



# GULF CHAMPS



**Thursday, July 21** - Sunday, July 24, 2016  
A Long Course Meters Prelim/Final Meet  
HOSTED BY  
**THE WOODLANDS SWIM TEAM**

Sanction Number# GULC 16-033R4

**ENTRIES DUE TO MEET HOST (MEET HOST EMAIL) BY 6:00 PM, TUESDAY, JULY 12, 2016.**

**Gulf TPC closed the meet. No late entries will be accepted.  
There is no late entry date for swimmers who qualify for the meet after the entry deadline.**

**Seven (7) individual events limitation.**

**A new entry file must be in the hands of the meet host no later than 6:00 PM, FRIDAY, JULY 15, 2016.**

- 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 the first stoplight. At the stoplight, turn left (north) onto David Memorial Drive (behind Home Depot), the Natatorium will be on your right.
- MEET STAFF:**
- |                         |  |                              |              |
|-------------------------|--|------------------------------|--------------|
| <b>MEET REFEREES:</b>   | Claude Humbert                               | claude_humbert@sbcglobal.net |              |
|                         | Mike Swaim                                   | mike.t.swaim@gmail.com       |              |
| <b>ADMIN REFEREE:</b>   | Lynda Davies                                 | lyndadavieseft@gmail.com     |              |
| <b>ADMIN OFFICIALS:</b> | Robin Gawronska                              | robin_tomek@yahoo.com        |              |
|                         | Shaun Anderson                               | sanderson@aldridge.com       |              |
| <b>MEET DIRECTOR:</b>   | Monica Lopez                                 | monlopez@comcast.net         | 832-515-0407 |
| <b>SAFETY MARSHAL:</b>  | Kyle Shumaker                                |                              |              |
| <b>COACH:</b>           | Head Coach: Tim Bauer                        |                              |              |
|                         | Head Age Group Coach: Valerie Fenter Nichols |                              |              |
- POOL:** 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 **ten (10) session, 4day** prelim/final meet with **timed finals on Thursday** and AM and PM prelim sessions on Friday, Saturday and Sunday and PM finals sessions on Friday, Saturday and Sunday.



**GULF SWIMMING**

**Session 1:** Thursday PM Timed Finals – July 21, 2016

Age Groups: 13 & Over girls and boys

Warm-up \*\*: 2:00-2:45 pm / Meet Start: 3:00 pm

**Session 2:** Friday AM Prelims – July 22, 2016

Age Groups: 13 & Over girls and boys

Warm-up \*: 7:00-8:15 am / Meet Start: 8:30 am

**Session 3:** Friday PM Prelims – July 22, 2016

Age Groups: 12 & Under girls and boys

Warm-up\*: Warm-ups will begin at 11:30 am or immediately upon the completion of AM Prelims; whichever time is later.

Meet Start: not sooner than 1 hour after the finish of the morning session

**Session 4:** Friday Finals – July 22, 2016

Age Groups: all age groups, girls and boys

Warm-up \*\*: 4:30-5:15 pm / Meet Start: 5:30 pm.

**Session 5:** Saturday AM Prelims – July 23, 2016

Age Groups: 13 & Over girls and boys

Warm-up \*: 7:00-8:15 am / Meet Start: 8:30 am

**Session 6:** Saturday PM Prelims – July 23, 2016

Age Groups: 12 & Under girls and boys

Warm-up\*: Warm-ups will begin at 11:30 am or immediately upon the completion of AM Prelims; whichever time is later.

Meet Start: not sooner than 1 hour after the finish of the morning session

**Session 7:** Saturday Finals – July 23, 2016

Age Groups: all age groups, girls and boys

Warm-up \*\*: 4:30-5:15 pm / Meet Start: 5:30 pm

**Session 8:** Sunday AM Prelims – July 24, 2016

Age Groups: 13 & Over girls and boys

Warm-up \*: 7:00-8:15 am / Meet Start: 8:30 am

**Session 9:** Sunday PM Prelims – July 24, 2016

Age Groups: 12 & Under girls and boys

Warm-up\*: Warm-ups will begin at 11:30 am or immediately upon the completion of AM Prelims; whichever time is later.

Meet Start: not sooner than 1 hour after the finish of the morning session

**Session 10:** Sunday Finals – July 24, 2016

Age Groups: all age groups, girls and boys

Warm-up \*\*: 4:30-5:15 pm / Meet Start: 5:30 pm

\*Split warm-ups will be in effect, with assignments posted on the Gulf Swimming website. Lane assignments for warm-ups and timing will be posted on the Gulf Swimming website by Monday, July 18, 2016. Meet programs will not be sold.

\*\*Open warm-ups for Thursday's session and all finals sessions.



