



# 2009 Southern Zone Senior LC Championships

## A LONG COURSE METERS PRELIM/FINALS MEET

Hosted By

**THE WOODLANDS SWIM TEAM**

**August 4 - 8, 2009**

**Championship Sanction No. GULC 09-020**

**Time Trial Sanction No. GULC 09-021**

- LOCATION:** CISD Natatorium, 19133 David Memorial Drive, Shenandoah, Texas 77385
- DIRECTIONS:** From I45 North exit Research Forest, From I45 South exit Research Forest/Tamina. At the intersection of I45 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.
- COACHES:** Head Coach: Tim Bauer, Assistant Head Coach: Scott MacFarland, Director of Swim Development: Valerie Nichols, Head Age Group Coach: Shana Trabona, Age Group Coaches: Brad Radford, Trent Trabona
- POOL:** 50 Meter, 8 lane indoor competitive pool with non-turbulent lane lines. The 25 Yard diving well will be available during the meet for warm-ups/warm-down.
- TIME AND DATE:** This is a prelim-finals meet with the exception of relays and the 800/1500 freestyle events, which will be timed finals. Finals will consist of A, B, and C heats. If approved at the General Meeting, finals heats for individual events 200 meters and shorter may be extended to include and addition (D) finals heat.

<b>Tuesday</b>	<b><u>General Meeting</u></b>	1:00 – 2:00 PM
	<b><u>Scratch Deadline – 800 Freestyle</u></b>	2:15 PM
	<b><u>Timed Finals</u></b> - General Warm-up 2:30 – 3:45 PM	Meet Starts 4:00 PM
	<b><u>Scratch Deadline – Wednesdays events</u></b>	4:30 PM
<b>Wednesday</b>	<b><u>Prelims</u></b> - General Warm-up 7:00 – 8:45 AM	Meet Starts 9:00 AM
	<b><u>Finals</u></b> Warm-up 4:30 – 5:45 PM	Meet Starts 6:00 PM
	<b><u>Scratch Deadline – Thursdays events</u></b>	6:30 PM
<b>Thursday</b>	<b><u>Prelims</u></b> - General Warm-up 7:00 – 8:45 AM	Meet Starts 9:00 AM
	<b><u>Scratch Deadline - 400 IM</u></b>	8:30 AM
	<b><u>Finals</u></b> - Warm-up 4:30 – 5:45 PM	Meet Starts 6:00 PM
	<b><u>Scratch Deadline – Fridays events</u></b>	6:30 PM
<b>Friday</b>	<b><u>Prelims</u></b> - General Warm-up 7:00 – 8:45 AM	Meet Starts 9:00 AM
	<b><u>Scratch Deadline - 400 Free</u></b>	8:30 AM
	<b><u>Finals</u></b> - Warm-up 4:30 – 5:45 PM	Meet Starts 6:00 PM
	<b><u>Scratch Deadline – Saturdays events</u></b>	6:30 PM
<b>Saturday</b>	<b><u>Prelims</u></b> - General Warm-up 7:00 – 8:45 AM	Meet Starts 9:00 AM
	<b><u>Scratch Deadline – 1500 Free</u></b>	9:00 AM
	<b><u>Finals</u></b> - Warm-up 4:30 – 5:45 PM	Meet Starts 6:00 PM

**TIME TRIAL:** Time Trials will be held, time permitting, for Senior Zone Championships participants between preliminaries and finals on Thursday August 6<sup>th</sup>. Time Trial entries will be accepted from 9:00 - 11:00 AM on Thursday. There will be no time trials on Tuesday, Wednesday, Friday or Saturday. The fee is \$15.00 per event. Time trial events count toward a swimmers total number of events as outlined in the Entries section. Time Trial results will be published with the Final Results. Event order will be determined by the Time Trial Referee. Time Trial Sanction number is GULC 09-021.

