

# Gulf Senior Championships

## A SHORT COURSE YARDS PRELIM/FINALS MEET

Hosted By

**THE WOODLANDS SWIM TEAM**

**December 5 - 7, 2008**

**Sanction No. GUSC 09-025**

**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, Assistant Head Coach: Scott MacFarland, Director of Swim Development: Valerie Nichols, Head Age Group Coach: Shana Trabona, Age Group Coach: Brad Radford

**POOL:** Dual 25 yard, 8 lane indoor competitive pools with non-turbulent lane lines. The center pool will be available during prelims for warm-ups/warm-down. Other lanes will be available for warm-ups/warm-down during finals.

**TIME AND DATE:** This is a prelim-finals meet with the exception of relays, and the 1000/1650 freestyle events, which will be timed finals. Finals will consist of an A, B, C and D Final. Timing lane assignments will be designated in the psych sheet and posted on the TWST and Gulf web site 3 days prior to the meet. The warm-up sessions will be open for all prelim and finals sessions; lanes assignments will not be made.

<b>Friday December 5</b>	<b><u>Prelims</u></b> Warm-up 7:30 – 8:45 AM	Meet Starts 9:00 AM
	<b><u>Finals</u></b> Warm-up 4:30 – 5:15 PM	Meet Starts 5:30 PM
<b>Saturday December 6</b>	<b><u>Prelims</u></b> Warm-up 7:30 – 8:45 AM	Meet Starts 9:00 AM
	<b><u>Finals</u></b> Warm-up 4:30 – 5:15 PM	Meet Starts 5:30 PM
<b>Sunday December 7</b>	<b><u>Prelims</u></b> Warm-up 7:30 – 8:45 AM	Meet Starts 9:00 AM
	<b><u>Finals</u></b> Warm-up 4:30 – 5:15 PM	Meet Starts 5:30 PM

**MEET OPERATION:** This meet will be run using the "Flyover Start" procedures during the prelim sessions unless a waiver is received from the Technical Planning Committee Chairman. At the conclusion of each heat, the swimmers shall remain in the water until after the next heat is started. Coaches, please remind your swimmers of the "Flyover Start" procedures.

**MEET REFEREES:** John Leneave (936) 321-3051 email: [swimkids@consolidated.net](mailto:swimkids@consolidated.net)  
Claude Humbert (281) 541-3053 email: [claud\\_humbert@sbcglobal.net](mailto:claud_humbert@sbcglobal.net)

**MEET DIRECTORS:** Eric Amundsen (281) 681-9430 email: [eric.amundsen@sug.com](mailto:eric.amundsen@sug.com)  
Mike Manning (281) 705-7930 email: [mike@napcochemical.com](mailto:mike@napcochemical.com)

**SAFETY MARSHAL:** Heidi Allan

**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 seeding on deck rules.

**CHECK-IN:** All swimmers must check in (circle-in) with the Clerk of the Course for all events on an official posted heat sheet. Swimmers are required to circle-in **at least 45 minutes before their event**. After the events are officially closed, no one may check in or scratch. 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, Herb Schwab, for each event in which he/she fails to appear. Properly completed **relay cards** must be turned in to the clerk of course by **10:00 a.m.** unless changed during the coaches meeting of that day's prelim session. Relay cards not received by the deadline will be considered scratches. The fastest 16 relays that do not elect to swim in Prelims will swim in Finals. Relay heats will swim slowest to fastest and in event order.

See Special Operations Notes for distance events and associated check-in deadlines.

Any finalist who fails to compete in finals or consolation finals, or any other bonus final heat, for which he has qualified and failed to scratch with the Clerk of Course prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the USA Swimming Rules and Regulations and will be assessed a fine of \$50.00. A Club, which has not paid the fine, will not be allowed to register for membership in the Gulf LSC until the fine is paid.

The administrative rules for the conduct of Gulf Swimming meets shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rule 207.12.6D and 207.12.6E, as modified below.

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals or consolation finals or any other bonus finals if he has successfully completed the event in Prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet and a fine of \$50.00. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above fines and banishment from competition, even though any qualified swimmer may be moved into finals. The alternates, after the existing scratches are tabulated, will not be penalized if they are unavailable to compete in finals.

