



## Relay-Invitational October 14, 2023

**Welcome:** United Independent School District is proud to host the “*Siete Banderas-Laredo*” Relay-Invitational held annually. 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. 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 School off FM 359.

### REAL-TIME

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

**PSYCH-SHEET:** Event results: Will be posted on Thursday, October 12, 2023

**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.

**Seating:** Spectators are not allowed on the pool deck at any time. Reserving seats between or during sessions is not allowed. Please see attached “The Carroll E. Summers Jr. Aquatic Center Rules, Regulation, Prohibitions, and Deck Access” attachment for specific information.

**Schedule:**

<b>Diving:</b>	<i>T/F</i>	Saturday, October 14, 2023	Open W/UP 8:00 am. Meet 9:00 am.
<b>Swimming:</b>	<i>T/F</i>	Saturday, October 14, 2023	Open W/UP 12:00 pm Meet 1:00 pm.

**Meet Format:** U.I.L. and National Federation non-championship rules will govern this meet.

**Entries:** This is an Invitation only meet, with a **18-Team limit**. Teams will be limited to (2) two relay teams per event. Each competitor will be permitted to enter a maximum of (5) five relays. National H.S. Federation & U.I.L. rules apply to entry requirements for non- championship competitions. All competitors listed on the master entry form are considered eligible for relays. Relay names must be declared prior to the meet start.

**Entry/  
Procedure:** Swimming entries must be generated by HyTek Team Manager the event file located on the **United ISD/ Athletics website under the** Carroll E. Summers Jr. Aquatic Center. Send your HY3 file entries to: [janelly.mendoza@uisd.net](mailto:janelly.mendoza@uisd.net) A confirmation email will be sent once entries are received and successfully loaded.

**Deadline:** All entries and must be received by **Tuesday, October 10, 2023 @ 05:00pm**  
**No Late / Deck Entries will be accepted! Absolutely no exceptions.**  
**IT IS RECOMMENDED TO SEND ENTRIES AT LEAST 24 HOURS BEFORE THE DEADLINE.**

**For the latest meet information and entry forms, please visit:**

<https://www.uisd.net/aquatic-center>



## Relay-Invitational October 14, 2023

**Scoring:** Relay Events: 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.

**Directives**

- Use version 7.0 or higher of Team Manager.
  - Use the official UIL Team Code (see UIL or TISCA website).
  - Use the numeric grade level (9, 10, 11, 12) for each swimmer/diver.

**Entry Fees/Admission:** \$ 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

**Meet Admin:** Meet Director Janelly Mendoza [janelly.mendoza@uisd.net](mailto:janelly.mendoza@uisd.net)  
Meet Referee TBD

*\*Officials contact the referee at least 2 days prior if you wish to officiate this meet\**

### SCHEDULE of EVENTS

Event 1 Coed 4 x 25 MIXED MEDLEY RELAY (4 Girls, 4 Boys)\*  
Event 2 Girls' 4 x 100 MEDLEY RELAY (Back, Breast, Fly, Free)  
Event 3 Boys' 4 x 100 MEDLEY RELAY (Back, Breast, Fly, Free)  
Event 4 Girls' 3 x CRESCENDO RELAY (50, 100, 200)  
Event 5 Boys' 3 x CRESCENDO RELAY (50, 100, 200)  
Event 6 Girls' 3 x 100 INDIVIDUAL MEDLEY RELAY (100 IM, 100 IM, 100 IM)  
Event 7 Boys' 3 x 100 INDIVIDUAL MEDLEY RELAY (100 IM, 100 IM, 100 IM)  
Event 8 Girls' 4 x 25 FREESTYLE SPRINT RELAY-100yd  
Event 9 Boys' 4 x 25 FREESTYLE SPRINT RELAY-100yd