**GULF SWIMMING**

**MEET TYPE:**

This is a prelims/finals meet with the exception of relays, 400 IM and 400/1500 freestyle events which will be timed finals events. Finals will consist of an A and B final for the 11 & Over swimmers and an A final for the 10 & Under swimmers. 12 & under relays will swim in prelims. **13 & Over relays will swim in finals.**

**Prelims Sessions**

The prelim sessions will be run utilizing chase starts, alternating odd and even heats for individual events of 100 and 200 meters. Odd heats will start at the West (scoreboard) end of the pool and even heats will start at the East (bulkhead) end of the pool. All prelim heats will be swum fastest to slowest. For events less than 400 meters, all girls' heats will be swum first, followed by all boys' heats.

The 400 free/400 IM: At check-in, swimmers may elect to swim the event during prelims. The fastest 8 girls and the fastest 8 boys in each event who check in, and who do not elect to swim in prelims, will swim during finals. All other heats will be swum during prelims.

The 400 free/400 IM heats swum during prelims will use chase starts, alternating girls' and boys' heats. Girls' heats will start at the West (scoreboard) end of the pool and the boys' heats will start at the East (bulkhead) end of the pool.

The 1500 free will swim alternating girls' and boys' heats.

All 50 meter events will start from the East (bulkhead) end of the pool.

**Finals Sessions**

The Friday finals session events will be swum oldest to youngest. The Saturday and Sunday finals session events will be swum youngest to oldest.

All Finals events will start at the East (bulkhead) end of the pool, except 50 meter events which will start at the opposite end, i.e. the West (scoreboard) end of the pool.

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

See attached Safety Guidelines and Warm-up Procedures

**SEEDING:**

All prelim events will be seeded fastest to slowest.

**CHECK-IN:**

**Positive check in is required for all events.** Coaches and swimmers are asked to circle in by 45 minutes prior to the start of each prelim session. 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-Chair for each event in which he/she fails to appear.

The 400 free/400 IM will be swum as timed finals. At check-in, swimmers may elect to swim the event during prelims. The fastest 8 girls and the fastest 8 boys in each event who check in, and who do not elect to swim in prelims, will swim during finals. All other heats will be swum during prelims, alternating girls and boys.

**RELAY CARDS:**

**Relay cards must be turned in to the Clerk of Course by the start of the session in which the event is scheduled to swim or the entry will be considered scratched.**



**GULF SWIMMING**

## **FINALS AND SCRATCHING:**

The administrative rules for the conduct of Gulf Swimming meets shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rules 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 or she 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 Gulf Swimming 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 or any other bonus finals if he or she has successfully complete 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.

## **ON-DECK ENTRIES:**

Late entries will be accepted each day up to 45 minutes before the start of each session. **Only swimmers already entered in the meet may on-deck.** Those swimmers missing the 6:00 pm, Tuesday, July 12, 2016 and 6:00pm, Friday, July 15, 2016 deadlines may enter the meet on-deck in the following manner:

1. Swimmers must pay double the entry fee at the time of entry. Swimmers not already entered in the meet must also pay the swimmer surcharge.
2. Swimmers must supply completed entry forms. The swimmers will be seeded into open lanes in the pre-seeded events and according to their best times in deck seeded events.
3. Swimmers must enter all events for the session forty-five (45) 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 day.
6. Swimmers that on-deck enter to change their entry time in a deck seeded event,
  - a. must circle-in on the posted circle-in sheets,
  - b. the on-deck entry time will be used for seeding, and
  - c. the on-deck entry fees still apply to these swimmers.
7. Heats will be added, if necessary and if the timeline permits.



**GULF SWIMMING**

## 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 – long course meters (L), short course meters (S), or short course yards (Y). Do not convert yard (meter) times to meter (yard) 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).

**Cut-off Times:** None

**Qualifying Times:** 14 & Under swimmers must have 3 or more USAS A Motivational time standards to enter, and may swim any event once entered except as stated in the Special Rule. 15 & Over swimmers must have 3 or more USAS AA Motivational time standards to enter, and may swim any event once entered except as stated in the Special Rule.

**Special Rule:** For events 400 meters and longer, swimmers must be qualified to enter this meet AND the swimmer must have achieved a USA Swimming Motivational BB Time Standard in the particular 400 meter and longer event they enter.

**Age:** As of July 21, 2016

**Number of Events:** Swimmers may enter and compete in a total of seven (7) individual events during the entire meet with no more than three (3) individual events during any one day, plus one (1) relay event per day. Swimmers who enter more than 3 events per day must circle in the 3 events to be swum 45 minutes prior to the start of the preliminary session.