The USA Swimming National Championships Meets "reserve the right to scratch" rule is not applicable to any Gulf Swimming meet. The "intent to scratch" rule is not applicable to any Gulf Swimming meet.

**ON-DECK ENTRIES:** Late entries will be accepted each day up to 30 minutes before the start of the meet. Those swimmers missing the 6:00 p.m. November 28, 2008 deadline may enter the meet on deck in the following manner:

1. Swimmers must pay double the entry fee (\$15.00) at the time of entry.
2. Swimmers must supply completed entry forms entered at the swimmers' best times. The swimmers 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 day'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 day.
6. Swimmers who on-deck to change an entry 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.

Any relay that is entered on-deck at a Prelim/Finals meet, where the relays are divided between swimming in the morning/prelim session and the evening/final session, shall be limited to swimming with the morning session, unless there are open lanes in the evening session

**ENTRY  
INFORMATION:**

**Entry Times:** Times must be from USA swimming meets. 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). There are to be no conversions from yard to meters or meters to yards. If entries are made by paper, (not using Hy-Tek), swimmers should indicate on their entry the course at which the entry time was made (i.e., Y, S, or L).

The Gulf Swimming “Up/Down” rule is in effect. Under the Up/Down rule, a swimmer with a qualifying time in an event may swim the next shorter and longer distances of that same stroke entered at their best times.

Short course yards shall be the conforming course for this short course championship meet and events shall be seeded with conforming times first, followed by non-conforming short course meter times followed by non-conforming long course meter times. Swimmers may enter with a NO TIME (NT).

**Qualifying Times:** 15 & Over: none  
14 & Under: = Sr. Gulf Champs Time Standards  
See 2008 Gulf Champs Times Standards – attached

**Cut-off Times:** None

**Age:** As of December 5, 2008

**Number of Events:** Swimmers may compete in up to three (3) individual events per day and up to one (1) relay per day.

**Deadline:** Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on November 28, 2008. 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 or hand-deliver entries to the Meet Entry Chairperson:

**Scott Meyers**  
**34 N. Provence Circle**  
**The Woodlands, Texas 77382**  
**Phone: (281) 296-2232**  
**Email: Meyers\_family5@sbcglobal.net**

**Entries:** All teams entering 10 or more swimmers MUST submit their entries on a diskette or electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software, **along with a hard copy printout of the entries.** Teams without Hy-Tek should submit their entries on the enclosed Entry Form. A \$25.00 fee must be included with the entry fees for teams that enter 10 or more swimmers using an entry form only (without sending Hy-Tek files).

Teams may electronically mail their Meet Manager files. **Payments for the electronic entries and a hard copy print-out of the entries must be submitted or postmarked no later than 24 hours after the entry deadline as stated in the Meet Invitation.**

**ELIGIBLE TEAMS:** All USA Swimming registered teams and swimmers

**Fees:** \$7.50 per individual event, \$15.00 per relay entry. Make checks payable to TWST. Entry fees must accompany entries, if delivered by any method other than email.

**AWARDS:** **Individual events:** Custom Gulf Swimming medals for 1<sup>st</sup> – 3<sup>rd</sup> place finishers, Gulf swimming ribbons for 4<sup>th</sup> – 8<sup>th</sup> place finishers.

**Relays:** Custom Gulf Swimming medals for 1<sup>st</sup> place, ribbons 2<sup>nd</sup> and 3<sup>rd</sup> place.

**Teams Awards:** The top three teams will be awarded trophies.

**Individual High Point:** A high point award will be given to the boy and girl in each age group earning the highest individual points.

**SCORING:**

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 (1st thru 16<sup>th</sup> place for individual events). The B consolation heats score as detailed above.  
Relays events: score double points: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 (1st thru 16<sup>th</sup> place for relays).

**RULES & SANCTIONS:**

The meet will be held under the sanction of USA Swimming and Gulf Swimming. The 2008 - 2009 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 will apply to this meet.

**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.

**TIMING SYSTEM:**

The Daktronics Omni Sport 2000 automatic timing system with electronic scoreboard will be used. One semi-automatic button and two manual 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 1000 and 1650 Freestyle events must provide 2 timers and 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, Herb Schwab.

**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 will be at the meet selling swim apparel and swim gear.

**MEET RESULTS:**

Meet results will be posted on the Gulf Swimming website at: <http://www.gulfswimming.org> three days after the final day of the meet.

