

2019 Short Course
Texas Age Group Swimming Championships
Entries Due by 10:00AM, Monday March 4, 2019

Hosted by

The Woodlands Swim Team

March 7-10, 2019

Sanction No. GU-SC-19-082

Time Trials Sanction No. GU-SC-19-083

LOCATION: Conroe ISD Natatorium, 19133 David Memorial Drive, Shenandoah, Texas 77385.

From I-45 Northbound: Exit College Park Drive (exit 79a). Proceed north on the frontage road and turn right on Ed English Drive. Proceed to David Memorial Drive and turn right, the Natatorium will be on your left, adjacent to the Woodforest Football Stadium. **From I-45 Southbound:** exit Tamina (exit number 77). At the intersection of I-45 and Research Forest/Tamina, turn left onto Tamina Road and travel to the first stop light. At the stop light turn left onto David Memorial, proceed and the Natatorium will be on your right.

MEET UPDATES: Important updates pertaining to the meet and information regarding local amenities will be posted on The Woodlands Swim Team website (<http://www.itwst.org>), the TSA website, (<http://www.tsaswim.org>) & the Gulf Swimming website (www.gulfswimming.org).

POOL: Two 25 yard, 8 lane indoor competitive pools with non-turbulent lane lines. Warm-up/down lanes will be available for all sessions.

COACHES: Head Coach: Kit Raulerson

MEET FORMAT: This is a prelims/finals meet with the exception of relays, the 1000/1650 freestyle and the 12 & under 500 freestyle, which will be timed finals events. Unless the meet host determines one pool is more appropriate, all preliminary sessions will swim in two pools with Odd Heats in the West Pool and Even Heats in the East Pool, with all heats swimming slowest to fastest. Finals will swim in the East Pool and shall consist of A/B heats for all individual P/F events and one (1) heat of each relay events, with all heats swimming slowest to fastest. Meet timelines, pool configuration, and lane timing assignments will be designated in the psych sheet and posted on both the TWST (<http://www.itwst.org>) and the Gulf Swimming (<http://www.gulfswimming.org>) websites by Tuesday, March 5, 2019. Open warm-ups will be in effect for all finals sessions.

MEET OFFICIALS:

Meet Referee:	Claude Humbert	
Meet Directors:	Vanessa Krantzcke	Email: svk4@hotmail.com
		Phone: 646-920-3919
	Shannon Pope	Email: sdpope2002@msn.com
		Phone: 713-301-4661
Admin Referee:	Bonnie Finigan	
Safety Marshals:	Hector Pena, Federico Pena	

OFFICIALS: Help from visiting officials is always welcome and crucial to an efficient meet. Visiting officials are asked to complete the “Application to Officiate” form found on the Gulf Swimming Website, the TSA Website and the TWST Website under the 2019 SC TAGS Information. All officials must be currently certified by USA Swimming and their LSC, and have a current background check. Officials must attend a mandatory meeting beginning one hour before each session. The uniform for all preliminary sessions will be white polo shirt over khaki shorts/pants/skirt. Finals Uniform will be navy blue polo shirt over khaki pants/skirt (NO shorts). Application will be made for this meet to be designated a National Qualifying Meet for Officials. All officials will be issued credential tags, and only persons with credential tags will be allowed access to the pool deck. Officials should prominently display their meet credential while on deck. The wearing of name tags is encouraged.

GENERAL MEETING: All swimmers must be represented at a general meeting to be held Thursday, March 7, 2019 in the hospitality area/football locker rooms at the Conroe ISD Natatorium. The meeting will begin immediately after the conclusion of Thursday’s events. Any changes to the conduct of the meet will be decided at this meeting. It is each swimmers and/or coaches responsibility to be aware of any changes made during this meeting.

OPENING CEREMONIES: There will be a short opening ceremony and team parade on Friday, March 8, 2019 at 9:00 am before the start of the preliminary session. Team representatives may carry team banners or flags and each team will be announced. There will be a 10 minute break after the last team is announced and before the meet events begin. Team pep rallies and demonstrations may be held **BEFORE** the playing of the National Anthem and **AFTER** the start of the first event at each session, but not between the two.

SAFETY GUIDELINES AND WARM-UP PROCEDURES: See attached Conroe ISD Safety Guidelines and Warm-Up Procedures.

ELIGIBILITY:

Age/Registration: All swimmers, age 14 and younger, must be registered as athletes for 2019 with USA Swimming Inc. by the entry deadline and must be registered as a member of one of the five (5) Texas Local Swimming Committees (LSC’S). Entries with “applied for” or “pending” registration will not be accepted. There will NOT be an opportunity to obtain a valid USA Swimming number or registration at the competition.

Qualifying Times/Dates: All swimmers must meet the time standards established for each event he or she enters (time standards are included in the event tables) and must have achieved those times between **January 1, 2018 and March 3, 2019**. Typographical and transcription errors with regards to achieved qualification times will fall under the current USA Swimming Rules and Regulations Paragraph 207.9.5.

