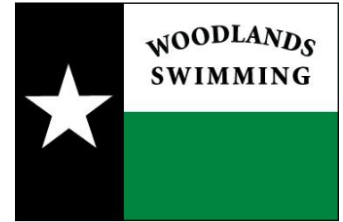


2021 TWST Halloween Meet

Hosted by
The Woodlands Swim Team
October 29 - 31, 2021
Sanction No. GU-SC-XXXXX



*****Meet Entries are due by 6pm Wednesday, Oct 20, 2021*****

- 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 to first stoplight. Turn Left (north) onto David Memorial Drive (behind Home Depot). The Natatorium will be on your right.
- MEET STAFF:** **MEET REFEREE:** Andrea Walin, Claude Humbert
ADMIN OFFICIAL: Manoj Desai, manoj.desai@sbcglobal.net; Rahman Khan, Erin Jones, Tully French
MEET DIRECTORS: Shannon Pope, Carla Khan, Denise French, Staci Stephens
SAFETY MARSHALLS: David Rautenbach, Pati Bryant, Todd Bryant
COACHES: Chris Collier, Head Coach; Jarrod Murphy, Head Age Group Coach; Heather Jorris, Head Developmental Coach
- POOLS:** Two 25 yard, 8 lane indoor competitive pool with non-turbulent lane lines. Warm-up/warm-down lanes will be available for all sessions.
- TIME & DATE:** This is a five (5) session, two and a half (2 1/2) day timed finals meet
- | | <u>Warm-ups</u> | <u>Session Start</u> |
|---------------------|-----------------|----------------------|
| Friday | 4:30 pm | 5:30 pm |
| Saturday 11 & Over | 9:00 am | 10:00 am |
| Saturday 12 & Under | 2:00 pm | 3:00 pm |
| Sunday 11 & Over | 8:00 am | 9:00 am |
| Sunday 12 & Under | 1:00 pm | 2:00 pm |
- MEET TYPE:** The meet will be run utilizing "Flyover Starts" unless the Meet Referee decides otherwise. At the conclusion of each heat, the swimmers shall remain in the water until after the next heat has started. Coaches, please remind your swimmers of the Flyover Start procedures. Events will be swum fastest to slowest, with odd heats in the West (scoreboard) pool and even heats in the East (Bulkhead) pool. The 25s may be run in one pool at the discretion of the Meet Operations staff.
- MEET FORMAT:** All individual events may be swum combined but will be scored separately by age group and gender: 6 & Under, 7-8, 9-10, 11-12, 13-14, and 15 & Over.
TWST reserves the right to alter meet format, warm up times, combine sessions, limit entries, combine events by age and/or gender, or move events from one pool to another in order to more efficiently run the meet and maintain reasonable timelines. Any changes will be communicated to attendees either in reports distributed to teams or on site via announcement.
- DISTANCE EVENTS:** The meet referees and meet personnel have the right to limit the number of entries in the 500 free and 400 IM.

SEEDING: The meet will be pre-seeded for all events. All events will be seeded with heats in the order of fastest to slowest. Heat and lane assignments will be posted on the GULF Website and emailed to the coaches before the meet. Coaches, if you find out a swimmer is not going to attend, please inform the meet entry chair as soon as possible so seeding can be the most accurate.

ON-DECK ENTRIES: TWST reserves the right to limit on-deck entries to accommodate a reasonable meet timeline, the four-hour rule, or facility constraints. Under these conditions, late entries may be accepted each day up to 45 minutes before the start of the session. Those swimmers missing the 6:00 PM, October 20, 2021 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 must pay surcharge fee if not already entered in the meet.
2. Swimmers must supply completed entry forms entered at the swimmers' best times. Swimmers will be seeded into open lanes.
3. Swimmers must enter all events for the day thirty (30) minutes prior to the start of the day'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. A heat will be added, if necessary and if the timeline permits.

OFFICIALS: Official's attire will be white polo shirt/blouse over navy shorts/pants/skirt.

ENTRY INFORMATION: 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). Do not convert meter (yard) times to yard (meter) times. If swimmers do not have a time, put NT where a seed time is requested. All times must be from USA Swimming meets.

