

**11 – 14 Gulf LSC All Star Q Meet**  
**A SHORT COURSE YARDS TIMED FINALS MEET**  
Hosted By  
**THE WOODLANDS SWIM TEAM**  
**October 25 - 26, 2008**  
**Sanction No. GUSC 09-011**

**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:** 25 yard, 8 lane indoor competitive pool with non-turbulent lane lines. A second 25 yard 8 lane pool will be available during the meet for warm-ups/warm-down. The diving well will be off limits to all swimmers.

**TIME & DATE:** This is a timed-finals meet.

Saturday, October 25th	Session #1	Warm-up: 7:30 a.m.	Meet starts: 9:00 a.m.
Saturday, October 25 <sup>th</sup>	Session #2	Warm-up: 3:30 p.m.	Meet starts: 5:00 p.m.
Sunday, October 26th	Session #3	Warm-up: 8:30 a.m.	Meet starts: 10:00 a.m.

Split warm-ups will be in effect Saturday and Sunday. Lane assignments and starting times 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.

The first event of the Saturday PM session will not start before 2 hours from the completion of the last event of the Saturday AM session.

**FLYOVER STARTS:** This meet will be run using the "Flyover Start" procedures 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 OFFICIALS:**

**Referee:** John Leneave email: [swimkids@consolidated.net](mailto:swimkids@consolidated.net)

**Meet Directors:** Eric Amundsen (281) 681-9430 email: [eamundsen@comcast.net](mailto:eamundsen@comcast.net)  
Mike Manning (281) 705-7930 email: [mike@napcochemical.com](mailto:mike@napcochemical.com)  
Pat Norris (713) 817-2319 email: [patnorris@consolidated.net](mailto:patnorris@consolidated.net)

**Safety Marshal:** Heidi Allen, Connie and Steve Trotter

**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 each day with the Clerk of Course for all of the day's events. After the events are officially closed, no one may check in or scratch. Swimmers in the first event of the day must check in 45 minutes prior to the meet 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 for each event in which he/she fails to appear.

**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. Friday, October 17, 2008 entry deadline may enter the meet on deck in the following manner:

1. Swimmers must pay double the entry fee. (\$7.50 for individual events).
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 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 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), 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.

Enter each event using the swimmer's age as of October 25, 2008. However the swimmer's age as of November 8, 2008 shall determine their age classification for the Texas LSC All Star Meet. In order to be eligible to compete in the Texas LSC All Star Meet, swimmers must compete in the age-appropriate events at this meet using their age as of the date of the Texas LSC All Star Meet. (For example, if a swimmer is 12 years old on October 25, 2008, but ages up to 13 years old before the LSC Texas All Star meet on November 8, 2008 then enter the events for the 13 & Under Swimmers). The swimmers age groups for this qualifying meet are 11 & Under, 12 & Under, 13 & Under and 14 & Under and events will NOT be combined.

#### **Cut-off Times/Qualifying**

**Times** Cut off times NONE  
Qualifying times are 2005-2008 National Motivational A times and are included in this invitation

**Age:** All Swimmers must be 11 years old on or by November 8, 2008.

**Number of events:** Swimmers may compete in five (5) individual events per day.

**Deadline:** Entries must be in the hands of the Entries Director no later than 6:00 p.m., Friday, October 17, 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.

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Mail completed entry forms to:  
Scott Meyers  
34 N. Provence Circle  
The Woodlands, TX 77382  
Meyers\_family5@sbcglobal.net  
(281) 296-2232

**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.

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:**

Gulf only registered teams and swimmers

**Fees:**

Entry fees must accompany entries. Make all checks payable to TWST. \$3.75 per individual event. No relay events are offered.

**AWARDS:**

Individual events - ribbons, 1st through 8th place.

**SCORING:**

Individual events: 9-7-6-5-4-3-2-1 (1st thru 8th place for individual events). Individual events will NOT be combined. Events will be scored in single age groups as follows: 11 & Under, 12 & Under, 13 & Under and 14 & Under.

**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.

**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 500 Freestyle 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> and at the TWST website at [www.woodlandsswimming.org](http://www.woodlandsswimming.org) three days after the final day of the meet.

