TWST 14&Under Open Meet
A LONG COURSE METERS PRELIMS & FINALS MEET

HOSTED BY
THE WOODLANDS SWIM TEAM
June 7-9, 2019
SANCTION # GU-LC-19-116 (RI)

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 REFEREE: Claude Humbert e-mail: claude_humbert@sbcglobal.net

ADMIN OFFICIAL: Manoj Desai e-mail: manoj.desai@sbcglobal.net
Rahman Kahn

MEET DIRECTOR: Shannon Pope e-mail: sd pope2002@msn.com
Monica Lopez e-mail: monlopez@comcast.net
Vanessa Krantzcke e-mail: svk@hotmail.com

SAFETY MARSHAL: Hector Pena, Merrick Dautrick

COACHES: Head Coach: Kit Raulerson; Head Age Group Coach: Jarrod Murphy

POOL: One 50 meter, 8 lane indoor competitive pool with non-turbulent lane lines. Warm-up/warm-down lanes will be available for all sessions.

TIME AND DATE:

<table>
<thead>
<tr>
<th>Day</th>
<th>Session</th>
<th>Warm-ups</th>
<th>Session Start</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday June 7</td>
<td>TIMED FINALS</td>
<td>3:00-3:45 pm</td>
<td>4:00 pm</td>
</tr>
<tr>
<td>Saturday June 8</td>
<td>PRELIMS*</td>
<td>7:00-8:15 am</td>
<td>8:30 am</td>
</tr>
<tr>
<td></td>
<td>FINALS**</td>
<td>4:30-5:15 pm</td>
<td>5:30 pm</td>
</tr>
<tr>
<td>Sunday June 9</td>
<td>PRELIMS*</td>
<td>7:00-8:15 am</td>
<td>8:30 am</td>
</tr>
<tr>
<td></td>
<td>FINALS**</td>
<td>4:30-5:15 pm</td>
<td>5:30 pm</td>
</tr>
</tbody>
</table>

*Split warm-ups will be in effect, with lane assignments for warm-ups and timing posted on the Gulf Swimming website (www.gulfswimming.org) by Monday June 3, 2019 and designated in the psych sheet at the meet.

** Open warm-ups for finals will begin 3 hours after the conclusion of the last event of the prelims session, but not before 4:30 pm Saturday or Sunday.
**MEET TYPE:** This is a prelim-finals meet with the exception of, the 400 IM, and 400/800/1500 freestyle events, which will be timed finals events. Finals will consist of an A and B final for 11-12 and 13-14. For 10 and unders, there will be an A and B final for 50’s and an A final only for 100’s and 200’s.

**Circle in will be required for all events and will close 45 minutes prior to the meet starting.**

**All 50 meter events in prelims will start from the East end of the pool.** All prelims and timed finals events will swim fastest to slowest. Chase starts will be utilized as follows:

- All of Friday’s events, Saturday’s 13-14 400 freestyle and Sunday’s 13-14 1500 freestyle will swim alternating girls’ heats starting at the West end of the pool and boys’ heats starting at the East end of the pool.
- All other prelims events (other than 50 meter events): odd heats starting at the West end and even heats starting at the East end.

Finals events, other than 50 meter events, for Saturday and Sunday will start at the West end of the pool.

**50 meter events in finals will start from the East end of the pool.**

**NOTE:** Based on the number of entries received for this meet:

- The Meet Referee, at their discretion, may choose to start all events on the same end of the pool (except 50 meter events which will start at the opposite end).
- The Woodlands Swim Team may limit entries to maintain a reasonable timeline for the meet.

**OFFICIALS:** The uniform for all preliminary sessions will be white polo shirt over khaki shorts/pants/skirt. The uniform for finals will be navy polo shirt over khaki pants/skirt (no shorts, please).

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

*No pool equipment (kickboards, pull buoys, paddles, ect) will be allowed in the warmup/warmdown pool.*

**SEEDING:** This meet will be a deck-seeded meet.

Circle-in is required at least 45 minutes prior to the start of each session for **ALL individual events except the 13-14 400 and 1500 meter freestyle** (see CHECK-IN below).

All prelims and timed finals events will be seeded fastest to slowest. Finals will consist of an A and B heat for 11-12 and 13-14 age groups. For 10 and unders, there will be an A and B final for 50’s and an A final only for 100 and 200 events. With heats swimming slowest to fastest.

**CHECK-IN:** Distance Events (greater than 200 meters):
**Friday** - Positive check in is required for all of Friday’s events up to 45 minutes prior to the session start.

**Saturday and Sunday** - Positive check in is required for the 13-14 400 and 1500 meter freestyle events **by 10 am** Saturday and Sunday, respectively – **ALL** heats for these two events will swim in prelims as the last event, fastest to slowest.