Age Up Date: Competitors must indicate their USA Swimming number and their age, as of **March 7, 2019**

Team Scoring/Awards Eligibility: Swimmers may compete with a team that is registered with any of the five LSC’s. The team must be a member of the Texas Swimming Association (TSA) for their swimmers to compete in any event and to earn team points and awards (see TSA MEMBERSHIP REQUIREMENTS below). All teams must comply with all TSA entry requirements.

Unattached Swimmers: A swimmer may swim “unattached” if he/she is ineligible to represent a team with whom they swim. Unattached swimmers may not earn team points. If an unattached swimmer is not representing a team, that individual must pay the \$25.00 TSA dues to be eligible for the meet.

TSA MEMBERSHIP REQUIREMENTS: All teams must be a member of TSA for their swimmers to compete in any event and to earn team points and awards. TSA dues are \$25.00 and must be paid through the TSA OME entry process. Late entries must pay the TSA dues at the time of entry if the respective team has not already paid the TSA dues.

RULES, SANCTIONS & LIABILITIES: This meet will be held under the sanction of USA Swimming, Inc. and Gulf Swimming, Inc. The current USA Swimming rules and regulations will govern this meet. In granting this sanction and by any person's participation in the meet it is understood and agreed that USA Swimming, Inc., Gulf Swimming, Inc., The Woodlands Swim Team (TWST), and all meet officials shall be free from any and all liabilities or any claims for any damages, even if such liabilities or claims are due to the negligence of such organizations, arising by reason of injuries to anyone during the conduct of the meet. TSA rules will apply where allowed. TSA rules prevail over any inconsistencies between TAGS Meet Information and current TSA rules.

Scratch Rules: Scratches for all final events is required as outlined in the current USA Swimming rules 207.11.6D and 207.11.6E. **Scratches for all Preliminary events is required prior to the deadline stated below.** Failure to scratch an event counts as one of your seven (7) events for the meet.

CHECK IN/SCRATCH DEADLINES:

Day/Event	Deadline
1000 Freestyle – Positive Check-in 500 Freestyle 12&U – Positive Check-in 800 Freestyle Relay – Relay Cards Due	Thursday 4:00 PM
Friday's Relay Events – Relay Cards Due/Declare AM/PM Friday's Individual Events – Scratch from prelims	No later than 10 minutes after the conclusion of the general meeting.
Saturday's Relay Events – Relay Cards Due/Declare AM/PM Saturday's Individual Events – Scratch from prelims	Friday 6:00 PM
1650 Freestyle – Positive Check In/Declare AM/PM Sunday's Relay Events – Relay Cards Due/Declare AM/PM Sunday's Individual Events – Scratch from Prelims	Saturday 6:00 PM

RELAY EVENTS:

- Relays will be swum as times finals events.
- All 800 Freestyle relays will be swum fastest to slowest in the Thursday, March 7th session
- All other relays entered in the meet by the entry deadline will have the option to swim in preliminaries (AM) or finals (PM). The fastest 8 relay teams for each relay event that elect to swim in finals (PM) will swim in finals, with the remaining heats swum in the respective preliminaries sessions. Deck entered relays will not be seeded into finals unless space is available.
- Relay cards are due to the Clerk of Course according to the schedule above under "Check-In". Relay cards not turned in on time will be considered scratched.
- The order of swimmers on relay teams will be strictly enforced in accordance with 102.3.7 USA Swimming Rules and Regulations. Relay only swimmers must be entered in the meet to be eligible to swim relays or Time Trials. The four (4) swimmers being used to prove the time for a relay, whether the proof is done by team or aggregate, must be eligible to swim that event for this meet.
- All 13-14 200 Medley Relays will enter using the 400 Medley Relay time.

DISTANCE EVENTS:

Positive Check-In: The 12&Under 500 Freestyle, the 1000 freestyle and 1650 freestyle events will be swum as timed final events. Positive check-in is required for these events. See **CHECK-IN/SCRATCH DEADLINES** above or the meet SCHEDULE below for check-in deadlines.

12&Under 500 Free and 1000 Free: The 12&Under 500 freestyle and the 1000 freestyle events will be swum fastest to slowest as timed final events. Swimmers must provide their own lap counters for these events (TWST will provide timers). Entries for the 1000 freestyle will be seeded by entry time in the following order: 1000 SCY, 800 LCM, 1650 SCY, 1500 LCM. See **ENTRIES** section below regarding the option to swim the 1000 freestyle event if qualified in the 1650 freestyle event.

