



2024 TENNESSEE INTERSCHOLASTIC SWIM COACHES ASSOCIATION STATE HIGH SCHOOL SWIMMING & DIVING CHAMPIONSHIP

FEBRUARY 9-10, 2024

HOST CLUB: Nashville Aquatic Club

LOCATION: Tracy Caulkins Competition Pool Centennial Sportsplex, 222 25th Ave North, Nashville, TN 37203

VENUE: Indoor 50 meter by 25 yard pool divided by two 4-foot wide bulkheads into two 25 yard pools. Competition pool 1 runs from 7 feet at starting end to 8 feet deep, Competition pool 2 runs from 12 feet at starting end to 8 ½ feet deep. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Separate warm down pool will be available.

MEET MANAGEMENT:

Meet Referee:	Leah Choate	MeetRef@SwimNAC.com
Admin Official:	Laura Turner	AdminOfficial@SwimNAC.com
Meet Director:	Jennifer Petty & Audrey Koss	MeetDirector@SwimNAC.com
Diving Director:	Tim Jones	tisca.diving@gmail.com
Entry Chairperson:	Jack Folcarelli	Entry@SwimNAC.com

RULES: Current National Federation of State High School Associations (NFSHSA) Rules govern the conduct of these championships, except as modified by the TISCA Constitution and Bylaws, TISCA Championship Rules, or this Meet Invitation. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all the information contained in the meet information.

OFFICIALS: All swimming officials must be currently certified and 2024 members of USA Swimming. Officials desiring an assigned position must submit an application on the 2024 TISCA Official Application to the meet referee by February 2, 2024. Dress code of white polo shirts with navy blue shorts, pants, or skirts and black shoes will be worn for all sessions.

ELIGIBILITY: This Championship meet is open to current TISCA member teams and athletes in good standing if meeting the requirements of Article VII and Article VIII and accepted by TISCA. All home school unattached swimmers must be registered with TISCA for the current season. No State Championship entries will be accepted from a team or unattached home school athlete unless current TISCA membership registration has been accepted and current dues have been paid. Registration forms and dues payment must be received by TISCA by the meet entry deadline. To register with TISCA, see full instructions at tisca.net → "Registration"

CREDENTIALS: Coaches, athletes and officials are required to display credentials or a wristband to gain access to the pool deck. Credentials or wristbands will be provided at Team Check-In. Teams will be allocated one coach/chaperone wristband for every eight (8) competitors entered, up to a maximum of three wristbands per team. Wristbands will be allocated to diving coaches separately. No additional wristbands will be sold. Lost credentials or wristbands for swimmers or coaches can be replaced by a coach for \$20. Teams may request press/photographer passes through the TISCA Team Information form. Photographers will be required to complete a waiver before passes are issued.

TEAM CHECK-IN: Coaches and teams must check-in and receive their team packet and wristbands before they will be allowed onto the pool deck. Early Check-In will be held on February 8, 2024 from 4:00 pm to 7:00 pm at Centennial Sportsplex. Coaches may also check-in prior to the preliminary sessions on Friday and Saturday 6:30 am – 8:30 am. Team packets and heat sheets will be available at check-in.

MEET FORMAT: Prelim/Final meet with 24 events as set forth on the "Order of Events". There will be a championship & consolation heat (top 16) for all swimming events. The top 16 divers will return for finals. All events will be pre-seeded. For the Finals Session: All swimming and diving championship finalists will report to the ready area (hallway next to the locker rooms). Consolation finalists will report to the blocks.

WARM-UP RULES & ASSIGNMENTS:

Southeastern Swimming safety guidelines and warm-up procedures will be in effect. **Coaches of multiple high school teams must request their teams to be assigned to the same warm-up. Teams may also request warm-up times on Thursday on a first-come, first-served basis when filling out the 2024 TISCA Team Information Online Form: [Click HERE for form](#).** Warm-Up assignments will be posted on the NAC website when available and included in the team packets.

ENTRIES: Each competitor may enter a maximum of four (4) events, no more than two (2) of which may be individual events and must have met the qualifying time in any entered event during the current season. A team is allowed four (4) scoring entries in each individual event.

