

# 2010 SHORT COURSE TEXAS AGE GROUP SWIMMING CHAMPIONSHIPS



*Hosted by*  
**THE WOODLANDS SWIM TEAM**  
MARCH 11 – 14, 2010



**SANCTION #GUSC 10-061 (TAGS Meet)**  
**SANCTION #GUSC 10-062 (Time Trials)**

**→ Entry deadline – 11:59 PM, Wednesday, March 3, 2010 ←**

- LOCATION:** CISD Natatorium, 19133 David Memorial Drive, Shenandoah, Texas 77385
- DIRECTIONS:** See attached map for directions. Plenty of free parking is available at the facility.
- LIABILITY:** USA Swimming, Gulf Swimming, CISD Natatorium, and The Woodlands Swim Team accept no responsibility or liability for injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.
- COACHES:** Tim Bauer – Head Coach; Shana Trabona – Head Age Group Coach
- MEET REFEREE:** John Leneave email: [swimkids@consolidated.net](mailto:swimkids@consolidated.net)
- 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 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.
- MEET DIRECTORS:**
- |              |                     |   |
|--------------|---------------------|---|
| Jay Knaebel  | phone: 281-415-4158 | email: <a href="mailto:jay@jbknaebel.com">jay@jbknaebel.com</a>           |
| Mike Manning | phone: 281-705-7930 | email: <a href="mailto:mike@napcochemical.com">mike@napcochemical.com</a> |
| Pat Norris   | phone: 713-817-2319 | email: <a href="mailto:patnorris@me.com">patnorris@me.com</a>             |
| Ted Machicek | phone: 713-898-1503 | email: <a href="mailto:Ted.Machicek@hp.com">Ted.Machicek@hp.com</a>       |
- SAFETY MARSHAL:** Jon Sonka
- WARM-UP PROCEDURES AND SAFETY GUIDELINES:** See attachment.
- 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 Natatorium to be announced). Any possible changes in the conduct of the meet will be decided at this meeting. It is each swimmer 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 on Friday, March 12, 2010 at 9:00 AM before the start of the preliminaries session. Each team will be introduced and recognized. Team representatives may carry team banners or flags. The opening ceremony will conclude at 9:15 AM and 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.

**ELIGIBILITY:** All swimmers, age 14 and younger, must be registered as athletes for 2010 with USA Swimming 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, 2009 and March 2, 2010. Swimmers who achieve a qualifying time standard for the first time from Wednesday, March 3, 2010 through Sunday, March 7, 2010 may submit entries by email (see ENTRIES section). 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 11, 2010. 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 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.

**TECHNICAL SUIT RESTRICTION:** Swim suits must conform to USA Swimming rule 102.9

**RULES AND SANCTIONS:** The meet will be held under the sanction of USA Swimming and Gulf Swimming. The 2009-10 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.

**CREDENTIAL TAGS AND REGISTRATION:** Credential tags must be presented to enter the pool deck area. All meet personnel and USA Swimming registered coaches, officials and participating swimmers will be issued credential tags. Registration cards must be presented to receive credential tags. No team photographers will receive credential tags. Credential tags for media personnel must be arranged with the meet director. Credential tags must be picked up at the registration desk. Replacement of a lost credential pass will cost \$10.

**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".**

**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).

**MEET FORMAT:** This is a prelim-finals meet for all age groups with the exception of relays, 400 IM, 500/1000/1650 Freestyle events, which will be timed finals. Preliminaries will swim in two pools. Finals will swim in one pool.

This meet will be deck seeded. Prelim events will be seeded by time and gender only as the TAGS event order allows. Sometimes the events will also be seeded by age. Some same distance and stroke events may be combined. All preliminary events will be swum slowest to fastest unless otherwise noted.

Finals will consist of an A/B final for the 13-14 age group and an A final for all other age groups.

**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 ALL Preliminaries is required prior to the deadline stated below.** Failure to scratch an event counts as one of your seven allowed 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 by 4:00 PM
Friday’s Relay Events – Relay Cards Due / Declare AM or PM Friday’s Individual Events – Scratch From Prelims	Thursday by 6:00 PM
Saturday’s Relay Events – Relay Cards Due / Declare AM or PM Saturday’s Individual Events – Scratch From Prelims	Friday by end of Prelims
1650 Freestyle – Positive Check-in / Declare AM or PM Sunday’s Relay Events – Relay Cards Due / Declare AM or PM Sunday’s Individual Events – Scratch From Prelims	Saturday by end of Prelims

**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 indicate whether their relays are available to swim in finals. If no indication is made, the relay will be seeded as if it is available for an evening swim. Teams seeded in finals must swim or scratch. 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 .

