



TWST Spring Splash

A Long Course Meters Timed Finals Meet



Hosted By

THE WOODLANDS SWIM TEAM

April 12-14, 2019

Sanction No. GU-LC-19-099

LOCATION: CISD Natatorium, 19133 David Memorial Drive, Shenandoah, Texas 77385

DIRECTIONS: **From I-45 Northbound:** Exit College Park Dr. (exit 79A). Proceed north on the frontage road and turn right (east) on Ed English Drive (at Discount Tire Co.). Proceed to David Memorial Drive and turn right (south), the Natatorium will be on your left, adjacent to the football stadium. **From I-45 Southbound:** exit Tamina (exit 77). At the intersection of I-45 and Research Forest/Tamina, turn left (east) onto Tamina Road and travel to first stop light. At the stop light turn left (north) onto David Memorial Drive (behind Home Depot), the Natatorium will be on your right.

MEET STAFF: **MEET REFEREE:** Claude Humbert, claud_humbert@sbcglobal.net

ADMIN OFFICIAL: Manoj Desai, manoj.desai@sbcglobal.net

MEET DIRECTOR: Monica Lopez, monlopez@comcast.net,
Courtney Livaudais

SAFETY MARSHAL: Hector Pena, Merrick Dautrich, TWST Coaches

COACH: Jarrod Murphy (Head Age Group Coach)

POOLS: One 8 lane indoor competitive pool with non-turbulent lane lines. Warm-up/warm-down lanes will be available for all sessions.

TIME & DATE: This is a timed finals meet for all ages. Combined session on Friday night. 12 and under in the AM and 13 and over in the PM on Saturday and Sunday.

	<u>Warm-ups</u>	<u>Session Start</u>
Friday April 12th PM Session	4:30 pm	5:30 pm
Saturday April 13th AM Session	7:30 am	8:30 am
Saturday April 13th PM Session	not before 12 pm	1:15 pm
Sunday April 14th AM Session	7:30 am	8:30 am
Sunday April 14th PM Session	not before 12 pm	1:15 pm

MEET TYPE: This meet will be run utilizing the “chase start” procedures unless the meet referee decides otherwise.

100 and 200 meter events will be run utilizing chase starts alternating odd and even heats. All girls’ heats will be swum first utilizing both ends of the pool

followed by the boys' heats utilizing both ends of the pool. Odd heats will start at the West end of the pool and even heats will start at the East end of the pool.

All 400 meter and over events will be swum fastest to slowest using chase starts, alternating girls and boys heats. Girls' heats will start at the West end of the pool and the boys' heats will start at the East end of the pool. Swimmers will need to provide their own timers.

All 50's will start at the East end of the pool.

MEET FORMAT: TWST reserves the right to alter meet format, warm up times, combine sessions limit entries, to combine events by age and/or gender, or move events from one pool to another in order to more efficiently run the meet and to maintain reasonable timelines. Any of these changes will be communicated to attendees either in the warm-up/timeline report posted on the Gulf website or on site via announcement of the changes.

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

OFFICIALS: The uniform for all sessions will be white polo shirt over navy shorts/pants/skirt.

SEEDING: This will be a deck-seeded meet for all events. Circle-in is required at least 45 minutes prior to the start of each session. Once the check-in period closes, all events will be seeded. All events will be seeded with heats in the order of fastest to slowest. Coaches, please inform your swimmers of seeding on deck rules

FOUR HOUR RULE: This meet will operate under the USA Swimming Four Hour Rule. The meet host may limit entries, or may limit or eliminate deck entries as needed to conclude each session of the meet within four hours. In addition, The Woodlands Swim team may limit entries, or eliminate deck entries to accommodate facility availability.

