



**USA SWIMMING/ SPEEDO CHAMPIONSHIP SERIES
2010 LONG COURSE SECTIONAL CHAMPIONSHIP
A LONG COURSE METER PRELIM FINALS MEET**

Open to USAS registered clubs and swimmers in Texas and Louisiana

Hosted By



THE WOODLANDS SWIM TEAM

July 28 - July 31, 2010

Sanction No. GULC 10-024 (Sectional Meet)

Sanction No. GULC 10-025 (Time Trials)

USAS OME Deadline of 11:59 pm, Tuesday July 20

- LOCATION:** CISD Natatorium, 19133 David Memorial Drive, Shenandoah, Texas 77385
- DIRECTIONS:** From I-45 North exit Research Forest, From I-45 South exit Tamina. At the intersection of I-45 and Research Forest/Tamina, turn East onto Tamina road and travel to first stop light. At the stop light turn left onto David Memorial, the Natatorium will be on your right. See attached map.
- POOL:** 50 meter, 8 lane indoor competitive pool with non-turbulent lane lines. The diving well (25 yard, 4 lanes) will be available for warm-up/ warm-down during the meet. Both pools will be open during session warm-ups.
- HEAD COACH:** Tim Bauer (281) 224-9054 email: coachtim@itwst.org
- MEET REFEREE:** Rick Kehlenbach (281) 376-9428 email: rkehlenbach@comcast.net
- ADMIN. REFEREE:** Herb Schwab (281) 242-1334 email: herb.schwab@gmail.com
- OFFICIALS:** Help from visiting officials is always welcome. Applications to work as an assigned official are to be sent to the meet referee. Applications are available on the Southern Zone website at www.szoneswim.com. This meet will provide opportunities for evaluation of USAS officials for N2 and N3 national certification or re-certification. All officials must attend a mandatory meeting one hour before each session. The uniform for all preliminary sessions will be white polo shirt over khaki shorts/pants/skirt, as appropriate. Finals uniform will be navy polo shirt over khaki pant/skirt (NO shorts) as appropriate.
- MEET DIRECTORS:** Mike Manning (281) 705-7930 email: mike@napcochemical.com
Jay Knaebel (281) 415-4158 email: jay@jbknaebel.com
Pat Norris (713) 817-2319 email: patnorris@me.com
- SAFETY MARSHAL:** Jon Sonka



GENERAL MEETING: All swimmers must be represented at the General Meeting held Tuesday, July 27 at 6:00 p.m. in the Hospitality area. Any change in the format of the meet will be decided at this meeting. It is each swimmer and coach's responsibility to be aware of any changes made during this meeting. The pool will open for general warm-ups Wednesday evening from 6:30 to 9:00 p.m.

ELIGIBILITY: Open to USA Swimming Registered teams and swimmers in Texas and Louisiana.

RULES AND SANCTIONS: The 2009-2010 USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. No entries can be accepted unless the entrant is registered with USA Swimming and the LSC they represent. The complete USA Swimming registration number for each swimmer must accompany their entry. In granting this sanction, it is understood and agreed that USA Swimming, Inc., Gulf Swimming, Inc., Conroe Independent School District, CISD Natatorium and staff, The Woodlands Swim Team, and all meet volunteers and officials shall be free from any liabilities or claims for damage sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet. Damage to the facility, when proved, will cause the offending swimmer, if unattached or the offending swimmer's club, if attached, to be held accountable for repairs.

CREDENTIAL TAGS: Credential tags will be distributed with the coaches packets. Replacement credential tags will be \$25. Credential tags must be presented to enter the pool deck area. All meet personnel and USA Swimming registered coaches, officials and participating swimmers will be issued credential tags. Coaches and officials will be required to show their current USA Swimming registration card. Coaches attending the meet without a team may purchase credential tags for \$50 payable to TWST. No team photographers will receive credential tags.

SAFETY GUIDELINES AND WARM-UP PROCEDURES: See attachment.

SCHEDULE:	<u>Tuesday, July 27</u>	<u>General Meeting 6:00 p.m.</u>	<u>Warm-up 6:30 - 9:00 p.m.</u>
	Wednesday, July 28	Prelims	Warm-up: 7:00 a.m. Meet starts: 9:00 a.m.
		Finals	Warm-up: 4:30 p.m. Meet starts: 6:00 p.m.
	Thursday, July 29	Prelims	Warm-up: 7:00 a.m. Meet starts: 9:00 a.m.
		Finals	Warm-up: 4:30 p.m. Meet starts: 6:00 p.m.
	Friday, July 30	Prelims	Warm-up: 7:00 a.m. Meet starts: 9:00 a.m.
		Finals	Warm-up: 4:30 p.m. Meet starts: 6:00 p.m.
	Saturday, July 31	Prelims	Warm-up: 7:00 a.m. Meet starts: 9:00 a.m.
		Finals	Warm-up: 3:30 p.m. Meet starts: 5:00 p.m.