**GENERAL MEETING:** All swimmers must be represented at a general meeting to be held August 4, 2009 at 1:00 PM in the hospitality room located in the east locker room adjacent to the meet operations center. Any changes to the conduct of the meet will be decided at his meeting. It is each swimmer and coach's responsibility to be aware of any changes made during this meeting.

**MEET OPERATION:** This meet may be run using chase starts from each end of the pool for preliminary heats in an effort to maximize the amount of time between the prelim and finals session each day.

**MEET REFEREES:** Rick Kehlenbach (281)-376-9428 email: [rkehlenbach@comcast.net](mailto:rkehlenbach@comcast.net)

**MEET DIRECTORS:** Eric Amundsen (281) 681-9430 email: [ejamundse@comcast.net](mailto:ejamundse@comcast.net)  
Mike Manning (281) 705-7930 email: [mike@napcochemical.com](mailto:mike@napcochemical.com)  
Pat Norris (713) 817-2319 email: [patnorris@consolidated.net](mailto:patnorris@consolidated.net)

**SAFETY MARSHAL:** Heidi Allan

**SAFETY GUIDELINES  
AND WARM-UP  
PROCEDURES:**

See attached Safety Guidelines and Warm-up Procedures.

**SEEDING:** The 400 IM, 400, 800 and 1500 freestyle and all relays will be deck-seeded events. Entrants in the 400 IM, 400, 800 and 1500 freestyle events and all relays must check in and confirm their intention to compete prior to the scratch deadline in order to be seeded.

- (1) Seeded heats for the 800 freestyle shall be published and available at approximately 3:00 PM on Tuesday, August 4<sup>th</sup>.
- (2) Seeded heats for the 1500 freestyle shall be published and available at approximately 11:00 AM Saturday, August 8<sup>th</sup>.

For individual event distances 400 and less, the events will be pre-seeded with heats organized according to USA Swimming Rules 102.5. Seeding individual events shall be as follows:

- (1) All conforming times will be arranged in time order.
- (2) Non-conforming short course meter times will be arranged in time order followed by non-conforming yard times.
- (3) Conforming bonus times will be arranged in time order after the times that meet the qualifying standards, in the precedence specified in (2) above.
- (4) Non-conforming bonus times will be arranged in time order after the times that meet the qualifying standard and after conforming bonus times, in the precedence specified in (2) above.
- (5) After arranging the times as provided above, the event will be seeded in normal fashion.

**CHECK-IN/SCRATCH  
PROCEDURES:**

**Deck-Seeded Events:** Positive check-in is required for the 400 IM, 400, 800 and 1500 freestyle events and all relays. Check-in sheets will be posted prior to the start of warm-ups on the day of the event and will be removed 30 minutes prior to the start of the session. Those athletes not checked-in by the deadline will be scratched from the event. Only the swimmer or his/her coach may check-in or scratch a swimmer. If swimming an event, the swimmer or his/her coach shall circle the name of the swimmer and place their initials next to the swimmer's name.

**Pre-Seeded Events:** Scratches for pre-seeded events shall be confirmed by properly filling out a scratch card and placing it in the scratch box prior to the scratch deadline. The scratch box is

located at the Clerk of Course. Scratches will be accepted prior to the start of the meet by email to Scott Meyers at: [Meyers\\_family5@sbcglobal.net](mailto:Meyers_family5@sbcglobal.net) Empty lanes in pre-seeded events will be filled with on-deck entries.

**Relays:** Teams may enter a maximum of two (2) entries per relay event. Relays will be deck seeded Timed Finals and will swim slowest to fastest during Finals. Relay cards will be distributed in coaches' packets (available Tuesday morning). Cards must be completely and properly filled out and submitted to Clerk of Course by **5:30pm on the day of the event**. The cards will remain with Clerk of Course and heat sheets will be distributed and posted as soon as possible. Each card must contain the first and last names and ages for all swimmers eligible to compete (there is no limit to the number of eligible swimmers). The competing swimmers must be listed in the order in which they will swim. Any changes in the names of the competing swimmers or their order of swimming must be declared to the lane timer prior to the start of the heat in which the relay is entered. Relay cards not received by the deadline will be considered scratches.

