dives. **Diving sheets must be verified and signed by 8:15 AM.**

This competition will be conducted as a *championship meet*. The eight (8) Divers in each event will score for the Championship Finals. The next eight (8) Divers in each event will score for the Consolation Finals. Final results will be posted at the facility and on the “*The Nat*” Website.

Special Note: *If more than 20 divers (Boys / Girls) in any category we will run Semi’s.*

Do you need additional information or have any Questions?

Contact: Sam Fruia, CISD Natatorium Coordinator

lfruia@conroeisd.net

By

Phone: 936-709-3915 * Cell: 936-672-3320 * Fax: 936-709-3999

Please remember to check or website: <http://athletics.conroeisd.net/aquatics/uii> for latest details and entry forms



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Rules: U.I.L. and National Federation championship rules will govern the meet. Team Eligibility: Each school entered must have a coach/sponsor who is a current TISCA member. Membership applications may be found at <http://www.tisca.org>.

Scoring: Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Admission: Adults - \$5.00 Students - \$3.00

Meet Programs: - \$3.00 for additional programs

T-Shirts: - Meet T-shirts will be available for purchase.

Awards:

Team trophies will be given to the top three (3) girls' teams and the top three (3) boys' teams. Individual Medals will be awarded to first, second, and third place in individual. Individual Ribbons will be awarded to fourth through eighth place in individual.

Entries: Team entries will be limited to TISCA Members-each contestant may enter a maximum of Two (2) events. **Each team may enter six (6) individuals EXCEPTION: however, no more than (4) individuals from any team will be allowed to advance to any final.**

COACHES: PLEASE ADHERE TO TIME & DD STANDARDS.

Entry Procedure: **Swimming/Diving:** Enter your team with Team Manager II. Event file is posted on the Conroe ISD Swimming Web Site. **Do not send the Zip File.** Open the Zip File and send the file that ends with HY3.

Diving Sheets: Download and save the Diving Entry Form from the CISD ISD Natatorium web site. Fill out the form, listing each diver and their dives. This meet will be conducted as a *championship meet*. The 1-meter diving shall consist of five voluntary dives and six optional dives and follow NFHS Rule #9, Section 4 Article 1, Section a, b, c, & d. The 3-meter shall consist of one voluntary dive and five optional dives. When the dive list is complete e-mail it to: jbenavidez@conroeisd.net with swimming entries.

Entry Deadline: All entries (*including dive sheets*) must be received by 6:00 p.m.

Monday, January 4, 2010

There will be no exceptions & No late / deck entries!

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Entry Fees: \$7.00 per student athlete, regardless of the number of individual events entered. (As per Intra-District agreement, \$5.00 per student athlete / maximum entry fee per girls' team: \$50.00. Maximum entry fee per boys' team: \$50.00) See below. Entry Fees will be calculated based on the total number of Divers entered.

DISTRICTS IN LEVEL ONE AGREEMENT

Member-School Districts

*\$5.00 per Team member (student/athlete); team entry maximum of \$50 varsity

Aldine ISD	Fort Bend ISD	Lamar Consolidated ISD
Alief ISD	Galena Park ISD	LaPorte ISD
Alvin ISD	Galveston ISD	North Forest ISD
Angleton ISD	Goose Creek ISD	Pasadena ISD
C.E. King ISD (Sheldon)	Hitchcock ISD	Pearland ISD
Channelview ISD	Houston ISD	Spring ISD
Clear Creek ISD	Humble ISD	Spring Branch ISD
Cy-Fair ISD	Katy ISD	Texas City ISD
Deer Park ISD	Klein ISD	Tomball ISD
		Waller ISD

A psych sheet will be posted on the Conroe ISD Natatorium Web site on Tuesday, January 5, 2010. Please check your entries for errors only. No changes from original entries will be permitted. E-mail any corrections and scratches by noon on Wednesday, January 6, 2010. A warm-up schedule and final psych sheet will be posted on the website on Thursday, January 7, 2010. E-mail all corrections and scratches to: Jesse Benavidez, jbenavidez@conroeisd.net

Meet Management

Officials:	Meet Director:	Jesse Benavidez	jbenavidez@conroeisd.net
	Diving Referee	Danny Sautural	dsautural@conroeisd.net

Special Note:

Diving Officials

- ✓ All diving officials must be currently registered with TISCA / NFHS.
- ✓ In order to properly staff a meet of this size, it is helpful that each school submit a minimum of one certified official.
- ✓ The Diving Referee will attempt to make all deck assignments prior to the meet. Therefore, all officials who desire to be assigned to deck positions should notify the Meet Referee of their intentions and availability by 6:00 PM, Sunday, November 16, 2008.
- ✓ Please specify the sessions for which you will be available
- ✓ Please submit your information to: Danny Sautural dsautural@conroeisd.net

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Make checks payable to: CONROE ISD Athletic Department

