

# Gulf Swimming Senior Championships

July 15 - 17, 2022

A Long Course Meters Prelims / Finals Meet

HOSTED BY

The Woodlands Swim Team



Sanction Number # GU-LC-##-###

**ENTRIES DUE TO THE HOST (twstmeetentries@gmail.com) BY 11:59 PM, FRIDAY, JULY 1, 2022**

**LOCATION:** CISD Natatorium, 19133 David Memorial Drive, Shenandoah TX 77385

**MEET STAFF:**

<b>MEET REFEREE:</b>	Claude Humbert <a href="mailto:claud_humbert@sbcglobal.net">claud_humbert@sbcglobal.net</a>
<b>ADMIN OFFICIAL:</b>	Manoj Desai <a href="mailto:manoj.desai@sbcglobal.net">manoj.desai@sbcglobal.net</a> , Rahman Khan, Tully French, Erin Jones
<b>MEET DIRECTOR:</b>	Jennie Shamburger ( <a href="mailto:coachjenn@itwst.org">coachjenn@itwst.org</a> ), Carla Khan, Staci Stephens, Devlyn Emilio, Lourdes Berrondo
<b>SAFETY MARSHAL:</b>	Sharon Matula, Frank Blanchard, Jessie Maddox, Richelle Sykes, Rabina Shrestha
<b>COACH:</b>	Jarrold Murphy

**POOL:** One eight lane, 50 meter indoor pool with non-turbulent lane lines will be used for warm-up and competition. A separate warm-up / warm-down area will be made available during the competition.

**TIME AND DATE:** This is a six session, 3 day, prelims/finals meet

**Session 1:** Friday AM Prelims—July 15, 2022

Age Groups: 13 & Over girls and boys

Warm-up\*: 7:30 am-8:45 am / Meet Start: 9:00 am

**Session 2:** Friday Finals – July 15, 2022

Age Groups: 13 & Over girls and boys

Warm-up\*: 4:30-5:15 pm/Meet Start: 5:30 pm.

**Session 3:** Saturday AM Prelims—July 16, 2022

Age Groups: 13 & Over girls and boys

Warm-up\*: 7:30 am-8:45 am / Meet Start: 9:00 am

**Session 4:** Saturday Finals – July 16, 2022

Age Groups: 13 & Over girls and boys



Warm-up\*: 4:30-5:15 pm/Meet Start: 5:30 pm.

**Session 5:** Sunday AM Prelims—July 17, 2022

Age Groups: 13 & Over girls and boys

Warm-up\*: 7:30 am-8:45 am / Meet Start: 9:00 am

**Session 6:** Sunday Finals – July 17, 2022

Age Groups: 13 & Over girls and boys

Warm-up\*: 4:30-5:15 pm/Meet Start: 5:30 pm.

\*Open Warm-Ups will be in effect for all preliminary and finals sessions. Last 15 minutes: One-way starts in Lanes 2, 3, 6 and 7. Push Pace in Lanes 1 and 8.

Lane assignments for timing will be designated in the meet program, and posted on the Gulf Swimming website by Monday, July 11, 2022.

**MEET TYPE:**

This is a prelims/finals meet with the exception of relays, 400 I.M., 400 and the 1500 meter freestyle events, which will be timed finals events. Finals will consist of an A, B, C and D final heats. All relays will swim in finals.

The prelims sessions will be run using chase starts, alternating odd and even heats and in event order for individual events of 100, 200 meters. Odd heats will start at the WEST/Scoreboard end of the pool and even heats will start at the EAST/Bulkhead end of the pool.

Events 400 meters & longer will be swum alternating girls and boys heats. Girls' heats will start at the WEST/Scoreboard end of the pool the boys' heats will start at the EAST/Bulkhead end of the pool.

All 50 meter events will start from the Scoreboard / WEST end of the pool.

All heats in the finals sessions will start at the EAST/Bulkhead end of the pool with the exception of all 50 meter events which will start at the Scoreboard / WEST end of the pool.