Open warm-ups will be in effect. Warm-ups will end 15 minutes prior to the start of each session.

MEET FORMAT: This is a prelim-finals long course meters meet with A, B, C & D finals for events 400 meters or less. The 800 Free, 1500 Free and all relays are timed finals.

All preliminary events will swim fastest to slowest. Odd-even chase starts will be utilized for all events of 200 meters or less. For the 400 Freestyle and 400 Individual Medley, chase starts will be used, alternating women then men heats. For each gender, odd heats will be started on the west end and even heats will start on the bulkhead end. The 50 Free will be seeded fastest to slowest and all heats will start from the bulkhead end.

Finals will swim slowest to fastest. No chase starts will be used in finals. The 800/1500 Free and all relays will swim fastest to slowest. Only the top 8 qualifiers in the 800/1500 Free will swim at finals. The top 16 relays will swim in finals. There will be a 15 minute break before the relay events.

The meet referee reserves the right to run this meet utilizing chase starts and/or fly over starts dependent upon the number of participants and officials. In addition, if there are a large number



of heats of the 800 and /or 1500 Freestyle, the meet referee reserves the right to split these distance events over more than one session.

SEEDING: Non-conforming times will be seeded last. LCM times are the conforming times followed by SCM times followed by SCY times, then bonus events. The fastest 3 heats in prelims will be circle seeded.

SCRATCH RULE: **USA Swimming national scratch procedures (USA Swimming Rule 207.12.6 A, D, and E) except as modified herein, shall be in effect.** There are penalties if you qualify, fail to scratch and fail to swim in finals. On Wednesday, Thursday, Friday and Saturday there are penalties if you fail to swim in prelims. The scratch table will be located on north side deck in front of the meet operations room.

PRELIMS: Prelim sessions will be seeded the evening before. Swimmers must scratch by 6:30 p.m. any event that they will not swim the next day. If swimmers do not scratch and do not swim in a prelim event there is a fine of \$50. Swimmers will be barred from all competition (individual and relay, at this meet or any future meets at the CISD Natatorium) until all fines are paid. Fines are payable to The Woodlands Swim Team.

FINALS: The finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to either scratch or declare their intent to swim in finals. Any qualified swimmer in the event (a swimmer is qualified for finals or consolation finals if he 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.

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 (including the "A", "B", "C", and "D" Finalists) set at this point, after the scratches, may be subject to the \$50 fine, even though any qualified swimmer may be moved into finals.

Any finalist, this does not include alternates, who fails to scratch and fails to compete is subject to a fine of \$50 and banishment from the meet. Swimmers will be barred from all future competition at the CISD Natatorium until all fines are paid. Fines are payable to The Woodlands Swim Team.

Failure to compete in finals on Saturday will result in a \$100 fine to the Team (or swimmer, if unattached) for each empty lane. Fines are payable to The Woodlands Swim Team.

SCRATCH DEADLINES: Wednesday Prelims scratch/ "early on-deck" deadline
15 minutes after the close of the General Meeting, Tuesday, July 27

Thursday Prelims scratch/ "early on-deck" deadline **Wednesday, July 28 @ 6:30 p.m.**

Friday Prelims scratch/ "early on-deck" deadline **Thursday, July 30 @ 6:30 p.m.**

Saturday Prelims scratch/ "early on-deck" deadline **Friday, July 31 @ 6:30 p.m.**

800/ 1500 FREE: The 800 Freestyle will be deck seeded and requires positive check in 90 minutes prior to the scheduled start of the event. The 1500 Freestyle will be deck seeded and requires positive check in by 7:00 p.m. Friday. Swimmers must also indicate if they intend to swim in prelims or finals. The check in sheets will be located at the clerk of course table. The fastest heats of the 800 and 1500 Free, both women and men, electing to swim in finals, will swim at night during finals. All other heats of the 800 and 1500 Free will swim fastest to slowest, alternating heats of women and men at the conclusion of prelims on Wednesday and Saturday.



RELAYS:

Relay events are timed final events. Teams are not limited on the number of relay entries. Relay swimmers must be qualified to swim and entered in an individual event. Relays will be deck seeded. The fastest two heats of women and men in each relay will swim at night during finals, fastest to slowest. All other heats will swim during prelims, fastest to slowest. Relay cards are due by 11 a.m. for morning swims and 6:00 p.m. for evening swims. Relay cards not received on time will be considered scratches. Any relay that is entered on-deck at a Prelim/Finals meet, where the relays are divided between swimming in the morning/prelim session and the evening/final session, shall be limited to swimming with the morning session, unless there are open lanes in the evening session.

PROOF OF TIMES:

This is a pre-proved 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 will not be entered into the meet. Any times not in the SWIMS database, including any aggregate relay times, must be proven, with supporting documentation supplied to the Meet Entries Coordinator. Acceptable forms of documentation include: 1) Official results from USA Swimming, high school, NCAA and YMCA meets, or 2) Printouts from other USA Swimming, high school, NCAA and YMCA database web pages. Swimmers will be fined \$100 for each unproven qualifying time and will be banned from competition until all fines have been paid. Fines payable to The Woodlands Swim Team.