**DISTANCE EVENTS:** The 1000 Freestyle, 1650 Freestyle, 500 Freestyle, 400 Individual Medley, and all relays are Timed Finals events.

The fastest heat of the 13-14 500 Freestyle and 400 Individual Medley will swim during finals.

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 during finals will swim during Sunday’s finals. All other heats will be swum fastest to slowest as the final event in Sunday’s preliminary session. There will be a 10-minute break between the last relay event and the first 1650 Freestyle heat.

The 1000 Freestyle will be swum fastest to slowest as a Timed Final, seeded by qualification times. See Entries section regarding the option to swim the 1000 Free 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 event per day. Swimmers may participate in more than one (1) relay on days when more than one relay is offered.

Time trial events will count as one of the three events allowed per swimmer 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 session. Failure to scratch an event counts as one of your seven allowed events for the meet. Penalty for no-show after check-in counts as a disqualification and one of the seven (7) allowable swims.

All seed times should be submitted in 100ths.

Swimmers qualifying with a “non-conforming” time (short course meters or long course meters) shall enter such event using the qualifying time for that event. For all such entries, each team’s entry person must supply by email the proof of time by the entry deadline (email: [stichnbeth@aol.com](mailto:stichnbeth@aol.com) ). The email must contain the swimmer’s name, USAS number, the event, non-conforming time to be proven, the meet where the swim was done, and the date of the meet.

A swimmer that has the qualifying time for the 1650 Freestyle also qualifies for the 1000 Freestyle. 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.

A 13-14 medley relay that has the qualifying time for the 400 Medley Relay also qualifies for the 200 Medley Relay. If entering the 200 Medley Relay with the 400 Medley Relay qualification, the relay must be entered at the 200 Medley Relay qualifying time.

**ENTRY FEES:** Entry fees are \$10.00 for individual events and \$20.00 for relay events  
Time trials are \$15.00 per event  
Late entry individual/relay events are \$25.00

**ENTRY PROCESS:** Teams shall enter using the USA Swimming On-Line Meet Entry (OME) system. This is the only accepted process for pre-entering the meet. Entries are due NO LATER than 11:59 PM, Wednesday, March 3, 2010. Register for the meet online at [www.usaswimming.org/OME](http://www.usaswimming.org/OME). Payment must be made by credit card through the OME system.

Relays will be entered and paid for using the OME system. In addition, each team must populate their relays in a hy-tek file and email the file to [meyers\\_family5@sbcglobal.net](mailto:meyers_family5@sbcglobal.net) no later than 11:59 PM, Wednesday, March 3, 2010. The hy-tek file template will be available on the Gulf Swimming ([www.gulfswimming.org](http://www.gulfswimming.org)) website and the TSA website ([www.tsaswim.org](http://www.tsaswim.org)).

Entries for newly achieved times established after the entry deadline will be accepted up to 11:59 PM, Sunday, March 7, 2010. 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: [meyers\\_family5@sbcglobal.net](mailto:meyers_family5@sbcglobal.net). Entries sent to any other email will not be accepted. Improved times of already entered events will not be accepted.

All meet entries must be accompanied by a signed copy of CISD's "Healthy Swimming Policy" (see attached). Email a scanned copy of the signed policy to: [meyers\\_family5@sbcglobal.net](mailto:meyers_family5@sbcglobal.net).

**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. 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. NO DECK REGISTRATIONS WILL BE ACCEPTED.

**TIME TRIALS:** Time Trials will be held, time permitting, for TAGS participants between preliminaries and finals on Friday, March 12 and Saturday, March 13. Time Trial 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 a maximum of one time trial per day. The 1000 yard Freestyle will only be offered for Time Trial on Friday and the 1650 Freestyle will only be offered for Time Trial on Saturday. 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; however, these times cannot be considered for state records. Event order will be determined by the Time Trial Referee.