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

See attached Safety Guidelines and Warm-up Procedures

**SEEDING:**

The meet will be deck seeded. Coaches, please inform your swimmers of seeding on deck rules. Once the check-in period closes at 45 min. BEFORE the session begins, all events will be seeded. All prelims events will be seeded with heats in the order of fastest to slowest. Finals event heats will be run slowest to fastest.

After the events are officially closed, no one may check-in or scratch. After checking-in, failure to appear at the starting blocks will result in the swimmer being assessed a \$5.00 fine, payable to Gulf Swimming Administrative Vice-Chair, Paige Sikkema, for each event in which he/she fails to appear.



**400 FREE / 400 IM  
/ 1500 FREE:**

The 400 free/400 IM/1500 Free will be swum as timed finals. At check-in, swimmers may elect to swim the event during prelims. The fastest 8 girls and the fastest 8 boys in each event who check in, and who do not elect to swim in prelims, will swim during finals. All other heats will be swum during prelims, alternating girls and boys.

**RELAY CARDS:**

Relay cards must be turned in to the Clerk of Course 45 minutes before the start of the session in which the event is scheduled to swim or the entry will be considered scratched.

**ON-DECK ENTRIES:**

Late entries will be accepted each day up to 45 minutes before the start of each session. Those swimmers missing the 11:59 pm, Friday, July 1, 2022 deadline may enter the meet on-deck in the following manner:

1. Swimmers must pay double the entry fee at the time of entry. Swimmers not already entered in the meet must also pay the swimmer surcharge fee.
2. Swimmers must supply completed entry forms. The swimmers will be seeded according to their best times in deck seeded events.
3. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.
4. Swimmers must be qualified to swim the event entered.
5. Swimmers must not exceed the allotted number of events allowed each day.
6. Swimmers that on-deck enter to change their entry time in a deck seeded event,
  - a. must circle-in on the posted circle-in sheets,
  - b. the on-deck entry time will be used for seeding, and
  - c. the on-deck entry fees still apply to these swimmers.
7. Heats will be added, if necessary and if the timeline permits.

**ENTRY INFORMATION:**

**Entry Times:** Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – long course meters (L), short course meters (S), or short course yards (Y). Do not convert yard (meter) times to meter (yard) times. If entries are made by paper (not using Hy-Tek), swimmers should indicate on their entry the course at which the entry time was made (i.e., L, S, or Y). If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested. Times must be from USA Swimming meets.

**Cut-off Times:** None

**Qualifying Times:** swimmers must have three (3) or more 2021-2024 USA Swimming 15 – 16 AA Motivational Time Standards to enter this meet and then may enter and swim any event offered. **This includes events not offered at this meet – i.e. 800 / 1000 freestyle. See time standards at:**  
<https://www.usaswimming.org/docs/default-source/timesdocuments/records/age-groups-2024-agmts.pdf>

**Age:** As of July 15, 2022.

**Number of Events:** Swimmers may compete in up to three (3) individual events per day, seven (7) individual events for the meet and one (1) relay event per day. The 50 meter fly,



50 meter back and 50 meter breast events do not count towards the 7 total individual events for the meet but do count towards the 3 individual events per day total.

**Entries:** All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software.

**Deadline:** Entries must be emailed to the meet host no later than **11:59 pm, Friday, July 1, 2022**. No late entries will be accepted. Email entries to the host at: [twstmeetentries@gmail.com](mailto:twstmeetentries@gmail.com)

**Eligible Teams:** Only Gulf registered 13 & Over swimmers and Gulf teams may enter this meet.

An unattached swimmer not affiliated with a USA Swimming Club must follow the same entry procedures as those swimmers affiliated with a team. In order to be seeded in a Gulf meet, an unattached swimmer not affiliated with a USA Swimming Club, must enter by the entry deadline, following the entry procedures in the Meet Announcement, and provide proof of a registered coach responsible for their supervision on deck during the meet.

