

## Coaches

We are looking forward to Saturdays meet. It should be a fast, fun meet with some great swims. I wanted to ask that you read this and go over with your swimmers before the meet please and make sure that they are aware of these items of interest.

- **Swim Suits**- The swimming community as a whole has banned the use of the performance swim suits such as the Lazr, Blue Seventy, etc. in all competition including high school meets. Please make sure your swimmer does not bring or wear a performance suit to the meet. If they swim in a non-approved suit they will be disqualified from the event they swam in with the suit. Along with the performance suits, make sure that your swimmers don't wear a suit with advertising, slogans, etc. that is not a team suit. The NFSHSA suit rule has been included on the next page.
- **Jewelry rule**-As we are all aware, wearing of jewelry, watches, necklaces, etc. is not allowed in high school swimming. I would suggest in your team meeting before the start of the meet to make sure that swimmers remove any jewelry they may be wearing. Medical id or religious medals are allowed per high school swimming rules.
- **Swim caps**- Caps must be team caps or solid color caps. If your swimmers wear a year around club cap or college cap they could be DQ'd from the event they swim in. They can turn the cap inside out and wear to swim if needed
- **Overhead Starts**- we will be using overhead starts at the meet. Make sure your swimmers are familiar with these. Have them stay in the pool until the next race starts, then get out.
- **Missed Heat**- The meet is full, with hardly any open lanes. It is important that the swimmers know when they need to be at the block ready to go. UT pool has a large scoreboard which will show the event and heat that is swimming. It is the swimmers responsibility to be at the block before their swim.
- **Observed Meet**-This meet is registered with USS swimming as an observed meet. This means that any USS registered swimmer participating in the meet and makes a personal best time, it will be entered in the USS database as an official time.
- **Relays**-make sure that your swimmers bring the relay card to the block. They must swim in the order that you have indicated on the card.

***Per NFHS rules, "For a violation by an individual member of the relay team, that relay team is disqualified from the event" Section 3 page 53.*** This means that any swimmers on that relay can't be put on another relay team in that same event.

Richard Goodman/Meet Referee

## **NFSHSA Rule 3, Section 3, Article 2 (NEW);**

Suits worn by swimmers shall be limited to the following requirements:

- a. only one swimsuit shall be permitted in competition. (A swimmer with special needs may request customization through his/her school to the state association.)
- b. the swimsuit shall be:
  1. constructed of a woven/knit textile material;
  2. permeable (100 percent to air and water);
  3. made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
  4. made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings, and waist openings); and
  5. constructed so that the style/shape of the suit for males shall not extend above the waist nor below the top of the kneecap and for females shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.

### **Penalty (For ART. 2)**

When an official discovers a competitor wearing an illegal swimsuit by the wearing of two suits or a suit which is of an illegal construction, the official shall:

1. when reporting prior to the start of the heat, notify the competitor to make legal the swimsuit before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat, the competitor is disqualified from that event and shall not be eligible for further competition until in a legal swimsuit;
2. when the competitor has stepped up on the starting platform but prior to the starting device being activated, direct the competitor to "Step down," disqualify the competitor from that event and he/she shall not be eligible for further competition until in a legal swimsuit;
3. when the starting device has been activated, disqualify the competitor at the completion of the heat; nullify the competitor's performance time and he/she shall not be eligible for further competition until in a legal swimsuit.

# KISL 2010 COACHES INFORMATION

## GENERAL INFORMATION

- *PLEASE* be familiar with 2009-2010 NFSHSA and KISL Championship Meet Rules
- Results will be posted in the upstairs concourse and at the Clerk of Course Table.
- The Diving Well will be available for warm-up & cool-down during preliminary session.
- Coaches may view event results at any time at the Clerk of Course Table. Any questions or request for corrections must be directed to the Meet Referee or Meet Directors.
- Protests must be filed in writing at the Clerk of Course Table within 30 min. of event posting. For finals, same applies except all protests must be filed within 15 minutes from the posting of the last event.
- In event of any questions or concerns, please contact;  
**Richard Goodman, Jackie Bertucci, or Tom Schumann**

## **DO NOT ADDRESS QUESTIONS OR PROBLEMS TO OFFICIALS OR WORKERS.**

## CLERK OF COURSE

- The current event/heat will be displayed on the scoreboard. It is the responsibility of the swimmers to report to the starting platform, ready to swim, in time for the initial start of their heat.
- Individual entry cards will not be used for either preliminary or final sessions.
- Events/heats will be posted at the Clerk of Course table.
- A swimmer qualifying for Finals in an event but wishing not to compete in Finals for that event, must file a scratch form at the Clerk of Course table within 30 minutes of the announcement of qualifiers for that event.
- **For Finals**, all alternates for an event should report to the Deck Referee just prior to the Consolation Heat of that event being called to the blocks.

## RELAYS

- Per KISL Championship rule; *“Relay teams may be entered without individual names. It shall not count as an entry unless the competitor actually competed in the event. Any individual on the team may swim in the prelims, swim-off, and/or finals provided he/she does not exceed the permitted entries for the meet.”*  
**... BUT, names of the four competing swimmers, with lead-off swimmer designated, must be added to the relay card before the heat steps up on the blocks!**
- **For Prelims;**  
Relay cards for each team will be in the packet received at the coaches meeting in the morning. The Coach / Team will be responsible for holding relay cards until the event.  
**Swimmers must give relay cards to the lane timer prior to their heat or they will not be allowed to swim.**
- **For Finals:**  
Relay cards will be available at the Clerk of Course table at **4:45PM** and the team is responsible for holding their relay cards until the event.
- **REMEMBER:** Swimmers are limited to 2 Individual events and 4 total events.

## **STARTING**

- Whistle Start procedure
- No Recall of False Starts
- **'Dive-Over'** starts will be used during the Preliminary Session, except for the Backstroke and Medley Relay events. Please instruct your swimmers to remain in the pool, up against the wall, until the next heat is started. After the start of the next heat, swimmers must exit the pool immediately.

## **TIME TRIALS**

The purpose of the Time Trials is to give swimmers another opportunity to make the entry time for one or more TISCA Championship Meet events and will be held at the discretion of the Meet Referee. A Time Trial swim will only be allowed for an event in which the swimmer swam in the preliminary session and a fee of \$3.00 will be assessed for each requested swim. It is expected that coaches will only request a Time Trial for those swimmers that have a realistic chance to make the required entry time. Requests for Time Trials should be made to the Meet Referee.

The qualification times for TISCA individual events are listed below:

### **Qualification Times for 2010 TISCA Championship Meet**

<b><u>WOMEN</u></b>	<b><u>EVENT NAME</u></b>	<b><u>MEN</u></b>
2:15.80	200 YARD FREESTYLE	2:01.20
2:32.30	200 YARD INDIVIDUAL MEDLEY	2:21.10
27.30	50 YARD FREESTYLE	24.20
1:10.20	100 YARD BUTTERFLY	1:02.40
1:00.50	100 YARD FREESTYLE	54.00
6:11.20	500 YARD FREESTYLE	5:42.20
1:09.50	100 YARD BACKSTROKE	1:04.00
1:17.60	100 YARD BREASTSTROKE	1:10.20

## **KISL**

- **KISL Spring Meeting - Tuesday, January 26 @ 7:00pm, Farragut High School**

## **TISCA**

- **TISCA Meeting - Thursday, February 11, Time and Location to be determined**