Bring to the meet

CONROE ISD Natatorium
19133 David Memorial Drive
Shenandoah, Texas 77385



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Schedule of Events

Diving / Prelims – Finals Friday, January 8, 2010

Event Number	Girls D.D.	Event	Event Number	Boys D.D.
1	11.6	1 meter-Diving	<i>11-Dive format</i>	
<i>6-Dive format</i>		3 meter Diving	2	Qualified 1-M
30 Min Break				
3	Qualified 1-M	3 meter-Diving	<i>6-Dive format</i>	
<i>11-Dive format</i>		1 meter-Diving	4	12.1

The CISD Natatorium

Rules, Regulation, Prohibitions, and Deck Access

- All participants must follow the CDC “Healthy swimming policy” and shower before warm-up, no exception.
- Shaving is not permitted anywhere within the entire CISD Natatorium Complex.
- No chewing gum, food or color based drinks will be allowed on the pool deck, water only.
- Security personnel are empowered to enforce any and all regulations that have been established by CISD Natatorium Policy.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the grandstand.
- Participants in bathing suits are not allowed to be in the grandstand, climb over banister / railings, or pass any posted barriers.
- Participants and spectators are not allowed to use other areas of the CISD Natatorium complex during this event without purchasing a pass at the Services Desk located in the facility lobby.
- Each competing team is permitted one temporary banner, placed at the discretion of the Aquatic Director. Team banners must not exceed 5’ by 8’. No handmade signage is allowed.
- Absolutely no tobacco, alcohol products, or glass containers are allowed anywhere on Conroe School District property. This applies to the parking lot.
- Coolers are allowed, provided they do not contain glass items.
- Betting and gambling is strictly prohibited.
- Teams are expected to police their respective areas at the conclusion of the competition.
- Running or any other sort of activity that might be interpreted or described as “horseplay” is prohibited throughout the entire CISD Natatorium Complex.
- Diving equipment such as trampoline, spotting rigs, dry-board apparatus, and Hot Tubs are not to be used.
- The use of flash cameras at the start of any race is prohibited.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergency is prohibited.

Access to the deck of the CISD Natatorium is restricted by pass to the following:

- Athletes from competing teams
- Administrative support personnel
- Coaches of competing teams
- Facility/District Staff
- Officials
- Marshals
- Timing System operators
- Security personnel
- Computer systems operators
- Lifeguards
- Lane timers
- Service and supply vendors
- Credentialed media personnel
- Hospitality personnel
- One photographer from each competing team
- Medical support personnel
- Other personnel on a case-by-case basis at the discretion of the Meet Coordinator, the Meet Director, or the Meet Referee.

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CISD Healthy Swimming Policy

CISD is committed to the health and safety of all patrons. *The CISD Natatorium* utilizes advanced training and technology and has adopted the Centers for Disease Controls (CDC) “*Healthy Swimming Policy*”. This policy protects our patrons and spectators from poor air or water quality hazards typical with indoor-swimming pools caused by microorganisms and chloramines. The cornerstone of this policy is based on guidelines which mandate safe practices such as requiring all participants to shower before entering the CISD Natatorium.

“Healthy Swimming Policy” Acknowledgement Form

Receipt Form

Organization: _____

Representative Name and Title: _____

By my signature below I agree, on behalf of my organization that:

- I have received a copy of the “*Healthy Swimming Policy*” and understand the CISD Natatorium’s “*Healthy Swimming Policy*” Procedure, as coach or sponsor I understand the responsibility for ensuring that all members of the organization and their guests comply with these rules. I understand that additional copies are available in the office of The Natatorium Coordinator, clerk at the front desk, or at the Facility Manager’s office at the CISD Administration Building.
- I affirm that all required staff members of my organization have current CPR/First Aid certifications and specific training or liability certification requirements needed by the organization’s national governing body.
- I understand that the District may from time to time modify its policies and I agree to abide by those changes.

Head Coach Signature **Date**

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National Federation of State High School Associations /or United States Diving National Aquatic Governing Body Regulations will be in effect. When no regulation is stipulated the following shall be in effect.

STANDARD DIVING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR ALL MEETS AND IS AS FOLLOWS:

Please remember coaches that all divers are required to follow the CDC “Health Swimming Policy” which is to Shower completely before the warm-up.

I. WARM-UP PROCEDURES

- A. General Diving Warm-up (First 30-45 minutes)
- B. Specific Diving Warm-up (Last 15 minutes)

II. SAFETY GUIDELINES

- A. Coaches Responsibilities
 - 1. Coaches shall instruct their divers regarding Safety guidelines and warm-up procedures as they apply to conduct at the meet and during practice.
 - 2. Coaches shall actively supervise their divers throughout the warm-up session during the meet.
 - 3. Coaches should maintain as much contact with their divers as possible, both verbal and visual throughout the warm-up period.
 - 4. Coaches should stand near the plummet end of the pool when divers are doing warm-up work.
 - 5. No one is permitted to climb over the railing separating the bleachers from the grandstands. Divers leaving the deck must be completely dry.

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