



# TWST TIME TRIAL MEET

Saturday, July 15, 2017 and Sunday July 16, 2017

A Long Course Meters Time Trial Meet

HOSTED BY

THE WOODLANDS SWIM TEAM



Sanction Number # GULC 17-053R1

- 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   |
| <b>ADMIN OFFICIAL:</b> | Robin Gawronska<br>Shawn Anderson  |
| <b>MEET DIRECTOR:</b>  | Monica Lopez; monlopez@comcast.net; (832) 515-0407<br>Vanessa Krantzcke<br>Melissa Pindell |
| <b>SAFETY MARSHAL:</b> | Pati Bryant  |
| <b>COACH:</b>          | Andy Pym   |
- 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 30 minutes before and during time trials.
- TIME AND DATE:** **Saturday, July 15, 2017 and Sunday, July 16, 2017, between Gulf Senior Champs Prelims and Finals session. See Gulf Website for the Gulf Senior Champs estimated timeline.**
- Open warm up for the Time Trial Meet will begin at the conclusion of the Gulf Senior Champs Meet Prelims session on Saturday and Sunday. The Time Trials Meet will start no earlier than 30 min after the conclusion of the Gulf Senior Champs Meet Prelims session.**
- MEET TYPE:** Time Trials - TWST reserves the right to limit entries, to combine events by age, gender and stroke to efficiently run the meet and to maintain reasonable timelines.
- SAFETY GUIDELINES AND WARM-UP PROCEDURES:**  
See attached Safety Guidelines and Warm-up Procedures
- SEEDING:** All events will be seeded fastest to slowest.
- CHECK-IN:** Swimmer must check-in by submitting an entry with Clerk of Course. There will be no "Circle In". After submitting an entry, failure to appear at the starting blocks will result in swimmer being assessed a \$5.00 fine, payable to Gulf Swimming Administrative Vice-Chair for each event in which he/she fails to appear.

- ON-DECK ENTRIES:**
1. All swimmers must enter event/events by deck entry with the Clerk of Course on **Friday, Saturday and Sunday, July 14-16, 2017. Entries will open at 9:30 AM and close at 11:30 AM each day.**
  2. The swimmer entered will be seeded into the events according to their best time.
  3. Events may be combined by sex, distance, or stroke at the discretion of the Meet Referee.
  4. Swimmers MAY NOT enter with no time.
  5. Swimmers do not have to be entered in the 2017 Senior Gulf Champs Meet to compete in this time trials meet.

**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.

**Cut-off Times:** No

**Qualifying Times:** Yes

Swimmers **12 & Under** must have Gulf Age Group Champs time standard in the event entered or in the up/down event.

Swimmers **13-14** must have either:

- Gulf Age Group Champs time standard in that event, or
- Three (3) 15-16 AA times and may swim any event.

Swimmers **15 & Over** must have three (3) 15-16 AA times and may swim any event.

**Beyond IMX Rule:** Does not apply

**Times Eligibility:** Times must be achieved between July 1, 2015 and the entry deadline.

**Enter with No Time:** No

The Gulf Swimming **up/down rule** applies to Swimmers entering the meet using a Gulf Age Group Champs time standard.

**Age:** As of July 15, 2017

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

**Eligible Teams:** Open

<b>Individual Event Entry Fee (per event):</b>	\$18.00
<b>Relay Entry Fee (per relay event):</b>	\$33.00
<b>Swimmer Surcharge Fee (per swimmer):</b>	\$6.50 if not already entered in Gulf Senior Champs Meet.
<b>Make entry fee checks payable to:</b>	The Woodlands Swim Team

#### **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:** Daktronics Model 2000 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up.

Swimmers must provide their own timers and lap counters, where needed.

#### **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 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.

No photography/videography allowed on deck other than by coaches for coaching purposes or by credentialed media personnel approved by the Meet Director prior to the meet start.

**DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, Athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes,

Coaches, officials and/or spectators are present. Exceptions may be granted with prior Written approval by the Vice President of Program Operations.

**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.

**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:** Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the grandstand.

Reserving seats between or during sessions is not allowed.

Chairs and inflatable mattresses are not allowed.

Set-up in the upstairs lobby and in the hallways leading to the bleachers is 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



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A Long Course Meters Time Trial Meet

HOSTED BY

THE WOODLANDS SWIM TEAM



### Entry Rules:

Type of meet	Time Trials
Max # individual events	Three (3)
Swimmers eligible	Gulf and Non-Gulf
Entry times in	LCM/SCM/SCY
Qualifying times	Swimmers <b>12 &amp; Under</b> must have Gulf Age Group Champs time standard in the event entered or in the up/down event.  Swimmers <b>13-14</b> must have either <ul style="list-style-type: none"> <li>• Gulf Age Group Champs time standard in that event, or</li> <li>• three (3) 15-16 AA times and may swim any event.</li> </ul>
Cut-off times	None
Enter with no time?	No
Gulf "three event rule" applies?	Yes, for swimmers entering meet with three (3) 15-16 AA times
Gulf "up/down rule" applies?	Yes, for 14 & Under Swimmers entering meet with Gulf Age Group Champs time standards.
Gulf "beyond IMX rule" applies?	No
Fees	Individual – \$18.00, Relay - \$33.00
Facility Surcharge	\$6.50 per swimmer if not in Gulf Sr. Champs Meet

### Saturday, July 15, 2017

Girls Event #	Event Description	Boys Event #
201	200 Free Relay	202
203	400 Free Relay	204
205	800 Free Relay	206
207	200 Medley Relay	207
209	400 Medley Relay	208
211	50 Free	210
213	50 Back	212
215	50 Breast	214
217	50 Fly	216
219	100 Free	218
221	100 Back	220
223	100 Breast	222
225	100 Fly	224
227	200 Free	226
229	200 Back	228
231	200 Breast	230
233	200 Fly	232
235	200 IM	234
237	400 IM	236
239	400 Free	238
231	800 Free	240
233	1500 Free	242

- Events may be combined by gender, distance and stroke
- Swimmers in Time Trials must provide their own timers and counters where applicable
- Entries open from 9:30am on and close at 12 noon and Saturday and Sunday

<b>Sunday, July 16, 2017</b>		
<b>Girls Event #</b>	<b>Event Description</b>	<b>Boys Event #</b>
301	200 Free Relay	302
303	400 Free Relay	304
305	800 Free Relay	306
307	200 Medley Relay	307
309	400 Medley Relay	308
311	50 Free	310
313	50 Back	312
315	50 Breast	314
317	50 Fly	316
319	100 Free	318
321	100 Back	320
323	100 Breast	322
325	100 Fly	324
327	200 Free	326
329	200 Back	328
331	200 Breast	330
333	200 Fly	332
335	200 IM	334
337	400 IM	336
339	400 Free	338
331	800 Free	340
333	1500 Free	342

- Events may be combined by gender, distance and stroke
- Swimmers in Time Trials must provide their own timers and counters where applicable
- Entries open from 9:30am on and close at 12 noon and Saturday and Sunday

## 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.

**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

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 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