**ON-DECK
ENTRIES:**

TWST reserves the right to limit on-deck entries to accommodate a reasonable meet timeline, the Four Hour Rule, or facility constraints. Under these conditions, late entries may be accepted each day up to 30 minutes before the start of the session. Those swimmers missing the 6:00 PM, March 30, 2019 deadline may enter the meet on deck in the following manner:

1. Swimmers must pay double the entry fee at the time of entry. Swimmers must pay surcharge fee if not already entered in the meet.
2. Swimmers must supply completed entry forms entered at the swimmers' best times. Swimmers will be seeded into open lanes.
3. Swimmers must enter all events for the day thirty (30) minutes prior to the start of the day's first event.
4. Swimmers must be qualified to swim the event entered.
5. Swimmers must not exceed the allotted number of events allowed each day.
6. A heat will be added, if necessary and if the timeline permits.

**ENTRY
INFORMATION:**

Entry Times: Please enter athletes with long course meters times. Please convert times or use your best professional estimation.

Cut-off Times: No cut-off times.

Qualifying Times: No qualifying times with the following exceptions:

All 100's: 12 & Under need the 10 & Under B time

All 200's: 12 & Under need the 10 & Under BB time, For 13 & over need the 13-14 B time

400 Fr: 12 & Under need the 9-10 BB time, 13 & over need the 13-14 B time

400 IM: 11-12 must have BB time, 13 & over must have the 13-14 BB time

Age: As of April 12, 2019

Number of Events: 4 individual events per day

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than 6:00 PM, March 30, 2019. Late entries will be accepted at the discretion of the meet host. Do not send entries via Federal Express, etc., that require a signature; if you must send your entries by express mail, please indicate that a signature is NOT required. Mail or hand-deliver entries to the Meet Entries Chair at:

**Nate Skidmore
c/o The Woodlands Swim Team
PO Box 7081
The Woodlands, TX 77387**

**e-mail: coachnate@itwst.org
Phone: (402) 707-4549**

Entries: All teams entering 10 or more swimmers MUST submit their entries on a diskette or electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software, along with a hard copy printout of the entries. Teams without HyTek should submit their entries on the enclosed Entry Form.

Teams may electronically mail their Meet Manager files. Payments for the electronic entries and a hard copy print-out of the entries must be submitted or postmarked no later than 24 hours after the entry deadline as stated in the Meet Announcement.

Eligible Teams: Open to all USA Swimming registered swim teams.

Fees: \$9.00 per Individual Event, and Facility Surcharge – \$8.50 per swimmer (Free heat sheets will be available through Meet Mobile)

Make checks payable to The Woodlands Swim Team. Entry fees must accompany entries, if delivered by any method other than email.

AWARDS:

Individual Events: Top 8 ribbons for 10 & U, and 11-12

**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 is compliant, but not certified, in accordance with USA Swimming Rule 104.2.2(C). Course measurements will be verified each session in accordance with Gulf Swimming Rules. The water depths of the competition course measured from 1 meter to 5 meters on the starting and turning ends of the course are as follows:

<u>Pool</u>	<u>Start End</u>	<u>Turn End</u>
East (Diving)	7'	7'
West (Scoreboard)	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.

POOL DECK RESTRICTION: Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

Coaches and Officials must present their membership cards in order to receive complimentary Psych/Heat Sheets and for admission to the Hospitality Room.

Please see attached “Rules, Regulation, Prohibitions, and Deck Access” of the CISD Natatorium. **All meet entries must be accompanied by a signed copy of CISD’s “Healthy Swimming Policy”.**

DECK CHANGING: 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/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 event.

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.

SWIMMERS WITH DISABILITIES: Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve Gulf Swimming equipment (remote strobe).

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

HOSPITALITY: A hospitality room will be available.

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.

MEET RESULTS: Meet results will be posted on the Gulf Swimming Web Page (<http://www.gulfswimming.org>) within three days after the conclusion of the meet.

SPECTATOR SEATING: 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.

