

# 2015 SOUTHERN SENIOR CHAMPIONSHIPS INVITATIONAL

December 4 - 6, 2015

Short Course Yards – Prelims

Long Course Meters – Finals/Timed Finals

HOSTED BY

THE WOODLANDS SWIM TEAM



Sanction Number # GUSC 16-040R1

**ENTRIES DUE TO THE HOST ([bagillis@att.net](mailto:bagillis@att.net)) BY 6:00 PM, TUESDAY, NOVEMBER 24, 2015**

- LOCATION:** CISD Natatorium, 19133 David Memorial Drive, Shenandoah, Texas 77385
- DIRECTIONS:** **From I-45 Northbound:** Exit College Park Dr. (exit 79A). Proceed north on the frontage road and turn right (east) on Ed English Drive (at Discount Tire Co.). Proceed to David Memorial Drive and turn right (south), the Natatorium will be on your left, adjacent to the football stadium. **From I-45 Southbound:** exit Tamina (exit 77). At the intersection of I-45 and Research Forest/Tamina, turn left (east) onto Tamina Road and travel to first stop light. At the stop light turn left (north) onto David Memorial Drive (behind Home Depot), the Natatorium will be on your right.
- MEET STAFF:**
- |                        |  |
|------------------------|--|
| <b>MEET REFEREE:</b>   | Andrea Walin, email: <a href="mailto:andreaw@pfscanada.com">andreaw@pfscanada.com</a>                |
| <b>ADMIN OFFICIAL:</b> | Lynda Davies   |
| <b>MEET DIRECTOR:</b>  | Brenda Gillis, email: <a href="mailto:bagillis@att.net">bagillis@att.net</a> , Phone: (281) 658-6368 |
| <b>SAFETY MARSHAL:</b> | Kathy Dillard  |
| <b>COACH:</b>          | Tim Bauer  |
- POOLS:** **Prelims:** Two eight lane, 25 yard indoor pools with non-turbulent lane lines will be used for warm-up and competition. **Finals/Timed Finals:** One eight lane, 50 meter indoor pool with non-turbulent lane lines will be used for warm-up and competition. Warm-up/warm-down lanes will be available for all sessions.
- TIME AND DATE:** This is a prelim/finals meet with A, B, C and D finals. Relays, 800 Free & 1500 Free will be swum as timed finals events. Timing lane assignments will be designated in the psych sheet and posted on the Gulf web site 3 days prior to the meet. Open warm-up format will be used for all prelim and finals sessions.
- Friday, December 4, 2015 - Prelims: Warm-up: 7:30 am / Start: 9:00 am  
Women's 800 free: 2nd fastest heat starts at 4:10 pm  
Finals: Warm-up: 4:30 pm / Start: 5:30 pm



**GULF SWIMMING**

Saturday, December 5, 2015 - Prelims: Warm-up: 7:30 am / Start: 9:00 am  
Finals: Warm-up: 4:30 pm / Start: 5:30 pm

Sunday, December 6, 2015 - Prelims: Warm-up: 7:30 am / Start: 9:00 am  
Men's 1500 free: 2nd fastest heat begins at 3:00 pm  
Finals: Warm-up: 3:30 pm / Start: 4:30 pm

**MEET TYPE:** This meet will be run utilizing the "Flyover Starts" procedures unless a waiver is received from the Technical Planning Committee Chair. 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.

**SAFETY GUIDELINES AND WARM-UP PROCEDURES:**

See attached Safety Guidelines and Warm-up Procedures

**OFFICIALS:** The uniform for all Preliminary sessions will be white polo shirt over khaki shorts / pants / skirt. The Finals uniform will be navy blue polo shirt over khaki pants / skirt (no shorts).

**GENERAL MEETING:** All swimmers must be represented at a general meeting to be held Thursday, December 3, 2015 at the natatorium. The meeting will begin at 7:00 pm. Any changes to the conduct of the meet will be decided at this meeting. It is each swimmer and coach's responsibility to be aware of any changes made during this meeting.

**SEEDING:** The meet will be deck-seeded. Coaches please inform your swimmers of seeding on deck rules.  
Seeding for all events except 800 free, 1500 free and relays shall be in the following order: Conforming course entries in time order, followed by non-conforming long course entries in time order, followed by non-conforming short course entries in time order (YLS). Seeding for the 800 free, 1500 free and relays shall be in the following order: Long course meters, short course meters, yards (LSY).