<b>Individual Event Entry Fee (per event):</b>	\$12.00
<b>Relay Event Entry Fee (per relay):</b>	\$22.00
<b>Swimmer Surcharge Fee (per swimmer):</b>	\$10.75
<b>Make entry fee checks payable to:</b>	The Woodlands Swim Team

Mail entry fees (**POSTMARKED BY FRIDAY, JULY 8, 2022**) to the address below:

Patricia Leijnse  
C/O The Woodlands Swim Team  
PO Box 7081  
The Woodlands TX 77385

Phone: 936.444.3790  
Email: [coachjenn@itwst.org](mailto:coachjenn@itwst.org)

**TIME TRIALS:**

Time permitting, time trials will be conducted after the completion of Saturday's and Sunday's prelims under sanction GU-LC-###-###. Rules for time trials will be:

1. Time trials events are open to any aged swimmer registered with Gulf Swimming.
2. The course will be 50 meters only.
3. Fees will be \$24.00 for individual and \$44.00 for the relay events. Swimmers not already entered in the meet must also pay the swimmer surcharge fee.
4. Swimmers must supply completed entry forms entered at the swimmers' best times. All entries are due 45 minutes before the published end time of the prelims session each day.
5. Time Trial events do count towards the daily entry limit of 3 events but do not count towards the entire meet entry limit of 7 events.



6. Events will be swum in the order of:

200 Free Relay, 400 Free Relay, 800 Free Relay  
200 Medley Relay, 400 Medley Relay  
50 Free, 50 Stroke (Back, Breast, Fly)  
100 Free, 100 Stroke (Back, Breast, Fly)  
200 Free, 200 Stroke (Back, Breast, Fly), 200 IM  
400 Free, 400 IM  
800 Free, 1500 Free

Events may be combined in the same heats and will be swum mixed genders.

7. Swimmers must provide their own timers and lap counters where needed

**AWARDS:**

Individual events: Custom Gulf Medals, 1<sup>st</sup> - 3<sup>rd</sup> place, Gulf Ribbons, 4<sup>th</sup> - 8<sup>th</sup> place.

Relay events: Custom Gulf Medals 1<sup>st</sup> place, Gulf Ribbons 2<sup>nd</sup> - 3<sup>rd</sup> place.

Individual High Points and Runner-up: 13 – 14 and 15 & Over, boys and girls

Combined team: Custom Gulf Team Awards for 1<sup>st</sup> - 3<sup>rd</sup> place.

**SCORING:**

Individual Events:

1<sup>st</sup> through 8<sup>th</sup>: 20-17-16-15-14-13-12-11

9<sup>th</sup> through 16<sup>th</sup>: 9-7-6-5-4-3-2-1

Relay Events:

1<sup>st</sup> through 8<sup>th</sup>: 40-34-32-30-28-26-24-22

9<sup>th</sup> through 16<sup>th</sup>: 18-14-12-10-8-6-4-2

**FINALS AND  
SCRATCHING:**

The administrative rules for the conduct of Gulf Swimming meets shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rule 207.11.6D and 207.11.6E, as modified below.

Any finalist who fails to compete in finals or consolation finals, or any other bonus final heat, for which he has qualified and failed to scratch with the Clerk of Course prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the USA Swimming Rules and Regulations and will be assessed a fine of \$50.00. A Club, which has not paid the fine, will not be allowed to register for membership in the Gulf LSC until the fine is paid.

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals or consolation finals 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 and a fine of \$50.00. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above fines and banishment from competition, even though any qualified swimmer may be moved into finals. The alternates, after the existing scratches are tabulated, will not be penalized if they are unavailable to compete in finals.



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

**RULES AND SANCTIONS:**

The current USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. It is understood and agreed that USA Swimming and Gulf Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. No entries can be accepted unless the entrant is a registered member of USA Swimming as provided in Article 302. On deck USA Swimming membership registration will not be permitted.

The Gulf Swimming three (3) event rule DOES apply and the Gulf Swimming up/down rule DOES NOT apply.

**POOL MEASUREMENT:**

The competition course has not been certified in accordance with USA Swimming Rule 104.2.2(C). The pool will be measured before the competition begins to ensure that the course length is correct

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:**

A Daktronics Model 2000 electronic timing system with electronic scoreboard will be used. Two 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 meet program. Swimmers in the 400 freestyle/I.M. must provide their own timers at prelims. 1500 freestyle swimmers must provide their own timers at prelims and lap counters.