**PROOF OF TIME:** For all rules and explanations pertaining to TAGS Proof of Times, swimmers and coaches are requested to refer to the TSA handbook. This is a pre-proved meet; all times will be verified through the SWIMS database. As always, it is the coach's responsibility to submit accurate, provable times. Otherwise, the individual swimmer or relay will not be entered in the meet. Any times not in the SWIMS database, including any aggregate relay times, must be proven, with supporting documentation supplied with the entry packet. A \$50.00 fine will be imposed for any swimmer or relay team that fails to achieve the minimum qualifying time that cannot be proven or is disqualified. Should a second offense occur, another \$50.00 fine will be assessed and the swimmer will be barred from the remainder of the meet.

Swimmers qualifying with a "non-conforming" time (short course meters or long course meters) shall enter such event using the qualifying time for that event. For all such entries, each team's entry person must supply by email the proof of time by the entry deadline (email: [stichnbeth@aol.com](mailto:stichnbeth@aol.com)). The

email must contain the swimmer's name, USAS number, the event, non-conforming time to be proven, the meet where the swim was done, and the date of the meet.

**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, TAGS traveling trophy.

**High Point Award:** A high point trophy will be given to the outstanding boy and girl swimmer in each age group based upon the total number of points 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 girl's and boy's teams in the following age groups using individual and relay events only: 10& Under, 11-12, and 13-14.

All individual event and relay awards will be ready to be distributed to the swimmer or his/her coach daily up to one hour after the conclusion of the meet. Team Flags, Outstanding Swimmer Plaques, and High Point Trophies will be awarded within one hour of the conclusion of the meet. Coaches, teams, and athletes failing to pick up their awards within one hour after the conclusion of the meet shall make arrangements to receive the awards with the Meet Director at no expense to The Woodlands Swim Team within 24 hours of the conclusion of the meet. If the awards are not available within one hour of the conclusion of the meet, the awards will be distributed to the team at the expense of The Woodlands Swim Team.

**SCORING:**

All events will be scored by age groups.

Individual Events: 1<sup>st</sup> – 8<sup>th</sup>: 9-7-6-5-4-3-2-1

Relay Events: 1<sup>st</sup> – 8<sup>th</sup>: 18-14-12-10-8-6-4-2

The 13-14 age group consolation final will not be scored.

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.

**TIMERS:**

Each team entered in the meet will be responsible for providing timers. Timing Assignments will be made on a pro-rata basis. Each team will be responsible for providing 1 timer for every 10 swimmers entered in the meet. However, each team must provide at least 1 timer. Timing assignments will be printed in the heat sheet.

**POOL:**

Prelim Sessions: Dual 25 yard, 8 lane indoor competitive pools with non-turbulent lane lines will be used.

Finals Sessions: One 25 yard, 8 lane indoor competitive pool with non-turbulent lane lines will be used.

**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:

<b>Pool</b>	<b>Start End</b>	<b>Turn End</b>
East	7'	13.5'
West	7'	7'
Center	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.

**SPECTATOR SEATING:** The spectator seating area can accommodate approximately 1200 occupants. Since spectator seating is limited additional space will be available underneath the football stadium bleachers behind the Natatorium. Swimmers and parents are requested to use this additional space for the duration of the meet and use the spectator area to view specific events. In addition, please review the CISD Natatorium Rules, Regulation, Prohibitions, and Deck Access section of the invitation for more information regarding the Natatorium.

**CONCESSIONS:** Concessions will be available.

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

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

**MEET RESULTS:** "Real-Time" meet results will be available on the Gulf Swimming web page at <http://www.gulfswimming.org> and CISD website at <http://www.conroeisd.net/departments/athletics/swimresults/results/index.htm>.

Final meet results will be posted on the Gulf Swimming webpage within three days after the conclusion of the meet.

