



11-14 Elite and 15&O Open Meet A LONG COURSE METERS TIMED FINALS MEET

Hosted By
THE WOODLANDS SWIM TEAM
May 14-16, 2010
Sanction No. GULC 10-008



→ Entries Due: 6:00 PM Monday, May 3, 2010 ←

LOCATION: CISD Natatorium, 19133 David Memorial Drive, Shenandoah, Texas 77385

DIRECTIONS: From I45 North exit Research Forest, From I45 South exit Tamina. At the intersection of I45 and Research Forest/Tamina, turn East onto Tamina road and travel to first stop light. At the stop light turn left onto David Memorial, the Natatorium will be on your right.

COACHES: Head Coach: Tim Bauer, Head Age Group Coach: Shana Trabona

POOL: 50 meter, 8 lane indoor competitive pool with non-turbulent lane lines. The diving well will be available for warm-up and warm-down during the meet.

MEET FORMAT: This meet is a timed finals event. Saturday and Sunday sessions are split with 15 & Over swimming in the morning sessions and the 11-14 swimmers swimming in the afternoon sessions. Friday evening will be a combined session. 11-14 Elite meet swimmers must have at least three (3) "A" times achieved prior to May 6, 2010. 15 & Over swimmers have Sectional Standard cut-off times.

TIME & DATE:

| Session | Ages | Warm-ups | Session Start |
|-----------------|-------------|----------------------|----------------------|
| Friday May 14 | 11 & Over | 4:00 PM open warm-up | 5:30 PM |
| Saturday May 15 | 15 & Over | 7:00 – 8:45 AM | 9:00 AM |
| Saturday May 15 | 11-14 | 12:00 – 12:45 PM* | 1:00 PM* |
| Sunday May 16 | 15& Over | 7:00 – 8:45 AM | 9:00 AM |
| Sunday May 16 | 11-14 | 12:00 – 12:45 PM* | 1:00 PM* |

* **IMPORTANT NOTE REGARDING SATURDAY AND SUNDAY AFTERNOON SESSION START TIMES:** If the morning session runs past 12:00 pm, warm-ups for the afternoon session will begin immediately upon the completion of the morning session and the afternoon session competition will commence one (1) hour after the completion of the morning session or 1:00 pm, whichever is later.

Lane assignments for warm-ups and lane timing will be designated in the psych sheet and posted on the Gulf Swimming website at least three days prior to the start of the meet.

CHASE STARTS: This meet will be conducted utilizing chase starts with the girls starting from the WEST end of the pool and the boys starting from the EAST end of the pool in an alternating fashion. All 50's and relay events will start at the WEST end of the pool.

MEET OFFICIALS:

Referee: Claude Humbert email: claude_humbert@sbcglobal.net
Meet Directors: Jay Knaebel email: jay@jbknaebel.com
Safety Marshal: Jon Sonka

SAFETY GUIDELINES

AND WARM-UP

PROCEDURES: See attached Safety Guidelines and Warm-up Procedures.

SEEDING: The meet will be a deck-seeded meet. Coaches, please inform your swimmers of on deck seeding rules.

CHECK-IN: All swimmers must check in each session with the Clerk of Course for all of the session's events. After the events are officially closed, no one may check in or scratch. Swimmers in the first event of the session must check in 45 minutes prior to the session starting time. Swimmers in other events must check in 45 minutes prior to the event. After circling in, failure to appear at the starting blocks will result in the swimmer being assessed a \$ 5.00 fine, payable to Gulf Swimming Administrative Vice-Chairman Henry Clark for each event in which he/she fails to appear.

Morning session relay cards are due at 8:15 am each morning or the entry will be considered scratched. Afternoon session relay cards are due 45 minutes prior to the start time of the afternoon session or the entry will be considered scratched.