**ATTACHMENTS:**

Meet Format  
 Schedule of Events and Gulf Qualifying Times  
 Entry Verification Form  
 Gulf Safety Guidelines and Warm-up Procedures  
 The CISD Natatorium Rules, Regulation, Prohibitions, and Deck Access  
 CISD Healthy Swimming Policy  
 Hotel Listing  
 Map and Directions  
 Official Meet Entry Form

**SPECIAL OPERATIONS NOTES:**

This meet will be run in two short course competition pools during the prelim sessions as detailed in the table below. The pool will be re-configured for the finals sessions with the competition pool located in the center of the Natatorium. Please instruct your swimmers as to where they need to be for their events throughout the weekend.

	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>GIRLS</b>	<i>WEST</i>	<i>EAST</i>	<i>WEST</i>
<b>BOYS</b>	<i>EAST</i>	<i>WEST</i>	<i>EAST</i>

All of the slow heats of relays will swim in the West pool during the prelim session. There will be a 15 minute break after the last individual event before the start of relays. The two fastest heats of relays will swim in the finals session.

**Distance Events – Competition Protocols** (footnote references applicable to noted events in the event schedule)

All **Relays** will be timed final events. The fastest 16 relays that do not elect to swim in Prelims will swim in Finals. Relay heats will swim slowest to fastest and in event order

The **1000 Freestyle (events 1 and 2)** is a timed final event. The fastest 8 girls and the fastest 8 boys who check-in and do not elect to swim in prelims, will swim during Friday's finals. All other heats will be swum, fastest to slowest, alternating girls and boys, as the last event of Friday's prelim session. Swimmers must provide their own timers and lap counters during the prelim session heats. **Check-in deadline is 9:00 AM Friday.**

The **1650 Freestyle (event 27 and 28)** is a timed final event. The fastest 8 girls and the fastest 8 boys who check-in and do not elect to swim in prelims, will swim during Sunday's finals. All other heats will be swum, fastest to slowest, alternating girls and boys, as the last event of Sunday's prelim session. Swimmers must provide their own timers and lap counters during the prelim session heats. **Check-in deadline is 9:00 AM Sunday.**

**400 IM and 400 Free:** These events will be swum as prelim/finals events. In prelims, these events will be swum slowest to fastest with international seeding for the fastest three heats.

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## Gulf Senior Short Course Championships

### Hosted by The Woodlands Swim Team

### Friday, December 5<sup>th</sup> – Sunday December 7<sup>th</sup>, 2008

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Entry Rules:	Type of meet	Prelim/Finals A,B,C,D
	Max # individual events per day	Three (3)
	Swimmers eligible from the following teams:	All USA Swimming Team & Swimmers
	Entry times in	Any, seeded per National Rules
	Qualifying times	15 & Over: None 14 & Under: Sr. Gulf Champs
	Cut-off times	None
	Enter with "no time"?	Yes
	Gulf "three event rule" applies?	Yes
	Gulf "up/down rule" applies?	Yes
	Fees	Individual \$7.50 Relay \$15.00

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#### Event Schedule and Qualifying Times

##### Friday December 5, 2008

		Girls			Boys				
Event	SCY	SCM	LCM	Event	SCY	SCM	LCM	Event	
1	15 & O			Senior 1000 Free <sup>1</sup>				15 & O 2	
	14 & U	11:30.99	10:01.69		11:19.49	09:54.59	10:04.59	14 & U	
3	15 & O			Senior 100 Breast				15 & O 4	
	14 & U	01:13.79	01:22.39		01:06.99	01:14.39	01:17.69	14 & U	
5	15 & O			Senior 200 Free				15 & O 6	
	14 & U	02:03.09	02:15.69		01:51.79	02:03.79	02:07.59	14 & U	
7	15 & O			Senior 100 Fly				15 & O 8	
	14 & U	01:02.69	01:08.09		00:56.19	01:01.49	01:03.59	14 & U	
9	15 & O			Senior 400 I.M. <sup>2</sup>				15 & O 10	
	14 & U	04:53.19	05:23.29		04:34.59	05:03.99	05:20.29	14 & U	
11	15 & O			Senior 400 Free Relay				15 & O 12	

<sup>1</sup> For the 1000 and 1650 Freestyle check-in, swimmers may elect to swim the event during prelims. The fastest 8 girls and the fastest 8 boys who check-in for each event, and who do not elect to swim in prelims, will swim during finals. All other heats of the 1000/1650 will be swum as the last heats in Prelims, fastest to slowest alternating girls and boys.