ON-DECK ENTRIES:

Late entries will be accepted each day up to 45 minutes before the start of the meet. Those swimmers missing the 11:59 p.m. Tuesday, July 20, 2010 entry deadline may enter the meet on deck in the following manner:

1. Swimmers must meet the qualifying times and entry rules.
2. The swimmers entering on the day BEFORE the session by the scratch deadline will be seeded into the events according to their best times. Swimmers entering on the SAME DAY of the session will be allowed to swim in open lanes in the slowest heat. Additional heats may be added at the discretion of the Meet Referee, depending upon the timeline each day.
3. Deck entries will be accepted at **\$25 per individual event, \$50 per relay**.
4. Swimmers must supply completed entry forms entered at the swimmers' best times. Swimmers must provide a hard copy of proof of time for each event entered.
5. Swimmers must enter all events for the day forty-five (45) minutes prior to the start of the day's first event.
6. Swimmers must not exceed the allotted number of events allowed each day.
7. Swimmers who on-deck to change a time in an event already entered must still pay the on-deck entry fees. If entered by the scratch deadline, the new time will be used for seeding. Hard copy proof of new time must be provided.
8. Any relay that is entered on-deck at a Prelim/Finals meet, where the relays are divided between swimming in the morning/prelim session and the evening/finals session, shall be limited to swimming with the morning session, unless there are open lanes in the evening session.

NOTE: Swimmers who on-deck by the "scratch box" deadline, will be seeded into the events according to their entry time. Swimmers who on-deck on the morning of the scheduled events, will be placed in open lanes in the slowest heat. Additional heats may be added at the discretion of the Meet Referee, depending upon the timeline each day.

QUALIFYING TIMES:

Qualifying times are 2010 Texas Senior Circuit Sectional time standards. See attached. Swimmers must be qualified to swim the events entered. Events may be qualified for by meeting yards or meters qualifying times. Qualifying times must have been achieved within two (2) years of the first day of the meet (July 28, 2010).

Swimmers that have one Texas Senior Circuit Sectional Bonus time qualify to swim all events except the 800 and 1500 free. If the Sectional Bonus time was earned in yards, then the



swimmers must enter with the yard time. Swimmers must enter an event that qualifies them for the bonus status. Even swimmers with an Sectional Bonus time must qualify with the Sectional time to swim in the 800 and 1500 free.

Swimmers without a Sectional Bonus time must meet the Texas Senior Circuit Sectional qualifying standard for all events entered except for the bonus entries.

A swimmer with a Sectional time in the 800 (and no qualifying time in the 1500) may enter the 1500 at the LCM Sectional time. This entry into the 1500 free is NOT a bonus event. A swimmer with the Sectional time in the 1500 free (and no qualifying time in the 800 free) may enter the 800 at the LCM Sectional time. This entry into the 800 is NOT a bonus event. A swimmer that enters either the 800 or 1500 at the LCM Sectional time under these rules, must provide proof of time for the qualifying event with their original entries.

Swimmers that qualified and entered in 1, 2 or 3 events with a Sectional qualifying time may also swim 1 "bonus" event. Swimmers entered in 4, 5 or 6 events with a Sectional qualifying time may swim 2 "bonus" events. A "bonus" event is any individual event 200 meters or less. Only swimmers that have qualified and entered either the 800 or 1500 free may enter the 400 free as one of the bonus events. Swimmers may not enter the 800 or 1500 free as bonus events. Swimmers may not enter bonus events with a "No Time" (NT).

CUT-OFF TIMES: None

AGE: As of July 28, 2010

NUMBER OF EVENTS: Swimmers may compete in up to 3 individual events and up to 1 relay event per day. Relay swimmers must be qualified and entered in an individual event.

ENTRY FEES: Entry fees are **\$15 per individual event and \$30 per relay event**. Each team is required to pay a **\$20** surcharge for Texas Senior Circuit membership. Make checks payable to The Woodlands Swim Team.

ENTRY PROCESS: Teams shall enter using the USA Swimming On-Line Meet Entry (OME) system. This is the ONLY accepted process for pre-entering the meet. Entries are due NO LATER than 11:59 p.m., Tuesday, July 20, 2010. Register for the meet online at www.usaswimming.org/OME. Payment must be accompanied by hard copy print-outs from OME and a signed copy of CISD's "Healthy Swimming Policy" (see attached). No phone or fax entries will be accepted. Payment for entries must be made by check and mailed to the Meet Entries Coordinator:

Scott Darling
63 W. Old Sterling Circle
The Woodlands, TX 77382
phone: (281) 298-9608
email: scdarling@sbcglobal.net

LATE ENTRIES: Only swims achieving the Sectional qualifying times standards for the first time from Tuesday, July 20 through Sunday, July 25, 2010, may be sent by email to the Meet Entries Coordinator (above). These late entries must be received no later than 11:59 p.m., Sunday, July 25. Fees for late entries will be \$30 for individual events and \$60 for relay events. Payment must be made by cash or check at the registration desk. Late entries cannot be used to improve any seed time of a prior entry.

