



**TISCA Gulf Championships
Swimming and Diving Championships
November 16-17, 2023**



This meet will be an invitational. Only teams invited by Conroe ISD will be allowed to attend.

Location: Conroe ISD Natatorium, 19133 David Memorial Drive, Shenandoah, Texas 77385

Facility: The Natatorium is configured with two, 25 yard, 8 lane competitive pools, with non turbulent lane lines. Four (4) short course lanes will be available for continuous warm up. The Natatorium also includes four 1 meter, Duraflex Maxiflex diving boards

Schedule:

**Thursday, November 16, 2023
(Diving Preliminaries/Finals)**

Warmup: 2pm-3:45pm

Clear Boards: 3:45pm

Meet Start: 4:00pm

Diving Event 9/10, 1 Meter, 11 Dives, P/F

Events 9 & 10 – Girls & Boys 1-meter, diver will perform eleven (11) dives, five (5) voluntary (*maximum d.d. 9.0*) and six (6) optional (D.D. Requirement: Girls 12.1, Boys 12.4). Two panels will be used if enough judges are available. If only 1 panel is used, the events will run together with alternating rounds.

Please consult the National Federation Swimming & Diving Rule Book for choice and order of dives. As per rules, **all divers must be checked in for verification by 3:00 PM (at the table behind the South boards).** *Warm-up and Start times are subject to change.

**Friday, November 17, 2023
(Swimming Prelims)**

Warm-ups will be assigned after entries are closed (times subject to change based on meet size)

Warm-up 1 : 7:00 am – 7:25 am

Warm-up 2 : 7:25 am – 7:50 am

Warm-up 3 : 7:50 – 8:15 am

Open Warmup : 8:15 am – 8:40 am

Clear Pool 8:40 am

Coaches' Meeting 8:40 am

Preliminaries 9:00 am

The swimming competition will be conducted as a *championship meet*. The eight (8) fastest swimmers/ relays in each event will qualify for the **A-Finals**. The next eight (8) fastest swimmers / relays in each event will qualify for the **B-Finals**. Please make all scratches for Finals as soon as results are posted / prior to leaving the meet and check for positions of alternates.

**Friday, November 17, 2023
(Swimming Finals)**

Open Warmup will be in effect for finals.

Warm-up: 3:45pm-4:45pm

Meet Start: 5:00pm

For the latest meet information and entry forms, please visit:

<http://natatorium.conroeisd.net/competitive-aquatics/>



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Meet Format: U.I.L. and National Federation championship rules will govern this meet. Coaches, please send your entries with your athletes ID number if they are a USA Swimming member.

Eligibility: **Entries will only be accepted by teams invited to the meet by Conroe ISD.**

Each participating team must have a coach and/or sponsor who is a current TISCA Member. Membership applications are available at www.tisca.org.

Entries: Team entries will be limited to TISCA Members. Each contestant may enter a maximum of four (4) events. No more than two (2) may be individual events (diving counts as an individual event). Each team may enter six (6) individuals and two (2) relays in each event. **Only 4 individuals from 1 team will be eligible to advance to finals in each event.** Relays alternates must be listed on the teams roster to be eligible to swim in a relay. Only eligible students are allowed to compete at UIL member school hosted meets. **Coaches please send proof of TISCA membership with your entries. Entries will not be accepted from any team without a coach that is a valid member of TISCA.**

COACHES: PLEASE ADHERE TO TIME & DD STANDARDS

- When more than one relay entry per school is allowed, A & B team members must remain the same for prelims and finals. A & B relays are not allowed to switch their membership from one relay to another. It will only count as an event for them if they swim it. If your entries program does not allow listing in A and B relays, and you wish to do so, please make a note of it in your entries email with the swimmer's names and relays listed.

Entry Procedure: Swimming and Diving entries must be generated by HyTek Team Manager. The event file is located on the Conroe ISD Natatorium website. Competitors in the diving events must be included in the Team Manager entries. Send entries to: khandley@conroeisd.net. A confirmation email will be sent once entries are received and successfully loaded.