ON-DECK ENTRIES:

Late entries will be accepted for each session up to 30 minutes before the start of that session. Swimmers missing the 6:00 PM Monday, May 3, 2010 entry deadline may enter the meet on deck in the following manner:

1. Swimmers must pay double the entry fee (\$11.00 for individual events, \$18.00 for relays).
2. Swimmers must supply completed entry forms entered at the swimmers' best times. The swimmers entered on deck will be seeded into the events according to their best times.
3. Swimmers must enter all events for the day thirty (30) minutes prior to the start of the session's first event.
4. Swimmers must be qualified to swim the event entered.
5. Swimmers must not exceed the allotted number of events allowed each session.
6. Swimmers who on-deck to change a time in an event already entered must circle in on the posted circle-in sheets. The new time will be used for seeding. The on-deck entry fees still apply to these swimmers.

ENTRY INFORMATION:

Entry Times: Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y), short course meters (S), or long course meters (L). Do not convert meter (yard) times to yard (meter) times. Entry times should not be converted by the entrant – they will be converted to the proper course by the host team using the default conversions in Hy-Tek. If entries are made by paper (not using Hy-Tek) then swimmers should indicate on their entry the course at which the entry time was made (i.e., Y, S, or L). If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested. Entry times must be from USA Swimming Meets.

Cut-off Times/Qualifying

Times 15 & Over swimmers:

Qualifying Time: None.

Cut-off Times: 2010 Sectional Standards, included in the invitation. Swimmers must not have equaled or bettered the cut-off times.

11-14 swimmers:

Qualifying Time: Swimmers must have three (3) USAS "A" times by the entry deadline, May 3, 2010, to enter the meet and may swim any event. Qualifying times achieved for 11-14 year old swimmers after May 6, 2010, are not eligible for entry in the TWST Elite meet.

Cut-off Time: None

Age: As of May 14, 2010

Number of events: Swimmers may compete in three (3) individual events per day. The 400 IM does not count towards one of the three (3) events per day.

Deadline: Entries must be in the hands of the Entries Director no later than 6:00 p.m., Monday, May 3, 2010. No late entries will be accepted. Do not send entries via Federal Express, etc., that require a signature. If you must send your entries by express mail, please indicate that a signature is NOT required. Mail completed entry forms to:

Scott Darling
63 W. Old Sterling Circle
The Woodlands, TX 77382
scdarling@sbcglobal.net
281-298-9608

Entries: All teams with 10 or more swimmers entered in this meet **MUST** submit their entries by email, using the Hy-Tek-Meet Manager/Team Manager computer software, along with a hard copy print out of your entries. Unattached swimmers should be entered in a separate file on the same diskette. Teams without Hy-Tek should submit their entries on the enclosed Entry Form. Teams with 10 or more swimmers entered in this meet using only an entry form (no diskette) must pay a \$25 surcharge payable to TWST with their entries. Individual entries may be submitted on the enclosed entry form. Include relays and relay-only swimmers on your completed entry form, diskette, or electronic submission.

For teams submitting their entries by email, you must zip the commlink file before attaching to the email. The print out of the team's entries, entry verification and payment of entry fees must be postmarked no later than 24 hours after the entry deadline as stated in the Meet Invitation.

Eligible Teams: All USA registered teams and swimmers

Fees: Entry fees must accompany entries. Make all checks payable to TWST. \$5.50 per individual event, \$9.00 per relay, \$2.00 per swimmer surcharge

AWARDS: 11-14 Elite swimmers: 1-8 ribbons for individual events, 1-3 ribbons for relay events.
15 & Over: No awards.

SCORING:

The meet will be score by the following age groups: 11-12, 13-14, 15&Over
 Individual Events: 9-7-6-5-4-3-2-1
 Relays: 18-14-12-10-8-6-4-2

RULES & SANCTIONS:

The meet will be held under the sanction of USA Swimming and Gulf Swimming. The 2009 - 2010 USA Swimming and Gulf Swimming rules will apply. No entries can be accepted unless the entrant is either USA Swimming registered or certified by USA Swimming. The three (3) event rule and up down rule does not apply to this meet.