TWST Spring Splash

Open Timed Finals Meet

A LONG COURSE METERS TIMED FINALS MEET

HOSTED BY
THE WOODLANDS SWIM TEAM
 April 12-14 2019
 SANCTION #GULC-XXXX

<u>Entry rules:</u>	
Type of Meet	Timed Final
Max # events per day	4 Individual
Swimmers eligible	All USAS Registered Teams
Entry times in	LCM
Qualifying times	None, with exceptions below
Qualifying Times Exceptions	100's: 12U must have 10U B 200's: 12U must have 10U BB, 13&O must have 13-14 B 400 FR: 12U must have 9-10 BB, 13&O must have 13-14 B 400 IM: 11-12 must have BB, 13&O must have 13-14 BB
One-up/one-down rule?	No
3-event rule?	No
Cut-off times	None
Enter with no time?	Please estimate times to the best of your ability
Fees	Individual - \$9.00
Swimmer surcharge	Facility Surcharge – \$8.50 per swimmer (Free heat sheets will be available through Meet Mobile)

ORDER OF EVENTS Friday April 12, 2019

Warm-ups 4:30 pm; session starts at 5:30 pm

Girls	Friday Timed Finals			Boys
Event #	Age	Distance	Stroke	Event #
1	9-12	400	FR	2
3	11&Over	400	IM	4

*Swimmers will need to provide their own timers

ORDER OF EVENTS Saturday, April 13, 2019

Warm-ups start 7:30 am; meet starts at 8:30 am

Girls	Saturday Timed Finals			Boys
Event #	Age	Distance	Stroke	Event #
5	12&Under	200	IM	6
7	12&Under	100	Back	8
9	12&Under	50	Back	10
11	12&Under	100	Fly	12
13	12&Under	50	Fly	14
15	12&Under	100	Breast	16
17	12&Under	50	Breast	18
19	12&Under	100	Free	20

ORDER OF EVENTS Saturday, April 13, 2019

Warm-ups will not start before 12 pm; meet starts at 1:15 pm

Girls	Sunday Timed Finals			Boys
Event #	Age	Distance	Stroke	Event #
21	13&Over	100	Free	22
23	13&Over	200	Fly	24
25	13&Over	50	Back	26
27	13&Over	100	Breast	28
29	13&Over	200	Back	30

31	13&Over	50	Fly	32
33	13&Over	400	Free	34

ORDER OF EVENTS Sunday, April 14, 2019

Warm-ups start 7:30 am; meet starts at 8:30 am

Girls	Sunday Timed Finals			Boys
Event #	Age	Distance	Stroke	Event #
35	12&Under	200	Free	36
37	12&Under	50	Back	38
39	12&Under	100	Back	40
41	12&Under	50	Breast	42
43	12&Under	100	Breast	44
45	8&Under	50	Fly	46
47	12&Under	100	Fly	48
49	12&Under	50	Free	50

ORDER OF EVENTS Sunday, April 14, 2019

Warm ups will not start before 12 pm; meet starts at 1:15 pm

Girls	Sunday Timed Finals			Boys
Event #	Age	Distance	Stroke	Event #
51	13&Over	100	Fly	36
53	13&Over	200	IM	38
55	13&Over	50	Free	40
57	13&Over	200	Breast	42
59	13&Over	100	Back	44
61	13&Over	50	Breast	46
63	13&Over	200	Free	48

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 will not be allowed on deck and will not compete in the meet.
- B. Coaches Responsibilities
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
 - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**

D. Miscellaneous

1. Swimmers should be reminded by coaches that breaststrokers need more lead time than freestyle or butterfly swimmers.
2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
6. All diving boards and equipment are **OFF LIMITS**.

E. Pool Rules

1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
2. Glass containers are prohibited.
3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.

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, 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 the CISD Natatorium General Operating Procedures. I understand the responsibility for ensuring that all members of the organization and their guests comply with these rules. I understand that additional copies are available in the office of The Natatorium Coordinator, clerk at the front desk, or at the Facility Manager’s office at the CISD Administration Building.
- I affirm that all required staff members of my organization have current CPR/First Aid certifications and specific training or liability certification requirements needed by the organization’s national governing body.
- I understand that the District may from time to time modify its policies and I agree to abide by those changes.

Head Coach Signature

Date

