



2012 Short Course Texas Age Group Swimming Championships



Hosted By **THE WOODLANDS SWIM TEAM**
March 8-11, 2012

Sanction No. GUSC 12-062; Time Trial Sanction No. GUSC 12-063

>> OME Entry Deadline – 6:00 PM Tuesday, February 28, 2012 <<

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.

COACHES: Head Coach: Tim Bauer; Head Age Group Coach: Shana Trabona

MEET UPDATES: Important updates and other useful information pertaining to the meet and local amenities will be available on the TWST website: www.itwst.org.

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

MEET FORMAT: This is a prelim-finals meet for all age groups with the exception of relays, 1000/1650 Freestyle events, and the 12 & Under 500 Freestyle, which will be timed finals. Preliminaries will swim in two pools unless the meet host determines one pool is more appropriate once time lines are established. Finals will swim in one pool, will include A & B heats for 11-12 & 13-14, and an A heat for 10&U. Meet timelines and changes to the pool configuration will be posted on The Woodlands Swim Team website (www.itwst.org) and Gulf Swimming website (www.gulfswimming.org) by Friday, March 2, 2012.

MEET OFFICIALS:

Referee:	John Leneave	email: swimkids@consolidated.net
Meet Director:	Jay Knaebel	email: jay@jbknaebel.com
Safety Marshal:	Jeff Perry	

OFFICIALS: Help from visiting officials is always welcome. Visiting officials are asked to email the Meet Referee with their certification level and availability so he can plan accordingly. 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 blue polo shirt over khaki pants/skirt (NO shorts), as appropriate. Application will be made for this meet to be designated a National Qualifying Meet for Officials. Applications for evaluation can be obtained from the Southern Zone website.

**GENERAL
MEETING:**

All swimmers must be represented at a pre-meet general meeting that will be held on Thursday. The meeting will be held immediately after the conclusion of Thursday's events (location within the CISD Natatorium to be announced). Any possible changes in the conduct of the meet will be decided at this meeting. It is each swimmer's and/or coach's responsibility to be aware of any decisions or changes that are made at this meeting.

**OPENING
CEREMONIES:**

There will be a short opening ceremony and parade on Friday, March 9, 2012 at 9:00 AM before the start of the preliminaries. Team representatives may carry team banners or flags. The opening ceremony will be followed promptly by the meet events. 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 Safety Guidelines and Warm-up Procedures.

ELIGIBILITY:

All swimmers, age 14 and younger, must be registered as athletes for 2012 with USA Swimming Inc. by the entry deadline and must be registered as a member of one of the five Texas Local Swimming Committees (LSC's). All swimmers must also meet the time standards established for each event he or she enters and must have achieved those times between January 1, 2011 and February 28, 2012. Swimmers who achieve a qualifying standard for the first time from Wednesday, February 29, 2012 through Sunday, March 4, 2012 may submit entries by email (see ENTRIES section). Swimmers with a Senior National cut may not swim that event or a relay leg of that stroke. Typographical and transcription errors with regards to achieved qualification times will fall under the current USA Swimming Rules and Regulations Paragraph 207.10.5. Competitors must indicate their USA Swimming number and their age, as of March 8, 2012. 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.

Swimmers may compete with a team that is registered with any of the five Texas LSC's. The team must be a member of the Texas Swimming Association (TSA) to compete for team points and awards. A swimmer may swim "unattached" if he/she is a member of an unregistered team or is ineligible to represent a team with whom they swim. Unattached swimmers must be registered with USA Swimming in one of the Texas LSCs (North Texas, Border, West Texas, Gulf, or South Texas). Unregistered teams may not enter relays in the meet. Unattached swimmers may not earn team points. All teams must comply with all TSA entry requirements. Should a team be delinquent with TSA dues and/or fines at the start of the meet, all team members will swim unattached for the duration of the meet.

**RULES AND
SANCTIONS:**

The meet will be held under the sanction of USA Swimming, Inc and Gulf Swimming, Inc. The 2011-2012 USA Swimming Rules and Regulations will govern this meet. TSA rules will apply where allowed. TSA rules prevail over any inconsistencies between TAGS Meet Information and current TSA rules.

