



November 17-18, 2023

Welcome: United Independent School District is proud to host the annual “La Copa Laredo” Invitational this year. We wish the best of luck to all of you, and hope that you achieve all your goals. Coaches, please monitor your athletes and help us take care of our facility by cleaning your area after the meet.

Location: Carroll E. Summers Jr. Aquatic Center is located at 5208 Santa Claudia Lane, Laredo, TX 78043. The Business office phone is (956) 473-6173. Carroll E. Summers Jr. Aquatic Center is located at the at the Bill Johnson Student Activity Center (SAC) next to the UISD Athletic Building and football stadium by Antonio Gonzalez Middle School and Senator Judith Zaffirini Elementary Sschool off FM 359.

Facility: The Carroll E. Summers Jr. Aquatic Center features three venues, (2) with (8) eight, 9’ lanes for swimming competition and one with (3) 8’ lanes for Diving . The competition pool has primer competitive features such as Rim Flow gutters, anti-wave lane ropes, deep water continuous 7 ft. depth in competitive field, strobe on each starting block, all automatic starting and timing with full video boards. (4) 1-meter & (2) 3-meter Maxiflex Model “B” Cheeseboards. Grandstand seating for 850 spectator and deck seating for 700 coaches and participants. In addition, for spectators comfort we also have overhead Big Ass Fans over the Grandstands as well as the outdoor patio.

REAL-TIME RESULTS /

Official Real-Time Results / Psych sheet information and map requests for all

PSYCH-SHEET Event results: Will be posted on Thursday, November 16, 2023

Schedule: Diving Prelims: -Eleven Dive Finals!

Friday, November 17, 2023 W/U 11:00 am. Meet 12:00 pm

Swimming Timed Finals:

Saturday, November 18, 2023 W/U 11:00 am. Meet 12:00 pm.

Warm-up times and lane assignments will be included on the Carroll E. Summers Jr. Aquatic Center website after the deadline at www.uisd.net/aquatic-center.

Entry Limit: National H.S. Federation & U.I.L. rules apply. Teams can have unlimited *entries* in an individual event and a maximum of two *relay teams* per relay event. However, only the top 4 individuals per team and only 1-relay per team shall score. Each team will provide a Hy-Tek HY3.file and via www.cleanentries.com for entries as well as a PDF hard copy All participants including relay only participants must be listed on the Hy-Tek master entry hard copy and Hy-Tek HY3.file to be considered eligible for relays. Relays must be declared prior to the meet start. Athlete’s grade/year (i.e, 9,10,11, etc.) Shall be numerically designated on your database file.

Submit Entries: Janelly Mendoza, Carroll E. Summers Jr. Aquatic Center Operations Officer, by Tuesday, November 15, 2023 5:00 p.m. Please SEND HY-TEK HY3 FILES TO janelly.mendoza@uisd.net

Diving Entries: National Federation Rules will apply Degree of Difficulty requirement:

Optional- None for ONE METER- *Voluntaries* not to exceed 9.0- National Federation DD Table

•Please note the daily schedule on page one (1)

•One-meter competition Prelims: & Finals on Friday

•Events will be 11-dive contests

••All divers MUST be entered via Clean Entries & Hy-Tek Commlink file * *AND* •

•All divers MUST enter completed sheets via www.cleanentries.com by 1200, Nov 14, 2023 *THERE CAN BE NO EXCEPTIONS/*

•All corrections, revisions, additions, deletions, etc. must be completed in writing and in the hands of the Diving Referee not later than one hour before the scheduled start of competition.



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Entry Fee: \$ 8.00 per athlete
 \$ 10.00 per relay team
 Please make checks payable to United ISD
 Please mail checks to: Carroll E. Summers Jr. Aquatic Center
 5208 Santa Claudia, Laredo, Tx. 78043

Entry Deadline: All entries are due Tuesday, November 15th. @ 5:00 pm. Each team will provide a Hy-Tek zip.file for entries along with a hard copy using an official Hy-Tek Hard Copy which will serve as **the official entry form in the event of questions regarding entries. Diving entries due with swimming entries.**
The psych sheet will be available for all coaches after the entry deadline (Thursday, November 17th. at 9:00a.m.).

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

Awards: Medals 1st – 3rd in each event
TEAM Cup will be awarded to the top team (1) Boy/ (1) Girl.
Ribbons 4th. – 8th place Individual & Relay Events

Senior Recognition: “La Copa Laredo” **Competitor of the Meet** will be determined by the **NISCA Power Point rating system.** The individual with the highest point totals in individual events will be recognized as the “La Copa Laredo” Border Olympics MVP. In the event of a tie, district head coaches will vote.
 1 Girl and 1 Boy will be recognized for this achievement.

