

2023 District 26-6A Swim & Dive Sprint Meet

**Hosted by Westlake High School
September 29th, 2023**

Facility:

**Eanes Aquatic Center
4300 Westbank Drive, Unit 4
West Lake Hills, TX 78746**

- **Myrtha Pool**
- **8 Lane Competition Course**
- **5 Warm-up/Warm-down Lanes**
- **Two 1- Meter and One 3-Meter Boards**
- **Overflow gutter system**
- **3 on deck showers for diver use only**

Schedule:

**Friday, September 23rd
7:05-7:30am -Teams Can Enter the building (not prior to 7).
7:30-7:50am - Diving warm-up.
7:55am - Diving Meeting
8:00am-9:00am Diving Competition
9:10-10:00am Swimming Warm-up
9:30 Timers meeting
10:05am Officials/Head Coaches Meeting
10:15am Swimming Competition**

Note: We must finish by 3:20, clean and clear the facility by 3:55pm.

Warm-Up:

Procedures:

- **Warm-up Times and Lanes will be assigned once entries are submitted.**
- **Each team will have 25 minutes to warm-up.**
- **Each team is responsible for One-way Dive sprints during their warm-up time.**
- **Competition pool will close 10 minutes prior to the start of the competition**
- **Warm-up Pool will remain open throughout the meet for general warm-up/cool down. Please enter feet first in the shallow end.**

Scoring:

NFHS Standard Scoring for individual and relay events. We will have Varsity only events at this meet.

- Entry Limits:** Divers: 3 dive list. The first dive must come from the 100 category. Next two are optional. No changes to lists after 5:00pm on 9/28/23.
- Swimmers:** Each swimmer is allowed to enter a maximum of four(4) events, no more than two (2) Relay events. Each Team is limited to 3 scoring Relays, and may enter A-D relays. Teams must enter using Hy-Tek. No paper entries will be accepted. Please send a hard copy word doc or pdf with your entry file. We do have to conclude the meet by 3:20pm.
- Rules:** NFHS rules & order of events will apply.
- Entry Deadline:** Monday, September 25th by 12:00pm. Please submit entries to asoelter@eanesisd.net. Make sure you enter divers on the Hytek database in addition to cleanentries.
- Entry Fees:** 100.00/team. Please mail checks by 9/28/23.
Checks Payable to:
Eanes ISD Athletics
4100 Westbank Drive
Austin, TX 78746
memo: Swim and Dive
- Heat Sheet:** A heat sheet and timeline will be provided by 12:00 Wednesday, September 27th.
- Meet Mobile:** The meet and heat sheet will be published to Meet Mobile.
- Hospitality:** Hospitality will be provided for coaches and volunteers.
- Spectators:** Spectator fee is 4.00/person and can be paid via cash at the meet. Spectators must enter through the enclosed tents only.
- Spectator can sit on the bleachers on the parking lot side of the pool/utilize the tents for additional seating. Spectators will need to bring their own chairs for outside deck.
- Spectators can utilize the Adult Restrooms only. Locker Rooms are reserved for students only.
- Locker rooms:** Locker rooms will be reserved for athletes only. Coaches will have access to the coaching bathroom located inside the office during the meet. No cell phones/shaving allowed in the locker rooms.

Team Seating: Team seating will be assigned, with additional seating on our back lawn. Please bring your own tents and chairs to set up if you would like to use the back lawn area. Please have your teams clean up their area upon completion of the meet. Playground is closed during the event.

Officials: Please send any of your swim and/or dive officials that can help to Alison Soelter at asoelter@eanesisd.net by 9/20/23.

Timers: Each team will need to provide 2 timers. Please send me their emails prior to 9/20/23 as they do require a background check.

Parking: A map and further information on parking will be provided with the heat sheet/timeline.

Questions: asoelter@eanesisd.net

Event List:

- 1M diving - 3 dives**
- 200 Medley Relay**
 - 100 free**
 - 50 fly**
- 400 Mixed Medley Relay**
 - 50 free**
 - 100 IM**
- 200 Free Relay**
 - 50 back**
 - 50 Breast**
- 400 Mixed Free Relay**