**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 completed the event in prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet and a fine of $50.00. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above fines and banishment from competition, even though any qualified swimmer may be moved into finals. The alternates, after the existing scratches are tabulated, will not be penalized if they are unavailable to compete in finals.

The USA Swimming National Championships Meets “reserve the right to scratch” rule is not applicable to any Gulf Swimming meet.

**ON-DECK ENTRIES:**

Depending on the number of entries received, on deck entries may be limited to filling out empty lanes in the last heats. Information regarding any limitations for on deck entries will be included in the warm-up assignment document posted on the Gulf website Monday, June 3, 2019. *ON-DECK ENTRIES will only be accepted from swimmers on teams already accepted in the meet.*

Late entries will be accepted each day up to 45 minutes before the start of the session. Those swimmers missing the 6:00 PM Tuesday deadline may enter the meet on deck in the following manner:

1. Swimmers must pay double the entry fee at the time of entry.
2. Swimmers must supply completed entry forms entered at the swimmers' best times.
3. Swimmers must enter all events for the session at least 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 who on-deck to change an entry time in a deck-seeded event already entered must pay the on-deck entry fees.

ENTRY INFORMATION:

**Entry Times:** Swimmers must enter at their best time. Time must be from USA Swimming meets. 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:** None.

**Age:** As of June 7, 2019.

**Number of Events:** Swimmers may compete in up to 3 individual events

**Deadline:** Entries must be in the hands of the Meet Entry Chair no later than 6:00 PM, Tuesday, May 28, 2019. No late entries will be accepted. Do not send entries via Federal Express, etc., that require a signature; if you must send your entries by express mail, please indicate that a signature is NOT required. Mail or hand deliver entries to the Meet Entry Chair at:

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 who have HyTek Meet Manager compatible software, MUST submit their entries on a diskette or electronically via e-mail, along with a copy of the entries. Teams without HyTek compatible software should submit their entries on the enclosed Entry Form - a $25.00 fee must be included with the entry fees for teams that enter 10 or more swimmers using only the entry form.

Teams may electronically mail their Team/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 Invitation.

**Eligible Teams:** Open to all USA Swimming Registered Teams. Entries may be limited in order to maintain a reasonable timeline.
Questions: Any questions should be directed to either Kit Raurlerson, coachkit@itwst.org, or Nate Skidmore, coachnate@itwst.org

Fees: $10.00 per individual event and $8.50 per swimmer facility surcharge fee. (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: Awards will be given to each gender and each age group:
10 & Under
11-12
13-14
Individual Events: Custom medals for 1st-3rd place and custom ribbons for 4th-8th place.

SCORING: Events will be scored according to each gender and each age group: 10&Under, 11-12 and 13-14. Note: the 12&Under 400 free will swim combined, but will be scored separately as 11-12 and 10&Under.
Individual Events: 9-7-6-5-4-3-2-1

RULES AND SANCTIONS: The current USA Swimming and Gulf Swimming rules will apply. This meet will be held under the sanction of USA Swimming, Inc. and Gulf Swimming, Inc. It is understood and agreed that USA Swimming and Gulf Swimming shall be free from any liabilities of 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). Course measurements will be verified each session in accordance with USA 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:

<table>
<thead>
<tr>
<th>Pool</th>
<th>Start End</th>
<th>Turn End</th>
</tr>
</thead>
<tbody>
<tr>
<td>East (Diving)</td>
<td>7'</td>
<td>7'</td>
</tr>
<tr>
<td>West (Scoreboard)</td>
<td>7'</td>
<td>7'</td>
</tr>
</tbody>
</table>

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 on teams accepted in the meet, 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.

Only The Woodlands Swim Team Photographer will be allowed 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 CHANGING PROHIBITION: Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and 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, rest rooms, 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.

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 Gulf Administrative Vice-Chair.

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).

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 seats are
restricted - please see attached “The CISD Natatorium Rules, Regulation, Prohibitions, and Deck Access” attachment for specific information.