Officials: Limited to UIL approved officials

Special Note: All deck officials must be currently registered with UIL / NFHS.

- Please submit your information by email to the appropriate referee.
- Applications are due by Friday, November 11, 2023.
- Uniforms of the day will be as follows: **Timed-Finals** – white shirts over Khaki pants.
- Please report to the conference room 30 minutes prior to the scheduled start time for assignments.

Seniors: Prior to the start of the meet, “La Copa Laredo” Border Olympics seniors will be recognized.

Meet Format: This meet is a standard Federation High School order of events and a **timed final meet** and entries both swim and dive should reflect participants’ best time, score in his or her individual events and team relay.

Timing: Carroll E. Summers Jr. Aquatic Specialists

Seating: There will be assigned seating for teams on the deck. The Grand Stand seating will be reserved for spectators.

Concessions: Concessions will be available throughout the meet at the *athlete village*.

Awards: The top 3-finalists will be recognized. The staging area shall be under the Small Video Board. Finalist shall dress in Team warm ups or in team apparel when receiving awards on the stand. The coach of the winning swimmer in that event or relay will hand out awards for that event.



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Carroll E. Summers Jr. Aquatic Center Healthy Swimming Policy

UISD is committed to the health and safety of all patrons. *Therefore, while visiting* Carroll E. Summers Jr. Aquatic Center, *all participants will respect* the Centers for Disease Controls (CDC) “*Healthy Swimming Policy*”. This policy protects our patrons and spectators from poor air or water quality hazards typical with indoor-swimming pools caused by microorganisms and chloramines. The cornerstone of this policy is based on guidelines which mandate safe practices such as requiring all participants to shower before entering the Carroll E. Summers Jr. Aquatic Center.

“Healthy Swimming Policy” Acknowledgement Form

Receipt Form

Organization: _____

Representative Name and Title:

By my signature below I agree, on behalf of my organization that:

- I have received a copy of the “*Healthy Swimming Policy*” and understand the Carroll E. Summers Jr. Aquatic Center “*Healthy Swimming Policy*” Procedure, as coach or sponsor I understand the responsibility for ensuring that all members of the organization and their guests comply with these rules.
- I affirm that all required staff members of my organization have current CPR/First Aid certifications and specific training or liability certification requirements needed by the organization’s national governing body.
- I understand that the District may from time to time modify its policies and I agree to abide by those changes.

Head Coach Signature

Date

Do you need additional information or have any Questions?

Contact: Sam Fruia, Carroll E. Summers Jr. Aquatic Center Coordinator

lfruia@uisd.net

By

Phone: 956-473-6173 * Cell: 956-545-4552 * Fax: 877-268-6510

Please remember to check our website: for latest details and entry forms.



November 17-18, 2023

National Federation of State High School Associations /or United States Swimming National Aquatic Governing Body Regulations will be in effect. When no regulation is stipulated, the following shall be in effect.

STANDARD SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR ALL MEETS AND IS AS FOLLOWS:

Please remember coaches that all swimmers are required to follow the CDC “Health Swimming Policy” which is to Shower completely before the warm-up.

I. WARM-UP PROCEDURES

A. General Warm-up (First 30-45 minutes)

1. NO DIVING allowed from the blocks or edge of pool. Swimmers must enter pool feet first in a cautious manner.
2. No sprinting or pace work allowed during this general warm-up session.
3. All lanes to be used for general warm-up.

B. Specific Warm-up (Last 15 minutes)

LANE USE

Competitive Pool	Push/Pace	Starts	General Warm-up
8 Lane	1 & 8	2 & 5	3,4,6 & 7

Push/Pace lanes - Push off one or two lengths from starting end.

1. Diving Lanes - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. One way only. Under coach supervision.
2. General Warm-up Lanes - No Diving. Circle swimming only.

II. SAFETY GUIDELINES

A. Coaches Responsibilities

1. Coaches shall instruct their swimmers regarding Safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
2. Coaches shall actively supervise their swimmers throughout the warm-up session at meets.
3. Coaches should maintain as much contact with their swimmers as possible, both verbal and visual throughout the warm-up period.
4. Coaches should stand near the starting end of the pool when starting swimmers on sprint or pace work.
5. No one is permitted to climb over the railing separating the bleachers from the grandstands. Swimmers leaving the deck must be completely dry. All diving boards and equipment are **off limits**.