

Conference 5A Region 1

Swimming & Diving Handbook

Date: Friday-Saturday, February 9-10, 2024



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

 Pete Ragus Aquatic Center



Fri - February 9, 2024	Swimming Prelims	11:00 AM
Fri - February 9, 2024	Diving Finals	4:30 PM
Sat - February 10, 2024	Swimming Finals	11:00 AM

General Admission Only: **Adult \$10 / Student \$5**

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 Trey 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](#)

Meet Director:

Trey Hayes

Lubbock ISD

806-219-0830

david.hayes@lubbockisd.org

Diving Coordinator:

Penny Di Pomazio

806-535-8994

pennyd2162@gmail.com

Regional Director:

Tommy Simmons

Texas Tech University

O 806-742-2350

Box 45035

M 806-549-7773

Lubbock, TX 79409-5035


tommy.simmons@ttu.edu

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
- Both ends of the pool will be open for the warm-up swim. The diving well will be closed.
- **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***


- **Diving Results** - available on 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.

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 by:
 - **MIDNIGHT SATURDAY NIGHT: February 3, 2024**

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:

Prelims	2 voluntary & 3 optional
Semis	2 voluntary & 1 optional
Finals	1 voluntary & 2 optional

- 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

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 3, 2024**
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 3, 2024**
www.cleanentries.com

Meet Entry Fees:

- Fees are \$15 per contestant / per event (i.e. relays = \$60)
Make Checks Payable to: **Texas Tech UIL**

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

Checks can also be brought to **Team Packet Pick Up**

Team Packet Pick Up:

- Coaches can pick up packets and pay fees on **Thursday evening during the Warm Up Swim** OR beginning at **8:30 AM at Ragus Aquatic Center on Friday morning**.
- Fees will not be accepted during competition.

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.

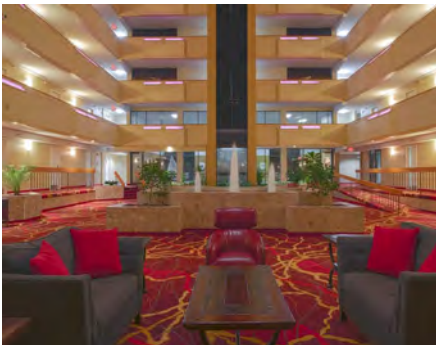
Please submit this list by Thursday, February 8, 2024 by 5:00 PM to:
tommy.simmons@ttu.edu

Please Print

School Name:

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

Return by Thursday, February 2, 2023 at 5:00 PM to: tommy.simmons@ttu.edu



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806-740-9960

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