Special rule for 11-12 & 13-14 only swimmers: Swimmers must have three (3) "A" times achieved prior to may 6, 2010 to enter and may swim any event.

POOL MEASUREMENT:

The competition course is compliant, but not certified, in accordance with USA Swimming Rule 104.2.2(C). Course measurements will be verified each session in accordance with Gulf Swimming Rules. The water depths of the competition course measured from 1 meter to 5 meters on the starting and turning ends of the course are as follows:

| Pool | Start End | Turn End |
|-----------------|------------------|-----------------|
| 50 meter (west) | 7' | 7' |

TIMING SYSTEM:

The Daktronics Omni Sport 2000 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be published in the psych sheet. Swimmers in the 400 IM, 400 Free, and 800 Free must provide two timers. Swimmers in the 800 Free must provide a lap counter.

POOL DECK RESTRICTION:

Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

Coaches and Officials must present their membership cards in order to receive complimentary Psych/Heat Sheets and for admission to the Hospitality Room.

Please see attached "Rules, Regulation, Prohibitions, and Deck Access" of the CISD Natatorium. **All meet entries must be accompanied by a signed copy of CISD's "Healthy Swimming Policy".**

PROOF OF TIME:

Any swimmer that cannot prove that he/she was eligible to swim an event will be fined \$20.00 for each event he/she fails to prove. The fine or proof of time is sent to the Administrative Vice-Chairman, Henry Clark.

SWIMMERS WITH DISABILITIES:

Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve Gulf Swimming equipment (remote strobe).

- CONCESSIONS:** A concession stand will be open during the meet.
- HOSPITALITY:** A hospitality room will be available.
- MERCHANDISE:** Swim Shops of the Southwest, located in the main lobby, will be selling swim apparel and swim gear.
- MEET RESULTS:** Meet results will be posted on the Gulf Swimming website at:
<http://www.gulfswimming.org>

**11-14 Elite and 15&O Open Meet
 The Woodlands Swim Team May 14-16, 2010**

| Entry Rules | |
|--|---|
| Type of meet | Timed Finals |
| Max # individual events per day | Three (3) 400 IM does not count as one of the 3 events/day |
| Swimmers eligible | All USA Swimming |
| Entry times in | SCY, SCM, LCM |
| Qualifying times | |
| 15 & Over | None |
| 11-12, 13-14 Only | USAS Motivational "A" Standards |
| Special Rule Applies to 11-12 and 13-14 Only | Swimmers must have three (3) "A" times achieved prior to may 6, 2010 to enter and may swim any event. |
| Cut-off times | |
| 15 & Over | 2010 Sectional Standards |
| 11-12, 13-14 | None |
| Enter with no time? | Yes |
| Fees | Individual \$5.50, Relays \$9.00, \$2.00 surcharge per swimmer |

ORDER OF EVENTS

Friday, 4:00 pm Warm-up, 5:30 pm Meet Start

| Event | Girls | | | Qualifying or Cut-off Time | Age | Dist | Stroke | Boys | | | Event |
|-------|---------|---------|---------|----------------------------------|-------|------|--------|---------|---------|---------|-------|
| | LCM | SCM | SCY | | | | | LCM | SCM | SCY | |
| 1 * | 2:59.79 | 2:54.09 | 2:37.59 | Qual Time | 11-12 | 200 | IM | 2:58.09 | 2:51.89 | 2:35.59 | 2 * |
| | 2:51.49 | 2:46.29 | 2:30.49 | Qual Time | 13-14 | 200 | IM | 2:42.39 | 2:34.99 | 2:20.29 | |
| | 2:32.89 | 2:28.89 | 2:12.09 | Cut-off | 15&O | 200 | IM | 2:20.19 | 2:15.39 | 2:02.29 | |
| 3 * | 5:32.39 | 5:23.19 | 6:09.29 | Qual Time | 11-12 | 400 | Free | 5:27.09 | 5:19.19 | 6:04.69 | 4 * |
| | 5:16.59 | 5:08.89 | 5:52.99 | Qual Time | 13-14 | 400 | Free | 5:02.79 | 4:53.39 | 5:35.19 | |
| | 4:39.69 | 4:34.29 | 5:13.59 | Cut-off | 15&O | 400 | Free | 4:22.39 | 4:13.79 | 4:54.39 | |