1650 Free: The 1650 freestyle check-in will include the option to swim during either the prelims (AM) or the finals (PM) session. The fastest 8 girls and the fastest 8 boys who check-in and who elect to swim in finals (PM) will swim during Sunday's finals session, in event order. All other heats will swim fastest to slowest as the final event in Sunday's preliminaries session. There will be a 10 minute break between the last relay event and the first 1650 freestyle heat in the Sunday prelims session. Each swimmer must provide his/her own two timers and lap counter during the 1650 free prelims session heats and a lap counter for the finals heats. Entries will be seeded by entry time in the following order: 1650 SCY, 1500 LCM, 1000 SCY, 800 LCM. See **ENTRIES** section below regarding the option to swim the 1650 freestyle event if qualified for the 1000 freestyle event.

ENTRIES:

Number of Events: Swimmers may enter as many qualified events as desired but may only 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 per day, except on Saturday when two relays are offered. On Saturday, swimmers may participate in two (2) relays. Time trial events will count as one of the three (3) events allowed per day, but not for one of the seven (7) meet events.

Bonus Swims:

- Swimmers with 1 regular cut get 1 bonus swim
- Swimmers with 2 regular cuts get 1 bonus swim
- Swimmers with 3 or more regular cuts get 0 bonus swims

Individual time standards only – relay times are not included in bonus cuts

Scratching/No Shows: Please note that you must scratch the events you don't want to swim by the deadline specified in the CHECK-IN/SCRATCH DEADLINES section above or MEET SCHEDULE below. Failure to scratch an event counts as one of your seven (7) allowed events for the meet and as one of your three (3) events for the day. Penalty for no-show counts as disqualification and one of the seven (7) allowable swims. **A no-show for a finals qualifier will result in that swimmer being barred from the remainder of the meet.**

Seed Times: All seed times should be submitted in 100ths. Swimmers qualifying with a "non-confirming" time (long course meters) should enter that event using the non-confirming time. This allows OME to prove a qualifying entry time.

13-14 Bonus Event 1000 Free: A swimmer that has the qualifying time for the 1650/1500 freestyle also qualifies for the 1000. If entering the 1000 freestyle with the 1650/1500 freestyle qualification, the swimmer must enter the 1000 freestyle as a bonus event in OME using his/her 1650/1500 time. This will provide proof of time in OME and will allow proper seeding of the event: 1000 SCY, 800 LCM, 1650 SCY, 1500 LCM.

13-14 Bonus Event 1650 Free: A swimmer that has the qualifying time for the 1000/800 freestyle also qualifies for the 1650 freestyle. If entering the 1650 freestyle with the 1000/800 freestyle qualification, the swimmer must enter the 1650 freestyle as a bonus event in OME using his/her 1000/800 time. This will provide proof of time in OME and will allow proper seeding of the event: 1650 SCY, 1500 LCM, 1000 SCY, 800 LCM.

ENTRY FEES:

<u>Individual Events:</u>	\$15.00 per individual event
<u>Relay events:</u>	\$20.00 per relay event
<u>Swimmer Surcharge:</u>	\$5.00 per swimmer
<u>TSA Dues:</u>	\$25.00 per team or per unattached swimmer
<u>Time Trials:</u>	\$20.00 per event
<u>On Deck Individual Entry:</u>	\$30.00 per event
<u>On Deck Relay Entry:</u>	\$60.00 per relay

Relay Only swimmers can be added at any time prior to the relay for a fee of \$20.00

ENTRY PROCESS:

- **OME:** Entries for TAGS must be completed in USA Swimming's online meet entry (OME) system: www.usaswimming.org/OME. Entries will open in OME at 6:00 AM on February 1st, 2019 and will **close March 4, 2019 at 10:00 AM.**
- OME saves your entries and you can complete your entries in more than one sitting, but once you check out, you cannot delete an entry (you can add additional entries until the entry deadline). Once all entries are complete and you have checked out in OME, you may pay by credit card in OME OR you may send payment along with hard copy printouts of entries/fees from OME.
- Payment for entries made by check must be payable to "The Woodlands Swim Team" and should be received by the entries chair (name and address below) by March 1, 2019. **Credit card payments cannot be made outside of OME.**
- If you have trouble using OME, please contact Jaime Lewis with USA Swimming at jlewis@usaswimming.org or 719 866-3581.
- **Team Manager/Team Unify:** A Hy-Tek file will be available on The Woodlands Swim Team <http://www.itwst.org> and Gulf Swimming websites (<http://gulfswimming.org>) for running eligibility reports and working out relays, but teams may NOT submit entries using Hy-Tek (Team Manager/Team Unify).
- If you have an entry question, please contact the Entries Chair (see name and contact information below) or the Meet Director (contact information on page 1). Email is preferred.

ENTRY DEADLINE:

Monday March 4, 2019 @10:00am CST.

Any payments by check must be made out to The Woodlands Swim Team and be mailed to the Entries Chair:

Entries Chair The Woodlands Swim Team
PO BOX 7081

The Woodlands, TX 77387

Email: twstmeetentries@gmail.com

Phone: 713-412-0845

All entries received after the deadline but before 4:30 PM March 7, 2019 will be accepted as ON DECK entries with the applicable fees listed in the ON DECK ENTRIES section below. Exception: relay only swimmers added after the entries close are permitted. (see ENTRY FEES section above).