RELAY ENTRIES: Teams are limited to one (1) scoring "A" relay per event. The "A" relay must consist of at least two members entered in at least one individual swimming event. One non-scoring "B" relay may also be entered with an entry time and must be designated as such on the entry. All members of a "B" relay must be qualified and entered in the meet in an individual swimming event. NOTE: By NFHS rules, a swimmer cannot participate in the same event on two different relay teams (e.g., "B" relay in prelims and "A" relay in finals). Once a swimmer competes in the event as part of one relay team, the swimmer is limited to that relay team only during that event.

"RELAY ONLY" ENTRIES: Each school/team may enter a maximum of four (4) men and four (4) women as "Relay Only" swimmers. These swimmers may compete on "A" relays only. If a diver wishes to participate as a qualified member of an "A" relay team, they must qualify in a "swimming" event. If a diver does not meet this qualification, they may be included as "Relay Only" swimmers. "Relay Only" swimmers must be entered on the relay in the original entry. A "Relay Only" swimmer is a swimmer who is not entered in any individual swimming events. To declare a swimmer as "Relay Only" in the Team Manager software, click on the Entered check box next to the swimmer's name and then right mouse click. TM will ask you to confirm that you wish to enter this swimmer as a "Relay Only" swimmer." Click OK and the "Relay Only" swimmer entry will be stored in your database and the column to the left of the swimmer's name will be listed with a @ character to indicate the "Relay Only" status. "Relay Only" swimmers will be displayed in the Meet Entry Report sorted "by name" with the "Individual and Relay" box checked.

NOTE – RELAY NAMES: Coaches should designate four individuals per relay with the meet entry file. Relays may be entered without names, but preference is for four names to be included for meet administration purposes. (Note: The names of individuals designated in the meet entry file will NOT be included on the meet psych sheet.) Relay line-ups may be changed up until the relay card is due for that event. Do not include "alternates" in the meet entry file; they do not need to be declared. Any team member entered in the meet is available to swim the prelims, swim-offs, and/or finals of a relay event provided the competitor does not exceed the total permitted entries for the meet. Designation on a relay shall not count as an entry unless the competitor actually competes in the event.

RELAY CARDS: Relay cards will be due as follows during both preliminary & finals sessions:
200 Medley Relay: one (1) hour before the start of the session
200 Free Relay: before the start of the 500 free
400 Free Relay: before the start of the 100 back

ENTRY TIMES: Enter with best SHORT COURSE YARDS times achieved in competition during the current high school season.

ENTRY TIME VERIFICATION: A swimmer who does not attain the qualifying time for an event during competition in this championship meet will be required to provide proof of entered time. The only valid proof of time will be official meet results from the meet where the time was attained. Failure to provide entry time verification within 30 days of the meet will result in a \$50 fine charged to the team per instance. Once 30 days have passed, then proofs will no longer be accepted and fines must

be paid. Proof of time form & payment instructions will be distributed via email and made available at tisca.net. Please note that a team will not be allowed to participate in future TISCA Championship Swim Meets until all outstanding fines have been paid. Official meet results are defined as results achieved in high school competition or meets such as USA Swimming, AAU, or Y meets. "Exhibition" swims should be shown as part of the official meet results. A certified official who was present must sign Time Trial results. Team Manager reports are not valid proofs of time.

ELECTRONIC ENTRIES ONLY:

All swimming and diving entries must be submitted via email using Hy-Tek Team Manager/Team Manager Lite or Team Unify. Entries must include the athlete first and last name, gender, and grade in school. USA Swimming athlete identification numbers may also be included. USE THE ASSIGNED TISCA STATE MEET TEAM ABBREVIATION FOR YOUR SCHOOL. The downloadable Team Manager EVENT FILE is available on the TISCA website (tisca.net) and Nashville Aquatic Club website at www.swimnac.com.