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.
TWST 14 & Under Open Meet  
A LONG COURSE METERS PRELIMS & FINALS MEET  
HOSTED BY  
THE WOODLANDS SWIM TEAM  
June 7-9, 2019  
SANCTION #

Entry rules:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>Type of Meet</td>
<td>Prelims/Finals</td>
</tr>
<tr>
<td></td>
<td>11-12/13-14 A and B</td>
</tr>
<tr>
<td></td>
<td>10 and U: A and B for all 50 events, A only for 100 and 200 events</td>
</tr>
<tr>
<td>Max # events per day</td>
<td>3 Individual</td>
</tr>
<tr>
<td>Swimmers eligible</td>
<td>All USAS Registered Teams</td>
</tr>
<tr>
<td>Entry times in</td>
<td>LCM/SCM/SCY</td>
</tr>
<tr>
<td>Qualifying times</td>
<td>None</td>
</tr>
<tr>
<td>One-up/one-down rule?</td>
<td>No</td>
</tr>
<tr>
<td>3-event rule?</td>
<td>No</td>
</tr>
<tr>
<td>Cut-off times</td>
<td>None</td>
</tr>
<tr>
<td>Enter with no time?</td>
<td>Yes</td>
</tr>
<tr>
<td>Fees</td>
<td>Individual - $10.00</td>
</tr>
<tr>
<td>Swimmer surcharge</td>
<td>$8.50 per swimmer</td>
</tr>
</tbody>
</table>

ORDER OF EVENTS

Friday, June 7, 2019  
Warm-ups 3:00 pm, Meet starts 4:00 pm

<table>
<thead>
<tr>
<th>Girls Event #</th>
<th>Age</th>
<th>Distance</th>
<th>Stroke</th>
<th>Boys Event #</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>13-14</td>
<td>800</td>
<td>Free</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>12&amp;U</td>
<td>400</td>
<td>Free</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>13-14</td>
<td>400</td>
<td>IM</td>
<td>6</td>
</tr>
</tbody>
</table>

- Friday’s events will be swum as timed finals events, fastest to slowest, alternating girls’ heats and boys’ heats - girls at the West end of the pool and boys at the East end.
- The 400 Free will be swum combined, but scored separately by age group: 11-12 and 10&Under.

POSITIVE CHECK-IN DEADLINE FOR FRIDAY’S EVENTS: 4:15 PM
**ORDER OF EVENTS**

*Warm-up for finals will begin 3 hours after the conclusion of the last event of the prelims session, but not before 4:30 pm. If warm-ups are delayed, finals will start 1 hour after warm-ups commence.**

**400 FREE CHECK-IN DEADLINE: 10 AM. 400 FREE HEATS SWIM IN PRELIMS.**

- Swimmers in the 400 freestyle must provide two timers.
- All prelims events will be seeded fastest to slowest.
- All prelims events except 50 meter events, and the 400 Free will swim starting: odd heats at the West end and even heats at the East end.
- In prelims, all heats for 50 meter events will start at the East end; the 400 free will swim alternating: girls’ heats starting at the West end and boys’ heats starting at the East end.
- Finals events other than 50 meter events will swim starting at the West end. 50 meter events will start from the East end for finals.

<table>
<thead>
<tr>
<th>Girls Event #</th>
<th>Age</th>
<th>Distance</th>
<th>Stroke</th>
<th>Boys Event #</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>11-12</td>
<td>200</td>
<td>Fly</td>
<td>8</td>
</tr>
<tr>
<td>9</td>
<td>13-14</td>
<td>200</td>
<td>Fly</td>
<td>10</td>
</tr>
<tr>
<td>11</td>
<td>10&amp;U</td>
<td>100</td>
<td>Fly</td>
<td>12</td>
</tr>
<tr>
<td>13</td>
<td>11-12</td>
<td>200</td>
<td>Breast</td>
<td>14</td>
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<tr>
<td>15</td>
<td>13-14</td>
<td>200</td>
<td>Breast</td>
<td>16</td>
</tr>
<tr>
<td>17</td>
<td>10&amp;U</td>
<td>50</td>
<td>Breast</td>
<td>18</td>
</tr>
<tr>
<td>19</td>
<td>11-12</td>
<td>50</td>
<td>Breast</td>
<td>20</td>
</tr>
<tr>
<td>21</td>
<td>13-14</td>
<td>50</td>
<td>Free</td>
<td>22</td>
</tr>
<tr>
<td>23</td>
<td>11-12</td>
<td>50</td>
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<td>25</td>
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<td>39</td>
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<td>40</td>
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<tr>
<td>41**</td>
<td>13-14</td>
<td>400</td>
<td>Free</td>
<td>42**</td>
</tr>
</tbody>
</table>

Saturday, June 8, 2019

Prelims: Warm-ups start 7:00 am (split sessions); meet starts at 8:30 am.
Finals*: Open warm-ups start 4:30 pm; meet starts at 5:30 pm
ORDER OF EVENTS

Sunday, June 9, 2019

Prelims: Warm-ups start 7:00 am (split sessions); meet starts at 8:30 am.
Finals*: Warm-ups start 4:30 pm; meet starts at 5:30 pm