**Entries:** All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software.

**Deadline:** Entries must be in the hands of the meet host no later than **6:00 PM, TUESDAY, JULY 12, 2016**. Due to the size of the meet, the Gulf TPC closed the meet to all swimmers who missed the July 12, 2016 deadline. No late entries will be accepted. There is no late entry date for swimmers who qualify for the meet after the entry deadline.

Due to the seven (7) individual max event limitations, a new entry file must be in the hands of the meet host no later than **6:00 PM, FRIDAY, JULY 15, 2016**. **If entries fees have been mailed, please bring a new check to the meet.** The new check will be exchanged for the original check. **NO REFUNDS will be given, payment checks will be swapped out.** Payment will have to be received in order to swim. If a new check has been mailed but not received, the old check will be held until the new one is received.

Email entries to the meet host at: [karen.eckhart@sbcglobal.net](mailto:karen.eckhart@sbcglobal.net)

**Eligible Teams:** Only swimmers attached to a registered Gulf Swimming team or swimmers in the documented process of transferring to a Gulf Swimming team may participate in this invitational meet.



**GULF SWIMMING**

<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>	\$6.50
<b>Make entry fee checks payable to:</b>	The Woodlands Swim Team

**AWARDS:** Individual events: Custom Gulf Medals for 1st - 3rd places & Ribbons for 4th - 8th places  
Relay events: Custom Gulf Medals for 1st place & Ribbons for 2nd - 3rd places  
Combined team: Custom Gulf Trophies for 1st -3rd places  
Individual high point: Girls / Boys 10 & under, 11-12, 13-14, 15 & Over, 1<sup>st</sup> and 2<sup>nd</sup> (highest and second highest individual points earned)

**SCORING:** Individual Events 1<sup>st</sup>– 8<sup>th</sup> place: 20-17-16-15-14-13-12-11- (A finals)  
Individual Events 9<sup>th</sup>– 16<sup>th</sup> place: 9-7-6-5-4-3-2-1(B finals)  
Relay Events 1<sup>st</sup> – 16<sup>th</sup>: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 (timed finals swum in prelims)

All 13 & Over events will be swum combined but will be scored separately as 13-14 and 15 & Over.  
All 12 & Under events will be swum combined but will be scored separately as 11-12 and 10 & under.

**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. Gulf Swimming teams assigned by the Technical Planning Chairman may only participate in this invitational meet.

The Gulf Swimming up/down rule does not apply.

**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:**

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 on the Gulf Swimming website no later than Monday, July 18, 2016. Swimmers in the 400/1500 Free and 400 IM must provide 2 timers and a lap counter where applicable.



**GULF SWIMMING**

#### **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.

No photographers and/or videographers are allowed on deck. Use of audio or visual recording devices, including a cell phone, is not permitted on deck.

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 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.

#### **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.

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.



**GULF SWIMMING**



- 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.
- 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.
- ATTACHMENTS:** Meet Format, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form



**GULF SWIMMING**





# GULF CHAMPS

July 21-24, 2016

A Long Course Meters Prelim/Final Meet

HOSTED BY

THE WOODLANDS SWIM TEAM



<b>Entry Rules:</b>	
Type of meet (11 & Over)	A/B Prelim/Final
Type of meet (10 & Under)	A Prelim/Final
Max # individual events per day	Three (3)
Max # individual events per meet	Seven (7)
Swimmers eligible	Gulf Swimmers only
Entry times in	LCM/SCM/SCY
Qualifying times (15 & Over)	Must have 3 or more AA times to enter
Qualifying times (14 & Under)	Must have 3 or more A times to enter
Cut-off times	None
Enter with no time?	Yes
Gulf "three event rule" applies?	Yes
Gulf "up/down rule" applies?	No
Special Rules:	For events 400 meters and longer, swimmers must be qualified to enter this meet AND the swimmer must have achieved a USA Swimming Motivational BB Time Standard in the particular 400 meter and longer event they enter.
Fees	Individual – \$9.00, Relay - \$16.50 Facility Surcharge – \$6.50 per swimmer

All prelim events will be seeded fastest to slowest.

All 13 & Over events will be swum combined but scored separately as 13-14 and 15 & Over.

All 12 & Under events will be swum combined but scored separately as 11-12 and 10 & Under.

\*The 400 free/400 IM will be swum as timed finals. At check-in, swimmers may elect to swim the event during prelims. The fastest 8 girls and the fastest 8 boys in each event who check in, and who do not elect to swim in prelims, will swim during finals. All other heats of the 12 & Under 400 Free and the 13 & Over 400 IM will be swum during prelims, alternating girls and boys, girl's heats start at the West (scoreboard) end, boy's heats at the East (bulkhead) end of the pool. All other heats of the girls and boys 13 & Over 400 Free will be swum during prelims, alternating odd/even heats, with odd heats starting at the West end and even heats at the East end of the pool.

