



University Interscholastic League

Region III-4A Swimming & Diving Championships

Friday-Saturday on January 31-February 1, 2025



- WELCOME:** The Houston Independent School District is pleased to host these 2024 UIL Region 3-4A Interscholastic Swimming and Diving Championships.
- LOCATION:** McDonald family Aquatic Center @ Lamar High School, 3325 Westheimer Road; Houston, Texas 77098
- DIRECTIONS:** The MAC is located on the Lamar High School Campus, in the Upper Kirby Region of Houston. Access from US 69 (Southwest Freeway) by taking Kirby exit. Proceed North on Kirby, turn left on Westheimer, then turn left again on Eastside Street. Use the circle drive of the Eastside Transit Center to unload your Bus. A Security Guard will direct your athletes through the Athletics Entrance and down the Athletic Hall to the Natatorium. The Security Guard will direct the parking of your Bus.
- FACILITY:** The Natatorium is configured as a 25 yard, 8 lane competitive pool, with non turbulent lane lines. A Paddock flow through bulkhead separates four (4), 25 yard lanes (also with non turbulent lane lines) in the Diving Well. These lanes will be available for continuous warm up during competition. The Natatorium also includes two 1 meter, Duraflex Maxiflex diving boards. The Daktronics Omnisport 2000 timing and scoring system will be utilized during the competition. The swimming events will be run using Hy-Tek Meet Manager.
- ELIGIBILITY:** All participants must be eligible under the University Interscholastic League guidelines as outlined in the UIL Swimming & Diving Manual for 2024-25.
- RULES:** The University Interscholastic League directs that all swimming and diving competition be conducted under **2024-25 National Federation Rules and Regulations**. This includes the stipulations -
Practice Swim: *There will be no practice swim or dive time, except during the official competition.*
Noise Makers Prohibited: The use of artificial noise makers, i.e. radios, whistles, bells, sirens, horns or any other noise maker, will not be allowed at the meet. **There is to be no food on the deck at any time. The back outdoor patio will be open to eat during the meet. Please warn your students and parents.**
- HOSPITALITY:** Spectators will enter the facility from the **2nd Floor ATHLETIC LOUNGE**. A Concession Stand will be available for your convenience. **Fine Designs** will provide merchandise.
- LIABILITY:** The University Interscholastic League, the Houston Independent School District, and Lamar High School accepts neither responsibility nor liability for injuries sustained by any individual, athlete, official, meet volunteer or spectator while traveling to and from or while participating in the meet.
- SPECTATORS:** Competitor seating will be assigned to bleachers on the pool deck. Spectators are not allowed on the pool deck at any time. Reserving seats between or during sessions is not allowed. Please see attached “**Rules, Regulation, Prohibitions, and Deck Access**” attachment for specific information.
- ADMISSION:** **Adults \$12.00 (Students \$5.00) All admittance \$12.00 if purchased @ the Door.** to purchase online tickets for Friday, Jan 31, visit [UIL Region III 4A Prelims Swimming & Diving Championships - Swimming and Diving - Jan 31, 2025](#) to purchase online tickets for Saturday, Feb 1, visit [UIL Region III 4A Finals Swimming & Diving Championships - Swimming and Diving - Feb 1, 2025](#) Contestants, bus drivers, trainers and managers admitted without charge when identified by their coach and entering with the team. **Doors will open one hour before the event.**
- INFORMATION:** Team Packets containing meet information are available at “**A Child’s Place**” Hospitality Suite on the first day of the meet, upon arrival.





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DIVING ENTRIES:

- Deadline -** Divers must be indicated as participating in 1m Diving on the entry sheet submitted with the swimmers.
- Sheets -** Diving entries should be submitted electronically. Access the website [CleanEntries](#) to register yourself, your team, and your divers. The meet is listed as the Region III-4A UIL Swimming and Diving Championships. This is the same process in place for the state meet. The same instructions are on the UIL state meet site – [Dive Entry Instructions](#). The sheets must be submitted by **4:00 PM, Monday, January 29, 2025**. All dive sheets must be signed by both Diver and Coach before the start of the meet.