11-14 Qualifying times = USAS "A" Standard. Swimmers must have three (3) "A" times achieved prior to may 6, 2010 to enter and may swim any event.

15&Over Cut-off times = 2010 Sectionals Standard. Swimmers must not have equaled or bettered the cut-off times.

* Will swim fastest to slowest, alternating girls and boys heats.

400 Free swimmers must provide two timers

11& Over events will be scored as 11-2, 13-14, and 15&O.

Saturday AM Session, 7:00 am Warm-up, 9:00 am Meet Start

| Event | Girls | | | Qualifying or Cut-off Time | Age | Dist | Stroke | Boys | | | Event |
|--------|---------|---------|---------|----------------------------------|------|------|-----------|---------|---------|----------|--------|
| | LCM | SCM | SCY | | | | | LCM | SCM | SCY | |
| 5 | | | | | 15&O | 200 | Med Relay | | | | 6 |
| 7 | 2:32.79 | 2:28.69 | 2:11.19 | Cut-off | 15&O | 200 | Back | 2:20.89 | 2:15.49 | 2:02.39 | 8 |
| 9 | 1:07.99 | 1:07.09 | 59.59 | Cut-off | 15&O | 100 | Fly | 1:00.59 | 59.89 | 54.19 | 10 |
| 11 | 2:12.59 | 2:10.59 | 1:56.49 | Cut-off | 15&O | 200 | Free | 2:01.69 | 1:58.79 | 1:47.49 | 12 |
| 13 | 1:20.89 | 1:18.39 | 1:09.99 | Cut-off | 15&O | 100 | Breast | 1:12.69 | 1:10.19 | 1:03.79 | 14 |
| 15 | 28.49 | 28.09 | 25.19 | Cut-off | 15&O | 50 | Free | 25.49 | 24.89 | 22.49 | 16 |
| 17 ** | 5:22.89 | 5:16.29 | 4:40.79 | Cut-off | 15&O | 400 | IM | | | | Sunday |
| Sunday | | | | Cut-off | 15&O | 800 | Free | 9:00.99 | 8:42.59 | 10:09.09 | 20 ** |

15&Over Cut-off times = 2010 Sectionals Standard. Swimmers must not have equaled or bettered the cut-off times.