TIME TRIALS: Time trials will be conducted between the prelim and final sessions Wednesday through Friday, time permitting. Time trials will begin 15 minutes after the conclusion of prelims. Swimmers must be entered in the meet to time trial. **Time trial events do count toward the daily limit of 3 individual events.** Time trials will be held under sanction number GULC 10-025.



Time trial entries will be accepted at the Clerk of Course until 11 a.m. each day. A swimmer is limited to a maximum of two (2) time trial events during the meet. The order of events will be up to the discretion of the Time Trials Referee. Time trial entry fees are \$20 per individual and \$30 per relay payable at time of entry. Swimmers must provide their own timers and lap counter, where applicable, for all time trial events entered.

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 depth of the competition course is 7-feet measured from 1 meter to 5 meters on the starting end of the course, and 7-feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM: 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. Those wishing to volunteer as a timer or counter will be given a pass to access the deck and help for that specific purpose.

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 entry payments must be accompanied by a signed copy of CISD's "Healthy Swimming Policy".**

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 a remote strobe. In any meet sanctioned or approved by this LSC that may include one or more swimmers with visual, hearing, mental, or physical disabilities, the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i.e., Article 105. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.

AWARDS: Individual events 1st-8th Medals
Relays 1st-3rd Medals
Combined team banners 1st-10th place
Individual high point 1st women and 1st men

A meet t-shirt will be awarded to each swimmer achieving a National Cut at this meet. Athletes may only receive one t-shirt. A meet cap will be awarded to each swimmer achieving a Junior National cut at this meet. Athletes may only receive one cap.

There will not be an awards ceremony. Awards may be picked up at the Clerk of Course following finals on Friday. Awards will not be mailed, so please pick up before the meet ends.

SCORING: Individual events 1-16 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events 1-16 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2



SPECTATOR SEATING: The spectator seating area (aluminum bleachers) will accommodate 1200 occupants. No reserve seating is allowed. Seating will be on a first come first served basis. Swimmers are required to remain with their team on pool deck during each session. Wet swimmers are not allowed in the lobby or spectator seating area. Children of spectators must be supervised at all times. In addition, please review the CISD Natatorium Rules, Regulations, Prohibitions, and Deck Access section of the invitation for more information regarding the Natatorium.

SPECTATOR TICKETS: Spectators should enter the main entrance, purchase admission tickets and proceed upstairs to the seating area. Admission tickets may be purchased at the ticket table one hour prior to the scheduled start of the session. Ticket sales are on a first come first served basis.

All ticket and heat sheet sales will be **CASH ONLY**.

All Session Pass \$20 (students with ID/ children 3-12 are \$10)

Each **Prelim** Session \$ 2 (students with ID/ children 3-12 are \$ 1)

Each **Final** Session \$ 4 (students with ID/ children 3-12 are \$ 2)

Only swimmers, coaches, officials, and volunteers may enter the pool deck on the left side of the reception desk

CONCESSIONS: The concession stand is located on the second level lobby and will be open during the meet.

HOSPITALITY: A hospitality room will be available for coaches, officials and meet volunteers.

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 t-shirts will be available to purchase in the lobby on a first come first served basis.

MEET RESULTS: Real-time results will be posted on the CISD Natatorium website at:
<http://athletics.conroeisd.net/aquatics>.

Meet results will be posted on the Gulf Swimming website at: <http://www.gulfswimming.org> three days after the final day of the meet. Results will also be posted at <http://www.usaswimming.org> and <http://www.texaseniorcircuitsswimming.org>

Attachments:

Order of Events

Sectional Time Standards

Gulf Safety Guidelines and Warm-up Procedures

CISD Natatorium Rules, Regulations, Prohibitions, and Deck Access

CISD Healthy Swimming Policy

Location Map

Hotel Sponsors Map

Facility Layout



ORDER OF EVENTS

Wednesday, July 28, 2010

Prelims Session #1
Finals Session #2

Warm-ups: 7:00 a.m.
Warm-ups: 4:30 p.m.

Meet Starts: 9:00 a.m.
Meet Starts: 6:00 p.m.

Women's Event #	Event	Men's Event #
1	100 Freestyle	2
3	100 Breaststroke	4
5	200 Backstroke	6
7	800 Freestyle ¹	8

¹Swimmers in the preliminary heats of the 800 Free must provide their own timers and counter. The event will be deck seeded and swum fastest to slowest, alternating heats of women and men.

Thursday, July 29, 2010

Prelims Session #3
Finals Session #4

Warm-ups: 7:00 a.m.
Warm-ups: 4:30 p.m.

Meet Starts: 9:00 a.m.
Meet Starts: 6:00 p.m.