ON DECK ENTRIES:

On-deck entries will be accepted no later than 45 minutes prior to the scheduled start of each session.

Swimmers who on-deck enter must pre-prove their time with the Clerk of Course, be entered at the qualifying time, and if deck entered prior to the scratch deadline (see deadlines above) will be seeded into the event (except relays in finals – see RELAY section for details).

If deck entered after the scratch deadline, the swimmer will be assigned to an open lane. A heat will be added if necessary, but there will be no standbys for open lanes.

The late entry fee is \$30.00 per individual event plus a \$5.00 swimmer surcharge and \$25.00/team TSA fee is applicable. On-deck relay entries will be \$60.00 per relay.

On-deck entries will be required to present a copy of their current USA Swimming ID and a current best times report from USA Swimming SWIMS database. Electronic verification of USA SWIMS database will be accepted. NO DECK REGISTRATIONS WILL BE ACCEPTED.

TIME TRIALS: Time Trials will be held under separate sanction number, time permitting, for TAGS participants (name must appear on master entry sheet) between preliminaries and finals on Friday, March 8 and Saturday, March 9. **Time Trials entries will be accepted from 9:00 – 10:00 AM on Friday and Saturday.** There will be no Time Trials on Thursday or Sunday. The fee is \$30.00 per event. A swimmer may swim only one time trial per day. **The 1000 yard freestyle event will only be offered for Time Trial on Friday and the 1650 yard freestyle event will only be offered for Time Trial on Saturday.** Time Trial events count toward a swimmers total numbers of daily events (3 maximum) as outlined in the Entries section, but not as one of maximum of seven (7) events for the meet. Time trial results will be published with the Final results, however, these time cannot be considered for state records. Event order will be determined by the Time Trial Referee. **Time Trial swimmers must provide their own timers/lap counters.** Warm up for Time Trials will begin at the conclusion of the preliminary session. Time Trials will begin 30 minutes after the warm up period begins.

PROOF OF TIME: OME will automatically provide proof of time. However, if you override a time in OME, you will be required to provide proof of time.

For all rules and explanations pertaining to TAGS Proof of Times, swimmers and coaches should refer to the TSA handbook. This is a pre-prove meet: all times will be verified through the SWIMS database. As always, it is the coach's responsibility to submit accurate, provable times. Otherwise, the individual swimmer or relay may not be entered in the meet. Any times not in the SWIMS database, including aggregate relay times, must be proven with supporting documentation supplied to the Entries Chair (see contact information above).

Swimmers qualifying with a "non-confirming" time (long course meters) should enter that event using the non-confirming time. This allows OME to prove a qualifying entry time.

AWARDS:

Individual Events: Medals 1st through 8th, Ribbons 9th through 16th

Relay Events: Medals 1st through 3rd, Ribbons 4th through 8th

Teams: TAGS flags will be awarded to teams that finish in 1st through 10th places. The first place team will receive the Leo Cancellare Award, the TAGS traveling trophy.

High Point Award: A high point plaque will be given to the outstanding boy and girl swimmer in each age group based upon the total number of points earned in individual events during the meet.

Team Age Group Award: An award will be given to the first place girls' and boys' teams in the following age groups using individual and relay events only: 10 & under, 11-12, and 13-14.

Horizon Award: Given to the team that has the greatest place improvement in the team standings. No previous score is necessary, but the team must have been entered and recognized in the meet. This award will be computed from last years' Short Course TAGS team rankings.

Bill Nixon Sportsmanship Award: A trophy will be awarded to the team who exhibits the highest level of sportsmanship throughout the meet. The winner will be decided by a vote during the last session of the competition. Each team, the meet director(s), head referee and pool referees will be entitled to one vote.

Individual and Relay event medals and ribbons will be packaged by team and can be collected by Coaches or a Team Representative Only.

SCORING:

All events will be scored by age groups; 10&Under, 11-12 and 13-14.

Individual Events: 1st through 16th: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Events: 1st through 16th: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.

Team points will not be awarded for a relay performance that does not meet or better the minimum time standard for that event.

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 depths of the competition course measured from 1 meter to 5 meters on the starting and turning end of the course are as follows:

Pool	Start End	Turn End
East Pool (Diving Board End)	7'	7'
West Pool (Scoreboard End)	7'	7'

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.

TIMERS: The Woodlands Swim Team will provide timers for the Thursday evening session. All preliminary sessions will require 32 timers, please use the SignUp Genius link below to sign up for timing. You will receive free entry for the session you time, FREE all session admission will be available for timers who complete 3 sessions.

Sign Up Link for Preliminary Timers: <https://www.signupgenius.com/go/60B0949A5AC2BA46-short>

Swimmers in Thursday's 500 freestyle event and 1000 freestyle event must provide their own lap counter (timers will be provided by TWST). Swimmers who swim the 1650 freestyle in the preliminary session on Sunday must provide their own timers and lap counters. Those swimmers swimming in the 1650 freestyle in finals on Sunday will need to provide their own lap counter and 2 (two) timers.