SWIMMING ENTRIES:

- Deadline -** E-mail your entries using Hy-Tek Team Manager. Send Team Report and mail the entry fee check as soon as possible, following the District Meet. The entry deadline is **4:00 PM, Monday, January 27, 2025**.
- Fees -** There will be a charge of **\$7.00 per contestant per individual event** and **\$14.00 per relay**. All checks are to be made out to: **HISD Athletic Department**. This meet is exempt from the *Athletic Directors Agreement*.
- Contact -** Please include your name, school address, work and home phone, *e-mail*, and the best time to reach you.
- New requirement – Coach must submit scan of TISCA MEMBERSHIP CARD to be eligible to vote on and/or be awarded TISCA Region Coach of the Meet award**
- Substitutes -** After the entry deadline, no changes of entries will be allowed unless the contestant is being scratched from the meet. If one of your swimmers qualifies in an event that you know he/she will not swim at Regional, please have the person completing your Region entries make the necessary changes prior to submitting the Region Entry Forms. Indicate on the cover sheet the changes that were made and write **scratch** in the event in which they qualified.
- Adjustments -** After the entry deadline has passed (**4:00 PM, Monday, January 27, 2025**), the **Psyche Sheet** will be emailed to your District Athletic Office and a copy emailed to the address you provided. Adjustments from **scratches and alternate entries** will be made as long as possible.
- After the prelims are completed, scratches and alternates will be accepted for one (1) hour. Then, adjustments from **scratches and alternate entries** will be made as long as Head Referee deems possible.
- Tie Breakers -** If two or more divers have the same score at the end of competition, the points will be split and a duplicate medal will be awarded. If there are ties in swim events, Referee will consult the athletes and their coaches to arrange a **SwimOff** to determine advancement. If no **SwimOff** is possible, the points will be divided, and the **Prelim Time** will determine the advancement.
- STATE Qualifiers -** Relay entries to the UIL State Meet should be in the UIL office 10 days (**Monday; February 3, 2025**) prior to the start of the meet. No entry sheets need to be sent to the UIL for the state meet. You need only submit your Relays. If you are scratching a swimmer or relay after you have left the Region site, contact the Region Meet Coordinator and the UIL with that information. It is your responsibility to provide the UIL office with any information they request. Check their website for your responsibilities.
- Contingencies -** In the unlikely event that a session(s) needs to be cancelled, the corresponding events will be held the following Monday and/or the first available day thereafter.





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ENTRY LIMITATIONS:

The top four (4) finishers from each event in the District Championships will advance to this meet. In relay events eight individuals may be designated on the relay entry form. Any of these eight individuals may swim in the finals provided he/she does not exceed the permitted entries for the meet. Only the four swimmers declared on the event relay card, which shall be submitted at the specified time and place prior to the start of the event, are permitted to report to the blocks and compete. Team relay times are determined by the **actual time** that relay team achieved in District Championship competition. Individual school coaches should inform their District meet directors of any scratches prior to the entry deadline. The District meet director will, in turn, inform the Meet Coordinator of the scratch, and the name and qualifying time of the alternate for the event in question.

ORDER OF EVENTS:

The events and their order will follow that found in the **NFHS Swimming & Diving 2024- 2025 Rules Book**, Rule 5, Section 1, and Article 1.

STARTS:

"Fly Over Starts" will be used in **PRELIMS**, but not in **FINALS**

SCORING:

The top 16 shall advance from preliminaries: the fastest (8) to the finals and the next (8) to the Consolation finals in each event, scoring will be to sixteen places. The point values will be as follows:

Championship Finals

Place →	First	Second	Third	Fourth	Fifth	Sixth	Seventh	Eight
Individual	20	17	16	15	14	13	12	11
Relay	40	34	32	30	28	26	24	22

Consolation Finals

Place →	Ninth	Tenth	Eleventh	Twelfth	Thirteenth	Fourteenth	Fifteenth	Sixteenth
Individual	9	7	6	5	4	3	2	1
Relay	18	14	12	10	8	6	4	2

AWARDS:



U.I.L. medals will be given to the top three competitors in each event. There will be a team award for the winning and runner-up team (male and female). Awards will be presented during finals after the following events: 200 Medley Relay, Girls 1M Diving, 100 Freestyle, 200 Free Relay, Boys 1m Diving, 400 Free Relay. The first-place winning coach will present the award for that event, **please be at the award stand promptly!** There will be an open pool, 15 minute break after the awarding of the Boys 50 Freestyle and 100 Breaststroke. The 4 lane warm up pool will be open throughout the meet.