**Finals:** The 2009 USA Swimming National Scratch rules will be used during the meet. Swimmers qualifying for finals or consolation finals have 30 minutes to scratch. Qualifying swimmers must notify the Clerk of Course within 30 minutes of the announcement of the qualifiers for that final that they may not compete by completing the Intent to Scratch Form. They must declare their final intention to scratch by making a declaration at the Clerk of Course table within 30 minutes following the posting of the last preliminary event of the session.

**PENALTIES:**

**Deck-Seeded Events:** Failing to swim an event after a positive check-in will result in the swimmer being barred from his/her next event.

**Failure to swim Finals:** Any swimmer failing to properly scratch and failing to compete in the bonus, consolation finals and finals shall be barred from the remainder of the meet unless relieved for good cause by the Meet Referee.

**ENTRY  
INFORMATION:**

**Entry Times:** Times must be from USA swimming meets. Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y), short course meters (S), or long course meters (L). There are to be no conversions from yard to meters or meters to yards. 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).

Long course meters shall be the conforming course for this long course championship meet and events shall be seeded with conforming times first, followed by non-conforming short course meter times followed by non-conforming short course yard times. Swimmers may not enter with a NO TIME (NT).

**Qualifying Times:** See Times Standards – attached

**Bonus Events:** Swimmers qualified for this meet are permitted to enter one Bonus Event for each qualified event up to a maximum of two Bonus Events. Swimmers must enter the bonus event with their best time.

**Cut-off Times:** Any swimmer who has achieved the current 2009 US Open qualifying time in any event (LCM, SCM, SCY) prior to the entry deadline is ineligible to compete in the 2009 Southern Zone Senior Championships.

**Age:** Swimmers 19 years of age and younger. Swimmer's age as of August 4, 2009 will determine his or her age for the entire meet.

**Entry Qualification Period:** April 1, 2008 to August 3, 2009

**Number of Events:** Swimmers may compete in up to two (2) individual events per day (including time trials and bonus events) and up to one (1) relay per day. Swimmers may compete in a total of

six (6) individual events for the meet (including time trials and bonus events).

**Deadline:** Entries must be in the hands of the Meet Entry Chairman not before Monday, July 6, at 8:00am CST and no later than 11:59pm Monday, July 27, 2009. Emailed entries will be accepted for swims achieved between 12:00 midnight July 28, 2009 through 12:00 noon CST Monday August 3, 2009. No updated times will be allowed. 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 Chairperson:

Scott Meyers  
34 N. Provence Circle  
The Woodlands, Texas 77382  
Phone: (281) 296-2232  
Email: [Meyers\\_family5@sbcglobal.net](mailto:Meyers_family5@sbcglobal.net)

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

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

**ELIGIBLE TEAMS:** This meet is open to all swimmers in the Southern Zone age 15-19 years of age. Swimmer's age as of August 4, 2009 will determine his or her age for the entire meet. Only USA Swimming registered athletes are eligible. All swimmers must be registered prior to competing. Entries listed as "registration applied for" will not be accepted.

Any swimmer who has achieved the current US Open qualifying time in any event (LCM, SCM, SCY) prior to the entry deadline is ineligible to compete in the 2009 Southern Zone Senior Championships.

**Fees:** \$7.50 per individual event, \$15.00 per relay entry. Make checks payable to TWST. Entry fees must accompany entries, if delivered by any method other than email.

**AWARDS:** **Individual events:** USS medals for 1<sup>st</sup> – 8<sup>th</sup> place finishers, ribbons for 9<sup>th</sup> – 16<sup>th</sup> place

**Relays:** USS medals for 1<sup>st</sup> – 8<sup>th</sup> place, ribbons for 9<sup>th</sup> – 16<sup>th</sup> place

Awards for Top 8 will be presented immediately following the conclusion of the Championship Final (A Final) of each event.

**SCORING:** Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 (1st thru 16<sup>th</sup> place for individual events). The B consolation heats score as detailed above.