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. Please see attached "Rules, Regulations, Prohibitions, and Deck Access" of the Conroe ISD Natatorium. **All meet entries must be accompanied by a signed copy of Conroe ISD's "Healthy Swimming Policy" (one per team or one per individual swimmer not attached to a team).** No team or parent photographers will be allowed on deck.

DECK PASSES AND REGISTRATION: Deck passes must be presented to enter the pool deck area. All meet personnel and USA Swimming registered coaches, officials and participating swimmers will be issued deck passes. **Coaches and officials must present valid USAS Registration cards to receive a deck pass.** No team photographers will receive deck passes. Deck passes for media personnel must be arranged with the meet director. Deck passes must be picked up at the registration desk. Replacement of a lost deck pass will cost \$20.

Coaches must register in OME for a deck pass. Deck passes are only available for coaches. Deck passes will be limited based on a Team's number of swimmers entered in individual events.

Teams with:

- 1 – 4 swimmers will be allowed 1 deck pass;
- 5 – 8 swimmers 2 deck passes,
- 9 – 18 swimmers 4 deck passes,
- 19 – 40 swimmers 5 deck passes and
- 41+ swimmers 7 deck passes.
- Teams with 50 + swimmers may add up to 5 additional deck passes for \$20 each. Those additional deck passes will need to be cleared with the Meet Director. All coaches must present their 2018 USA Swimming card, or Deck Pass app at registration.

DECK CHANGING: Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

AUDIO/VISUAL 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 government authorities and/or may be barred from the facility during the sanctioned meet.

DRONE RESTRICTIONS: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and locker rooms) any time athletes, coaches, officials and/or spectators are present.

UNACCOMPANIED SWIMMERS: Any swimmer 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. 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 will not be given a deck pass and will not be allowed to compete in the meet.

SWIMMERS WITH DISABILITIES: Coaches and/or swimmers are responsible for notifying Meet Referees 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 for coaches and officials working the meet.

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.

SPECTATOR SEATING: Reserving seats before, between or during sessions is not allowed. Chairs and inflatable mattresses are not allowed. Certain items such as coolers and stadium seats are restricted – please see attached “The CISD Natatorium Rules, Regulation, Prohibitions, and Deck Access” attachment for specific information. There is a large outdoor area available for swimmer and parent set up, lawn chairs and tents are recommended. **A section of spectator seating will be reserved during the preliminary sessions as “Come and Go Seating”, this will be for spectators who choose to sit outside and want to come in to watch a heat and then go back outside. This area will be monitored by TWST Volunteers.**

DECK SEATING, SIGNS & RULES: Reserving of seats on deck is not allowed. Coaches ONLY may bring chairs on deck. 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 allowed. Please see attached “Rules, Regulation, Prohibitions, and Deck Access” of the CISD Natatorium for additional information.

COMMITTEE MEETINGS: An All Star Camp Committee meeting and a TAGS committee meeting will be held at the end of the prelims session on Friday and Saturday, respectively, in the hospitality venue.

PARKING: FREE parking is available at the Conroe ISD Natatorium

Admission:	All Session Pass	\$25 – Includes full meet Psych Sheet
	Single Session Pass	\$5 (Prelims or Finals Session)
	Children	0-17 years FREE

****Pre Sale Admission closes Tuesday March 5, @ 12:00PM****

Click Here for Purchase Tickets:

<https://campscui.active.com/orgs/TheWoodlandsSwimTeam0#/selectSessions/2563808>

To Receive FREE Session Admission Sign Up for time here:

<https://www.signupgenius.com/go/60b0949a5ac2ba46-short>

Meet Schedule: The following schedule will be used as a guideline for all activities.

Thursday, March 7

2:30 PM	COACHES PACKETS AVAILABLE FOR COLLECTION
3:00 PM	Pool Deck Open to Swimmers in 500 & 1000 Free + 800 FR Relay
3:00 PM	Pre-Sale Admission Wrist Bands available for collection
3:00 PM	Admission Sales Begin & Spectator Seating area doors will open
3:30 to 4:45 PM	Warm-up for 1000 & 500 Freestyle only
4:00 PM	Deadline for positive Check-in for 1000/500 free 800 free relay cards due
5:00 PM	Thursday session starts
5:00 to 7:00 PM	Warm-Up Pool open to swimmers competing in 800 Free relay & Friday events.
End of Session	General Meeting in Hospitality

30 minutes after the conclusion of the session – POOL CLOSED TO ALL SWIMMERS

No later than 10 minutes after the end of the General Meeting: Friday prelims scratches and relay cards/declare AM/PM are due.