** Will swim fastest to slowest.

** 400 IM and 800 Free swimmers must provide two timers and lap counter (for 800 Free).

Saturday PM Session, 12:00 pm Warm-up *, 1:00 pm Meet Start *****

| Event | Girls | | | Qualifying or Cut-off Time | Age | Dist | Stroke | Boys | | | Event |
|--------|----------|----------|----------|----------------------------------|-------|------|-----------|----------|----------|----------|--------|
| | LCM | SCM | SCY | | | | | LCM | SCM | SCY | |
| 21 | | | | | 11-14 | 200 | Med Relay | | | | 22 |
| 23 | 3:00.19 | 2:52.29 | 2:35.89 | Qual Time | 11-12 | 200 | Back | 2:56.39 | 2:48.89 | 2:32.89 | 24 |
| | 2:47.39 | 2:42.79 | 2:27.29 | Qual Time | 13-14 | 200 | Back | 2:40.69 | 2:32.79 | 2:18.19 | |
| 25 | 33.69 | 32.59 | 29.49 | Qual Time | 11-12 | 50 | Free | 32.59 | 31.59 | 28.59 | 26 |
| | 32.49 | 31.69 | 28.69 | Qual Time | 13-14 | 50 | Free | 30.29 | 29.09 | 26.29 | |
| 27 | 1:33.79 | 1:30.79 | 1:22.19 | Qual Time | 11-12 | 100 | Breast | 1:32.49 | 1:28.99 | 1:20.49 | 28 |
| | 1:28.99 | 1:25.79 | 1:17.59 | Qual Time | 13-14 | 100 | Breast | 1:21.29 | 1:19.59 | 1:12.09 | |
| 29 | 2:37.69 | 2:34.59 | 2:19.89 | Qual Time | 11-12 | 200 | Free | 2:34.89 | 2:30.49 | 2:16.19 | 30 |
| | 2:31.79 | 2:27.89 | 2:13.79 | Qual Time | 13-14 | 200 | Free | 2:23.29 | 2:18.39 | 2:05.29 | |
| 31 | 45:36.00 | 45:36.00 | 21:36.00 | Qual Time | 11-12 | 50 | Back | 33:36.00 | 45:36.00 | 45:36.00 | 32 |
| | na | na | na | na | 13-14 | 50 | Back | na | na | na | |
| 33 | 1:22.89 | 1:20.89 | 1:13.19 | Qual Time | 11-12 | 100 | Fly | 1:21.49 | 1:19.19 | 1:11.69 | 34 |
| | 1:16.49 | 1:14.89 | 1:07.79 | Qual Time | 13-14 | 100 | Fly | 1:11.09 | 1:09.49 | 1:02.89 | |
| 35 ** | 6:23.99 | 6:11.39 | 5:36.09 | Qual Time | 11-12 | 400 | IM | | | | Sunday |
| | 6:00.99 | 5:51.19 | 5:17.79 | Qual Time | 13-14 | 400 | IM | | | | |
| Sunday | | | | Qual Time | 11-12 | 800 | Free | 11:30.99 | 11:07.69 | 12:42.89 | 38 ** |
| | | | | Qual Time | 13-14 | 800 | Free | 10:29.39 | 10:09.49 | 11:36.39 | |

11-14 Qualifying times = USAS "A" Standard. Swimmers must have three (3) "A" times achieved prior to may 6, 2010 to enter and may swim any event.

** Will swim fastest to slowest.

** 400 IM and 800 Free swimmers must provide two timers and lap counter (for 800 Free).

*** If the morning session runs past 12:00 pm, warm-ups for the afternoon session will begin immediately upon the completion of the morning session and the afternoon session competition will commence one (1) hour after the completion of the morning session or 1:00 pm, whichever is later.

11-14 events will be scored as 11-12 & 13-14.

Sunday AM Session, 7:00 am Warm-up, 9:00 am Meet Start

| Event | Girls | | | Qualifying or Cut-off Time | Age | Dist | Stroke | Boys | | | Event |
|----------|---------|---------|----------|----------------------------------|------|------|------------|---------|---------|---------|----------|
| | LCM | SCM | SCY | | | | | LCM | SCM | SCY | |
| 39 | | | | | 15&O | 200 | Free Relay | | | | 40 |
| 41 | 2:54.79 | 2:49.59 | 2:29.99 | Cut-off | 15&O | 200 | Breast | 2:40.59 | 2:34.39 | 2:20.89 | 42 |
| 43 | 1:10.99 | 1:09.29 | 1:01.29 | Cut-off | 15&O | 100 | Back | 1:04.59 | 1:02.29 | 56.39 | 44 |
| 45 | 2:34.79 | 2:30.59 | 2:11.99 | Cut-off | 15&O | 200 | Fly | 2:21.09 | 2:17.09 | 2:02.79 | 46 |
| 47 | 1:01.39 | 1:00.39 | 54.09 | Cut-off | 15&O | 100 | Free | 55.49 | 53.99 | 48.99 | 48 |
| Saturday | | | | Cut-off | 15&O | 400 | IM | 5:00.49 | 4:51.79 | 4:24.19 | 50 * |
| 51 * | 9:30.49 | 9:19.09 | 10:48.19 | | 15&O | 800 | Free | | | | Saturday |

15&Over Cut-off times = 2010 Sectionals Standard. Swimmers must not have equaled or bettered the cut-off times.