Relays events: score double points: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 (1st thru 16<sup>th</sup> place for relays).

**RULES &  
SANCTIONS:**

The meet will be held under the sanction of USA Swimming and Gulf Swimming. The 2009 USA Swimming and Gulf Swimming rules will apply. No entries can be accepted unless the entrant is either USA Swimming registered or certified by USA Swimming.

**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.

**TIMING SYSTEM:** The Daktronics Omni Sport 2000 automatic timing system with electronic scoreboard will be used. One semi-automatic button and two manual watches per lane will be used as a back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be published in the psych sheet. Swimmers in the 800 and 1500 Freestyle events must provide 2 timers and a lap counter.

**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".**

**PROOF OF TIME:** Proof of entered times will be administered in accordance with USA Swimming Rules 207.8.

**SWIMMERS WITH DISABILITIES:**

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

**CONCESSIONS:** A concession stand will be open during the meet.

**HOSPITALITY:** A hospitality room will be available.

**MERCHANDISE:** Swim Shops of the Southwest will be at the meet selling swim apparel and swim gear.

**MEET RESULTS:** Meet results will be posted on the Gulf Swimming website at: <http://www.gulfswimming.org> and at the TWST website at [www.woodlandsswimming.org](http://www.woodlandsswimming.org) three days after the final day of the meet.

**ATTACHMENTS:**

Meet Format  
Schedule of Events and Qualifying Times  
Gulf Safety Guidelines and Warm-up Procedures  
The CISD Natatorium Rules, Regulation, Prohibitions, and Deck Access  
CISD Healthy Swimming Policy  
Entry Verification Form  
Hotel Listing  
Map and Directions  
Official Meet Entry Form

**SPECIAL OPERATIONS NOTES:**

This meet may be run utilizing chase starts during the prelim sessions. A final decision as to protocol to be used will be made during the Tuesday General Meeting and will be dependent on the number of entries and resulting timeline.

**Distance Events – Competition Protocols**

All **Relays** will be timed final events and will swim during each day's finals session. Relay heats will swim slowest to fastest and in event order

The **800 Freestyle (events 1 and 2)** is a timed final event. All heats will be swum, fastest to slowest, alternating women and men heats. Swimmers must provide their own timers (2) and lap counter. **Check-in deadline is 2:15 PM Tuesday.**

The **1500 Freestyle (event 31 and 32)** is a timed final event. The fastest 8 women and the fastest 8 men, who check-in and do not elect to swim in prelims, will swim during Saturday's finals. All other heats will be swum, fastest to slowest, alternating women and men, as the last event of Saturday's prelim session. Swimmers must provide their own timers and lap counters during the prelim session heats. **Check-in deadline is 9:00 AM Saturday.**

**400 IM and 400 Free:** These events will be swum as prelim/finals events. In prelims, these events will be swum slowest to fastest with international seeding for the fastest three heats.

### **General Meeting**

A general meeting will be held Tuesday, August 4, 2009 at 1:00 pm in the hospitality room. Items to be discussed will include but not be limited to:

1. Addition of another consolation finals heat (D) for 200 meter and less events.
2. Use of chase starts base on size and timeline of the meet
3. Scratch procedures
4. Check-in deadlines
5. Distance event and relay protocols

# Meet Format

## Southern Zone Senior Long Course Championships Hosted by The Woodlands Swim Team Tuesday, August 4<sup>th</sup> – Saturday August 8<sup>th</sup>, 2009

Entry Rules:	Type of meet Max # individual events per day Max # individual events - meet Swimmers eligible from the following teams:  Entry times in Qualifying times Cut-off times Enter with "no time"? Fees	Prelim/Finals Two (2) Six (6) All USA Swimming Southern Zone Teams & Swimmers Any, seeded per National Rules Per Event Schedule 2009 US Open No Individual \$7.50 Relay \$15.00
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### Meet Schedule and Qualifying Times

#### Tuesday August 4<sup>th</sup>, 2009

Women's				Event	Men's			
Event #	LCM	SCM	SCY		SCY	SCM	LCM	Event #
1	09:30.8	09:21.3	10:41.3	800/1000 Free	10:02.2	08:47.0	08:59.3	2

All heats of the 800 Freestyle will be swum fastest to slowest alternating women's and men's heats.