SCRATCH RULE: Scratching for all final events is required as outlined in the current USA Swimming rules 207.12.6D and 207.12.6E. **Scratching for ALLPRELIMINARIES is required prior to the deadline stated below.** Failure to scratch an event counts as one of your seven 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	Thursday 6:00 PM
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

RELAYS:

Relays will be swum as timed final events. The 800 Freestyle relays will be swum fastest to slowest. All other relays will have the fastest heat swim in finals, with slower heats swum in preliminaries. 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. Each team must declare their desire for their relays to swim either in the preliminary session or the finals session. The fastest 8 relays that declare a preference to swim in the final's session will be seeded to swim in finals. The order of swimmers on relay teams will be strictly enforced in accordance with 102.4.7 USA Swimming Rules and Regulations. Relay only swimmers must be pre-entered in the meet to be eligible to swim relays or time trials according to TSA rules. The four (4) swimmers being used to prove the time for a relay, whether the proof is done by team or by 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: The 12&U 500 Freestyle, 1000 Freestyle, 1650 Freestyle, and all relays will be timed finals events.

The 1650 Freestyle check-in will include the option to swim during either prelims or finals. The fastest 8 girls and fastest 8 boys who check-in to swim in finals will swim during Sunday's finals. All other heats will be swum fastest to slowest as the final event in Sunday's preliminaries. There will be a 10 minute break between the last relay event and the first 1650 Freestyle heat. See ENTRIES section regarding the option to swim the 1650 Freestyle event if qualified in the 1000 Freestyle event.

The 1000 Freestyle event will be swum fastest to slowest as a Timed Final, seeded by qualification times. See ENTRIES section regarding the option to swim the 1000 Freestyle event if qualified in the 1650 Free.

ENTRIES:

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 more than one (1) relay. Time trial events will count as one of the three events allowed per day, but not for one of the seven (7) meet events.

Please note that you must scratch the events you don't want to swim by the deadline specified in the check-in section. Failure to scratch an event counts as one of your seven allowed events for the meet. Penalty for no-show counts as a 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.

All seed times should be submitted in 100ths.

Swimmers qualifying with a "non-conforming" time (long course meters or short course meters) should enter that event using the non-conforming time. This allows OME to prove a qualifying entry time. Please note that non-conforming times will be changed BY THE ENTRY CHAIR to the SCY cut before entries are seeded.

A swimmer that has the qualifying time for the 1650 Freestyle also qualifies for the 1000 Freestyle. Conversely, a swimmer who qualifies for the 1000 Free qualifies for the 1650 Free. If entering the 1000 Freestyle with the 1650 Freestyle qualification, the swimmer must enter at the 1000 Freestyle qualifying time and must provide proof of time for the 1650 Freestyle qualifying time if not entered in the 1650. If entering the 1650 Freestyle with the 1000 Freestyle qualification, the swimmer must enter at the 1650 Freestyle qualifying time and must provide proof of time for the 1000 Freestyle qualifying time if not entered in the 1000 Freestyle.

All 13-14 200 Medley Relays will enter using the 400 Medley Relay time.

ENTRY FEES:

Individual events \$10.00 per event and relays \$15.00 per relay event. A \$3.00 per swimmer surcharge will be charged per Gulf Swimming, Inc. LSC's Policies and Procedures. Time trials are \$15.00 per event. Late entries for individual/relay events are \$25.00

ENTRY PROCESS:

Entries for TAGS must be completed in USA Swimming's online meet entry (OME) system: www.usaswimming.org/OME. Entries will open in OME on January 31, 2012. A Hy-Tek file is available on The Woodlands Swim Team website (www.itwst.org) for running eligibility reports and working out relays, but teams may NOT submit entries using Hy-Tek. 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, send payment along with hard copy printouts of entries/fees from OME and a signed copy of CISD's "Healthy Swimming Policy" (attached to announcement) to the entries chair (name and address follows). Payment for entries must be made by check payable to "The Woodlands Swim Team" and should be received by March 7, 2012.

If you have trouble using OME, please contact Susan Woessner with USA Swimming swoessner@usaswimming.org or (719) 866-3589 work or (719) 332-0184 mobile.

If you have an entry question, please contact Entries Chair Brenda Gillis (see contact information below). Email is preferred.

ENTRY DEADLINE: Tuesday, February 28, 2012 @ 6:00 p.m. All payments must be mailed to the Entries Chair:

Brenda Gillis
19418 Puget Lane
Spring, TX 77388
bagillis@att.net 281-658-6368

Each team should submit one check for the total amount of the entry fees due from that team.

Entries for newly achieved times established after the entry deadline will be accepted up to 11:59 PM, Sunday, March 4, 2012. Only email entries will be accepted. Payment (\$25/event) will be due by the beginning of the meet and will be paid at the coaches' check-in. Email entries to: bagillis@att.net. Entries sent to any other email will not be accepted. Improved times of already entered events will not be accepted.