**Gulf LSC All Star Q-Meet**  
**Hosted by The Woodlands Swim Team**  
**Saturday, October 25<sup>th</sup> – Sunday October 26<sup>th</sup>, 2008**

Entry Rules:	Type of meet Max # individual events per day	Timed Finals Five(5)
	Swimmers eligible from the following teams:	Gulf only registered teams and swimmers
	Entry times in Qualifying times	SCY, SCM, LCM 2005-2008 National Motivational "A" times and are included in this invitation
	Cut-off times	NONE
	Enter with "no time"?	Yes
	Gulf "three event rule" applies?	Yes
	Gulf "up/down rule" applies?	Yes
	Fees	Individual \$3.75

**ORDER OF EVENTS**  
**Saturday A.M. October 25, 2008**  
Warm-ups start 7:30 AM Meet starts 9:00 AM

	Girls				Boys			
Event #	SCM	LCM	SCY	Event	SCY	LCM	SCM	Event #
				13 & U 400 I.M. ** (Boys Only)	05:02.39	05:46.19	05:34.19	2
				14 & U 400 I.M. ** (Boys Only)	05:02.39	05:46.19	05:34.19	4
5	32.89	33.69	29.79	11 & U 50 Free	28.59	32.99	31.59	6
7	32.89	33.69	29.79	12 & U 50 Free	28.59	32.99	31.59	8
9	31.69	32.79	28.69	13 & U 50 Free	26.59	30.59	29.39	10
11	31.69	32.79	28.69	14 & U 50 Free	26.59	30.59	29.39	12
13	01:30.79	01:33.79	01:22.19	11 & U 100 Breast	01:21.09	01:33.59	01:29.59	14
15	01:30.79	01:33.79	01:22.19	12 & U 100 Breast	01:21.09	01:33.59	01:29.59	16
17	03:05.69	03:11.99	02:47.99	13 & U 200 Breast	02:36.29	03:02.39	02:52.69	18
19	03:05.69	03:11.99	02:47.99	14 & U 200 Breast	02:36.29	03:02.39	02:52.69	20
21	01:22.79	01:26.29	01:14.89	11 & U 100 Back	01:12.29	01:23.59	01:19.89	22
23	01:22.79	01:26.29	01:14.89	12 & U 100 Back	01:12.29	01:23.59	01:19.89	24
25	02:42.79	02:51.39	02:27.29	13 & U 200 Back	02:19.49	02:41.59	02:34.19	26
27	02:42.79	02:51.39	02:27.29	14 & U 200 Back	02:19.49	02:41.59	02:34.19	28
				10 - Minute break				
29	05:23.19	05:32.39	06:09.29	11 & U 500 Free * (Girls Only)				
31	05:23.19	05:32.39	06:09.29	12 & U 500 Free * (Girls Only)				

33	05:08.89	05:16.59	05:52.99	13 & U 500 Free * (Girls Only)				
35	05:08.89	05:16.59	05:52.99	14 & U 500 Free * (Girls Only)				

Events are not combined

\*\*The 400 I.M. will be swum fastest to slowest

\* The 500 Free will be swum fastest to slowest (Swimmers must provide 2 timers and a lap counter)

NOTE: Enter each event using the swimmer's age as of October 25, 2008. However, the swimmer's age as of November 8, 2008 shall determine their age classification for the Texas LSC All Star Meet. In order to be eligible to compete in the Texas LSC All Star Meet, swimmers MUST compete in the age-appropriate events at this meet using their age as of the date of the Texas LSC All Star Meet. [For example, if a swimmer is 12 years old on October 25, 2008, but ages up to 13 years old before the Texas LSC All Star Meet on November 8, 2008, then enter the events for the 13 & Under swimmers.]

The age groups for this Qualifying meet are 11 & Under, 12 & Under, 13 & Under and 14 & Under.

Age requirement: All swimmers must be 11 years old on or by November 8, 2008.

Swimmers must compete in this Qualifying meet. This is the only meet, in which a swimmer may qualify for the Gulf LSC All Star Team.

**Saturday P.M. October 25, 2008**

Warm-up: 3:30 pm Meet Start: 5:00 pm

The first event of the Saturday PM session will not start before 2 hours from the completion of the last event of the Saturday AM session

		Girls			Boys				
Event #	SCM	LCM	SCY	Event	SCY	LCM	SCM	Event #	
37	05:53.19	06:02.29	05:19.59	13 & U 400 I.M. ** (Girls Only)					
39	05:53.19	06:02.29	05:19.59	14 & U 400 I.M. ** (Girls Only)					
41	01:09.69	01:14.09	01:03.09	11 & U 100 Free	01:02.89	01:11.59	01:09.49	42	
43	01:09.69	01:14.09	01:03.09	12 & U 100 Free	01:02.89	01:11.59	01:09.49	44	
45	01:08.79	01:11.09	01:02.19	13 & U 100 Free	57.99	01:06.59	01:04.09	46	
47	01:08.79	01:11.09	01:02.19	14 & U 100 Free	57.99	01:06.59	01:04.09	48	
49	02:55.19	03:00.19	02:38.59	11 & U 200 I.M.	02:35.89	02:58.09	02:52.29	50	
51	02:55.19	03:00.19	02:38.59	12 & U 200 I.M.	02:35.89	02:58.09	02:52.29	52	
10 - Minute Break									
53	37.89	39.19	34.29	11 & U 50 Back	33.69	38.79	37.29	54	
55	37.89	39.19	34.29	12 & U 50 Back	33.69	38.79	37.29	56	
57	01:15.89	01:20.09	01:08.69	13 & U 100 Back	01:04.89	01:15.09	01:11.69	58	
59	01:15.89	01:20.09	01:08.69	14 & U 100 Back	01:04.89	01:15.09	01:11.69	60	
61	36.09	36.59	32.69	11 & U 50 Fly	32.39	36.59	35.79	62	
63	36.09	36.59	32.69	12 & U 50 Fly	32.39	36.59	35.79	64	
65	01:15.19	01:17.29	01:08.09	13 & U 100 Fly	01:03.39	01:11.99	01:10.09	66	
67	01:15.19	01:17.29	01:08.09	14 & U 100 Fly	01:03.39	01:11.99	01:10.09	68	
10 - Minute Break									
					11 & U 500 Free * (Boys Only)	06:04.69	05:29.19	05:19.19	70
					12 & U 500 Free * (Boys Only)	06:04.69	05:29.19	05:19.19	72