In addition, all teams must submit the 2024 TISCA Team Information Online Form – entries will not be accepted unless the Team Information Form is complete: [<Click HERE for form>](#)

ENTRY FEES: Per Student/Athlete: *(including divers and relay only swimmers)* **\$25.00**

Checks payable to: Nashville Aquatic Club
***Please list SCHOOL NAME on the check**

NEW! Please bring all checks & paperwork, waivers with you to the meet. You must have check to pay for all fees and waivers in order to check in. If you have to mail your payment please email, Ashley Blackburn, admin@swimnac.com to request mailing address.

USA SWIMMING OBSERVED STATUS: This meet has been approved for Observation of USA Swimming technical rules. USA SWIMMING OBSERVED TIMES Application for approval for Observation of USA Swimming technical rules has been submitted. If the meet is approved, those swimmers who are entered into the meet database with accurate USA-S ID numbers will have all times from legal USA-S swims automatically loaded into the national times database. The athlete's correct USA Swimming ID#, registered full name with middle initial and date of birth must be included in the TM entry. For those USA-S swimmers without USA-S ID's or inaccurate ID #'s, a written request must be submitted. Lead off splits for individual events and relays must be specifically requested in writing. Requests must be made by submission of the SES Individual Verification Request Form by the athlete or coach within two weeks of the last day of the meet and submitted to the SES SWIMS Chair. Email requests are not acceptable. Forms are available at: www.seswim.org. An LSC administrative fee of \$5.00 per athlete, payable to SES, Inc. must be submitted with the request. Note: Late fees of \$10 per athlete must be submitted for requests after the two-week time limit. SE Swimming, Attn: Tom Healey, 327 East Longleaf Dr, Auburn, AL 36832.

DIVING COMPETITION: Divers are required to dive in and complete at least three dive meets, at least one being an 11-dive meet, during the current high school swimming/diving season in order to be eligible to dive in the TISCA Championship Meet. All divers should have their score sheets showing successful completion of three dive meets available in case of any eligibility question. There will be three stages of competition: preliminaries, semi-finals and finals. There will be a minimum of five judges and one referee present for the competition. Competition will consist of five voluntary dives and six optional dives, which may be performed in any order within each stage of competition. The five voluntary dives must come from each of the five groups and the sum total of their assigned degrees of difficulty must be 9.0 or less. The six optional dives must include at least one dive chosen from each of the five groups. All five groups of dives must be represented in the preliminary and semi-final rounds (first eight dives). The dives to be performed during each stage of the championship competition shall be as follows:

Preliminaries (rounds 1-5): Any two voluntary dives, any three optional dives. If there are more than 32 divers, the field will be reduced to the top 32 following round 3 (at the discretion of the Diving Director). The top twenty divers will advance to the semi-finals. Semi-finals (rounds 6-8): Two voluntary dives, one optional dive (this dive must be from a different group than those in the preliminaries). The top sixteen divers will advance to the Finals (rounds 9-11): One voluntary dive, two optional dives.

DIVING SCORE SHEETS: Diving score sheets for **Women** must be submitted, signed by the coach and the diver, written in pencil, by 9:30 am, **Friday, February 9, 2024**. **Men** divers must submit score sheets, by 9:30 am, **Saturday, February 10, 2024**. An entry box will be available at the Diving Scoring table. Score sheets will NOT be accepted after the deadline. Changes are permitted until 60 minutes prior to the start of the diving competition. The dive number for the voluntary dives must be circled on the diving form. Diving score sheets will also be accepted during the open warm-up on Thursday, February 8, 2024. **ALL DIVERS MUST BE ENTERED IN HY-TEK OR TEAM UNIFY FILE THAT IS SUBMITTED ELECTRONICALLY.** If you have questions about entering your diver in Hy-Tek please contact entry@swimnac.com.

SCORING: Scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Points will be awarded for first through sixteenth place for individual swimming and diving events. Double points will be awarded for relay events.

AWARDS: There will be individual awards for the top sixteen athletes in each individual and relay event. Medals for 1-16 will be awarded. Trophies will be presented to the top 10 teams in the Men's & Women's divisions. The Ray Bussard Combined Team Championship Award will be presented to the top 10 combined teams. Awards will be given out each evening throughout the course of finals on deck at the awards stand.