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

#### **THURSDAY, MARCH 11**

3:00 to 9:00 p.m.	Pool open for warm-up.
3:30 to 4:45 p.m.	Warm-up for 1000 & 500 Freestyle
4:00 p.m.	Check-in due for 1000 & 500 Freestyle
4:00 p.m.	Relay cards due to Clerk of Course for today's session
5:00 p.m.	Timed Finals for today's events
6:00 p.m.	Positive check-in/scratches for ALL Friday events
15 minutes after end of session	Pre-TAGS General Meeting

#### **FRIDAY, MARCH 12**

7:00 to 7:30 a.m.	1 <sup>st</sup> Warm-up
7:30 to 8:00 a.m.	2 <sup>nd</sup> Warm-up
8:00 to 8:30 a.m.	3 <sup>rd</sup> Warm-up
8:30 to 8:45 a.m.	Dive/Sprint/Pace for all athletes
9:00 to 9:15 a.m.	Opening Ceremonies
9:20 a.m.	Prelim Session starts
10:00 to 11:30 a.m.	Friday Time Trial entries accepted
End of Prelims	Positive check-in/scratch for ALL Saturday events
3:30 to 4:30 p.m.	General Warm-up
4:30 to 5:20 p.m.	Finalist Warm-up ONLY
5:30 p.m.	Finals start for today's events

#### **SATURDAY, MARCH 13**

7:00 to 7:30 a.m.	1 <sup>st</sup> Warm-up
7:30 to 8:00 a.m.	2 <sup>nd</sup> Warm-up
8:00 to 8:30 a.m.	3 <sup>rd</sup> Warm-up
8:30 to 8:45 a.m.	Dive/Sprint/Pace for all athletes
9:00 a.m.	Prelim Session starts
10:00 to 11:30 a.m.	Saturday Time Trial entries accepted
End of Prelims	Positive check-in/scratch for ALL Sunday events
3:30 to 4:30 p.m.	General Warm-up
4:30 to 5:20 p.m.	Finalist Warm-up ONLY
5:30 p.m.	Finals start for today's events

**SUNDAY, MARCH 14**

7:00 to 7:30 a.m.	1 <sup>st</sup> Warm-up
7:30 to 8:00 a.m.	2 <sup>nd</sup> Warm-up
8:00 to 8:30 a.m.	3 <sup>rd</sup> Warm-up
8:30 to 8:45 a.m.	Dive/Sprint/Pace for all athletes
9:00 a.m.	Prelim Session starts
2:00 to 3:30 p.m.	General Warm-up
3:30 to 4:20 p.m.	Finalist Warm-up ONLY
*4:30 p.m.	Finals start for today's events*

\*There will be a minimum two-hour break between the end of the Preliminary Session and the start of the Final Session. The Final Session will start no earlier than 4:30 PM but may start later, based on the end of the Preliminary Session.

**WARM-UP SCHEDULE\*\***

	<u>DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>
7:00 to 7:30	GROUP 3	GROUP 1	GROUP 2
7:30 to 8:00	GROUP 1	GROUP 2	GROUP 3
8:00 to 8:30	GROUP 2	GROUP 3	GROUP 1
8:30 to 8:45	Dive/Sprint Pace for all athletes		

A 10 & under warm-up area will be available.

**GROUP 1**  
West Texas  
Gulf (except Woodlands)

**GROUP 2**  
South Texas  
The Woodlands

**GROUP 3**  
North Texas  
Border

\*\* Please be advised that the Meet Director and the Meet Referee MAY adjust teams to maintain balance at all three warm-ups. Teams mandated to move will be notified by email and any changes will be posted on the TSA website by Monday, March 8, 2010.

## 2010 Order of Events for Short Course TAGS

### Thursday, March 11, 2010 Timed Finals

Girls					Boys	
Event	SCY Qual Time	Age	Length	Stroke	SCY Qual Time	Event
1**	10:55.99	13-14	1000	Free	10:32.09	2**
3*	6:24.89	10&U	500	Free	6:17.59	4*
5*	5:51.49	11	500	Free	5:54.49	6*
	5:35.39	12	500	Free	5:33.69	
7**	8:14.19	13-14	800	Free Relay	8:04.89	8**