- Cut-off Times:** None
- Qualifying times:** None
- Times Eligibility:** N/A
- Age:** As of October 29, 2021
- Number of Events:** Swimmers may swim a maximum of four (4) individual events/day
- Entry Deadline:** Entries must be received by 6pm Wednesday October 20,2021
- Eligible Teams:** Open to all USA Swimming registered teams.
- Event Entry Fee (per event)** \$9.00/individual event, \$15/relay
- Swimmer Surcharge (per swimmer)** \$11.00/swimmer **includes 2.00 surcharge for Meet Mobile heat sheets

Teams must submit their entries electronically via email using the Hy-Tek Meet Manager/Team Manager computer software along with a hard copy printout of the entries.
Email entries to Patricia Lejisne, twstmeetentries@gmail.com

AWARDS: Individual Events: Sat and Sun pm swimmers will be rewarded with Halloween themed goodies.

SCORING: This meet will not be scored.

PROOF OF TIME: Any swimmer who cannot prove the he/she was eligible to swim an event will be

Ineligible to swim in the meet.

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:

Pool	Start End	Turn End
West (Scoreboard)	7'	7'
East (Diving).	7'	7'

TIMING SYSTEM: A Daktronics Omni Sport 2000 electronic timing system with electronic scoreboard will be used. One watch and plunger per lane will be used as a back-up.

POOL DECK RESTRICTION: Per USA Swimming Insurance Regulations, the 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 or Deck Pass. If you are asked to leave the deck by any registered personnel, please do so.

Coaches must present their Deck Pass to gain access to the pool deck and admission to Hospitality Room.

Please see attached "Rules, Regulation, Prohibitions and Deck Access" for the CISD Natatorium. **All meet entries must be accompanied by a signed copy of CISD's "Healthy Swimming Policy."**

DECK CHANGING: Deck changes are prohibited.

AUDIO/VISUAL RECORDING DEVICES: Use of audio or video recording devices, including cell phones, is not permitted in the area behind the starting block, in locker rooms or restrooms. Violators may be reported to law enforcement or other authorities and/or may be barred from the facility during the sanctioned event.

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 is a Condition of participation in the conduct of this competition.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, and spectator areas) 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.

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 the Gulf Swimming equipment (i.e. remote strobe).

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

CONCESSIONS: Concessions will be available for purchase.

MERCHANDISE: Swim Shops of the Southwest is located in the lobby and will be open during the meet to sell swim apparel and swim gear.

MEET RESULTS: Meet results will be posted on the GULF website within three (3) days after the conclusion of the meet. Unofficial results will be available on Meet Mobile.

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.

***In applying for this sanctioned event, the host team, The Woodlands Swim Team, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Gulf Swimming, the State of Texas and Montgomery County Health Department.*

SAFETY GUIDELINES AND WARM-UP PROCEDURES: See attached Safety Guidelines and Warm-Up Procedures

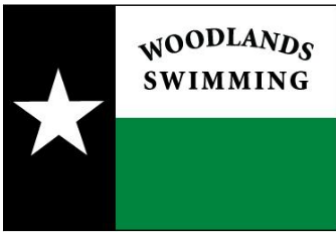
SPECTATOR SEATING: Reserving seats between or during sessions is not allowed. Chairs and inflatable mattresses are not allowed. Certain items such as coolers and stadium seat are restricted - please see attached "The CISD Natatorium Rules, Regulation, Prohibitions, and Deck Access" attachment for specific information.

USA/GULF SWIMMING/TWST 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 TWST 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 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, TWST, 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 LOSSES, 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, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.
- The Woodlands Swim Team (TWST) has taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while on our property. 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 TWST you voluntarily assume all risks related to exposure to COVID-19.

