

# Conference 5A      Region 1

## Swimming & Diving Handbook

**Date:** Friday-Saturday, February 7-8, 2025



**Location:** LISD Pete Ragus Aquatic Center, Lubbock, Texas      806-219-0830

📍 Pete Ragus Aquatic Center



### GENERAL ADMISSION

Adult \$10.00    Student \$5.00

[Pre-Pay Ticket Link \(click here\)](#)



### SCHEDULE:

#### Friday, February 7, 2025

Swimming Prelims 11:00 AM

Diving Finals 4:40 PM

#### Saturday, February 8, 2025

Swimming Finals 11:00 AM

### Ragus Aquatic Center Regulations:

- Doors open 1 hour before competition.
- Spectators remain in bleachers.
- Deck Pass required to be on the deck at any time.
- No glass containers allowed in the facility.
- The Ragus Aquatic Center is a tobacco free facility.
- No Pets allowed.
- Electronic devices must remain on silent mode at all times.
- TTU and LISD shall not be responsible for lost, stolen, or damaged property.
- NO banners, posters, signs, megaphones, pep bands or instruments, horns, mechanical noisemakers, large flags, flash cameras, glitter, confetti, etc.

T-Shirts and Merchandise:



[Shop Here - UIL Region 1 Swim and Dive Championships](#)

Live Meet Results Available on the Mobile App: **MEET MOBILE**



**Coaches & Officials Hospitality Room Provided by: Lubbock Sports**  
*Hospitality Room is for Coaches and Meet Personnel Only*



### ★ District Meet Directors

- All District Meet Directors, please contact Missy Hayes prior to your District Meet for additional Regional Meet entry information.
- The top 6 individuals and relays in the District Meet qualify for the Regional Meet.
- **Each team will be allowed 3 relay alternates, regardless of the number of relays qualified for the meet.**
- District Results Form: [Click here for UIL swim-dive District Results Form](#)

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<b>Meet Director:</b>	Missy Hayes 806-219-0830 <a href="mailto:missy.hayes@lubbockisd.org">missy.hayes@lubbockisd.org</a>	Lubbock ISD
<b>Diving Coordinator:</b>	Penny Di Pomazio 806-535-8994 <a href="mailto:pennyd2162@gmail.com">pennyd2162@gmail.com</a>	
<b>Regional Director:</b>	Tommy Simmons M: 806-549-7773 <a href="mailto:tommy.simmons@ttu.edu">tommy.simmons@ttu.edu</a>	Texas Tech University Box 45035 Lubbock, TX 79409-5035

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### **Bus Parking:**

- Buses park on the main road (14th Street)
- NO bus parking on any asphalt parking lot (e.g. church, tennis courts)

## Meet Information:

### Warm Up Swim:

- Packet pick up will be available Thursday night from 5:00 PM - 7:00 PM
- Open warm-up swim will be on Thursday night from 5:00 PM - 7:00 PM
- There will be designated times for one-way sprints:
  - 5:45pm - 6:00pm                      6:45pm - 7:00
- **The UIL prohibits Regional Contestants from shaving within the facility.**
- **Announcements will be made concerning events and heats on the scoreboard; however, each athlete is solely responsible for making the event on time.**
- **Swimming Consolation and Finals** - The top 16 swimmers in each event will qualify for finals. The top 16 swimmers will score. Consolation finals will in each event immediately prior to the championship finals heat.
- **Swimming Qualifiers to State** - The 1st and 2nd place finishers in each event and the next 8 fastest times in the state will advance.
- **Coaching** - In the team packet, full time UIL Coaches will be issued a wristband that will serve as a **Deck Pass**. The wristband must be worn on the deck at all times. The number of wristbands in each packet is determined by the number of qualifying athletes from that school. Coaches should use the bulkhead to watch their swimmers and are asked not to block the view of spectators in the grandstand area.

**1-8 athletes = 2 Deck Passes    9-17 athletes = 3 Deck Passes**

**18-25 athletes = 4 Deck Passes    26+ athletes = 5 Deck Passes**

- **Coaches Meetings** - Both Days Friday Prelims 8:45 AM  
Saturday Finals 8:45 AM
- **Trainers** - The LISD training staff will be available on site
- **Live Meet Results** - Results will be posted in the lobby hallway during the meet and available for coaches after each session.