\* Timed finals

\*\* Timed finals – will be swum fastest to slowest

500 Freestyle swimmers must provide their own counters

1000 Freestyle swimmers must provide two timers and a counter

### Friday, March 12, 2010

Girls					Boys	
Event	SCY Qual Time	Age	Length	Description	SCY Qual Time	Event
9	2:43.29	11	200	Fly	2:46.19	10
	2:31.09	12	200	Fly	2:29.19	
11	1:01.69	13-14	100	Fly	58.79	12
13	1:27.19	10&U	100	Breast	1:30.69	14
15	1:20.29	11	100	Breast	1:20.49	16
	1:15.69	12	100	Breast	1:15.09	
17	1:11.69	13-14	100	Breast	1:07.99	18
19	2:24.99	10&U	200	Free	2:22.79	20
21	2:12.59	11	200	Free	2:13.89	22
	2:05.59	12	200	Free	2:05.59	
23	1:59.29	13-14	200	Free	1:54.39	24
25	35.39	10&U	50	Back	35.49	26
27	32.59	11	50	Back	32.59	28
	30.99	12	50	Back	30.69	
29	1:03.09	13-14	100	Back	1:00.19	30
31	1:16.69	10&U	100	I.M.	1:17.09	32
33	1:10.19	11	100	I.M.	1:11.49	34
	1:07.09	12	100	I.M.	1:06.89	
35	4:48.59	13-14	400	I.M.	4:38.79	36
37 **	4:40.89	10&U	400	Free Relay	4:50.39	38 **
39 **	4:02.09	11-12	400	Free Relay	4:07.19	40 **
41 **	3:48.09	13-14	400	Free Relay	3:37.99	42 **

\*\* Timed finals. Fastest eight (8) teams declaring PM will swim in finals.



## Saturday, March 13, 2010

Girls					Boys		
Event	SCY		Age	Length	Description	SCY	
	Qual Time					Qual Time	Event
43 **	1:58.49		13-14	200	Med Relay	1:53.39	44 **
45 **	2:05.49		11-12	200	Med Relay	2:06.19	46 **
47	1:18.59		10&U	100	Fly	1:17.79	48
49	2:17.69		13-14	200	Fly	2:12.19	50
51	1:09.89		11	100	Back	1:09.79	52
	1:05.59		12	100	Back	1:05.29	
53	2:43.29		10&U	200	I.M.	2:44.79	54
55	2:31.49		11	200	I.M.	2:32.89	56
	2:23.69		12	200	I.M.	2:24.09	
57	25.69		13-14	50	Free	24.09	58
59	30.49		10&U	50	Free	30.29	60
61	27.99		11	50	Free	28.09	62
	26.79		12	50	Free	26.59	
63	2:35.19		13-14	200	Breast	2:28.49	64
65	40.39		10&U	50	Breast	41.19	66
67	2:51.69		11	200	Breast	2:55.49	68
	2:44.19		12	200	Breast	2:42.09	
69 *	5:20.89		13-14	500	Free	5:06.89	70 *
71	1:10.09		11	100	Fly	1:11.69	72
	1:05.89		12	100	Fly	1:06.89	
73 **	2:06.19		10&U	200	Free Relay	2:07.29	74 **
75 **	1:45.29		13-14	200	Free Relay	1:40.19	76 **
77 **	1:51.59		11-12	200	Free Relay	1:51.49	78 **

\* Timed finals, fastest heat to swim in finals. Swimmer to provide lap counter.

\*\* Timed finals. Fastest eight (8) teams declaring PM will swim in finals.

## Sunday, March 14, 2010

Girls					Boys		
Event	SCY		Age	Length	Description	SCY	
	Qual Time					Qual Time	Event
79	37.19		11	50	Breast	37.69	80
	35.39		12	50	Breast	34.69	
81 *	18:23.99		13-14	1650	Free	17:38.09	82 *
83	1:16.39		10&U	100	Back	1:17.09	84
85	2:29.09		11	200	Back	2:32.89	86
	2:21.29		12	200	Back	2:21.99	
87	2:16.49		13-14	200	Back	2:09.79	88
89	1:06.09		10&U	100	Free	1:06.69	90
91	1:00.79		11	100	Free	1:01.09	92
	58.09		12	100	Free	57.89	
93	55.49		13-14	100	Free	52.39	94
95	34.09		10&U	50	Fly	34.19	96
97	2:16.19		13-14	200	I.M.	2:10.59	98
99	31.29		11	50	Fly	31.79	100
	29.59		12	50	Fly	29.39	
101 **	2:24.69		10&U	200	Med Relay	2:28.49	102 **
103 **	4:17.09		13-14	400	Med Relay	4:05.19	104 **
105 **	4:35.49		11-12	400	Med Relay	4:36.49	106 **

\* The 1650 Freestyle is Timed Finals, fastest heat to swim during finals in event order. All other 1650 Freestyle heats will swim fastest to slowest at the END of prelims, after the relays and a 10 minute break. Swimmer to provide lap counter and two timers.