#### Wednesday August 5<sup>th</sup>, 2009

Women's				Event	Men's			
Event #	LCM	SCM	SCY		SCY	SCM	LCM	Event #
3	01:01.49	01:00.09	:54.49	100 Free	:49.49	:54.69	:56.59	4
5	02:46.39	02:41.19	02:25.89	200 Breast	02:14.49	02:28.69	02:36.09	6
7	02:27.29	02:22.39	02:08.89	200 Back	01:58.59	02:11.09	02:15.59	8
9	02:25.69	02:22.99	02:09.39	200 Fly	01:59.49	02:12.09	02:14.99	10

#### Thursday August 6<sup>th</sup>, 2009

Women's				Event	Men's			
Event #	LCM	SCM	SCY		SCY	SCM	LCM	Event #
11	02:11.89	02:08.99	01:56.79	200 Free	01:47.59	01:58.89	02:02.89	12
13	05:14.09	05:06.79	04:37.69	400 IM <sup>1</sup>	04:17.89	04:44.99	04:53.09	14
15				800 FR				16

All relays will swim in Finals. Relay heats will swim slowest to fastest and in event order. Relay check-in deadline is 5:30 PM Thursday.

<sup>1</sup> Check-in deadline for the 400 IM is 8:30 AM Thursday Morning

Friday August 7 <sup>th</sup> , 2009									
Women's				Event	Men's				
Event #	LCM	SCM	SCY		SCY	SCM	LCM	Event #	
17	01:08.39	01:04.99	:59.69	100 Back	:54.79	01:00.49	01:03.29	18	
19	04:36.99	04:32.39	05:11.29	400/500 Free <sup>1</sup>	04:50.59	04:14.29	04:20.09	20	
21	01:17.69	01:14.99	01:07.79	100 Breast	01:01.79	01:08.19	01:11.39	22	
23	01:06.59	01:05.69	:59.39	100 Fly	:53.89	:59.49	01:00.69	24	
25				400 FR				26	

All relays will swim in Finals. Relay heats will swim slowest to fastest and in event order. Relay check-in deadline is 5:30 PM Friday.

<sup>1</sup> Check in deadline for the 400 IM is 8:30 AM Friday Morning

Saturday August 8 <sup>th</sup> , 2009									
Women's				Event	Men's				
Event #	LCM	SCM	SCY		SCY	SCM	LCM	Event #	
27	02:29.89	02:25.59	02:11.79	200 IM	02:01.09	02:13.79	02:19.69	28	
29	:28.49	:27.79	:25.09	50 Free	:22.69	:25.09	:25.79	30	
31	18:20.39	17:47.79	17:54.09	1500/1650 Free	16:50.49	16:44.59	17:13.29	32	
33				400 MR				34	

For the 1500 Freestyle check-in, swimmers may elect to swim the event during prelims. The fastest 8 women and the fastest 8 men who check-in for each event, and who do not elect to swim in prelims, will swim during finals. All other heats of the 1500 Freestyle will be swum as the last heats in Prelims, fastest to slowest alternating women and men.

All relays will swim in Finals. Relay heats will swim slowest to fastest and in event order. Relay check-in deadline is 5:30 PM Saturday

## 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.

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\_\_\_\_\_  
**Head Coach Signature**

\_\_\_\_\_  
**Date**

## ENTRY VERIFICATION

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the on deck coaches have met the current certification requirements.