**ORDER OF HEATS:** At Prelims, events will be swum with heats in the order of fastest to slowest, except the 800 Free and 1500 Free. At Finals, events will be swum with heats in the order of slowest to fastest, including relays.

**SCRATCHING:** **Procedures:** Scratches prior to the seeding of heats shall be confirmed by properly filling out a scratch card and depositing in the scratch box at the Clerk of Course table on deck. Scratches for Friday's events only may be e-mailed to [bagillis@att.net](mailto:bagillis@att.net) prior to the deadline. After the heats have been seeded, any swimmer who fails to compete in an individual event heat in which they have been entered and have not been scratched will be barred from further individual and relay events for that day. No shows will also 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.

**Scratch Deadlines:**

**Friday's events:** 15 minutes after the general meeting is adjourned on Thursday, Dec 3



**GULF SWIMMING**

**Saturday's events:** 6:00 p.m. on Friday, Dec 4

**Sunday's events:** 6:00 p.m. on Saturday, Dec 5

**Location of the Scratch Box:** The scratch box shall be located at the Clerk of Course.

**Relays:** Properly completed relay cards must be turned in to the Clerk of Course by 6:00 pm the day of the relay for Friday and Saturday and by 5:00 pm on Sunday or the entry will be considered scratched.

#### **FINALS AND SCRATCHING:**

The administrative rules for the conduct of Gulf Swimming meets shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rule 207.11.6D and 207.11.6E, as modified below.

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.

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 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.

#### **RELAY EVENTS:**

Relays will be swum as timed finals events. All relay heats will swim in finals, slowest to fastest. Teams may enter a maximum of 3 relays per relay event.

#### **800/1500/FREE EVENTS:**

The distance freestyle events will match the Olympic events; 800 meter for women, and 1500 meter for men. The fastest 8 women and the fastest 8 men who check-in, and who do not elect to swim in the heats prior to finals, will swim during finals. All other heats will be swum slowest to fastest with the last heat (2nd fastest overall) of the 800 meter freestyle starting 20 minutes before the finals warm-up and the 1500 meter freestyle starting 30 minutes before finals warm-up.



**GULF SWIMMING**

**Deadlines:** Entrants in the 800 free and 1500 free must check in with the Clerk of Course and confirm their intention to compete. The check-in deadlines are:

**800 Free:** 10:00 a.m., Friday, Dec 4

**1500 Free:** 6:00 p.m., Saturday Dec 5

**ON-DECK ENTRIES:** Late entries will be accepted each day up to 45 minutes before the start of each session. Those swimmers missing the 6:00 pm, Tuesday, November 24, 2015 deadline may enter the meet on-deck in the following manner:

1. Swimmers must pay double the entry fee at the time of entry. If not already entered in the meet, the swimmer surcharge fee shall also apply.
2. Swimmers must supply completed entry forms entered at the swimmers' best times. Swimmers entering by the scratch deadline - the day before the session - will be seeded into the events according to their best times.
3. Swimmers entering on the same day of the session will be allowed to swim in open lanes in the last heat. A heat may be added if necessary.
4. Swimmers must enter all events for the prelims session forty-five (45) minutes prior to the start of the session's first event.
5. Swimmers must be qualified to swim the event entered.
6. Swimmers must not exceed the allotted number of events allowed each day.
7. Swimmers who on-deck to change an entry time in an event in which they are already entered must still pay the on deck entry fees, but will be seeded with the new time only if entered by the scratch deadline.

**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. 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. Times must be from USA Swimming meets.

**Cut-off Times:** None

**Qualifying Times for 14&Under:** Swimmers must have the 14&Under Gulf Senior Championship Time Standard in order to compete in the event, except for bonus entry (see below). See the time standards attached.

**Bonus Entries for 14&Under:** The Gulf up/down and the 3-event rules apply with the exception of those swimmers entering the 800 or 1500 Free as a bonus event - swimmers must have the 500/400 Free qualifying time to enter these as bonus events.

**Special Rules for 15&Over:** Swimmers must have two (2) or more 15&Over Gulf Senior Championship Time Standards to enter this meet and then may enter any event offered. See the time standards attached.