Additional awards to be presented at the completion of the Finals Session on Saturday:

- Female Swimmer of the Year
- Male Swimmer of the Year
- Men's Swimming Coach of the Year
- Women's Swimming Coach of the Year
- Female Diver of the Year
- Male Diver of the Year
- Diving Coach of the Year

ALL STATE AWARDS: Swimmers and Divers will be recognized by TISCA as "All State" by placing 1st through 4th in an individual or relay event. Awards for All State will be mailed to the athlete's team after the competition.

ANNUAL TISCA BUSINESS MEETING: The annual TISCA Business Meeting will be held 30 minutes after the conclusion of Friday's Preliminary session, location is TBD. Lunch will be provided. Elections and rule proposals will be voted on. Each team is highly encouraged to send a representative! TISCA is a Coach-run organization, and participation by our coach members is paramount to sustaining our mission.

General Information

PARKING: Parking in the Centennial Sportsplex parking lot will be FREE. Surrounding areas of the Sportsplex are either paid or have maximum time lengths. Neither NAC nor TISCA are responsible for any tickets or parking payments beyond the Centennial Sportsplex parking lot. It is important to read and obey all signs posted in these areas as parking at your own risk could subject cars to being towed.

USE OF AUDIO/VISUAL:

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, on deck, in the rest rooms or locker rooms. The use of drones is not allowed.

DECK CHANGE RULE:

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

FACILITY RULES: Only Swimmers, Coaches and Meet Personnel shall be on the pool deck at any time. Credentials must be shown by swimmers and meet workers for access to the pool deck at all times. Wristbands must be worn on the wrist by all coaches for access to the pool deck at all times.

No food or drink (with the exception of water bottles) may be brought into the pool area. No chairs may be setup in between or in front of the bleachers, including along the railing.

SPECTATOR SEATING:

Spectator seating is in the elevated bleacher area only. **Spectators will only be permitted to stand along the rail during their swimmer's race.** We ask that you do not remain standing at the rail for an extended period of time. No flash photography at the start of races.

Saving seats or leaving items on bleachers between sessions is strictly prohibited. Bleachers will be cleared by the facility staff at the completion of each session of the meet, including diving, and the entrance doors to the pool area will be locked. All items left on the bleachers will be placed into "lost and found".

The doors will open prior to each session as follows:

- Friday & Saturday Prelims – 6:30 AM
- Friday & Saturday Finals – 4:30 PM

ADMISSIONS: Wristbands will be allocated to coaches/chaperones and press passes will be available as detailed in "CREDENTIALS" section above.

WEEKEND PASSES will be available to purchase ONLINE ONLY at a discounted price of \$30. The online sale will run January 22nd through February 8th. Visit swimnac.com to access the link starting January 22nd, 2024.

Spectator passes will be available for sale on site in the Sportsplex lobby beginning Thursday, February 8th from 4:00 pm – 7:00 pm and then again on Friday and Saturday morning beginning at 6:30 am. Finals only passes may be purchased each evening beginning at 4:30 pm.

Spectator Weekend Passes AT THE DOOR = \$40

Spectator Finals Only Passes = \$15

Spectator Full Day Passes = \$20

BANNERS: The Metro Parks – Centennial Sportsplex Facility Staff will hang all banners in the order in which they are received. **For the Metro Parks staff to hang your team banner, teams must turn banners in by 4:00pm on Thursday, February 6 to the Centennial Sportsplex Aquatics Office.** Zip ties will be used to hang banners. **Individual teams are responsible for hanging their banners if they cannot get the banner to the Metro Parks staff before the deadline. All teams are responsible for cutting down and taking their team banner with them at the end of the meet.** Metro Parks staff will assist in taking down banners in any way necessary. Banners will not be stored at the facility after the meet.

RESULTS: Real-Time results will be available on the NAC web site at www.SwimNAC.com. Electronic results will be running on the two television screens in the lobby of the Centennial Sportsplex.