ON DECK ENTRIES: On-deck entries will be accepted no later than 30 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 cut off time, and swim in the open lanes in the first heat. A zero heat will be added if necessary, but there will be no standbys for open lanes. The late entry fee is \$25.00 per event plus a \$3.00/swimmer surcharge if applicable. 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 Swimming SWIMS database will be accepted. **NO DECK REGISTRATIONS WILL BE ACCEPTED.**

TIME TRIALS: Time Trials will be held, time permitting, for TAGS participants (name must appear on master entry sheet) between preliminaries and finals on Friday, March 9 and Saturday, March 10. Time Trials entries will be accepted from 10:00 – 11:30 AM on Friday and Saturday. There will be no time trials on Thursday or Sunday. The fee is \$15 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 Freestyle event will only be offered for Time Trial on Saturday. Time trial events count toward a swimmers total number of daily events as outlined in the Entries section. Time Trial results will be published with the Final results, however, these times cannot be considered for state records. Event order will be determined by the Time Trial Referee. Time trial swimmers must provide their own timers.

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-conforming” time (long course meters or short course meters) should enter that event using the non-conforming time. This allows OME to prove a qualifying entry time. Please note that non-conforming times will be changed BY THE ENTRY CHAIR to the SCY cut before entries are seeded.

AWARDS:

Individual Events: Medals 1st through 8th

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: A white flag with red printing 3’ x 2’ in size 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.

SCORING:

All events will be scored by age groups.

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

Relays 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 performance that does not meet or better the minimum time standard for that event. However, the swimmer is entitled to the individual award if the swimmer can prove that he/she has met the qualifying time.

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.

TIMERS:

Each team entered in the meet will be requested to provide timers for the preliminary sessions (timers will be provided for Thursday evening and all finals sessions). Team timing requests will be made on a pro-rata basis. Each team will be requested to provide 1 timer for every 10 swimmers entered in the meet. Team timing requests will be posted on line 3 days before the meet at www.itwst.org, www.gulfswimming.org, and printed in the heat sheet. Timer signup sheets will be posted in the main lobby at the volunteer check-in desk. Swimmers in the 500 Freestyle event and the 1000 Freestyle event must provide one lap counter if desired (timers will be provided by TWST). Swimmers in the 1650 Freestyle event must provide one timer and may provide one counter if desired.

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 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 \$10.

AUDIO/VISUAL RECORDING

DEVICES:

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**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:
HOSPITALITY:**

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

Final meet results will be posted at: <http://www.gulfswimming.org>
Live meet results will be available at: www.itwst.org
Live video webcast of Fri-Sat-Sun finals will be available at www.itwst.org

**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.

SCHEDULE:

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

Thursday, March 8

3:00 to 9:00 PM	Pool open for warm-up
3:30 to 4:45 PM	Warm-up for 1000 & 500 Freestyle
4:00 PM	Check-in due to Clerk of Course for today's session.
5:00 PM	Thursday session starts
6:00 PM	Positive check-in/scratches for all Friday events and Friday relay cards are due.
End of Session	General Meeting

Friday, March 9

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	Opening Ceremonies
After parade	Friday Prelims session starts
10:00 to 11:30 AM	Friday time trial entries accepted
End of Prelims	All Star Committee meeting
3:30 to 4:30 PM	General warm-up
4:30 to 5:20 PM*	Finalist warm-up only
5:30 PM	Finals session starts
6:00 PM	Positive check-in/scratch for all Saturday events and Saturday relay cards are due

Saturday, March 10

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
10:00 to 11:30 AM	Saturday time trial entries accepted
End of Prelims	TAGS Committee meeting
3:30 to 4:30 PM	General warm-up
4:30 to 5:20 PM*	Finalist warm-up only
5:30 PM	Finals session starts
6:00 PM	Positive check-in/scratch for all Saturday events and Saturday relay cards are due

Sunday, March 11

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	Sunday prelims session starts
4:30 to 5:20 PM*	Finalist warm-up only
5:30 PM	Finals session starts

* There will be a minimum two hour break between the end of the prelim session and the start of warm-ups for the finals session. The finals session warm-up will start no earlier than 4:30 PM but may start later, based on the end of the prelim session.

Warm-up Schedule:

	Friday	Saturday	Sunday
7:00 to 7:30 AM	Group 1	Group 2	Group 3
7:30 to 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		

Group 1
North Texas
Border

Group 2
West Texas
Gulf (Except TWST)

Group 3
South Texas
The Woodlands

A dedicate warm-up area for 10&U swimmers will be provided.