Friday, March 8

6:40 AM	Lobby Doors open
6:40 AM	Pre Sale admission pick up is available
6:40 AM	Pool Deck doors open for swimmers to enter
6:45 AM	Admission Sales begin
6:45 AM	Spectator Seating Area Doors Open
7:00 to 7:30 AM	1 st Warm-up
7:30 to 8:00 AM	2 nd Warm-up
8:00 to 8:30 AM	3 rd Warm-up
8:30 to 8:45 AM	Dive/Sprint/Pace for all athletes
8:50 AM	Opening Ceremonies/Parade
9:15 AM	Friday Prelims session starts
9:00 to 10:00 AM	Time Trials Entries accepted
End of Prelims	All Star Committee meeting in hospitality
3:15 PM	Pool Deck and Spectator Entry Doors Open
3:30 – 4:20 PM	Finalist warm-up only
4:30 PM*	Finals session starts
6:00 PM	Saturday prelims scratches and relay cards/declare AM/PM

**** Pool closes 30 minutes after the conclusion of the last preliminary hear and final ****

Saturday March 9

6:40 AM	Lobby Doors open
6:40 AM	Pre Sale admission pick up is available
6:40 AM	Pool Deck doors open for swimmers to enter
6:45 AM	Admission Sales begin
6:45 AM	Spectator Seating Area Doors Open
7:00 to 7:30 AM	1 st Warm-up
7:30 to 8:00 AM	2 nd Warm-up
8:00 to 8:30 AM	3 rd Warm-up
8:30 to 8:45 AM	Dive/Sprint/Pace for all athletes
9:00 AM	Saturday prelims session starts
9:00 to 10:00 AM	Saturday time trial entries accepted
End of Prelims	TAGS Committee meeting in hospitality
3:15 PM	Pool Deck and Spectator Entry Doors Open
3:30 to 4:20 PM	Finalist warm-up only
4:30 PM*	Finals session starts
6:00 PM	Sunday positive check-in/declare AM/PM for 1650 free, Prelims scratches, and relay cards/declare AM/PM are due

**** Pool closes 30 minutes after the conclusion of the last preliminary heat and final ****

Sunday March 10 --- DAYLIGHT SAVINGS – MEET BEGINS 1 HOUR LATER

7:40 AM	Lobby Doors open
7:40 AM	Pre Sale admission pick up is available
7:40 AM	Pool Deck doors open for swimmers to enter
7:45 AM	Admission Sales begin
7:45 AM	Spectator Seating Area Doors Open
8:00 to 8:30 AM	1 st Warm-up
8:30 to 9:00 AM	2 nd Warm-up
9:00 to 9:30 AM	3 rd Warm-up
9:30 to 9:45 AM	Dive/Sprint/Pace for all athletes
10:00 AM	Sunday prelims session starts
3:15 PM	Pool Deck and Spectator Entry Doors open
3:30 to 4:20 PM	Finalist warm-up only
4:30 PM*	Finals session starts

**** Pool closes 30 minutes after the conclusion of the last preliminary heat and final ****

* There will be a minimum three hour break between the end of the relays in the prelim session and the start of warm-ups for the finals session. The finals session warm-up will start no earlier than 3:30 PM but may start later, based on the end of the relays in the prelims session.

Warm-Up Schedule

	<u>Friday</u>	<u>Saturday</u>	<u>Sunday ** All groups start 1 hour later due to Daylight Savings **</u>
7:00 to 7:30 AM	Group 1	Group 2	Group 3
7:30 – 8:00 AM	Group 2	Group 3	Group 1
8:00 to 8:30 AM	Group 3	Group 1	Group 2
8:30 to 8:45 AM	Dive / Sprint Pace for all athletes		

A detailed warm-up schedule with team assignments to Groups will be posted on the TWST website (<http://www.itwst.org>) and the Gulf Swimming website (<http://www.gulfswimming.org>) by 12:00 PM Tuesday, March 5th. **All 10 & Under swimmers will have a dedicated warm up area provided.**

Order of Events Thursday, March 7, 2019

<u>Girls</u>			<u>Timed Finals Session</u>			<u>Boys</u>		
<u>Event</u>	<u>SCY</u>	<u>LCM</u>	<u>Age</u>	<u>Distance</u>	<u>Stroke</u>	<u>SCY</u>	<u>LCM</u>	<u>Event</u>
1	10:46.89	9:39.49	13-14	1000	Free	10:12.59	9:10.69	2
3	6:13.89	5:31.49	10 & Under	500	Free	6:09.79	5:20.39	4
5	5:25.29	4:56.19	11-12	500	Free	5:24.19	4:50.89	6
7	8:04.59	9:13.49	13-14	800	Free Relay	7:34.99	8:46.09	8

NOTES FOR THURSDAY:

- **Positive check-in for all individual events and all 800 free relay cards are due by 4:00 PM.**
- Meet Start is 5:00 PM
- All events are timed finals events.
- All events will be swum fastest to slowest
- Odd Heats swim in the West Pool (Scoreboard End) and Even Heats swim in the East Pool (Diving Board End).
- **Timers will be provided by TWST, but swimmers must provide their own lap counter as needed.**
- The General Meeting will be held in the hospitality venue immediately upon completion of Thursday's events.
- **Friday's prelims scratches and relay cards are due no later than 10 minutes after the conclusion of the General Meeting.**

Order of Events
Friday, March 8, 2019

<u>Girls</u>						<u>Boys</u>		
<u>Event</u>	<u>SCY</u>	<u>LCM</u>	<u>Age</u>	<u>Distance</u>	<u>Stroke</u>	<u>SCY</u>	<u>LCM</u>	<u>Event</u>
9	2:23.19	2:43.69	11-12	200	Fly	2:22.89	2:40.09	10
11	59.99	1:07.49	13-14	100	Fly	55.29	1:02.49	12
13	1:23.69	1:37.39	10&U	100	Breast	1:24.39	1:37.19	14
15	1:13.29	1:24.19	11-12	100	Breast	1:11.29	1:21.79	16
17	1:09.19	1:19.39	13-14	100	Breast	1:03.69	1:13.69	18
19	2:19.39	2:36.69	10&U	200	Free	2:19.39	2:35.79	20
21	2:03.89	2:19.99	11-12	200	Free	2:02.39	2:16.49	22
23	1:57.19	2:13.59	13-14	200	Free	1:49.39	2:05.49	24
25	33.79	38.79	10&U	50	Back	34.59	39.19	26
27	30.09	34.69	11-12	50	Back	29.89	33.49	28
29	1:00.29	1:10.29	13-14	100	Back	56.69	1:05.59	30
31	1:13.69		10&U	100	IM	1:13.89		32
33	1:05.19		11-12	100	IM	1:04.29		34
35	4:42.89	5:21.19	13-14	400	IM	4:23.39	5:01.29	36
37	4:33.39	5:11.39	10&U	400	Free Relay	4:34.29	5:12.39	38
39	3:55.09	4:26.29	11-12	400	Free Relay	3:54.39	4:27.69	40
41	3:42.29	4:12.29	13-14	400	Free Relay	3:27.69	3:59.69	42

NOTES FOR FRIDAY:

- Prelims events will swim Odd Heats in the West Pool (Scoreboard End) and Even Heats in the East Pool (Diving Board End),
- A Short opening ceremony/parade will begin at 8:50 AM and Friday's preliminary events will begin 10 minutes after the last team is announced.
- Relays are timed finals events with the fastest seeded 8 teams who elect to swim finals, swimming in the finals (PM) session. The remaining relays will swim in the prelims session.
- Time Trial entries will be accepted 9-10 AM.
- There will be an All Star Committee meeting in the hospitality venue upon completion of the prelims session.
- Finalist warm-ups begin at 3:30 PM and the finals session begin begins 4:30 PM OR finalist warm-ups begin three hours after the completion of the prelims relays and the finals session begins one hour later, whichever is later.
- **Saturday's prelims scratches and relay cards are due by 6:00 PM.**

Order of Events
Saturday, March 9, 2019

Girls						Boys		
Event	SCY	LCM	Age	Distance	Stroke	SCY	LCM	Event
43	1:53.69	2:10.29	13-14	200	Medley Relay	1:44.99	2:01.69	44
45	2:00.29	2:16.19	11-12	200	Medley Relay	1:58.59	2:16.99	46
47	1:14.29	1:23.59	10&U	100	Fly	1:13.49	1:22.89	48
49	2:14.39	2:29.59	13-14	200	Fly	2:02.99	2:21.09	50
51	1:04.19	1:13.79	11-12	100	Back	1:03.69	1:12.79	52
53	2:37.99	2:58.99	10&U	200	IM	2:37.29	2:56.09	54
55	2:20.69	2:38.39	11-12	200	IM	2:17.89	2:36.99	56
57	25.09	28.39	13-14	50	Free	23.19	26.59	58
59	29.29	33.09	10&U	50	Free	29.09	32.59	60
61	26.39	29.79	11-12	50	Free	25.79	28.79	62
63	2:30.69	2:54.19	13-14	200	Breast	2:17.59	2:40.69	64
65	38.59	44.19	10&U	50	Breast	38.89	44.09	66
67	2:39.49	3:03.19	11-12	200	Breast	2:34.69	2:57.19	68
69	5:14.89	4:41.09	13-14	500	Free	4:54.09	4:25.59	70
71	1:03.39	1:11.79	11-12	100	Fly	1:02.69	1:10.59	72
73	2:02.89	2:20.39	10&U	200	Free Relay	2:03.49	2:19.09	74
75	1:42.69	1:56.69	13-14	200	Free Relay	1:36.39	1:48.89	76
77	1:49.09	2:02.99	11-12	200	Free Relay	1:46.19	2:01.19	78

NOTES FOR SATURDAY:

- Prelims events will swim Odd Heats in the West Pool (Scoreboard End) and Even Heats in the East Pool (Diving Board End).
- Relays are timed finals events with the fastest seeded 8 relay teams who elect to swim in finals, swimming in finals. The remaining relays will swim in the prelims session.
- Time Trial entries will be accepted 9-10 AM.
- There will be a TAGS Committee meeting in the hospitality venue upon completion of the prelims session.
- Finalist warm-ups begin at 3:30 PM and the finals session begins at 4:30 PM OR finalist warm-ups begin three hours after the completion of the prelims relays and the finals session begins one hour later, whichever is later.
- **Sunday's positive check in/declare AM/PM for the 1650 free, prelims scratches, and relay cards/declare AM/PM are due by 6:00 PM.**

**Order of Events
Sunday March 10, 2019**

<u>Girls</u>						<u>Boys</u>		
<u>Event</u>	<u>SCY</u>	<u>LCM</u>	<u>Age</u>	<u>Distance</u>	<u>Stroke</u>	<u>SCY</u>	<u>LCM</u>	<u>Event</u>
79	33.79	38.69	11-12	50	Breast	32.99	37.79	80
81	18:13.59	18:39.89	13-14	1650	Free	17:12.49	17:42.29	82
83	1:13.09	1:23.29	10&U	100	Back	1:13.19	1:23.69	84
85	2:17.99	2:37.49	11-12	200	Back	2:16.99	2:36.89	86
87	2:10.59	2:30.69	13-14	200	Back	2:02.69	2:21.69	88
89	1:04.59	1:12.59	10&U	100	Free	1:03.89	1:11.19	90
91	57.29	1:04.79	11-12	100	Free	55.99	1:03.09	92
93	54.29	1:00.99	13-14	100	Free	50.59	57.49	94
95	32.29	36.09	10&U	50	Fly	32.39	36.49	96
97	2:13.69	2:30.79	13-14	200	IM	2:03.89	2:20.89	98
99	28.69	32.09	11-12	50	Fly	28.19	31.49	100
101	2:18.29	2:38.79	10&U	200	Medley relay	2:19.79	2:40.29	102
103	4:10.79	4:43.49	13-14	400	Medley Relay	3:51.39	4:25.19	104
105	4:23.39	5:00.79	11-12	400	Medley Relay	4:23.59	5:01.39	106

NOTES FOR SUNDAY:

- Prelims events will swim Odd Heats in the West Pool (Scoreboard End) and Even Heats in the East Pool (Diving Board End).
- Relays are timed finals events with the fastest seeded 8 relay teams, who elect to swim in finals, swimming in finals, the remaining relays will swim in the prelims session.
- The 1650 free is a timed finals event with the fastest seeded 8 swimmers, who elect to swim in finals, swimming in finals, the remaining swimmers will swim in the prelims session, after the relays. There will be a 10 minute break after the last relay event and before the first heat of the 1650 free.
- Finalist warm-ups begin at 3:30 PM and the finals session begins 4:30 PM OR finalist warm-ups begin three hours after the completion of the prelims relays and the finals session begins 1 hour later, whichever is later.

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 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.

Head Coach Signature

Date

HEALTH & SAFETY:

CISD is committed to the health and safety of all participants. The Natatorium utilizes Advanced training and technology and adopts the Centers of Disease Control (CDC) “*Healthy Swimming Policy*”. This policy has proven to assist in protecting participants 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 CDC guidelines which mandate safe practices such as requiring all to shower before entering the pool or spa. Please notify all participants there is no shaving at the facility.

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

- I. All participants must follow the CDC “Healthy swimming policy” and shower before warm-up, no exception.
- II. Shaving is not permitted anywhere within the entire CISD Natatorium Complex.
- III. No chewing gum, food or color based drinks will be allowed on the pool deck, water only.
- IV. Security personnel are empowered to enforce any and all regulations established by CISD Natatorium Policy.
- V. Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the grandstand.
- VI. 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.
- VII. 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.
- VIII. Lawn Chairs are not allowed in the CISD Natatorium Grandstand-seating area, Stadium seats shall not exceed 17” wide x 13” deep.
- IX. Each competing team is permitted one temporary banner, placed at the discretion of the CISD Natatorium Coordinator. Team banners must not exceed 5’ by 8’. No handmade signage is allowed. Blue painters tape only to secure.
- X. Absolutely no tobacco, electronic cigarettes (vape-pen/E-Cig), alcohol products, or glass containers are allowed on Conroe School District property. This applies to the parking lot.
- XI. 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.
- XII. Betting and gambling is strictly prohibited.
- XIII. Teams are expected to police their respective areas at the conclusion of the competition.
- XIV. Participating in any activity that can be interpreted or described as “*risky*” or “*horseplay*” is prohibited throughout the entire CISD Natatorium Complex.
- XV. 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 Coordinator.
- XVI. The use of flash cameras or noise-makers at the start, during or end of any race is prohibited.
- XVII. 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.