Women's Event #	Event	Men's Event #
9	200 Freestyle	10
11	400 Ind. Medley ²	12
	<15 minute break>	
13	800 Free Relay	14

²The 400 IM will be swum alternating women's and men's heats.

Friday, July 30, 2010

Prelims Session #5
Finals Session #6

Warm-ups: 7:00 a.m.
Warm-ups: 4:30 p.m.

Meet Starts: 9:00 a.m.
Meet Starts: 6:00 p.m.

Women's Event #	Event	Men's Event #
15	100 Backstroke	16
17	200 Breaststroke	18
19	400 Freestyle ³	20
21	100 Butterfly	22
	<15 minute break>	
23	400 Free Relay	24

³In Prelims, the 400 Free will be swum alternating women's and men's heats. In Prelims, the 400 Free will be swum after the 100 Butterfly, and before the 15 minute break.

Saturday, July 31, 2010

Prelims Session #7
Finals Session #8

Warm-ups: 7:00 a.m.
Warm-ups: 3:30 p.m.

Meet Starts: 9:00 a.m.
Meet Starts: 5:00 p.m.

Women's Event #	Event	Men's Event #
25	200 Ind. Medley	26
27	1500 Freestyle ⁴	
28	200 Butterfly	29
30	50 Freestyle	31
	1500 Freestyle ⁴	32
	<15 minute break>	
33	400 Medley Relay	34

⁴Swimmers in the preliminary heats of the 1500 Free must provide their own timers and counter. The event will be deck seeded and swum fastest to slowest. During Prelims, the 1500 Freestyle will be swum after any 400 Medley Relays, alternating heats of women and men.



2010 TSC Women	LC Sectional Standard			Sectional Bonus standard		
	SCY	SCM	LCM	SCY	SCM	LC
50 FREE	25.19	28.09	28.49	25.79	28.79	29.19
100 FREE	54.09	1:00.39	1:01.39	55.49	1:01.99	1:02.99
200 FREE	1:56.49	2:10.59	2:12.59	1:59.69	2:14.19	2:16.29
400/500 FREE	5:13.59	4:34.29	4:39.69	5:20.79	4:40.59	4:46.09
800/1000 FREE	10:45.89	9:19.09	9:30.49	10:57.99	9:29.39	9:40.99
1500/1650 FREE	18:21.59	18:01.49	18:23.29	18:49.29	18:28.69	18:50.99
100 BACK	1:01.29	1:09.29	1:10.99	1:02.69	1:10.79	1:12.59
200 BACK	2:11.19	2:28.69	2:32.79	2:13.89	2:31.79	2:35.99
100 BREAST	1:09.99	1:18.39	1:20.89	1:10.99	1:19.59	1:22.09
200 BREAST	2:29.99	2:49.59	2:54.79	2:32.99	2:52.89	2:58.19
100 FLY	59.59	1:07.09	1:07.99	1:00.94	1:08.69	1:09.59
200 FLY	2:11.99	2:30.59	2:34.79	2:14.59	2:33.59	2:37.89
200 I.M.	2:12.09	2:28.89	2:32.89	2:15.09	2:32.29	2:36.39
400 I.M.	4:40.79	5:16.29	5:22.89	4:45.89	5:21.99	5:28.69

2010 TSC Men	LC Sectional Standard			Sectional Bonus standards		
	SCY	SCM	LCM	SCY	SCM	LCM
50 FREE	22.29	24.89	25.49	22.89	25.49	26.19
100 FREE	48.39	53.99	55.49	49.19	54.89	56.39
200 FREE	1:46.19	1:58.79	2:01.69	1:47.99	2:00.79	2:03.79
400/500 FREE	4:50.09	4:13.79	4:22.39	4:56.79	4:19.59	4:28.39
800/1000 FREE	9:56.49	8:42.59	9:00.99	10:05.19	8:50.19	9:08.79
1500/1650 FREE	16:46.39	16:32.19	17:05.59	17:06.19	16:51.69	17:25.69
100 BACK	55.39	1:02.29	1:04.59	56.69	1:03.69	1:05.99
200 BACK	2:00.09	2:15.49	2:20.89	2:02.99	2:18.59	2:24.09
100 BREAST	1:02.89	1:10.19	1:12.69	1:04.19	1:11.49	1:14.09
200 BREAST	2:17.69	2:34.39	2:40.59	2:21.49	2:38.49	2:44.89
100 FLY	53.59	59.89	1:00.59	54.79	1:01.09	1:01.89
200 FLY	2:01.79	2:17.09	2:21.09	2:04.09	2:19.39	2:23.59
200 I.M.	2:01.39	2:15.39	2:20.19	2:03.29	2:17.39	2:22.29
400 I.M.	4:21.39	4:51.79	5:00.49	4:25.69	4:56.49	5:05.29

SAFETY GUIDELINES AND WARM-UP PROCEDURES

APPENDIX G

WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 - 2. Lanes are **ONE WAY ONLY**.