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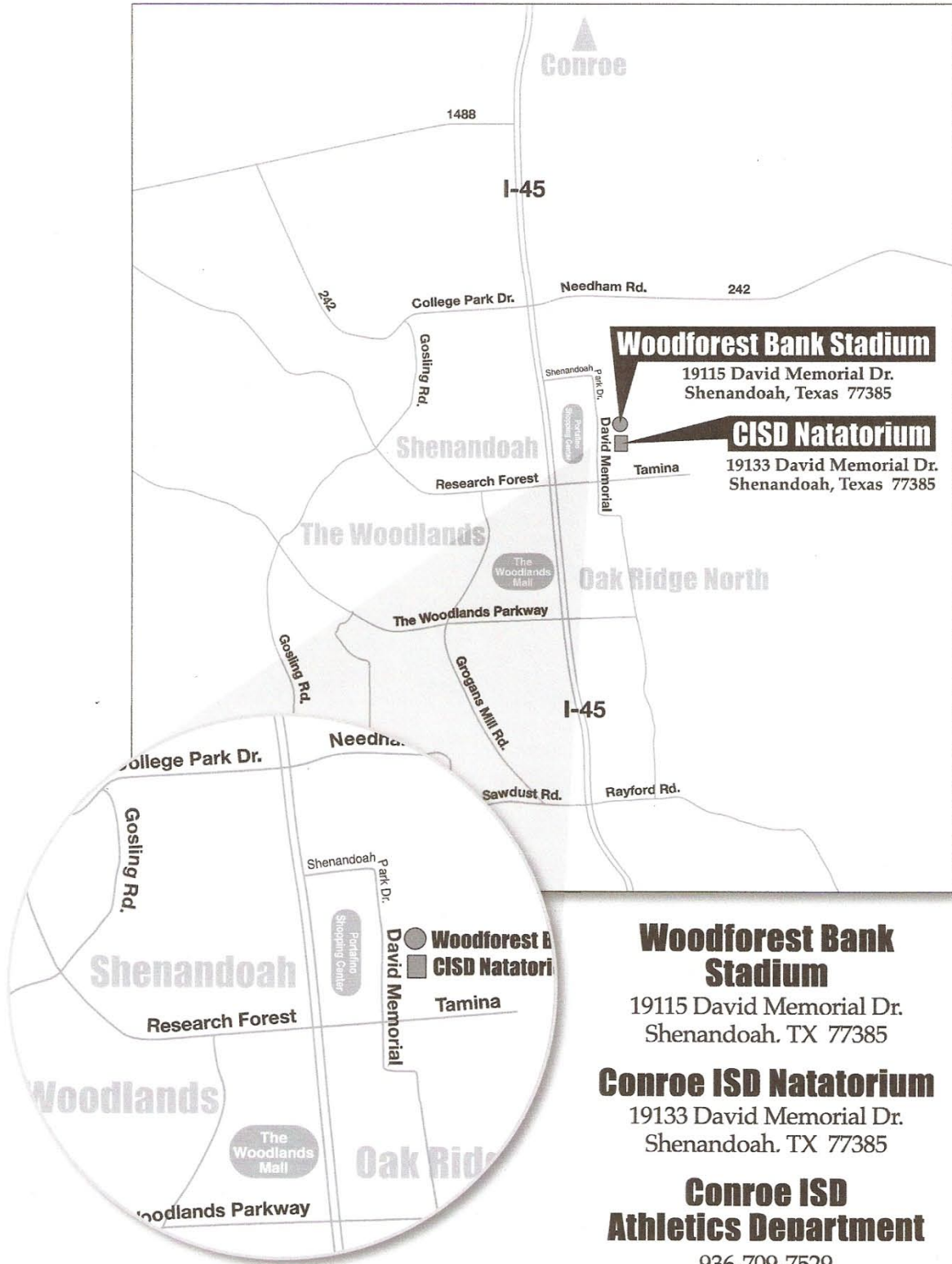
Signature

---

Title

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Date



**Woodforest Bank Stadium**

19115 David Memorial Dr.  
Shenandoah, Texas 77385

**CISD Natatorium**

19133 David Memorial Dr.  
Shenandoah, Texas 77385

**Woodforest Bank Stadium**

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**Conroe ISD Natatorium**

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**Conroe ISD Athletics Department**

936-709-7529