*Swim results will also be available on the mobile app: **MEET MOBILE**  
(Meet Mobile results are NOT official)*



- **Diving Results** - available on [www.cleanentries.com](http://www.cleanentries.com)

## Diving Competition:

### Diving Schedule:

- All diving will begin on Friday at 4:40 PM and will be a combined event with boys and girls competing together.
- Diving Warm up 3:00-4:30 PM    *\*Time depends on length of swimming prelims.*

### Divers Qualified for State:

- 1st, 2nd, and 3rd place finishers will advance to the State Meet.

### Diving Sheets:

- Diving sheets will be registered by following the UIL recommended procedures at [www.cleanentries.com](http://www.cleanentries.com) by:
  - **MIDNIGHT SATURDAY NIGHT: February 1, 2025**

### Dive Requirements:

- The competition will consist of 5 voluntary dives and 6 optional dives.
- The 5 voluntary dives will come from each of the 5 groups. Their assigned degree of difficulty (d.d.) will have a sum total of (9.0) or less.
- The 6 optional dives include at least 1 chosen from each of the 5 groups. More than 1 optional dive from the same groupies not permitted through the semi-finals. All 5 groups must be represented in the first 8 rounds.

**The dives performed each round will be as follows:**

<b>Prelims</b>	<b>2 voluntary &amp; 3 optional</b>
<b>Semis</b>	<b>2 voluntary &amp; 1 optional</b>
<b>Finals</b>	<b>1 voluntary &amp; 2 optional</b>

- No diver shall repeat a dive in the meet.
- All dives of the same number, whether tuck, pike, straight, or free position, shall be considered the same dive.
- The top 16 divers will score and advance to the finals.
- In the event of a tie for the final qualifying positions, all ties will advance to the next round.
- The 16 divers advancing to the finals will dive in descending order starting from #16 down to the #1 qualifier.



## ★ Coaches / District Meet Directors

### Contestant Registration:

District Meet Directors - Email advancer file to: [swimragus@gmail.com](mailto:swimragus@gmail.com)

***Deadline for advancer file is Midnight on the day of the district finals.***

- ☐ **FOR RELAY ELIGIBILITY PURPOSES**, each coach will provide their official relay names by **MIDNIGHT SATURDAY: February 1, 2025**  
[swimragus@gmail.com](mailto:swimragus@gmail.com)

*Teams will be allowed to have 3 alternates regardless of the number of relays the team qualifies.*

- ☐ Coaches may list up to 8 relay members for each relay.
- ☐ Diving sheets will be duly registered by following UIL recommended procedures at by **MIDNIGHT SATURDAY: February 1, 2025**  
[www.cleanentries.com](http://www.cleanentries.com)

### Meet Entry Fees: PAYMENT OPTIONS

- Fees are \$15 per contestant / per event (i.e. relays = \$60)
- Fees will not be accepted during competition.

**CHECKS MADE OUT TO: Texas Tech UIL**

**\*Checks can be mailed to: Texas Tech UIL, Box 45035, Lubbock, TX 79409-5035**

**\*Checks or Cash can be submitted at Team Packet Pick-Up**

**\*Fees can be paid by Credit Card at Team Packet Pick-Up**

**\*Fees can be prepaid online with the payment link below:**

**[Fee Payment Link Here](#)**



### Team Packet Pick Up:

- Coaches can pick up packets Thursday evening during the Warm Up Swim OR beginning at 8:30 AM at Ragus Aquatic Center on Friday morning.

### Swimming and Diving State Meet Forms:

- Scratch Form [Click here for UIL swim-dive Scratch Form](#)
- Girls Relay Confirmation [Click here for UIL GIRLS Relay Confirmation Form](#)
- Boys Relay Confirmation [Click here for BOYS Relay Confirmation Form](#)
- Dive Film Pass [Click here for UIL State Dive Film Pass](#)

## **5A Region 1 Swimming & Diving Meet-VIP List**

### **VIP List:**

- Each Team will be allowed 10 names for the VIP list for Coach's family, Administration, School Board, etc.
- VIP Entrance is the **TEAM ENTRANCE**. If arriving after the meet has started, please enter through the General Admission Entrance.

Please submit this list by Thursday, February 6, 2025 by 5:00 PM

to: [tommy.simmons@ttu.edu](mailto:tommy.simmons@ttu.edu)

**Please Print**

**School Name:**

1.	Position:
2.	Position:
3.	Position:
4.	Position:
5.	Position:

Return by Thursday, February 6, 2025 at 5:00 PM to: [tommy.simmons@ttu.edu](mailto:tommy.simmons@ttu.edu)



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