<sup>2</sup> The 400 I.M. will be swum fastest to slowest, alternating women's and men's heats

Fastest 16 relays that do not elect to swim in Prelims will swim in Finals. Relay heats will swim slowest to fastest and in event order. There will be a 15 minute break after the last individual event before the start of relays.

**Event Schedule and Qualifying Times  
Saturday December 6, 2008**

Event	SCY	Girls		Event	SCY	Boys		Event
		SCM	LCM			SCM	LCM	
13	15 & O			Senior 200 Fly				15 & O 14
	14 & U	02:21.69	02:29.19		02:04.49	02:16.19	02:27.09	14 & U
15	15 & O			Senior 50 Free				15 & O 16
	14 & U	00:26.19	00:29.19		00:22.99	00:25.49	00:25.99	14 & U
17	15 & O			Senior 200 Breast				15 & O 18
	14 & U	02:38.99	02:57.79		02:25.59	02:43.29	02:49.09	14 & U
19	15 & O			Senior 100 Back				15 & O 20
	14 & U	01:04.69	01:11.09		00:57.39	01:03.89	01:09.39	14 & U
21	15 & O			Senior 500 Free				15 & O 22
	14 & U	05:27.09	04:42.39		04:56.49	04:16.59	04:32.69	14 & U
23	15 & O			Senior 800 Free Relay				15 & O 24

Fastest 16 relays that do not elect to swim in Prelims will swim in Finals. Relay heats will swim slowest to fastest and in event order. There will be a 15 minute break after the last individual event before the start of relays.

**Event Schedule and Qualifying Times  
Sunday December 7, 2008**

Event	SCY	Girls		Event	SCY	Boys		Event
		SCM	LCM			SCM	LCM	
25	15 & O			Senior 100 Free				15 & O 26
	14 & U	00:56.49	01:02.19		00:50.49	00:55.79	00:57.89	14 & U
27	15 & O			Senior 1650 Free <sup>3</sup>				15 & O 28
	14 & U	19:16.49	19:04.09		18:57.79	18:36.89	19:22.99	14 & U
29	15 & O			Senior 200 Back				15 & O 30
	14 & U	02:18.89	02:33.99		02:09.69	02:24.09	02:32.89	14 & U
31	15 & O			Senior 200 I.M.				15 & O 32
	14 & U	02:18.79	02:33.19		02:06.39	02:19.59	02:27.09	14 & U
33	15 & O			Senior 400 Medley Relay				15 & O 34

<sup>3</sup> For the 1650 Freestyle check-in, swimmers may elect to swim the event during prelims. The fastest 8 girls and the fastest 8 boys who check-in for each event, and who do not elect to swim in prelims, will swim during finals. All other heats of the 1650 will be swum as the last heats in Prelims, fastest to slowest alternating girls and boys.

There will be a 15 minute break after the last individual event before the start of relays.

## 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.

## **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.

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\_\_\_\_\_  
**Head Coach Signature**

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\_\_\_\_\_  
**Date**

## 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.

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Signature

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Title

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Date

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## Shenandoah, Texas Hotel Listing

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### Budget Inn & Suites

#### Contact Us

19565 IH45N  
Shenandoah, Tx 77381  
Phone: (281) 298-8140  
Fax: (281) 298-8182

[Map](#)

### Comfort Suites

#### Contact Us

18456 IH-45N  
Shenandoah , TX 77381  
Ph: (936) 321-4900  
Ph (alt): (936) 273-1500

[Map](#)

### Hampton Inn

#### Contact Us

18484 IH-45N  
Shenandoah , TX 7738  
Ph: (936) 273-3400  
Ph (alt): (800) 426-7866

[Map](#)

### Homewood Suites

#### Contact Us

29813 IH-45N  
Shenandoah , TX 7738  
Ph: (281) 681-9199  
Ph (alt): (800) CALL-HOME

[Map](#)

### La Quinta Inn

#### Contact Us

28673 IH-45N  
Shenandoah , TX 7738  
Ph: (281) 367-7722  
Ph (alt): (800) 531-5900

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### Marriott TownePlace Suites

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