\*\* Timed finals. Fastest eight (8) teams declaring PM will swim in finals.

## 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.

### **SWIMMER AND PARENT SETUP AREAS:**

**Due to limited space in the spectator stands, meet participants and parents are requested to set-up underneath the stadium bleachers (located adjacent to the Natatorium) during the course of the meet. Deck access from the Stadium area will be available to swimmers. Meet announcements will be broadcast in these areas.**

**SPECIAL NOTE: THE STADIUM FOOTBALL FIELD IS OFF-LIMITS DURING THE MEET.**

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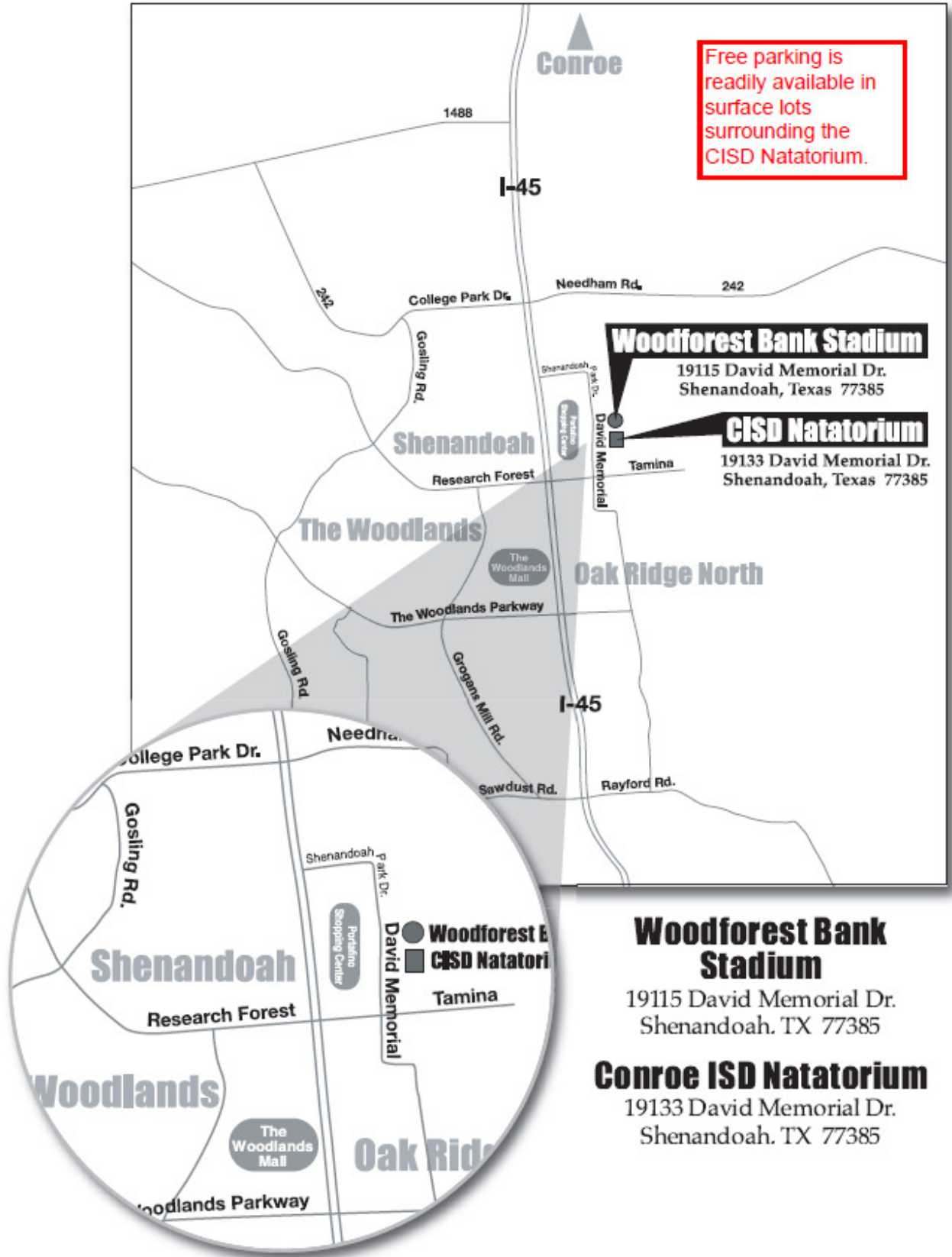
\_\_\_\_\_  
**Head Coach Signature**