SAFETY GUIDELINES

- A. Swimmers Responsibilities
 - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
 - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
 - 1. Swimmers should be reminded by coaches that 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 invitation.



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

- Security personnel are empowered to enforce any and all regulations that have been 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 bathing suits are not allowed to be in the grandstand, climb over banister / railings, or pass any posted barriers.
- Lawn chairs are not allowed in the CISD Natatorium seating area.
- Participants and spectators are not allowed to use other areas of the CISD Natatorium complex during this event without purchasing a pass at the Services Desk located in the facility lobby.
- 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 anywhere on Conroe School District property. This applies to the parking lot.
- Coolers are allowed, provided they do not contain glass items.
- No chewing gum, food or color based drinks will be allowed on the pool deck, water only.
- Betting and gambling is strictly prohibited.
- Shaving is not permitted anywhere within the entire CISD Natatorium Complex.
- Teams are expected to police their respective areas at the conclusion of the competition.
- Running or any other sort of activity that might be interpreted or described as "horseplay" is prohibited throughout the entire CISD Natatorium Complex.
- Diving equipment such as trampoline, spotting rigs, dry-board apparatus, and Hot Tubs are not to be used.
- The use of flash cameras at the start of any race is prohibited.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergency is prohibited.
- All participants must follow the CDC "*Healthy swimming policy*" and shower before warm-up, no exception.

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
- One photographer from each competing team
- 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: _____

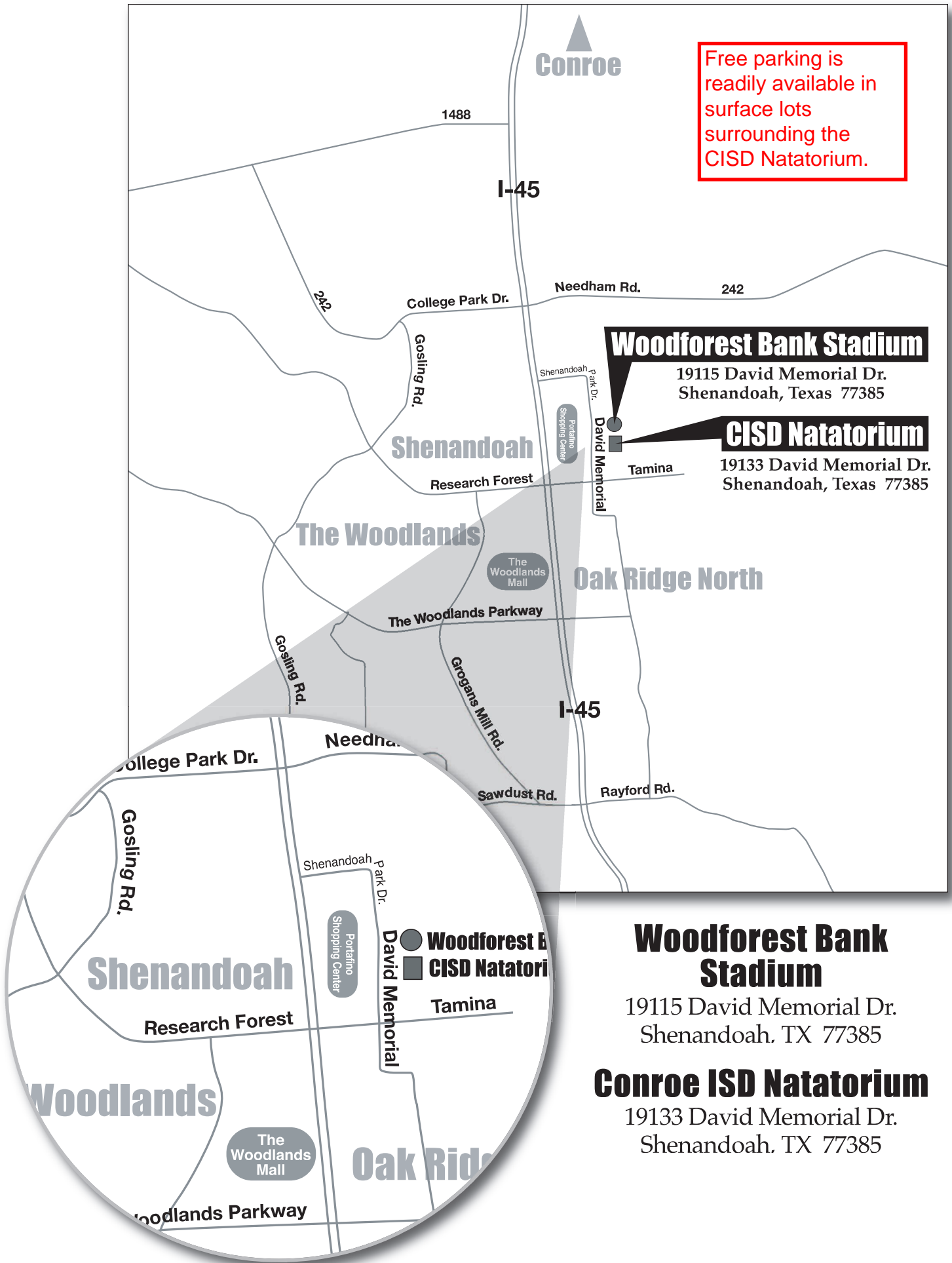
By my signature below I agree, on behalf of my organization that:

- 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





Free parking is readily available in surface lots surrounding the CISD Natatorium.

