



The New Pre-Region VIII Showcase  
December 15-16, 2023

- Welcome:** United Independent School District is proud to host the “Laredo TISCA” Championship. 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, located at 5208 Santa Claudia Lane, Laredo, TX 78043. Soon to be one of the fastest pools in the state! The Business office phone is (956) 473-6173. The Carroll E. Summers, Jr Aquatic Center is located within the campus of the Bill Johnson Student Activity complex next to the UISD Athletic Building and football stadium by Antonio Gonzalez Middle School and Senator Judith Zaffirini Elementary School off FM 359.
- Facility:** The Carroll E. Summers, Jr Aquatic Center feature 3-venues, (2) with (8) eight, 9’ lanes for swimming Competition and one with (3) 8’ lanes for Diving. The competition pool has premier 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, December 14, 2023

- Schedule:** **Swimming & Diving Prelims: -Championship Format 11- Dive meet!**  
Friday, December 15, 2023 W/U 11:00 am. Meet 12:30 pm  
**Swimming & Diving Championship Format: Top-sixteen to A & B Finals**  
Saturday, December 16, 2023 W/U 11:00 am. Meet 12:00 pm.

Warm-up times and lane assignments will be included with coaches conformation of entries .

- Entry Limit:** National H.S. Federation & U.I.L. rules apply. *As per TISCA requirement, each participating team must have a coach and/or sponsor who is a current TISCA Member.* Membership applications are available at [www.tisca.org](http://www.tisca.org). Teams can have unlimited **entries** in an individual event and a maximum of two **relay teams** per relay event. 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: To:** Janelly Mendoza, Operations Officer by Tuesday, December 13, 2023 5:00 p.m. Please DO Not Send Zip File our District firewall will allow HY3 files. SEND HY-TEK **HY3 FILES** TO [janelly.mendoza@uisd.net](mailto:janelly.mendoza@uisd.net), or [lfruia@uisd.net](mailto:lfruia@uisd.net)

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

*Optional- no Minimum 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:

- Events will be 11-dive contests
- Five (5) voluntary (one from each category)
- Six (6) optional dives (one from each category) one extra dive
- All divers **MUST** be entered via Clean Entries & Hy-Tek Commlink file \* **AND NO exceptions please\***
- All divers **MUST** enter completed sheets via [www.cleanentries.com](http://www.cleanentries.com) by 1200, Dec. 13, 2023
- 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: Louis S. Fruia

Carroll E. Summers, Jr. Aquatic Center  
5208 Santa Claudia, Laredo, Texas. 78043  
lfruia@uisd.net

**Entry Deadline:** All entries are due Tuesday, December 12<sup>th</sup>. @ 5:00 pm. Each team will provide a **Hy-Tek HY3**.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.*

**The psych sheet will be available for all coaches after the entry deadline Thursday, Dec 14<sup>th</sup>**

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

**Senior Recognition:** The “*Laredo TISCA Championship*” **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 “*Laredo TISCA*” MVP. In the event of a tie, district head coaches will vote. 1 Girl and 1 Boy will be recognized for this achievement.



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## Order of Events and Minimum Qualifying Times

Stroke-Distance-Events-Yards	Girls Time Standard	Boys Time Standard
200 Medley Relay	NT	NT
5- minute Break		
200 Freestyle	2:48.00	2:29.00
200 Individual Medley	2:52.00	2:51.00
50 Freestyle	:31.00	:29.00
1-Meter Dive-Girls	11-Dive*	All Diving-Friday
10- minute Break		
100 Butterfly	1:37.00	1:16.00
100 Freestyle	1:13.00	1:05.00
500 Freestyle	8:36.00	8:08.00
10- minute Break		
200 Freestyle Relay	NT	NT
100 Backstroke	1:53.00	1:35.00
100 Breaststroke	1:33.00	1:33.00
1-Meter Dive-Boys	11-Dive*	All Diving-Friday
10-minute Break		
400 Freestyle Relay	NT	NT

**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, December 08, 2023.
- Uniforms of the day will be as follows: **Championship-Finals** – white shirts over Khaki Pants Prelims & Blue shirt over Khaki for finals.
- Please report to the conference room 30 minutes prior to the scheduled start time for assignments.

**Seniors:** Prior to the start of the meet, all “Laredo TISCA” seniors will be recognized.

**Meet Format:** This meet is a **Championship meet** and entries should reflect swimmers best time in his or her individual events and team relay times.

**Final Heat:** In order to make this meet one that the competitors will enjoy and be excited about, we will announce and play music for the top 6 swimmers in the final heat of each race. It is important for coaches to



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enter your swimmer at his or her best time, in order to have proper seeding for this timed final meet.

**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 only.

**Concessions:** Concessions will be available throughout the meet.

**Awards:** All swimming awards will be presented on Saturday, and diving on Friday at the following designated times. *The meet referee will make sure we are not rushing from one event to the next in order to give the student-athletes adequate rest before their next event.* Award breaks will be as follows:

- After the 200 M.R. for:** 200 M.R.
- After the 50 Free's for:** 200 Free, 200 I.M., 50 Free, 1-Mtr. Diving Girls
- After the 500 Free's for:** 100 Fly, 100 Free, 500 Free
- After the 100 Breast for:** 200 F.R., 100 Back, 100 Breast, 1-Mtr. Diving Boys
- After the 400 Free Relay for:** 400 F.R., 1-Mtr. Diving Boys & Team Awards

While the top 8-finalists will be recognized on the Main Scoreboard, only the Top 3 will be at the Podium. The 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 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](mailto: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.

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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, 7 & 8	2 & 5	3, 4,6

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**.