13 & U 500 Free * (Boys Only)	05:39.39	05:05.59	04:56.99	74
14 & U 500 Free * (Boys Only)	05:39.39	05:05.59	04:56.99	76

Events are not combined

\*\*The 400 I.M. will be swum fastest to slowest

\* The 500 Free will be swum fastest to slowest (Swimmers must provide 2 timers and a lap counter)

**Sunday October 26, 2008**

Warm-up: 8:30 am Meet Start: 10:00 am

		Girls				Boys			
Event #	SCM	LCM	SCY	Event	SCM	LCM	SCY	Event #	
77	02:34.89	02:39.19	02:20.19	11 & U 200 Free	02:16.59	02:35.69	02:30.89	78	
79	02:34.89	02:39.19	02:20.19	12 & U 200 Free	02:16.59	02:35.69	02:30.89	80	
81	02:28.29	02:32.59	02:14.19	13 & U 200 Free	02:05.79	02:24.99	02:18.99	82	
83	02:28.29	02:32.59	02:14.19	14 & U 200 Free	02:05.79	02:24.99	02:18.99	84	
85	01:21.89		01:14.09	11 & U 100 I.M.	01:12.19		01:19.69	86	
87	01:21.89		01:14.09	12 & U 100 I.M.	01:12.19		01:19.69	88	
89	02:47.19	02:52.39	02:31.29	13 & U 200 I.M.	02:21.89	02:42.79	02:36.69	90	
91	02:47.19	02:52.39	02:31.29	14 & U 200 I.M.	02:21.89	02:42.79	02:36.69	92	
93	41.99	42.09	37.99	11 & U 50 Breast	37.59	43.09	41.49	94	
95	41.99	42.09	37.99	12 & U 50 Breast	37.59	43.09	41.49	96	
97	01:26.19	01:29.09	01:17.99	13 & U 100 Breast	01:12.29	01:23.59	01:19.89	98	
99	01:26.19	01:29.09	01:17.99	14 & U 100 Breast	01:12.29	01:23.59	01:19.89	100	
101	01:21.29	01:22.89	01:13.59	11 & U 100 Fly	01:12.19	01:22.09	01:19.79	102	
103	01:21.29	01:22.89	01:13.59	12 & U 100 Fly	01:12.19	01:22.09	01:19.79	104	
105	02:44.19	02:49.49	02:28.59	13 & U 200 Fly	02:20.79	02:39.89	02:35.59	106	
107	02:44.19	02:49.49	02:28.59	14 & U 200 Fly	02:20.79	02:39.89	02:35.59	108	

NOTE: Enter each event using the swimmer's age as of October 25, 2008. However, the swimmer's age as of November 8, 2008 shall determine their age classification for the Texas LSC All Star Meet. In order to be eligible to compete in the Texas LSC All Star Meet, swimmers MUST compete in the age-appropriate events at this meet using their age as of the date of the Texas LSC All Star Meet. [For example, if a swimmer is 12 years old on October 25, 2008, but ages up to 13 years old before the Texas LSC All Star Meet on November 8, 2008, then enter the events for the 13 & Under swimmers.]

The age groups for this Qualifying meet are 11 & Under, 12 & Under, 13 & Under and 14 & Under.

Age requirement: All swimmers must be 11 years old on or by November 8, 2008.

Swimmers must compete in this Qualifying meet. This is the only meet, in which a swimmer may qualify for the Gulf LSC All Star Team.

## 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 breaststrokers 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.

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Signature

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Title

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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.

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Head Coach Signature

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Date

## Shenandoah, Texas Hotel Listing

### **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

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### **La Quinta Inn**

#### **Contact Us**

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

[Map](#)

### **Marriott Towne Place Suites**

#### **Contact Us**

107 Vision Park Blvd  
Shenandoah, Texas 77384  
Ph: (936) 273-7772

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