**POOL DECK RESTRICTION:**

Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf Swimming 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 Heat Sheets and for admission to the Hospitality Room. Coaches must supervise their swimmers.



**DECK CHANGES:** Deck Changes are prohibited. Deck Change definition – “changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes”.

**MAAPP POLICY:** All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

**AUDIO/VIDEO RECORDING DEVICES:**

Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

**DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

**PROOF OF TIME:** Any swimmer who cannot prove that he/she was eligible to swim an event in this meet will be fined \$20.00 for each event that he/she fails to prove. The fine or proof of time is sent to the Administrative Vice-Chair, Paige Sikkema.

**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).

**HOSPITALITY:** A hospitality room will be available for coaches and officials.

**OFFICIALS:** USA Swimming Qualified Officials and Apprentices are welcome to come and help officiate the meet. Official attire for the prelims sessions will be white polo shirts over Khaki slacks/skirts/shorts and white shoes. Official attire for finals sessions will be navy polo shirts over Khaki slacks or skirts (no shorts please). There will be an officials' briefing one (1) hour before the start of each session.





**USA / GULF  
SWIMMING  
DISCLAIMER:**

- An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- USA Swimming, Inc., Gulf Swimming, and The Woodlands Swim Team here cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
- BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, The Woodlands Swim Team, AND (GULF SWIMMING) EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSESS, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORSEEN OR UNDFORSEEN, IN CONNECTION THEREWITH.
- The Woodlands Swim Team has taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while at the facility. An inherent risk of COVID-19 exists in any public or private place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in this event at The Woodlands Swim Team hosted swim meet, you voluntarily assume all risks related to exposure to COVID-19.

**COVID-19  
PROCEDURES:**

This meet will be conducted in compliance with local, state, and USA Swimming COVID 19 restrictions.

**MEET RESULTS:**

Meet results will be posted on the Gulf Swimming Web Page ([www.gulfswimming.org](http://www.gulfswimming.org)), within three days after the conclusion of the meet. Unofficial real time results will be available on MEET MOBILE, keyword "Gulf Sr Champs"

**CONCESSIONS:**

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

**MERCHANDISE:**

Swim Shops of the Southwest is located in the lobby and will be open during the meet.

**FACILITY RULES:**

Reserving seating between or during sessions is not allowed in the viewing gallery. Chairs and inflatable mattresses are not allowed. Certain items such as coolers and stadium seating are restricted. See attachment for specific information.

**ATTACHMENTS:**

Meet Format, Time Standards, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form, Facility Rules and Regulations





TIME STANDARDS: <https://www.usaswimming.org/docs/default-source/timesdocuments/records/age-groups-2024-agmts.pdf>



# Gulf Swimming Senior Championships

July 15 - 17, 2022

A Long Course Meters Prelims/Finals Meet

HOSTED BY

The Woodlands Swim Team

## Entry Rules:

Type of meet	Prelim/Final A/B/C/D finals
Max # individual events	Three (3) per day; seven (7) for the entire meet. 50s of stroke do not count toward 7 total
Swimmers eligible	13 & Over Gulf registered swimmers only
Entry times in	LCM, SCM, SCY
Cut-off times	None
Qualifying times	Three (3) or more 2021-2024 USA Swimming 15 – 16 AA Motivational Time Standards. This includes events not offered at this meet. Then may enter and swim any event offered.
Enter with no time?	Yes
Gulf “three event rule” applies?	Yes
Gulf “up/down rule” applies?	Does not apply
Gulf “Beyond IMX rule” applies?	Does not apply
Fees	Individual – \$12.00 Relay – \$22.00 Facility Surcharge – \$10.75 (Host to provide free electronic meet programs)



Friday, July 15

Prelims: 7:30 am Warmup / 9:00 am Start

Girls Event #		Event Name		Boys Event #
1	13 & Over	200	Free	2
3	13 & Over	100	Breast	4
5	13 & Over	100	Fly	6
7	13 & Over	50	Back	8
9	13 & Over	400	IM	10