**Age:** As of December 4, 2015.



**GULF SWIMMING**

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

**Eligible Swimmers:** All USA Swimming registered swimmers and foreign or other swimmers as permitted by USA Swimming rules. **NOTE: The last team to make 150 out-of-Gulf swimmers will be allowed into the meet.**

**Deadline:** Entries must be in the hands of the Meet Entry Chair no later than 6:00 pm, Tuesday, November 24, 2015. 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 Chair at:

Brenda Gillis  
5 Crestone Place  
The Woodlands, TX 77381

phone: 281-658-6368  
e-mail: [bagillis@att.net](mailto:bagillis@att.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). Include relays and relay-only swimmers on your completed entry form, diskette, or electronic submission.

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 Announcement.

<b>Individual Event Entry Fee (per event):</b>	\$9.00
<b>Relay Entry Fee (per relay event):</b>	\$16.50
<b>Swimmer Surcharge Fee (per swimmer):</b>	\$5.00
<b>Make entry fee checks payable to:</b>	The Woodlands Swim Team

**TOP 8 FINALISTS:** The top 8 finalists in each individual event (including the 800 and 1500 Free) will be paraded to the starting blocks from the ready room.

**CONSOLATION, BONUS & RELAY FINALISTS:** Consolation, bonus and relay finalists should report directly to the starting blocks. Names will be announced after the start of each of these heats, except the 50 freestyle heats. Names will be announced before the start of each 50 freestyle heat.

**AWARDS:** Individual events: Custom Gulf Medals for 1st - 3rd places & Ribbons for 4th - 8th places  
Relay events: Custom Gulf Medals for 1st place - 3rd places



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Combined team: Custom Gulf Trophies for 1st -3rd places  
Individual high point: 1st place and Runner-up Girls / Boys (highest individual points earned)

**SCORING:**

Individual Events: 1st through 8th : 20-17-16-15-14-13-12-11  
9th through 16th: 9-7-6-5-4-3-2-1  
Relay Events: 1st through 8th: 40-34-32-30-28-26-24-22  
9th through 16th: 18-14-12-10-8-6-4-2

**RULES AND SANCTIONS:**

The current USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. It is understood and agreed that USA Swimming and Gulf Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. No entries can be accepted unless the entrant is a registered member of USA Swimming as provided in Article 302. On deck USA Swimming membership registration will not be permitted.

**POOL MEASUREMENT:**

The competition course has not been certified in accordance with USA Swimming Rule 104.2.2(C). The pool will be measured before the competition begins to ensure that the course length is correct.

The water depth of the competition course is 7 feet measured from 1 meter to 5 meters on the starting end of the course, and 7 feet measured from 1 meter to 5 meters on the turning end of the course.

**TIMING SYSTEM:**

A Daktronics Model 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 meet program. Swimmers in the 800/1500 Free must provide their own timers and lap counters during the prelim session heats and lap counters for finals.

**POOL DECK RESTRICTION:**

Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf Swimming 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 Heat Sheets and for admission to the Hospitality Room. Coaches must supervise their swimmers.

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".**

**DECK CHANGES:**

Deck Changes are prohibited. Deck Change definition – "changing, in whole or in part, into



**GULF SWIMMING**

or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes”.

**AUDIO/VIDEO RECORDING DEVICES:**

Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

**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-Chair, Jason Wedlick.

Swimmers are not eligible to swim in this meet if they have not achieved two (2) or more 15 & Over Gulf Senior Championship Time Standards (see standards attached) PRIOR to the entry deadline stated in the meet invitation. Swimmers violating the entry rules of this meet are subject to disqualification from the meet by the Meet Director or the Referee.

**UNACCOMPANIED SWIMMERS:**

Any swimmers entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**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).

**HOSPITALITY:**

A hospitality room will be available.

**MEET RESULTS:**

Meet results will be posted on the Gulf Swimming Web Page [www.gulfswimming.org](http://www.gulfswimming.org) within three days after the conclusion of the meet. Unofficial real time results will be available on MEET MOBILE.

**CONCESSIONS:**

A concession stand will be open during the meet in the lobby on the second level.

**MERCHANDISE:**

Swim Shops of the Southwest is located in the lobby and will be open during the meet to sell swim apparel and swim gear.

**FACILITY RULES:**

Reserving seats between or during sessions is not allowed. Chairs and inflatable mattresses are not allowed. Certain items such as coolers and stadium seat are restricted - please see attached “The CISD Natatorium Rules, Regulation, Prohibitions, and Deck Access” attachment for specific information.