SWIMSHOP: All American Swim Supply will be on site both days of the meet.

CONCESSIONS: Concessions will be available for sale in the Centennial Sportsplex lobby. No outside food or drinks may be brought into the building, No coolers may be brought into the building.

2024 TISCA Championship Qualifying Times & Order of Events

Note: Women dive on Friday and Men dive on Saturday

Friday, February 9, 2024

WOMEN			EVENT	MEN		
Event #	SC Yards	SC Meters		SC Yards	SC Meters	Event #
1	NT	NT	200 Medley Relay	NT	NT	2
3	2:10.99	2:25.19	200 Freestyle	1:56.49	2:09.09	4
5	2:30.59	2:47.19	200 Individual Medley	2:12.69	2:27.49	6
7	26.99	30.09	50 Freestyle	23.69	26.59	8
9			1 Meter Diving Women			
11	1:07.39	1:14.89	100 Butterfly	:58.99	1:05.79	12

Saturday, February 10, 2024

Women			Event	Men		
Event #	SC Yards	SC Meters		SC Yards	SC Meters	Event #
13	:58.29	1:04.89	100 Freestyle	51.89	57.69	14
15	5:59.69	5:15.59	500 yd/400 m Freestyle	5:24.79	4:45.19	16
17	NT	NT	200 Freestyle Relay	NT	NT	18
			1 Meter Diving Men			10
19	1:06.79	1:14.29	100 Backstroke	1:01.29	1:08.09	20
21	1:16.99	1:25.69	100 Breaststroke	1:06.99	1:14.39	22
23	NT	NT	400 Free Relay	NT	NT	24

Incorporation of Paralympic Athletes into the Tennessee State High School Swimming and Diving Championship Meet

Philosophy and Rationale:

The Tennessee High School Swimming and Diving Championship Meet is the pinnacle interscholastic competition for swimmers and divers in the State. As such, participation requires a level of competitive competence. Such competence in swimming is shown by equaling or bettering established qualifying time standards in each event. Competence in diving requires successful completion of at least one 11-dive competition prior to the State Meet.

The TISCA body has determined that providing an avenue for disability athletes to participate in the State Championship Meet has benefits to not only the disability athletes but to the organization and its members. However, in order to maintain the competitive philosophy of the meet, disability athletes must meet certain qualifying criteria. In other words: ***Participation by disability athletes shall not be awarded merely because one has a disability. Rather, the right to participate in the State Championship Meet shall be awarded based on the performance of a given standard which takes into account an athlete's disability.***

Logistics

To participate in the Tennessee State High School Championship Swimming competition, a disability athlete shall:

1. Show proof of USA Paralympic Sports Class Impairment

Such classification is a formal procedure carried out by the USA Paralympic Committee. TISCA is not able to nor responsible for providing such classification. Simply stating that one has a disability is not sufficient. Only USA Paralympic Classification certification will be accepted. Provisional sport classification documented by US Paralympics will be accepted, as will a final National Classification.

To apply for Certification

1. Download the "Gateway to Gold" app and submit a video according to the app.

<http://www.teamusa.org/US-Paralympics/Resources/Download-The-US-Paralympics-App>

2. Submit an MDS form to Sherrice.Fox@usoc.org

US Paralympics will then assign a provisional sport classification. Actual participation and further evaluation steps at a recognized US Paralympic Meet is required to be assigned a formal National Certification. Events can be found at <http://www.teamusa.org/us-paralympics/sports/swimming/events>

2. Within the current high school season (ie: beginning on Sept 1), meet the current Can-Am Swimming Meet time standards for his/her disability category in the course distance in which the event was swum. Proof of time is required prior to State competition. The "current time standard" will be considered to be the Can-AM Meet standards posted on the USA Paralympic website as of September 1 prior to the TISCA State Championship in question. To access these standards go to: <http://www.teamusa.org/us-paralympics/sports/swimming/events> >

Additional Information

3. Meet all other TISCA eligibility requirements, including Championship Meet Entry requirements.

Events

Qualified disability swimmers may enter the 50 and/or 100-yard freestyle events at the meet for which they qualify. They will be seeded by time along with able-bodied swimmers in the competition. There will be no separate awards or scoring for disability events.