ORDER OF EVENTS

Thursday, March 8, 2012
Timed Finals

Girls						Boys		
<u>Event</u>	<u>LCM</u>	<u>SCY</u>	<u>Age</u>	<u>Dist</u>	<u>Stroke</u>	<u>LCM</u>	<u>SCY</u>	<u>Event</u>
1 *	9:45.19	10:53.99	13-14	1000	Free	9:18.09	10:20.39	2 *
3 **	5:31.49	6:13.89	10&U	500	Free	5:36.19	6:16.39	4 **
5 **	4:57.69	5:34.49	11-12	500	Free	4:57.69	5:29.69	6 **
7 ***	9:26.59	8:13.99	13-14	800	Free Relay	9:06.49	7:54.69	8 ***

Pool Assignment

All Events: Girls will swim in West Pool, Boys in East Pool

* Timed final. Must provide lap counter (timers provided by TWST). Will swim fastest to slowest.

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Friday, March 9, 2012

Girls						Boys		
<u>Event</u>	<u>LCM</u>	<u>SCY</u>	<u>Age</u>	<u>Dist</u>	<u>Stroke</u>	<u>LCM</u>	<u>SCY</u>	<u>Event</u>
9	2:47.09	2:27.09	11-12	200	Fly	2:48.79	2:27.49	10
11	1:09.59	1:00.99	13-14	100	Fly	1:05.29	0:57.09	12
13	1:37.89	1:24.89	10&U	100	Breast	1:39.99	1:26.79	14
15	1:26.59	1:14.89	11-12	100	Breast	1:25.69	1:15.09	16
17	1:22.29	1:11.49	13-14	100	Breast	1:15.49	1:05.29	18
19	2:38.49	2:20.99	10&U	200	Free	2:39.09	2:21.99	20
21	2:21.96	2:06.59	11-12	200	Free	2:20.69	2:04.59	22
23	2:15.39	1:58.79	13-14	200	Free	2:07.99	1:51.99	24
25	0:39.59	0:34.59	10&U	50	Back	0:39.99	0:34.99	26
27	0:35.19	0:30.79	11-12	50	Back	0:35.49	0:30.69	28
29	1:11.59	1:01.79	13-14	100	Back	1:07.39	0:58.79	30
31	NA	1:15.19	10&U	100	IM	NA	1:15.49	32
33	NA	1:06.59	11-12	100	IM	NA	1:06.79	34
35	5:28.59	4:46.49	13-14	400	IM	5:09.89	4:29.79	36
37 *	5:13.59	4:40.89	10&U	400	Free Relay	5:25.29	4:43.09	38 *
39 *	4:37.19	4:02.09	11-12	400	Free Relay	4:39.69	4:02.49	40 *
41 *	4:20.29	3:47.09	13-14	400	Free Relay	4:04.69	3:34.89	42 *

Pool Assignment

Prelim Events: Girls will swim in West Pool, Boys in East Pool

Finals: All events will swim in East pool

* Relays are timed final events. Fastest 8 relays will swim in finals.

Saturday, March 10, 2012

Girls						Boys		
<u>Event</u>	<u>LCM</u>	<u>SCY</u>	<u>Age</u>	<u>Dist</u>	<u>Stroke</u>	<u>LCM</u>	<u>SCY</u>	<u>Event</u>
43 *	See Note	See Note	13-14	200	Medley Relay	See Note	See Note	44 *
45 *	2:21.39	2:03.49	11-12	200	Medley Relay	2:23.89	2:04.49	46 *
47	1:26.79	1:14.89	10&U	100	Fly	1:26.69	1:16.39	48
49	2:36.89	2:17.59	13-14	200	Fly	2:27.19	2:08.99	50
51	1:15.59	1:05.49	11-12	100	Back	1:15.99	1:05.49	52
53	3:01.49	2:40.59	10&U	200	IM	3:01.99	2:43.09	54
55	2:43.39	2:23.19	11-12	200	IM	2:39.89	2:21.99	56
57	0:28.89	0:25.49	13-14	50	Free	0:26.99	0:23.69	58
59	0:33.59	0:29.59	10&U	50	Free	0:33.09	0:29.69	60
61	0:30.19	0:26.99	11-12	50	Free	0:29.69	0:26.49	62
63	2:57.39	2:33.69	13-14	200	Breast	2:45.29	2:22.09	64
65	0:45.49	0:39.09	10&U	50	Breast	0:45.69	0:40.29	66
67	3:07.49	2:42.59	11-12	200	Breast	3:05.59	2:43.69	68
69	4:43.79	5:15.69	13-14	500	Free	4:31.69	5:00.49	70
71	1:13.39	1:05.19	11-12	100	Fly	1:13.59	1:05.39	72
73 *	2:20.39	2:05.59	10&U	200	Free Relay	2:25.39	2:07.09	74 *
75 *	1:59.29	1:44.69	13-14	200	Free Relay	1:50.69	1:39.39	76 *
77 *	2:04.59	1:50.59	11-12	200	Free Relay	2:04.59	1:50.29	78 *

Pool Assignment

Prelim Events: Girls will swim in West Pool, Boys in East Pool

Finals: All events will swim in East pool

* Relays are timed final events. Fastest 8 relays will swim in finals.