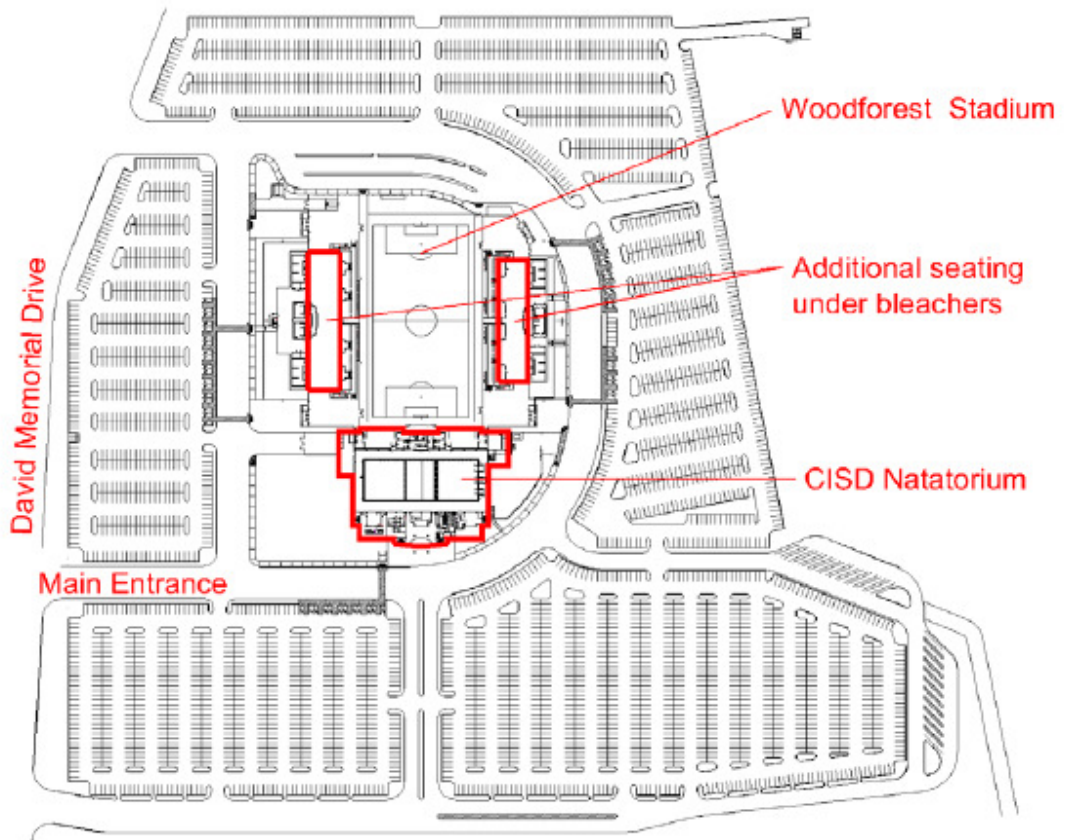
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\_\_\_\_\_  
**Date**

**Direction and Map to Conroe ISD Natatorium:**

From I45 North exit Research Forest, From I45 South exit 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.





## **HOTELS:**

### **MARRIOTT WATERWAY**

1601 Lake Robbins Dr.

The Woodlands,

TX 77380

1-800-228-9290

1-281-267-9797

[www.thewoodlandsmarriott.com](http://www.thewoodlandsmarriott.com)

### **TOWNPLACE SUITES MARRIOTT**

107 Vision Park Boulevard

The Woodlands, TX 77384

936-273-7772

[www.marriott.com/HOUTL](http://www.marriott.com/HOUTL)

### **COMFORT SUITES**

18456 Interstate 45

South

Shenandoah, TX 77384

936-321-4900

<http://www.choicehotels.com/hotel/tx371>

### **HOMEWOOD SUITES HILTON**

29813 Interstate 45 North

The Woodlands, TX 77831

281-681-9199

<http://www.houstonwoodlands.homewoodsuites.com/>