

Fall 2009

Head Swimming and Diving Coach
Region VI 5A
Districts 5A: 21, 22, 23 and 24

Dear Coach,

The Fort Bend ISD would like to extend its greeting to you for this year's Region V Swimming and Diving Championships on February 11th, 12th and 13th, 2010. We look forward to being your host and wish you continued success this season.

Regional entries are due in my office by Monday, February 1st (or the 1st Monday after your District meet) by 4:00 p.m. Send only your Regional Entry sheet as provided in the Coaches Packet from the UIL. You may simply place an "X" in the entry box in the event(s) the individual qualified for, and not the seed time as the final district meet time is advanced already. If you plan to scratch a qualifier from his/her event, make this decision at the District Meet if at all possible. If you are not able to take care of this at the District Meet, notify your District Meet Director and the coach of the alternate. The District Meet Director will then call me with the corrected information. *Also, write "scratch" on the entry sheet to verify this decision.* I will print regional psyche sheets as soon as they are final. A copy will be faxed or e-mailed to your Athletic Director's office and e-mailed to you if you provide me with the e-mail address with your entries. You may also pick one up at the diving meet.

Enclosed you will find a schedule of the Region VI meet.

May the best of luck be with you at your District meets. I look forward to seeing all of you on February 11, 12, 13, 2010.

Sincerely,

Mike Duswalt
Region VI Meet Director

February 11, 12 & 13, 2010
UIL Swimming and Diving Championships

Region VI

Don Cook Natatorium
Fort Bend Independent School District
16255 Lexington Blvd – Sugar Land – TX - 77479
Phone: 281-634-5880 – FAX: 281-634-5888
www.fortbendisd.com/natatorium

Thursday – Feb. 11th
Warmup

Diving - All Rounds
All 1:30 – 3:00 PM
Girls only 3:00 – 3:30 PM
Boys 30 minute warmup after completion of girls
Event starts immediately after warmup

Friday – Feb. 12th
Warmup

Swimming Prelims
All lanes 12:00 – 1:15 PM
Sprint – all lanes in comp. pool 1:15 – 1:45 PM
Relays – Lanes 5-8
Individuals – Lanes 1-4
General Swim – All lanes practice pool

Clear pool 1:45 PM
Meet starts 2:00 PM

There will be an open pool, 15 minute break after the Boys 50 Freestyle and 100 Breaststroke.

Saturday – Feb. 13th
Warmup

Swimming Finals
All lanes 12:00 – 1:15 PM
Sprint – all lanes in comp. pool 1:15 – 1:45 PM
Relays – Lanes 6-8
Individuals – Lanes 1-5
General Swim – All lanes practice pool

Clear pool 1:45 PM
Meet starts 2:00 PM

There will be an open pool, 15 minute break after the awarding of the 200 Freestyle (after the Boys 50 Freestyle). The 8 lane warm up pool will be open throughout the meet.

Finals Procedure:

We will announce the participants in the Girls 200 Medley Relay (Consolation heat as they swim, Finals heat before they swim), swim the event, announce the Boys 200 Medley Relay, swim the event, take a 2 minute pause, announce the participants in the Girls 200 Free, swim the event, announce the Boys 200 Free, swim the event, award the Girls and Boys Diving. From then on it will be announce and swim 2 events, award 2 events for the rest of the meet. The first-place winning coach will present the award for that event, please be at the award stand promptly.

General Information

Facilities: Two 8 lane pools, 9' wide lanes, 6'7" shallow
Paddock surge control gutter system
Three 1 Meter diving boards – Maxi Flex B (Cheese Board)
Restroom and locker facilities
Colorado VI timing system with Myriad scoreboard
Colorado SST start system
Colorado Sure Grip pads
Paddock flow through bulkheads
Concession stand
Swimsuit vendor
Souvenir T-shirts will be for sale

Admission: Student: \$2.00
Adult: \$3.00
Contestants, bus drivers, trainers and managers admitted without charge when identified by their coach and entering with the team.
Doors will open one hour before the event.

Meet Procedures: All swimming and diving competition will be conducted under National Federation and UIL rules and regulations.

Practice Swim: *There will be no practice swim or dive time, except during the official competition.*

Noise Makers Prohibited: The use of artificial noise makers, i.e. radios, televisions, whistles, bells, sirens, horns or any other noise maker will not be allowed at the meet. **There is to be no food on the deck at any time.** Please warn your students and parents.

Diving Entries:

Entry Deadline: Divers must be indicated as participating in 1 M Diving on the entry sheet submitted with the swimmers.

Sheets: E-mail your completed diving sheets by 3:00 PM, Monday, February 1st to mike.duswalt@fortbendis.com. All diving sheets must be signed by the diver and the coach before the start of the meet: National Federation Rule 9: Section 3: Article 4. Failure to have these signatures will disqualify the diver from the competition. Changes may be made up to one hour before competition begins.

Swimming Entries:

Qualifiers: Six (6) individuals and relays qualify from each District to the Regional meet. FAX your UIL official entry blanks (281-634-5888) and mail the entry fee check as soon as possible following the District meet. ***The entry deadline is Monday, February 1st (or the 1st Monday after your District meet)***

Fees: There will be a charge of \$4.00 per contestant per individual event and \$12.00 per relay. All checks are to be made out to: Fort Bend ISD. This meet is exempt from the Athletic Director's Agreement.

Information: Please include your name, school address, work and home phone, FAX number, *e-mail*, and the best time to get hold of you.

Substitutes: After the entry deadline, no changes of entries will be allowed unless the contestant is being scratched from the meet. If one of your swimmers qualifies in an event that you know he or she will not swim at Regional, please have the person completing your Region entries make the necessary changes prior to turning in the Region Entry Forms. Indicate on the cover sheet the changes that were made and write scratch in the event they had qualified in.

Changes/Adjustments: After the entry deadline has passed (4:00 pm, Monday, February 1st, the psyche sheet will be emailed to your District Athletic Office as soon as it is prepared, and a copy e-mailed to the address you provided.

Adjustments from scratches and alternate entries will be made as long as possible. After the prelims begin, a scratch will result in an open lane.

After the prelims are completed, scratches and alternates will be accepted for one hour. Once the finals have started, a scratch will result in the lane left open.

Finals Advancers: Any event that has eight or less entries will automatically advance to the final session.

Scoring: Sixteen places will be scored in all individual and relay events.

Awards: Team trophies will be awarded to the first place teams. Individual medals will be awarded to the top three finishers in each event and ribbons for places 4-8.

Tie breakers: If two or more divers have the same score at the end of the competition, the points will be split and a coin flip will determine the medal award. If there are ties in swim events, the points will be divided and the preliminary time will determine the place for advancing. If a tie still exists, a coin flip will decide the place. No additional medals will be provided for divers or swimmers.

State Qualifiers: Relay entries to the UIL State Meet should be in the UIL office 10 days prior to the start of the meet (Tuesday, February 16th). No entry sheets need to be sent to the UIL for the state meet, only indicate your relays. If you are scratching a swimmer or relay after you have left the Region Meet site, contact the Region Meet Director and the UIL with that information. It is your responsibility to get any information to the UIL office they request. Check their website for your responsibilities.

Meet Committee: The Meet Committee will consist of the Meet Referee, Meet Director, each District's Meet Director (if a coach attending the Region Meet or a coach from that District nominated by the Meet Director), and one student-at-large chosen after the District meets.