Note: 13-14 200 Medley Relay must enter with the 400 Medely Relay time.

Sunday, March 11, 2012

Girls						Boys		
<u>Event</u>	<u>LCM</u>	<u>SCY</u>	<u>Age</u>	<u>Dist</u>	<u>Stroke</u>	<u>LCM</u>	<u>SCY</u>	<u>Event</u>
79	0:39.79	0:35.09	11-12	50	Breast	0:39.39	0:34.59	80
81 **	18:55.69	18:23.99	13-14	1650	Free	18:14.69	17:38.09	82 **
83	1:25.19	1:14.39	10&U	100	Back	1:24.99	1:15.19	84
85	2:41.29	2:20.89	11-12	200	Back	2:41.19	2:19.99	86
87	2:33.39	2:12.49	13-14	200	Back	2:24.19	2:06.09	88
89	1:13.79	1:05.29	10&U	100	Free	1:13.39	1:05.19	90
91	1:05.49	0:58.19	11-12	100	Free	1:04.99	0:57.39	92
93	1:02.59	0:55.19	13-14	100	Free	0:58.49	0:51.69	94
95	0:37.19	0:33.09	10&U	50	Fly	0:37.59	0:33.19	96
97	2:33.99	2:15.59	13-14	200	IM	2:25.09	2:06.89	98
99	0:32.89	0:29.49	11-12	50	Fly	0:32.79	0:29.29	100
101 *	2:43.59	2:22.69	10&U	200	Medley Relay	2:47.49	2:25.69	102 *
103 *	4:53.49	4:15.59	13-14	400	Medley Relay	4:37.79	3:58.89	104 *
105 *	5:11.79	4:31.99	11-12	400	Medley Relay	5:16.09	4:30.29	106 *

Pool Assignment

Prelim Events: Girls will swim in West Pool, Boys in East Pool

Finals: All events will swim in East pool

* Relays are timed final events. Fastest 8 relays will swim in finals.

** Timed Finals. Fastest heat swims in finals in event order. All other heats swim at the end of Prelims, after event 106, **fastest to slowest**. Swimmers must provide two timers and a lap counter.

SAFETY GUIDELINES AND WARM-UP PROCEDURES

WARM-UP PROCEDURES

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

SAFETY GUIDELINES

- A. Swimmers Responsibilities
 - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
 - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
 - 1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
 - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
 - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
 - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 - 6. All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
 - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
 - 2. Glass containers are prohibited.
 - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.

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 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 • 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

**The Woodlands Swim Team ("TWST")
Gold Sponsors – Hotels
(Map on next page)**

Candlewood Suites

17525 St. Lukes Way
The Woodlands, TX 77384
936-271-2100

www.candlewoodsuites.com

Search: Candlewood Suites – The Woodlands

Homewood Suites by Hilton

29813 I-45 North
The Woodlands, TX 77381
281-681-9199

www.houstonwoodlands.homewoodsuites.com

The Hilton Garden Inn - The Woodlands

9301 Six Pines Drive
The Woodlands, TX 77380
281-364-9300

www.houstonthewoodlands.stayhgi.com

Days Inn

29007 I-45 North
The Woodlands, TX 77381
281-363-3933

www.daysinn.com/hotel/33117

***Please mention reference code, "TWST", when making
reservations. Thank you!***

Please visit the following websites for additional lodging information:

Shenandoah, TX Convention and Visitors Bureau

<http://www.shenandoahtxcvb.com/Hotels.cfm>

The Woodlands, TX Convention and Visitors Bureau

<http://www.thewoodlandscvb.com/pages/Home/WhereToStay/tabid/60/Default.aspx>

Candlewood Suites
17525 St. Lukes Way
The Woodlands, TX 77384
936-271-2100

Homewood Suites by Hilton
29813 I-45 North
The Woodlands, TX 77381
281-681-9199

Days Inn
29007 I-45 North
The Woodlands, TX 77381
281-363-3933

The Hilton Garden Inn
9301 Six Pines Drive
The Woodlands, TX 77380
281-364-9300

Natatorium

**The Woodlands Swim Team
Gold Sponsor Hotels**