MEET

ADMINISTRATION:

Meet Coordinator

Mac McDonald
Houston ISD

Cell: (832) 641-2386
MacBelbot@yahoo.com

Meet Referee

Janet Cranmer
NFHS/TISDO/USA

Cell: (281) 744-7298
gatormom04@hotmail.com

Trainer

Theresa Ripperger
Houston ISD

TRIPPERG@houstonisd.org

ENTRY

SUBMISSIONS:

Email your Entry and all Hy-Tek files to **Meet Coordinator** (see above).

Post your entry fee check by mail to: André D. Walker, Athletic Director
Houston ISD
2020 Mangum Rd., 77092, Rt.7

MEET

COMMITTEE:

A meet committee will consist of the Meet Director, one official, each District's Meet Director (or a coach from that District nominated by the Meet Director), and two students-at-large (one male, one female) chosen after the District meets.





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**VIDEOTAPING/
FILMING:**

Filming or videotaping will be permitted from the balcony (see All American Diving exception). Videotape or film will not be used in judging any swimming/diving event. Please use the mezzanine of the balcony for filming. Please be sensitive to the other spectators.

SCHEDULE:

Diving Preliminaries/Semifinals

Friday, January 31, 2025

Warm-up (All Divers)	4:00-4:20 pm
Warm-up (Female Divers only)	4:20-4:40 pm
Event # 9 (Girls' 1 meter Springboard), Dives 1-8	4:45 pm
Warm-up (Male Divers only)	5:15 pm
Event #10 (Boys' 1 meter Springboard), Dives 1-8	5:30 pm

Swimming Preliminaries

Friday, January 31, 2025

Team warmup all lanes	4:30-5:00 pm
Sprints – all lanes in competition pool	5:00-5:15 pm
Individuals – Lanes 1-4	
Relays – Lanes 5-8	
General Swim – all lanes in Diving Well	
Clear the competition pool	5:15 pm
Coaches meeting	5:15 pm
First Horn - Event #1 (Girls' 200 yd Medley Relay)	5:30 pm

Swimming Finals & Diving Finals

Saturday, February 1, 2025

Team warmup all lanes	12:30-1:30 pm
Sprints – all lanes in competition pool	1:30-2:00 pm
Individuals – Lanes 1-4	
Relays – Lanes 5-8	
General Swim – all lanes in Diving Well	
Clear the competition pool	2:00 pm
Coaches meeting	2:00 pm
First Horn - Event #1 (Girls' 200 yd Medley Relay)	2:30 pm





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Rules, Regulation, Prohibitions, and Deck Access

- HISD is committed to the health and safety of all participants. The cornerstone of this policy is based on CDC guidelines which mandate safe practices. Please notify all participants there is to be **no shaving at the facility**.
- Security personnel are empowered to enforce any and all regulations established by HISD Natatorium 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 HISD Natatorium complex during this event without securing a pass at the Services Desk located in the facility lobby.
- Lawn Chairs are not allowed in the MAC Balcony-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 Meet Coordinator. Team banners must not exceed 5' by 8'. No handmade signage is allowed. Blue painters tape only to secure.
- Absolutely no tobacco, electronic cigarettes (vape-pen/E-Cig), alcohol products, or glass containers are allowed on Houston Independent School District property. This applies to the parking lot.
- Teams are allowed an Ice-Chest (1) PER GENDER on the deck provided they do not contain glass items, bottled water is allowed.
- No chewing gum, food or color based drinks will be allowed on the pool deck, water only.
- Betting and gambling is strictly prohibited.
- Teams are expected to police their respective areas at the conclusion of the competition.
- Participating in any activity that can be interpreted or described as "risky" or "horseplay" is prohibited throughout the entire HISD Campus.
- 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 MAC is restricted by pass to the following:

Athletes from competing teams
 Coaches of competing teams
 Officials
 Timing System operators
 Computer systems operators
 Lane timers
 Credentialed media personnel
 One photographer from each competing team

Administrative support personnel
 Facility/District Staff
 Marshalls
 Security personnel
 Lifeguards
 Service and supply vendors
 Hospitality personnel
 Medical support personnel