Woodforest Bank Stadium

19115 David Memorial Dr.
Shenandoah, Texas 77385

CISD Natatorium

19133 David Memorial Dr.
Shenandoah, Texas 77385

Woodforest Bank Stadium

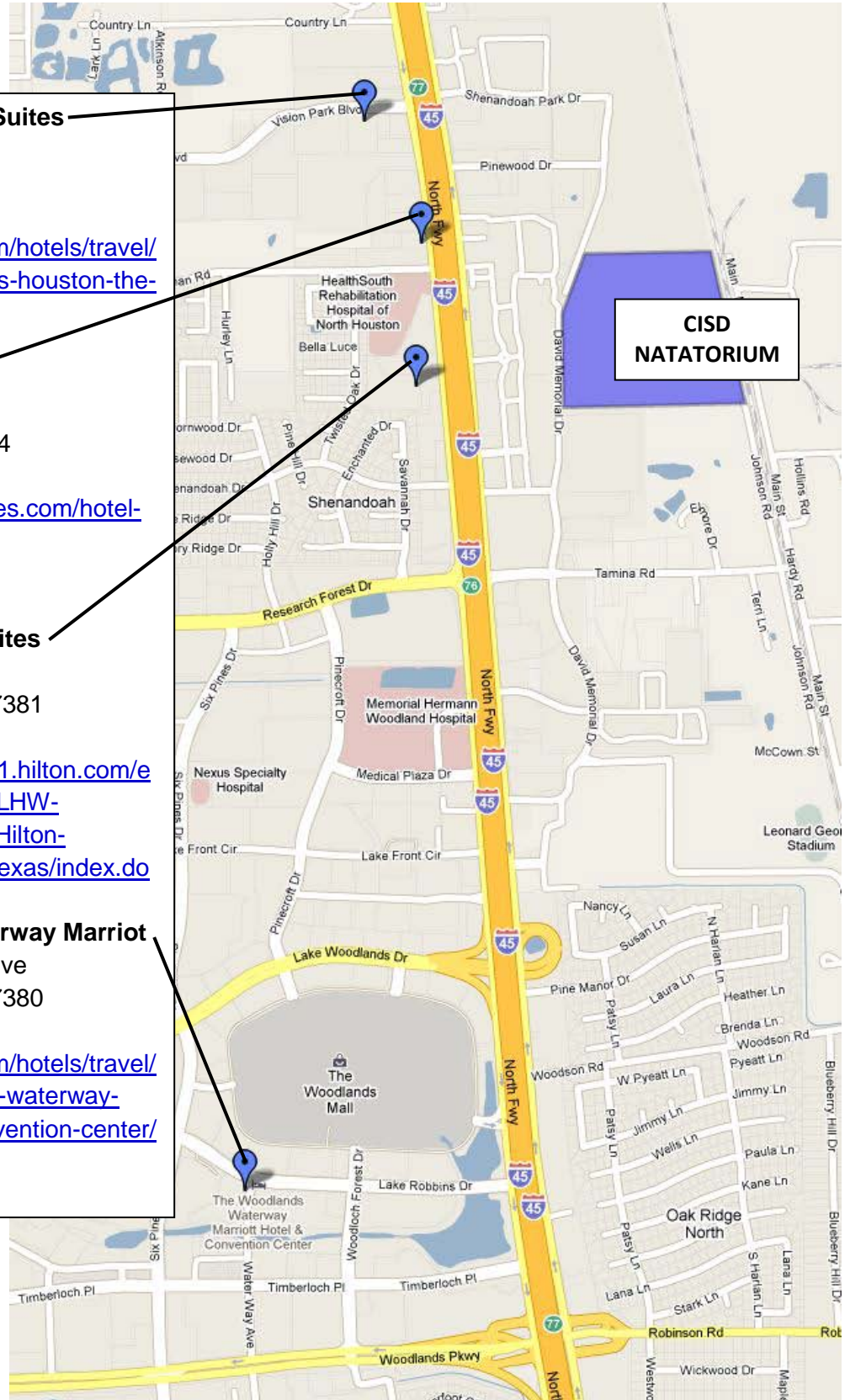
19115 David Memorial Dr.
Shenandoah, TX 77385

