



District 5-5A Swimming and Diving Championships



Saturday, January 25, 2025

Sanction #: HS 34D-25

Facility:

Northwest ISD Aquatic Center – 1976 Texan Dr.; Justin, TX 76247

- 1 – 8 Lane courses – Depth 6’8”
- Overflow gutter system
- Cool down area
- Fully automated Colorado Timing system with pads
- 1 – 8 Lane digital scoreboard display
- Three 1-meter diving boards

Entry Limit:

Each individual athlete may compete in a maximum of four events; no more than two of which may be individual events. There is a limit of 4 athletes per team per event and one relay entry per team per event.

Swimming Entries:

There will be a meeting (TBD) to turn in entries. If you are unable to attend, you can email your entries to kpottorff@nisdtx.org.

Questions can be sent to charles.overton@granburyisd.org.

****Please note that all entries must be submitted either in person or via email using Hy-Tek.**

Each team will be provided a copy of their team entries from Meet Manager as a confirmation of what was submitted.

Psych sheets will be sent out once approval of all entries has been received from each team's coach. Once psych sheets have been sent out, the only changes that can be made to your meet entries are scratches and relay names.

Swimming Meet Organizer:

- Charles Overton charles.overton@granburyisd.org (817) 266-5094

Swimming Meet Referee:

- Chuck Chinnis chuck@chinnis.net

Swimming Schedule – Saturday, January 25, 2025:

- Assigned warm-up: 09:30 am – 10:30 am
- One Way Starts/Pace: 10:30 am – 10:45 am
- Coaches Meeting: 10:45 am
- Meet start: 11:00 am

Warm-up:

Please keep in mind the following during warm-ups:

- No diving is allowed during the assigned warm-up session. Swimmers must enter the water feet first in a cautious manner.
- There will be 15 minutes after assigned warm-ups session for one way starts and pace in the competition pool only. Push Pace Lanes 1& 8; One Way Starts 2-7
- Coaches will be responsible to make sure their team follows these warm-up rules.

The lanes at the south end of the Aquatic Center (near the diving well) will remain open during the competition for general warm-up / cool down; however, the lane closest to the competition pool will be closed. NO DIVING IN WARM-UP / COOL DOWN AREA.

Scoring:

Individual Events: 9 – 7 – 6 – 5 – 4 – 3 – 2 – 1

Relays: 18 – 14 – 12 – 10 – 8 – 6 – 4 – 2

Awards:

Medals will be awarded for first, second, and third place in each event. Ribbons will be given for 4th – 8th place. Medals will be presented during the meet by the coach of the first place winning team/athlete. Meet results will be posted and available on Meet Mobile.

Trophies will be awarded to each of the girls and boys team champions, 2nd and 3rd place at the conclusion of the swimming competition.

Certificates for girl and boy swimmer of the meet will be determined by NISCA Power Points and will be awarded at the conclusion of the swimming competition.

Coaching recognitions will be awarded at the conclusion of the meet and will be voted on by current TISCA member coaches.

Rules:

NFHS Rules shall govern the meet along with the University Interscholastic League Rules and Regulations

This is a Championship format meet. Swimmers may either swim all entered events or enter a Declared False Start (DFS) for individual events. A no show for a race will result in Disqualification from all remaining events.

This meet MAY be approved for observation by USA Swimming for NTV purposes. Only times achieved by swimmers who are currently registered with USA Swimming, have an accurate and complete USA Swimming ID number in the meet database, and conform to the technical rules of USA Swimming will be loaded into the SWIMS Database. The athlete's USA Swimming ID must be included in your entry file. All USA Swimming athletes 18 years of age and older must have completed the USAS Athlete Protection Training in order for their times to be loaded into the SWIMS database.

General Meet Information:

- Per UIL rules, signs and noisemakers of any type are prohibited within the facility.
- Glass items are prohibited within the facility.
- Smoking is prohibited within the facility.
- Pets are not allowed in the facility.
- Headphones must be used with all electronic entertainment devices.
- Northwest ISD is not responsible for lost, stolen, or damaged articles.
- Per UIL rules, shaving is prohibited within the facility.
- Concessions (TBD).
- Athletes with special needs should be identified with the Meet Director / Meet Referee at the coaches meeting.
- No electrical outlets will be available for use.
- The pool deck is restricted to:
 - o Athletes and Coaches
 - o Meet Officials and Workers
 - o School District Administrators (must show ID)
 - o Members of the media who have been pre-approved by the NISD Aquatic Center (email Bradley.eichenseer@nisdtx.org for more information)
- Facility questions should be directed to Brad Eichenseer at 817-215-0197 or Bradley.eichenseer@nisdtx.org.

Hospitality:

- Hospitality will be provided for volunteers and coaches.

Admission:

- \$5.00 per adult – heat sheet included
- \$3.00 per student (must have ID)
- \$1.00 for extra heat sheets

Concessions:

- Concessions (TBD).
- No coolers are allowed in the stands.

- No glass is allowed in the facility.

Parking:

- See attached aerial view of the complex for more parking options.

Order of Events

200 Yard Medley Relay

Award Break

200 Yard Freestyle Relay

200 Yard Individual Medley

50 Yard Freestyle

Awards Break

100 Yard Butterfly

100 Yard Freestyle

500 Yard Freestyle

Awards Break

200 Yard Freestyle Relay

100 Yard Backstroke

100 Yard Breaststroke

Awards Break

400 Yard Freestyle Relay

Awards Break