Dive Sheets: All dive sheets must be submitted through CleanEntries.com. The dive 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. Diver should be proficient in all dives on their list, and able to perform them safely. **Divers may be DQ'd at the discretion of the Meet Director and Referee if a diver cannot, in their opinion, safely perform the dives on their list. Divers should not add dives they are not proficient in, just to meet the DD requirement.**

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Dive sheets are due at the same time Swimming and Diving entries are due. However, change may be made to dive sheets up to one hour before the competition begins.

Deadline: All entries and dive sheets must be received by **Friday, November 10, 2023 @ 10:00am.**

No Late / Deck Entries will be accepted! Absolutely no exceptions. IT IS RECOMMENDED TO SEND ENTRIES AT LEAST 24 HOURS BEFORE THE DEADLINE. A team psych sheet will be sent to you to confirm receipt of entries.

Scoring: Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Awards: No awards will be given.

Entry Fees: \$7.00 per individual competitor & \$10.00 per relay entered. Relay only swimmers are required to be on the team roster and pay Competitor Entry Fees. Entry Fees will be calculated based on the total number of Swimmers/Divers on the roster as well as relays entered, **including relay alternates.**

Make Checks payable to: Conroe ISD Natatorium
Mail to: C/O Kim Loudenback
Conroe ISD Natatorium
19133 David Memorial Drive
Shenandoah, Texas 77385

Admission: All Day Pass (Prelims & Finals): Adults \$10.00 Students: \$5.00

Meet Admin: Meet Director Kevin Handley khandley@conroeisd.net
Meet Referee TBD
Diving Referee TBD

Officials contact the referee at least 2 days prior if you wish to officiate this meet

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Diving D.D. Standards

Event Number	Girls D.D.	Event	Boys D.D.	Event Number
9	12.1	1 Meter-11 Dive	12.4	10

Swimming Time Standards

Event Number	Girls Time Short Course	Event	Boys Time Short Course	Event Number
1	NT	Medley Relay	NT	2
3	2:05.29	200 Free	1:54.09	4
5	2:20.89	200 I.M.	2:06.59	6
7	0:26.89	50 Free	0:23.89	8
11	1:03.09	100 Fly	0:56.49	12
13	0:58.49	100 Free	0:52.29	14
15	5:35.19	500 Free	5:10.39	16
17	NT	200 Free Relay	NT	18
19	1:03.19	100 Back	0:56.73	20
21	1:12.79	100 Breast	1:04.39	22
23	NT	400 Free Relay	NT	24

USA Observation: This is a varsity meet that swimmers are resting for and could be swimming new best personal times. Therefore, we would like to request this meet be observed by USA swimming, so their times will count in the USA swimming database.

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**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 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 swim suits are not allowed in the Grandstand-seating area. Participants and spectators are not allowed to lean against glass the rails, climb over banisters / 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 securing a pass at the Services Desk located in the facility lobby.
- Lawn Chairs are not allowed in the CISD Natatorium Grandstand-seating area, Stadium seats shall not exceed 17” wide x 13” deep.
- Each competing team is permitted one temporary banner, placed at the discretion of the CISD Natatorium Coordinator. Team banners must not exceed 5’ by 8’. No handmade signage is allowed. Blue painters tape only to secure.
- Absolutely no tobacco, electronic cigarettes (vape-pen/E-Cig), alcohol products, or glass containers are allowed on Conroe School District property. This applies to the parking lot.
- Spectators are allowed (1) Cooler 13” wide x 11” deep x 12” tall that can be placed directly under their seating area, Participant /Teams are allowed an Ice-Chest (1) PER GENDER on the deck provided they do not contain glass items, bottled water is allowed.
- Betting and gambling is strictly prohibited.
- Teams are expected to police their respective areas at the conclusion of the competition.
- Participating in any activity that can be interpreted or described as “risky” or “horseplay” is prohibited throughout the entire CISD Natatorium Complex.
- Diving equipment such as trampoline, spotting rigs, dry-board apparatus, and the warm-pool are not to be used unless authorized by the CISD Natatorium Coordinator.
- The use of flash cameras or noise-makers at the start, during or end of any race is prohibited.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergency use 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 • Marshalls • 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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