Conroe ISD Natatorium

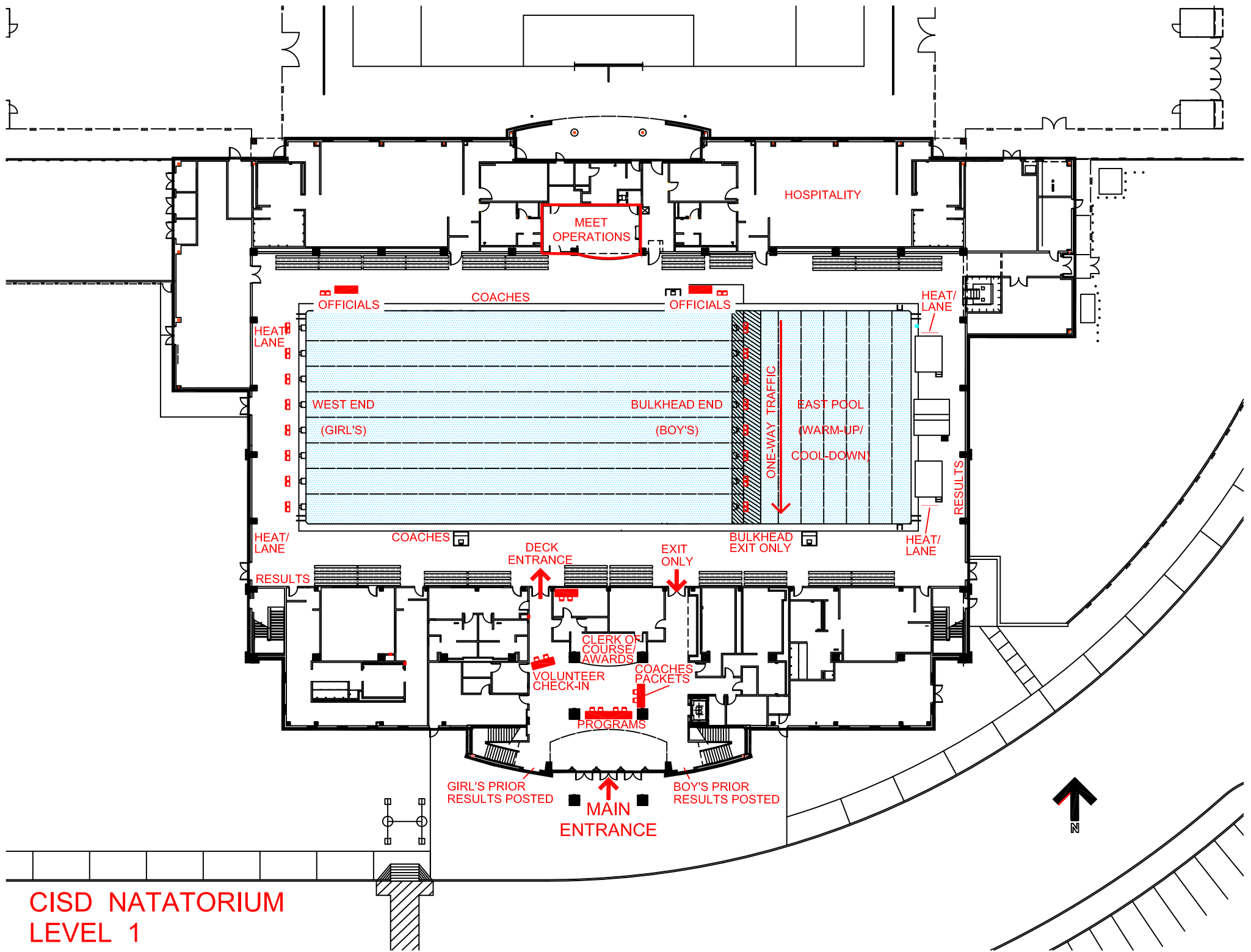
19133 David Memorial Dr.
Shenandoah, TX 77385

HOTEL SPONSORS MAP

- 1. Marriot TownePlace Suites**
107 Vision Park Blvd
Shenandoah, TX 77384
(936) 273-7772
<http://www.marriott.com/hotels/travel/houtl-towneplace-suites-houston-the-woodlands/>
- 2. Comfort Suites**
18456 Interstate 45
Shenandoah, TX 77384
(936) 273-1500
<http://www.comfortsuites.com/hotel-shenandoah-texas-TX371?promo=gglocal>
- 3. Hilton Homewood Suites**
29813 Interstate 45
The Woodlands, TX 77381
(281) 681-9199
http://homewoodsuites1.hilton.com/en_US/hw/hotel/HOUWLHW-Homewood-Suites-by-Hilton-Houston-Woodlands-Texas/index.do
- 4. The Woodlands Waterway Marriot**
1601 Lake Robbins Drive
The Woodlands, TX 77380
(281) 367-9797
<http://www.marriott.com/hotels/travel/houmw-the-woodlands-waterway-marriott-hotel-and-convention-center/>



For additional hotel and restaurant information, visit the City of Shenandoah, Convention and Visitors Bureau website at: <http://shenandoah.tx.com>



**CISD NATATORIUM
LEVEL 1**