Friday, July 15

Finals: 4:30 pm Warmup / 5:30 pm Start

Girls Event #		Event Name		Boys Event #
1	13 & Over	200	Free	2
3	13 & Over	100	Breast	4
5	13 & Over	100	Fly	6
7	13 & Over	50	Back	8
9	13 & Over	400	IM	10
11	13 & Over	400	Free Relay	12

Saturday, July 16

Prelims: 7:30 am Warmup / 9:00 am Start

Girls Event #		Event Name		Boys Event #
13	13 & Over	200	Fly	14
15	13 & Over	50	Free	16
17	13 & Over	200	Breast	18
19	13 & Over	100	Back	20
21	13 & Over	400	Free	22

Saturday, July 16

Finals: 4:30 pm Warmup / 5:30 pm Start

Girls Event #		Event Name		Boys Event #
13	13 & Over	200	Fly	14
15	13 & Over	50	Free	16
17	13 & Over	200	Breast	18
19	13 & Over	100	Back	20
21	13 & Over	400	Free	22
23	13 & Over	400	Medley Relay	24



**Sunday, July 17**

**Prelims: 7:30 am Warmup / 9:00 am Start**

<b>Girls Event #</b>		<b>Event Name</b>		<b>Boys Event #</b>
25	13 & Over	100	Free	26
27	13 & Over	200	Back	28
29	13 & Over	50	Fly	30
31	13 & Over	200	I.M.	32
33	13 & Over	50	Breast	34
35	13 & Over	1500	Free	36

**Sunday, July 17**

**Finals: 4:30 pm Warmup / 5:30 pm Start**

<b>Girls Event #</b>		<b>Event Name</b>		<b>Boys Event #</b>
25	13 & Over	100	Free	26
35	13 & Over	1500	Free	
27	13 & Over	200	Back	28
	13 & Over	1500	Free	36
29	13 & Over	50	Fly	30
31	13 & Over	200	I.M.	32
33	13 & Over	50	Breast	34



## 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.

---

Signature

---

Title

---

Date



## GULF 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 for medical use only, dimensions not to exceed 13" wide x 11" deep x 12" tall. The cooler must be placed directly under their seating area. Participant /Teams are allowed an Ice-Chest (1) PER GENDER on the deck provided they do not contain glass items, bottled water is allowed.
- Betting and gambling is strictly prohibited.
- Teams are expected to police their respective areas at the conclusion of the competition.
- Participating or any activity that can be interpreted or described as "risky" or "horseplay" is prohibited throughout the entire CISD Natatorium Complex.
- Diving equipment such as trampoline, spotting rigs, dry-board apparatus, and the warm-pool are not to be used unless authorized by the CISD Natatorium Director.
- The use of flash cameras or noise-makers at the start, during or end of any race is prohibited.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergency use is prohibited.

### **Access to the deck of the CISD Natatorium is restricted by pass to the following:**

- Athletes from competing teams
- Administrative support personnel
- Coaches of competing teams
- Facility/District Staff
- Officials
- Marshals
- Timing System operators
- Security personnel
- Computer systems operators
- Lifeguards
- Lane timers
- Service and supply vendors
- Credentialed media personnel
- Hospitality personnel
- Medical support personnel
- Other personnel on a case-by-case basis at the discretion of the Meet Coordinator, the Meet Director, or the Meet Referee.





## CISD Healthy Swimming Policy

CISD is committed to the health and safety of all patrons. *The CISD Natatorium* utilizes advanced training and technology and has adopted the Centers for Disease Controls (CDC) “*Healthy Swimming Policy*”. This policy protects our patrons and spectators from poor air or water quality hazards typical with indoor-swimming pools caused by microorganisms and chloramines. The cornerstone of this policy is based on guidelines which mandate safe practices such as requiring all participants to shower before entering the CISD Natatorium.

### “*Healthy Swimming Policy*” Acknowledgement Form

#### *Receipt Form*

**Organization:** \_\_\_\_\_

**Representative Name and Title:** \_\_\_\_\_

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

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

---

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

---

\_\_\_\_\_  
Date