Accommodations

Prior to the meet, coaches and athletes are responsible for alerting the meet host and referee as to any accommodation which may be required. Providing specialized accommodations (for example, a visually-impaired swimmer needing a tapper) is the responsibility of the athlete and/or coach.

Meet Entry Timeline

WEDNESDAY, January 31, 2024

Final Deadline for TISCA Registration (for instructions, see tisca.net → “Registration”)

Final Meet Entry File is due by 6:00 pm CST to entry@swimnac.com

- TISCA Team Abbreviation & full school name must be in the Subject line of the email
- Coaches are responsible for the accuracy of entries. Once an entry is received, an email confirmation will be sent that the email was RECEIVED.
- TISCA Team Information Online Form is also due [<Click HERE for form>](#)
- Note: Athletes or relays of teams which fail to meet the entry deadline will be subject to the **Late Entry Policy**: all such swimmers, divers, and relays shall only participate in the preliminary sessions of the State Championship meet. No late-entered athlete or relay will be eligible to advance to finals or score points in the competition.

THURSDAY, FEBRUARY 1 – FRIDAY, FEBRUARY 2, 2024

Team Meet Entry Reports will be emailed to each team representative.

FRIDAY, FEBRUARY 2, 2024

Entry Corrections are due by 11:59 pm CST to entry@swimnac.com

ENTRY CORRECTIONS: Teams which have met the State Championship entry deadline may make additions and/or corrections to their entries until the Entry Correction deadline. New athletes and relays may be entered and/or events or seed times corrected. **No further corrections, late entries, or TISCA registration will be accepted after 11:59 PM CST on Friday, February 2.**

SATURDAY, FEBRUARY 3, 2024

Psych Sheet will be posted to the NAC and TISCA websites by 6:00 pm CST.

TUESDAY, FEBRUARY 6, 2024

Meet Timeline & Warm-Up Assignments will be posted on the NAC website by 2:00 pm CST.

THURSDAY, FEBRUARY 8, 2024

Mandatory Coaches meeting will be held via Google Meet at 7:45pm CST. Video call link to be emailed out the week of the meet.

FRIDAY, FEBRUARY 9, 2024

Relay cards for the 200 Medley Relay are due to the Meet Clerk at 8:30 am.

Women’s Diving score sheets are due at diving scoring table at 9:30 am.

SATURDAY, FEBRUARY 10, 2024

Relay cards for the 200 Freestyle Relay are due to the Meet Clerk before the start of the 500 Freestyle.

Men’s Diving score sheets are due at diving scoring table at 9:30 am.

Relay cards for the 400 Freestyle Relay are due to the Meet Clerk before the start of the 100 Backstroke.

2024 TISCA Championship Meet Schedule

THURSDAY, FEBRUARY 8, 2024

12:00 PM – 4:00 PM	Swimming warm-up by reservation only*
12:00 PM – 6:00 PM	Diving warm-up**
4:00 – 7:00 PM	EARLY Team Check-In
5:00 – 7:00 PM	Swimming warm-up by reservation only*

*Fill out the 2024 TISCA Team Information Online Form: [<Click HERE for form>](#) to reserve lanes for swimming warm-ups

**Diving warm-up is “first-come, first-served”

FRIDAY, FEBRUARY 9, 2024

6:30 AM	Centennial Sportsplex Spectator Entrance doors open
6:30 AM – 8:30 AM	Team Check-In

SWIMMING PRELIMS

7:00 – 7:30 AM	Open warm-up
7:30 – 8:00 AM	First warm-up
8:00 – 8:30 AM	Second warm-up
8:30 – 9:00 AM	Third warm-up
9:00 – 9:15 AM	Open warm-up
8:30 – 9:15 AM	Officials meeting – Multipurpose Room
9:30 AM	Swimming Competition Begins

THE ANNUAL TISCA BUSINESS MEETING WILL BE HELD 30 MINUTES AFTER THE CONCLUSION OF THE FRIDAY SWIMMING PRELIMS SESSION. DETAILS TBD.