**GULF SWIMMING**

# 2015 SOUTHERN SENIOR CHAMPIONSHIPS

December 4 - 6, 2015

Short Course Yards – Prelims

Long Course Meters – Finals/Timed Finals

HOSTED BY

THE WOODLANDS SWIM TEAM

## Entry Rules:

Type of meet	Yards - Prelim/LCM - Final A, B, C, D LCM – Time Finals (Relays, 800 Free, 1500 Free)
Max # individual events per day	Three (3)
Swimmers eligible	All USA-S (Limit out of LSC to 150 swimmers or to last team over 150 swimmers)
Entry times in	Any – Seeded per National Rules
Cut-off times	None
Enter with no time?	Yes
Qualifying Times for 14&Under	14 & Under Gulf Senior Championship Time Standards
Gulf “three event rule” applies?	Applies for 14 & Under
Gulf “up/down rule” applies?	Applies for 14 & Under
Special Rules for 15&Over	Swimmers must have two (2) or more 15 & Over Gulf Senior Championship Time Standards to enter this meet and then may enter any event offered.
Fees	Individual – \$9.00, Relay - \$16.50 Facility Surcharge – \$5.00

## Notes:

- All individual events of 200 yards or less in prelims will swim fastest to slowest, odd heats in the West pool and even heats in the East pool.
- All individual events greater than 200 yards in prelims will swim fastest to slowest, women in the West pool, men in the East pool.
- All finals heats will swim slowest to fastest, starting from the bulkhead (east) end of the pool, except the 50 free, which will start from the scoreboard (west) end of the pool.
- There will be a 15 minute break after the last individual event and before the start of relays.
- All relay heats will swim in finals, slowest to fastest. Teams may enter a maximum of 3 relays per relay event.



GULF SWIMMING



### Friday, December 4, 2015

Prelims: Open Warm-ups 7:30 am, Session starts 9:00 am

Finals: Open Warm-ups 4:30 pm, Session starts 5:30 pm

Women Event#	Event	Men Event#
1	800 Free*	---
3	100 Breast	4
5	200 Free	6
7	100 Fly	8
9	400 IM	10
11	400 Free Relay	12

### Saturday, December 5, 2015

Prelims: Open Warm-ups 7:30 am, Session starts 9:00 am

Finals: Open Warm-ups 4:30 pm, Session starts 5:30 pm

Women Event#	Event	Men Event#
13	200 Fly	14
15	50 Free	16
17	200 Breast	18
19	100 Back	20
21	500 Free	22
23	800 Free Relay	24

### Sunday, December 6, 2015

Prelims: Open Warm-ups 7:30 am, Session starts 9:00 am

Finals: Open Warm-ups 3:30 pm, Session starts 4:30 pm

Women Event#	Event	Men Event#
25	100 Free	26
---	1500 Free*	28
29	200 Back	30
31	200 IM	32
33	400 Medley Relay	34

\* The distance freestyle events will match the Olympic events; 800 meter for women, and 1500 meter for men. The fastest 8 women and the fastest 8 men who check-in, and who do not elect to swim in the heats prior to finals, will swim during finals. All other heats will be swum slowest to fastest with the last heat (2nd fastest overall) of the 800 meter freestyle starting 20 minutes before the finals warm-up and the 1500 meter freestyle starting 30 minutes before finals warm-up. Swimmers in prelims must provide 2 timers and a lap counter and swimmers in finals must provide a lap counter



**GULF SWIMMING**

**2015  
Gulf Senior Championships  
Time Standards**

Girls		15&Over	Boys	
LCM	Yards		Yards	LCM
29.59	25.99	<b>50 Free</b>	23.99	27.59
1:03.69	55.99	<b>100 Free</b>	50.99	58.49
2:18.59	2:01.99	<b>200 Free</b>	1:50.99	2:06.89
4:45.59	5:19.99	<b>500 Free</b>	5:07.99	4:36.29
10:05.99	11:18.99	<b>1000 Free</b>	10:33.99	9:28.69
19:18.69	18:55.99	<b>1650 Free</b>	17:32.99	17:59.99
1:12.19	1:02.99	<b>100 Back</b>	59.99	1:10.19
2:36.29	2:16.99	<b>200 Back</b>	2:10.99	2:30.79
1:30.99	1:19.99	<b>100 Breast</b>	1:09.99	1:20.89
3:05.99	2:43.99	<b>200 Breast</b>	2:32.99	2:56.29
1:11.29	1:02.99	<b>100 Fly</b>	58.99	1:07.19
2:42.39	2:23.99	<b>200 Fly</b>	2:08.99	2:27.29
2:37.39	2:17.99	<b>200 IM</b>	2:05.99	2:25.39
5:47.09	5:03.99	<b>400 IM</b>	4:38.99	5:22.59