** Will swim fastest to slowest.

** 400 IM and 800 Free swimmers must provide two timers and lap counter (for 800 Free).

Sunday PM Session, 12:00 pm Warm-up *, 1:00 pm Meet Start *****

| Event | Girls | | | Qualifying or Cut-off Time | Age | Dist | Stroke | Boys | | | Event |
|----------|----------|----------|----------|----------------------------------|-------|------|------------|----------|----------|----------|----------|
| | LCM | SCM | SCY | | | | | LCM | SCM | SCY | |
| 53 | | | | | 11-14 | 200 | Free Relay | | | | 54 |
| 55 | 1:23.29 | 1:21.99 | 1:14.19 | Qual Time | 11-12 | 100 | Back | 1:23.59 | 1:19.89 | 1:12.29 | 56 |
| | 1:17.79 | 1:15.69 | 1:08.49 | Qual Time | 13-14 | 100 | Back | 1:14.49 | 1:10.99 | 1:04.19 | |
| 57 | 57:36.00 | 57:36.00 | 21:36.00 | Qual Time | 11-12 | 50 | Fly | 33:36.00 | 45:36.00 | 9:36.00 | 58 |
| | na | na | na | na | 13-14 | 50 | Fly | na | na | na | |
| 59 | 3:23.69 | 3:15.49 | 2:56.89 | Qual Time | 11-12 | 200 | Breast | 3:20.79 | 3:10.99 | 2:52.89 | 60 |
| | 3:11.99 | 3:04.29 | 2:46.79 | Qual Time | 13-14 | 200 | Breast | 3:01.99 | 2:52.69 | 2:36.29 | |
| 61 | 1:13.49 | 1:09.69 | 1:03.09 | Qual Time | 11-12 | 100 | Free | 1:11.39 | 1:09.19 | 1:02.69 | 62 |
| | 1:10.39 | 1:08.69 | 1:02.19 | Qual Time | 13-14 | 100 | Free | 1:05.99 | 1:03.49 | 57.39 | |
| 63 | 2:59.29 | 2:55.19 | 2:38.59 | Qual Time | 11-12 | 200 | Fly | 2:58.49 | 2:51.59 | 2:35.29 | 64 |
| | 2:48.29 | 2:44.19 | 2:28.59 | Qual Time | 13-14 | 200 | Fly | 2:38.79 | 2:34.99 | 2:20.29 | |
| 65 | 9:36.00 | 33:36.00 | 57:36.00 | Qual Time | 11-12 | 50 | Breast | 9:36.00 | 33:36.00 | 57:36.00 | 66 |
| | na | na | na | na | 13-14 | 50 | Breast | na | na | na | |
| Saturday | | | | Qual Time | 11-12 | 400 | IM | 6:20.19 | 6:03.39 | 5:28.89 | 68 * |
| | | | | Qual Time | 13-14 | 400 | IM | 5:44.49 | 5:31.99 | 5:00.49 | |
| 69 * | 11:35.69 | 11:15.39 | 12:51.69 | Qual Time | 11-12 | 800 | Free | | | | Saturday |
| | 10:47.99 | 10:36.79 | 12:07.59 | Qual Time | 13-14 | 800 | Free | | | | |

11-14 Qualifying times = USAS "A" Standard. Swimmers must have three (3) "A" times achieved prior to may 6, 2010 to enter and may swim any event.

** Will swim fastest to slowest.

** 400 IM and 800 Free swimmers must provide two timers and lap counter (for 800 Free).

*** If the morning session runs past 12:00 pm, warm-ups for the afternoon session will begin immediately upon the completion of the morning session and the afternoon session competition will commence one (1) hour after the completion of the morning session or 1:00 pm, whichever is later.