<table>
<thead>
<tr>
<th>Girls Event #</th>
<th>Age</th>
<th>Distance</th>
<th>Stroke</th>
<th>Boys Event #</th>
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<tbody>
<tr>
<td>43</td>
<td>11-12</td>
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<td>IM</td>
<td>44</td>
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<tr>
<td>45</td>
<td>10&amp;U</td>
<td>200</td>
<td>IM</td>
<td>46</td>
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<td>47</td>
<td>11-12</td>
<td>100</td>
<td>Fly</td>
<td>48</td>
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<td>49</td>
<td>13-14</td>
<td>100</td>
<td>Fly</td>
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<td>61</td>
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<td>62</td>
</tr>
<tr>
<td>63</td>
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<td>Free</td>
<td>64</td>
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<tr>
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<td>13-14</td>
<td>100</td>
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<td>66</td>
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<tr>
<td>67</td>
<td>10&amp;U</td>
<td>100</td>
<td>Free</td>
<td>68</td>
</tr>
<tr>
<td>69</td>
<td>11-12</td>
<td>100</td>
<td>Breast</td>
<td>70</td>
</tr>
<tr>
<td>71</td>
<td>13-14</td>
<td>100</td>
<td>Breast</td>
<td>72</td>
</tr>
<tr>
<td>73</td>
<td>10&amp;U</td>
<td>100</td>
<td>Breast</td>
<td>74</td>
</tr>
<tr>
<td>75**</td>
<td>13-14</td>
<td>1500</td>
<td>Free</td>
<td>76**</td>
</tr>
</tbody>
</table>

*Warm-up for finals will begin 3 hours after the conclusion of the last event of the morning session, but not before 4:30 pm. If warm-ups are delayed, finals will start 1 hour after warm-ups commence.

**1500 FREE CHECK-IN DEADLINE: 10 AM. 1500 FREE HEATS SWIM IN PRELIMS.

- Swimmers in the 1500 freestyle must provide two timers and a lap counter.
- All prelims events will be seeded fastest to slowest.
- All prelims events except 50 meter events, and the 1500 Free will swim starting: odd heats at the West end and even heats at the East end.
- In prelims, all heats for 50 meter events will start at the East end; and the 1500 free will swim alternating: girls’ heats starting at the West end and boys’ heats starting at the East end.
- Finals events other than 50 meter events will swim starting at the West end. 50 meter events will start from the East end for finals.
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 PACEWORK** 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 to enter the deck or 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 breaststokers need more lead time than freestyle or butterfly swimmers.
   2. Backstokers 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.
1. All participants must follow the CDC “Healthy swimming policy” and shower before warm-up, no exception.

2. Shaving is not permitted anywhere within the entire CISD Natatorium Complex.

3. No chewing gum, food or color based drinks will be allowed on the pool deck, water only.

- Security personnel are empowered to enforce any and all regulations established by CISD Natatorium Policy.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the grandstand.
- Participants in swim suits are not allowed in the Grandstand-seating area. Participants and spectators are not allowed to lean against glass the rails, climb over banisters / railings, or pass any posted barriers.
- Participants and spectators are not allowed to use other areas of the CISD Natatorium complex during this event without securing a pass at the Services Desk located in the facility lobby.
- Lawn Chairs are not allowed in the CISD Natatorium Grandstand-seating area, Stadium seats shall not exceed 17” wide x 13” deep.
- Each competing team is permitted one temporary banner, placed at the discretion of the Aquatic Director. Team banners must not exceed 5’ by 8’. No handmade signage is allowed.
- Absolutely no tobacco, alcohol products, or glass containers are allowed on Conroe School District property. This applies to the parking lot.
- Spectators are allowed (1) Cooler 13” wide x 11” deep x 12” tall that can be placed directly under their seating area, Participant /Teams are allowed an Ice-Chest (1) PER GENDER on the deck provided they do not contain glass items, bottled water is allowed.
- Betting and gambling is strictly prohibited.
- Teams are expected to police their respective areas at the conclusion of the competition.
- Participating or any activity that can be interpreted or described as “risky” or “horseplay” is prohibited throughout the entire CISD Natatorium Complex.
- Diving equipment such as trampoline, spotting rigs, dry-board apparatus, and the warm-pool are not to be used unless authorized by the CISD Natatorium Director.
- The use of flash cameras or noise-makers at the start, during or end of any race is prohibited.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergency use is prohibited.

Access to the deck of the CISD Natatorium is restricted by pass to the following:
- Athletes from competing teams
- Administrative support personnel
- Coaches of competing teams
- Facility/District Staff
- Officials
- Marshals
- Timing System operators
- Security personnel
- Computer systems operators
- Lifeguards
- Lane timers
- Service and supply vendors
- Credentialed media personnel
- Hospitality personnel
- Medical support personnel
- Other personnel on a case-by-case basis at the discretion of the Meet 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