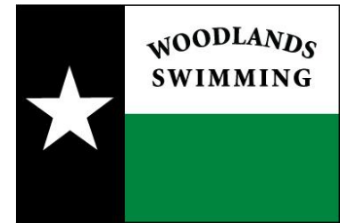
COVID-19 PROCEDURES:

- Participants in the meet will abide by TWST's COVID-19 Preparedness Plans for the CISD Natatorium.
- This meet will be conducted in compliance with local, state, and USA Swimming COVID 19 restrictions. State restrictions have lifted for Texas as of March 10th. TWST has begun a lifting of restrictions based on the guidelines set forth by CISD.
- Parents must implement the Daily Self Screening for Swimmers Protocol that TWST has implemented. PARENTS MUST SCREEN swimmer(s) daily (prior to entering the swim meet) for the following signs and symptoms of COVID-19: 1. Are you experiencing any of the following in a way that is not normal to you? Feeling feverish or a measured temperature greater than or equal to 100.4 F, Loss of taste or smell, Cough, Difficulty breathing, Shortness of breath, Fatigue, Headache, Chills, Sore throat, Congestion or runny nose, Shaking or exaggerated shivering, Significant muscle pain or ache, Diarrhea, Nausea or vomiting, 2. Have you had known, close contact with a person who has tested positive for COVID-19 within the last 14days? Swimmers, coaches, meet personnel, and spectators must stay home if they answer "yes" to any of the above.
- TWST will follow guidelines as set forth by the CISD Natatorium and the State of Texas when it comes to face masks. Individuals may decide what is best for them and/or their children if they choose to wear a face mask.
- Spectators will be allowed per CISD policy.



2021 TWST Halloween Meet

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The Woodlands Swim Team
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Sanction No. GU-SC-XXXXX



ENTRY RULES:

Type of Meet:	Timed Finals
Max # of Individual Events/Day:	Four (4) Individual
Entry Times In:	LCM, SCM, SCY
Qualifying Times:	None
Cut-off Times:	None
Enter with No Time (NT):	Yes
Gulf "Three Event" Rule & Gulf "Beyond IMX" Rule	Does not apply
Times Eligibility	NA
Fees:	\$9.00/individual event, \$15.00/relay Swimmer Surcharge. \$11.00/swimmer** **includes Meet Mobile heat sheet

ORDER OF EVENTS

Friday, Oct. 29

Session (1)

Warmup 4:30 pm; Session starts at 5:30 pm

GIRLS	EVENT DESCRIPTION	BOYS
1	500 Free	2
3	400 IM	4

Saturday, Oct. 30

11 & Over Session (2)

Warmup 9:00 am; Session starts at 10:00 am

GIRLS	EVENT DESCRIPTION	BOYS
5	200 Free Relay	6
7	200 Fly	8
9	100 Back	10
11	50 Fly	12
13	200 Breast	14
15	100 Free	16
17	50 Breast	18
19	200 IM	20

12 & Under Session (3)

Warmup 2:00 pm; Session starts at 3:00 pm

GIRLS	EVENT DESCRIPTION	BOYS
21	200 IM	22
23	8&U 25 Free	24
25	100 Back	26
27	8&U 25 Back	28
29	50 Fly	30
31	100 Free	32
33	50 Breast	34
35	200 Free Relay	36
37	8&U 100 Free Relay	38

Sunday, October 31

11 & Over Session (4)

Warmup 8:00 am; Session starts at 9:00 am

GIRLS	EVENT DESCRIPTION	BOYS
39	200 Medley Relay	40
41	200 Free	42
43	100 Fly	44
45	50 Back	46
47	100 Breast	48
49	50 Free	50
51	200 Back	52

12 & Under Session (5)

Warmup 1:00; Session starts at 2:00 pm

GIRLS	EVENT DESCRIPTION	BOYS
53	100 Breast	54
55	8&U 25 Fly	56
57	50 Back	58
59	8&U 25 Breast	60
61	200 Free	62
63	100 Fly	64
65	50 Free	66
67	100 IM	68
69	200 Medley Relay	70
71	8&U 100 Medley Relay	72

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 will not be allowed on deck and will not compete in the meet.

B. Coaches Responsibilities

1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
3. Coaches shall actively supervise their swimmers throughout the warm-up session.
4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.

C. Safety Marshals

1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**

D. Miscellaneous

1. Swimmers should be reminded by coaches that 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.
7. No equipment in the warmup pools.
8. The warmup pool will close 15 minutes after the conclusion of the last heat.

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