11-14 events will be scored as 11-12 & 13-14.

SAFETY GUIDELINES AND WARM-UP PROCEDURES
APPENDIX G

WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 - 2. Lanes are **ONE WAY ONLY**.

SAFETY GUIDELINES

- A. Swimmers Responsibilities
 - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
 - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
 - 1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
 - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
 - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
 - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 - 6. All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
 - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
 - 2. Glass containers are prohibited.
 - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.

ENTRY VERIFICATION

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the on deck coaches have met the current certification requirements.

Signature

Title

Date

The CISD Natatorium Rules, Regulation, Prohibitions, and Deck Access

- Security personnel are empowered to enforce any and all regulations that have been established by CISD 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 bathing suits are not allowed to be in the grandstand, climb over banister / railings, or pass any posted barriers.
- Lawn chairs are not allowed in the CISD Natatorium seating area.
- Participants and spectators are not allowed to use other areas of the CISD Natatorium complex during this event without purchasing a pass at the Services Desk located in the facility lobby.
- Each competing team is permitted one temporary banner, placed at the discretion of the Aquatic Director. Team banners must not exceed 5' by 8'. No handmade signage is allowed.
- Absolutely no tobacco, alcohol products, or glass containers are allowed anywhere on Conroe School District property. This applies to the parking lot.
- Coolers are allowed, provided they do not contain glass items.
- No chewing gum, food or color based drinks will be allowed on the pool deck, water only.
- Betting and gambling is strictly prohibited.
- Shaving is not permitted anywhere within the entire CISD Natatorium Complex.
- Teams are expected to police their respective areas at the conclusion of the competition.
- Running or any other sort of activity that might be interpreted or described as “horseplay” is prohibited throughout the entire CISD Natatorium Complex.
- Diving equipment such as trampoline, spotting rigs, dry-board apparatus, and Hot Tubs are not to be used.
- The use of flash cameras at the start of any race is prohibited.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergency is prohibited.
- All participants must follow the CDC “*Healthy swimming policy*” and shower before warm-up, no exception.

Access to the deck of the CISD Natatorium is restricted by pass to the following:

- Athletes from competing teams
- Administrative support personnel
- Coaches of competing teams
- Facility/District Staff
- Officials
- Marshals
- Timing System operators
- Security personnel
- Computer systems operators
- Lifeguards
- Lane timers
- Service and supply vendors
- Credentialed media personnel
- Hospitality personnel
- One photographer from each competing team
- Medical support personnel
- Other personnel on a case-by-case basis at the discretion of the Meet Coordinator, the Meet Director, or the Meet Referee.

CISD Healthy Swimming Policy

CISD is committed to the health and safety of all patrons. *The CISD Natatorium* utilizes advanced training and technology and has adopted the Centers for Disease Controls (CDC) “*Healthy Swimming Policy*”. This policy protects our patrons and spectators from poor air or water quality hazards typical with indoor-swimming pools caused by microorganisms and chloramines. The cornerstone of this policy is based on guidelines which mandate safe practices such as requiring all participants to shower before entering the CISD Natatorium.

“*Healthy Swimming Policy*” Acknowledgement Form

Receipt Form

Organization: _____

Representative Name and Title: _____

By my signature below I agree, on behalf of my organization that:

- I have received a copy of both the “*Healthy Swimming Policy*” and the CISD Natatorium General Operating Procedures. I understand the responsibility for ensuring that all members of the organization and their guests comply with these rules. I understand that additional copies are available in the office of The Natatorium Coordinator, clerk at the front desk, or at the Facility Manager’s office at the CISD Administration Building.
- I affirm that all required staff members of my organization have current CPR/First Aid certifications and specific training or liability certification requirements needed by the organization’s national governing body.
- I understand that the District may from time to time modify its policies and I agree to abide by those changes.

Head Coach Signature

Date