DIVING PRELIMS

9:30 AM	Women's Diving score sheets due at Diving Scoring Table
12:00 – 1:45 PM	Women's Diving warm-up (<i>once swimming is completed</i>)
2:00 PM	Women's Diving prelims & semifinals (<i>rounds 1-8</i>)

FINALS

4:30 PM	Centennial Sportsplex Spectator Entrance doors open
5:00 - 5:45 PM	Swimming warm-up (<i>finals sessions will have an open warm-up</i>)
6:00 PM	Swimming Competition & Women's Diving - Finals & Awards

Immediately following Women's Diving Finals will be the Men's Diving warm-up. The pool will remain open for 30 minutes after the completions of all Finals competition.

SATURDAY, FEBRUARY 10, 2024

6:30 AM	Centennial Sportsplex Spectator Entrance doors open
6:30 AM – 8:30 AM	Team Check-In

SWIMMING PRELIMS

7:00 – 7:30 AM	Open warm-up
7:30 – 8:00 AM	First warm-up
8:00 – 8:30 AM	Second warm-up
8:30 – 9:00 AM	Third warm-up
9:00 – 9:15 AM	Open warm-up
8:30 – 9:15 AM	Officials meeting – Multipurpose Room
9:30 AM	Swimming Competition Begins

DIVING PRELIMS

9:30 AM	Men's Diving score sheets due at Diving Scoring Table
12:00 – 1:45 PM	Men's Diving warm-up (<i>once swimming is completed</i>)
2:00 PM	Men's Diving prelims & semifinals (<i>rounds 1-8</i>)

FINALS

4:30 PM	Centennial Sportsplex Spectator Entrance doors open
5:00 - 5:45 PM	Swimming warm-up (<i>finals sessions will have an open warm-up</i>)
6:00 PM	Swimming Competition & Men's Diving - Finals & Awards

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

This form MUST be filled out completely and MUST accompany Meet Entry Fee check

I, the undersigned coach or team representative, verify that all of the athletes and coaches listed on the enclosed entry are registered with TISCA. I also acknowledge that I am familiar with the rules of TISCA regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my team's swimmers with those rules during this meet. Nashville Aquatic Club, Centennial Sportsplex, TISCA, their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the Internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet. I attest that all individuals acting in a coaching capacity at this meet have successfully completed the State-mandated Concussion and Sudden Cardiac Arrest online courses for this season.

Signature of coach or school official: _____

School: _____ Date: _____

TEAM & SCHOOL INFORMATION

School: _____ TISCA State Meet Abbr: _____

School Mailing Address: _____

Coach Name: _____ Coach Cell Phone: _____

Coach Email Address: _____

School Admin Contact: _____ Phone: _____

School Admin Contact Email Address: _____

All-State Awards Mailing Address: _____

ENTRY RECAP

Number of Student/Athletes: _____ X \$25.00 = _____

Total Amount Due: _____

Checks payable to: **Nashville Aquatic Club**

Please bring check and waiver with you to meet check in.

**2024 TISCA Championship Meet
FINALS ORDER OF EVENTS**

FRIDAY, FEBRUARY 9, 2024

200 MEDLEY RELAY

AWARDS 200 MEDLEY RELAY

200 FREE

AWARDS 200 FREE

200 IM

AWARDS 200 IM

50 FREE

DIVING GIRLS

100 FLY

AWARDS 50 FREE

AWARDS GIRLS DIVING

AWARDS 100 FLY

SATURDAY, FEBRUARY 10, 2024

100 FREE

500 FREE

AWARDS 100 FREE

AWARDS 500 FREE

200 FREE RELAY

DIVING BOYS

100 BACK

100 BREAST

AWARDS 200 FREE RELAY

AWARDS BOYS DIVING

AWARDS 100 BACK

AWARDS 100 BREAST

400 FREE RELAY

AWARDS 400 FREE RELAY

TEAM & OTHER AWARDS