Girls		14&Under	Boys	
LCM	Yards		Yards	LCM
29.59	26.19	<b>50 Free</b>	22.99	25.99
1:03.89	56.49	<b>100 Free</b>	50.49	57.89
2:17.79	2:03.09	<b>200 Free</b>	1:51.79	2:07.59
4:46.29	5:27.09	<b>500 Free</b>	4:56.49	4:32.69
10:05.49	11:30.99	<b>1000 Free</b>	11:19.49	10:04.59
20:28.49	19:16.49	<b>1650 Free</b>	18:57.79	19:22.99
1:16.09	1:04.69	<b>100 Back</b>	57.39	1:09.39
2:43.09	2:18.89	<b>200 Back</b>	2:09.69	2:32.89
1:26.09	1:13.79	<b>100 Breast</b>	1:06.99	1:17.69
3:09.99	2:38.99	<b>200 Breast</b>	2:25.59	2:49.09
1:11.19	1:02.69	<b>100 Fly</b>	56.19	1:03.59
2:40.89	2:21.69	<b>200 Fly</b>	2:04.49	2:27.09
2:38.39	2:18.79	<b>200 IM</b>	2:06.39	2:27.09
5:37.09	4:53.19	<b>400 IM</b>	4:34.59	5:20.29

Approved 101615



**GULF SWIMMING**

## GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES

### 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 announcement.



**GULF SWIMMING**

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

1. All participants must follow the CDC "Healthy swimming policy" and shower before warm-up, no exception.
2. Shaving is not permitted anywhere within the entire CISD Natatorium Complex.
3. No chewing gum, food or color based drinks will be allowed on the pool deck, water only.

- Security personnel are empowered to enforce any and all regulations 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 swim suits are not allowed in the Grandstand-seating area. Participants and spectators are not allowed to lean against glass the rails, climb over banisters / railings, or pass any posted barriers.
- Participants and spectators are not allowed to use other areas of the CISD Natatorium complex during this event without securing a pass at the Services Desk located in the facility lobby.
- Lawn Chairs are not allowed in the CISD Natatorium Grandstand-seating area, Stadium seats shall not exceed 17" wide x 13" deep.
- 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 on Conroe School District property. This applies to the parking lot.
- Spectators are allowed (1) Cooler 13" wide x 11" deep x 12" tall that can be placed directly under their seating area, Participant /Teams are allowed an Ice-Chest (1) PER GENDER on the deck provided they do not contain glass items, bottled water is allowed.
- Betting and gambling is strictly prohibited.
- Teams are expected to police their respective areas at the conclusion of the competition.
- Participating or any activity that can be interpreted or described as "risky" or "horseplay" is prohibited throughout the entire CISD Natatorium Complex.
- Diving equipment such as trampoline, spotting rigs, dry-board apparatus, and the warm-pool are not to be used unless authorized by the CISD Natatorium Director.
- The use of flash cameras or noise-makers at the start, during or end of any race is prohibited.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergency use is prohibited.

### **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 • Medical support personnel • Other personnel on a case-by-case basis at the discretion of the Meet Director or the Meet Referee.



**GULF SWIMMING**

## 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**

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



**GULF SWIMMING**

## 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

---

Date



**GULF SWIMMING**



## Relay Entry Form

Team Name:		Team Code:	
Head Coach:			
Team Address:			
Phone:			
Email:			
Event #		Event Description:	
Entry Time:		Relay (A, B, C...)	
Swimmer	Last Name	Frist Name	USA ID
1			
2			
3			
4			
Event #		Event Description:	
Entry Time:		Relay (A, B, C...)	
Swimmer	Last Name	Frist Name	USA ID
1			
2			
3			
4			
Event #		Event Description:	
Entry Time:		Relay (A, B, C...)	
Swimmer	Last Name	Frist Name	USA ID
1			
2			
3			
4			
Event #		Event Description:	
Entry Time:		Relay (A, B, C...)	
Swimmer	Last Name	Frist Name	USA ID
1			
2			
3			
4			



**GULF SWIMMING**