

2020 NORTHEAST TENNESSEE REGIONAL CHAMPIONSHIP SWIMMING & DIVING MEET

Sponsored by: Great Clips
Hosted by: Science Hill High School

DATE & LOCATION: Saturday, January 18, 2020 in the Holston Medical Group Competition Pool at the Kingsport Aquatic Center. Swimming preliminaries will be in the morning; Diving competition will be in the afternoon. Swimming finals will be in the evening.

TIMES: **Swimming Preliminary Warm-ups:** 7:30 - 9:10 AM
(A detailed warm-up schedule will be sent out once entries have been received)
Swimming Preliminaries Begin at 9:15 AM
Diving Warm-ups: Immediately after swimming preliminaries, but not before 12:30 PM
Diving Competition to begin no earlier than 1:30 PM
(Note: A more definitive time for diving will be published once entries have been received)
Swimming Finals Warm-ups: 4:00 - 5:30 PM
Swimming and Diving Finals begin at 5:45 PM

Swimming Coaches' meeting at 9:00 AM ; Diving Coaches' meeting prior to diving competition.

ELIGIBILITY: 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 non-scoring entries. A team is allowed one scoring relay per relay event, but may enter additional exhibition relays. Only exhibition relays will be swum in the morning preliminaries with the A Relays automatically advancing to the finals. The meet will follow the current National Federation Guidelines in the High School Rules Book. Eligibility for finals/consolations 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. Middle school and 8th grade students will be allowed to swim in the preliminaries as exhibition only and will not be eligible to swim in the finals/consolations.

ENTRIES: **Completed entries for swimmers and divers are due Monday, January 13, 2020.**
Please check your entries carefully before submitting them. According to Federation guidelines, no changes will be accepted after entries are submitted. Teams should enter the meet using Hy-Tek Team Manager or Team Manager Lite. A copy of Team Manager Lite can be downloaded using the following link:
http://www.hy-tek.com/Demos/Swim_TEAM_MANAGER_Lite.exe
The events file for the meet and the instructions on the use of the program are included in the e-mail that contains this meet invitation.
Divers shall bring diving score sheet with them to the competition.
A release form, signed by the head coach (or parent, if coach not attending meet), must be submitted with the entry from each school.
Relay names/cards are due to the scorer's table as follows:
200 Medley Relay - 30 minutes before the start of the meet session
200 Free Relay - by the end of the break in Prelims; by the start of event # 9 in Finals
400 Free Relay - by the start of event # 15

Entry Fees: Individual events - \$5.25 Relay events (including exhibition relays) - \$12.00

Meet Officials: Referee: Rob Clemons
Meet Director: Chris Coraggio bscswim@yahoo.com 423-833-5595

SWIMMING FORMAT: Preliminary rounds will be circle seeded in the final 3 heats for the morning session. The top 8 swimmers from the morning session will qualify for the finals and can finish no lower than 8th place unless they are disqualified in the finals. The next 8 swimmers (9th-16th place qualifiers) will swim in a consolation heat and can finish no higher than 9th place. In the event of a tie in the preliminaries for either 8th place or 16th-18th place, a swim-off will immediately follow the morning session.

DIVING FORMAT: 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	
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. All rounds of diving shall be contested in one session on Saturday afternoon.

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. The dive number for the voluntary dives will be circled on the diving form.

SCORING & AWARDS: Points will be awarded for first (1st) through sixteenth (16th) 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. Ribbons will be awarded for fourth through sixteenth for all events.

CLERK OF COURSE: This will be a cardless meet. Relay cards or forms will be given to the coaches to complete and return to the Clerk of the Course or his designee. Relay names will then be entered into the computer. The coach shall submit to the referee, or the referee's designee, the name of the lead swimmer no later than the conclusion of the race.

SUBMIT ENTRIES TO: Chris Coraggio
1 Saddlebrook Lane
Johnson City, TN 37615

Email: BSCswim@yahoo.com
Phone: 423-833-5595

Entry files must be received electronically by Monday, January 13, 2020. Payments can be brought to the meet. Please make your checks payable to Science Hill High School Swimming & Diving.

USA SWIMMING OBSERVED MEET: This meet will be sanctioned as an Observed Meet by USA Swimming. Swimmers who are currently registered with USAS will have their times submitted to the SWIMS database. To have times submitted, coaches must include the swimmers' USAS registration numbers with their meet entry. Incomplete, incorrect, or expired USAS registration numbers will not be able to be submitted, so please confirm accuracy.

ALL-CONFERENCE SELECTIONS:

Swimmers and divers who place 1st or 2nd in an individual event will be designated as First Team All-Conference selections.

Swimmers and divers who place 3rd, 4th, or 5th in an individual event will be designated as Second Team All-Conference selections.

Swimmers and divers who place 6th, 7th, or 8th in an individual event will be designated as Third Team All-Conference selections.

REMINDERS:

1) No late entries will be accepted after **Monday, January 13, 2020.**

2) **Each team *may* be asked provide timers.**

3) At the meet, the names for each relay team member must be designated on the relay cards or forms in the order in which they are to compete prior to reporting to the starting block.

ACCORDING TO NATIONAL FEDERATION GUIDELINES:

4) No changes may be made to the official entry once the entry has been submitted to the entry chairman.

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 for championship meets.

8) Divers will be disqualified if, in the judgment of the referee, the competitor fails 2 of the 11 dives.

**2017 Northeast Tennessee Regional
Swimming & Diving Championship**

GIRLS	PRELIMINARY EVENT ORDER	BOYS
25	200 Medley Relay (Ex)	26
3	200 Freestyle	4
5	200 IM	6
7	50 Freestyle	8
	10 minute break	
11	100 Butterfly	12
13	100 Freestyle	14
15	500 Freestyle	16
27	200 Free Relay (Ex)	28
19	100 Backstroke	20
21	100 Breaststroke	22
29	400 Free Relay (Ex)	30
9	Diving Competition - All rounds	10

FINALS EVENT ORDER		
1	200 Medley Relay - A teams	2
3	200 Freestyle	4
5	200 IM	6
7	50 Freestyle	8
	10 minute break	
11	100 Butterfly	12
13	100 Freestyle	14
15	500 Freestyle	16
17	200 Free Relay - A teams	18
19	100 Backstroke	20
21	100 Breaststroke	22
23	400 Free Relay - A teams	24

2020 NORTHEAST TENNESSEE REGIONAL HIGH SCHOOL CHAMPIONSHIPS

Please complete and return with your entry:

School name: _____ **School Address:** _____

School Initials: _____

Swim Coach: _____

Contact Person: _____ **Contact Address:** _____

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

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

Where should we send the final results: School Address Contact Address

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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 Northeast Tennessee Regional Championships. I also agree not to charge Science Hill High School, the Kingsport Aquatic Center, or any representative of these organizations for any claims resulting from injury, or loss, or damage to persons or valuables.

Head Coach/ Team Representative Signature: _____

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Entry Fee Recap

Number of individual entires _____ x \$5.25 = _____

Number of relay entries _____ x \$12.00 = _____

Total _____

Please make your checks payable to Science Hill High School Swimming & Diving