\*\*All relays will be timed finals events. 12 & Under relays will be swum in prelims and 13 & Over relays will be swum in finals.



GULF SWIMMING

Thursday PM Timed Finals July 22, 2016				
<u>Girls Event#</u>	<u>Event Name</u>			<u>Boys Event#</u>
55	13 & Over	1500	Free***	56

\*\*\*The 1500 free will be swum as a timed final event, alternating girls and boys heats in Thursday's session.

Swimmers in the 400/1500 Free and 400 IM must provide 2 timers and a lap counter where applicable.

Swimmers in the 400/1500 Free and 400 IM must provide 2 timers and a lap counter where applicable.

Friday AM July 22, 2016				
<u>Girls Event#</u>	<u>Event Name</u>			<u>Boys Event#</u>
1	13 & Over	200	I.M.	2
3	13 & Over	100	Back	4
5	13 & Over	200	Fly	6
7	13 & Over	400	Free*	-----

Friday PM July 22, 2016				
<u>Girls Event#</u>	<u>Event Name</u>			<u>Boys Event#</u>
9	12 & Under	50	Fly	10
11	12 & Under	200	IM	12
13	12 & Under	100	Back	14
15	11-12	200	Breast	16

Friday Finals July 22, 2016				
<u>Girls Event#</u>	<u>Event Name</u>			<u>Boys Event#</u>
9	12 & Under	50	Fly	10
1	13 & Over	200	IM	2
11	12 & Under	200	IM	12
3	13 & Over	100	Back	4
13	12 & Under	100	Back	14
5	13 & Over	200	Fly	6
15	11-12	200	Breast	16
7	13 & Over	400	Free*	-----



**GULF SWIMMING**

51	13-14	200	Free Relay**	52
53	15 & Over	200	Free Relay**	54

**Saturday AM  
July 23, 2016**

<b>Girls Event#</b>	<b>Event Name</b>	<b>Boys Event#</b>
17	13 & Over	18
19	13 & Over	20
21	13 & Over	22
23	13 & Over	24
29	13 & Over	30

Swimmers in the 400/1500 Free and 400 IM must provide 2 timers and a lap counter where applicable.

**Saturday PM  
July 23, 2016**

<b>Girls Event#</b>	<b>Event Name</b>	<b>Boys Event#</b>
31	12 & Under	32
33	12 & Under	34
35	12 & Under	36
37	12 & Under	38
39	11-12	40
41	11-12	42
43	10 & Under	44

**Saturday Finals  
July 23, 2016**

<b>Girls Event#</b>	<b>Event Name</b>	<b>Boys Event#</b>
31	12 & Under	32
17	13 & Over	18
33	12 & Under	34
19	13 & Over	20
35	12 & Under	36
21	13 & Over	22
37	12 & Under	38
23	13 & Over	24
39	11-12	40
29	13 & Over	30



**GULF SWIMMING**

25	13-14	200	Medley Relay**	26
27	15 & Over	200	Medley Relay**	28

<b>Sunday AM July 24, 2016</b>				
<b>Girls Event#</b>	<b>Event Name</b>			<b>Boys Event#</b>
45	13 & Over	200	Back	46
47	13 & Over	100	Free	48
49	13 & Over	200	Breast	50
----	13 & Over	400	Free*	8

Swimmers in the 400/1500 Free and 400 IM must provide 2 timers and a lap counter where applicable.

<b>Sunday PM July 24, 2016</b>				
<b>Girls Event#</b>	<b>Event Name</b>			<b>Boys Event#</b>
57	12 & Under	50	Back	58
59	12 & Under	100	Free	60
61	11-12	200	Fly	62
63	12 & Under	50	Breast	64
65	11-12	200	Free Relay	66
67	10 & Under	200	Free Relay	68
69	12 & Under	400	Free*	70

<b>Sunday Finals July 24, 2016</b>				
<b>Girls Event#</b>	<b>Event Name</b>			<b>Boys Event#</b>
57	12 & Under	50	Back	58
45	13 & Over	200	Back	46
59	12 & Under	100	Free	60
47	13 & Over	100	Free	48
61	11-12	200	Fly	62
49	13 & Over	200	Breast	50
63	12 & Under	50	Breast	64
69	12 & Under	400	Free*	70
----	13 & Over	400	Free*	8



**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

## 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



**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 swimsuits 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 for medical use only, the dimensions not to exceed 13" wide x 11" deep x 12" tall. The cooler must 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 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 understand the CISD Natatorium’s “*Healthy Swimming Policy*” Procedure, as coach or sponsor 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