### 15- MINUTE TIMER BREAK

Event 10 Girls' 3 x 50 BUTTERFLY RELAY  
Event 11 Boys' 3 x 50 BUTTERFLY RELAY  
Event 12 Girls' 3 x 50 BACKSTROKE RELAY  
Event 13 Boys' 3 x 50 BACKSTROKE RELAY  
Event 14 Girls' 3 x 50 BREASTSTROKE RELAY  
Event 15 Boys' 3 x 50 BREASTSTROKE RELAY  
Event 16 Coed 8 x 25 MIXED FREESTYLE RELAY (4 Girls, 4 Boys)-200yd

Event 17 Girls 2 x 1-Meter DIVING Synchro-RELAY (2 Girls)  
Event 18 Boys 2 x 1-Meter DIVING Synchro-RELAY (2 Boys)

\*(Girls start on Center-East Pool / Boys start from West-Pool)

\*(Swimming order must Alt. boy-girl-boy-girl-boy-girl-boy-girl)

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# Carroll E. Summers Jr. Aquatic Center

## Rules, Regulation, Prohibitions, and Deck Access

- ☐ All participants must follow the CDC “Healthy swimming policy” and shower before warm-up, no exception.
- ☐ Shaving is not permitted anywhere within the entire Carroll E. Summers Jr. Aquatic Center Complex.
- ☐ No chewing gum, food or color based drinks will be allowed on the pool deck, water only.
- ☐ Security personnel are empowered to enforce any and all regulations established United ISD Aquatic Center Policy.
  
- ☐ Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the grandstand.
  
- ☐ Participants in swim suits are not allowed in the Grandstand-seating area. Participants and spectators are not allowed to lean against glass the rails, climb over banisters / railings, or pass any posted barriers.
  
- ☐ Participants and spectators are not allowed to use other areas of the United ISD Aquatic Center complex during this event without securing a pass at the Services Desk located in the facility lobby.
  
- ☐ Lawn Chairs are not allowed in the Carroll E. Summers Jr. Aquatic Center Grandstand-seating area, Stadium seats shall not exceed 17” wide x 13”deep.
  
- ☐ Each competing team is permitted one temporary banner, placed at the discretion of the Carroll E. Summers Jr. Aquatic Center. Team banners must not exceed 5’ by 8’. No handmade signage is allowed. Blue painters tape only to secure.
  
- ☐ Absolutely no tobacco, alcohol products, or glass containers are allowed on United ISD School District property. This applies to the parking lot.
  
- ☐ Spectators are allowed (1) Cooler 13” wide x 11” deep x 12” tall that can be placed directly under their seating area  
Participant /Teams are allowed an Ice-Chest (1) PER GENDER on the deck provided they do not contain glass items, bottled water is allowed.
  
- ☐ Betting and gambling is strictly prohibited.
  
- ☐ Teams are expected to police their respective areas at the conclusion of the competition.
  
- ☐ Participating or any activity that can be interpreted or described as “risky” or “horseplay” is prohibited throughout the entire Carroll E. Summers Jr. Aquatic Center Complex.
  
- ☐ Diving equipment such as trampoline, spotting rigs, dry-board apparatus, and the warm-pool are not to be used unless authorized by the Carroll E. Summers Jr. Aquatic Center Coordinator.
  
- ☐ The use of flash cameras or noise-makers at the start, during or end of any race is prohibited.
  
- ☐ Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergency use is prohibited.

**Access to the deck of the Carroll E. Summers Jr. Aquatic Center is restricted by pass to the following:** ● Athletes from competing teams ● Administrative support personnel ● Coaches of competing teams ● Facility/District Staff ● Officials ● Marshals ● Timing System operators ● Security personnel ● Computer systems operators ● Lifeguards ● Lane timers ● Service and supply vendors ● Credentialed media personnel ● Hospitality personnel ● One photographer from each competing team ● Medical support personnel ● Other personnel on a case-by-case basis at the discretion of the Meet Coordinator, the Meet Director, or the Meet Referee.

**For the latest meet information and entry forms, please visit:**

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# Carroll E. Summers Jr. Aquatic Center

## Rules, Regulation, Prohibitions, and Deck Access

### 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](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.

**For the latest meet information and entry forms, please visit:**

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# Carroll E. Summers Jr. Aquatic Center

## Rules, Regulation, Prohibitions, and Deck Access

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. Start 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**.

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