

2015 Short Course Texas Age Group Swimming Championships

Entries due by 12:00 PM, Monday March 2, 2015



Hosted By
THE WOODLANDS SWIM TEAM
March 5-8, 2015
Sanction No. GUSC 15-078



- LOCATION:** CISD Natatorium, 19133 David Memorial Drive, Shenandoah, Texas 77385
- DIRECTIONS:** **From I-45 Northbound:** Exit College Park Dr. (exit 79A). Proceed north on the frontage road and turn right (east) on Ed English Drive (at Discount Tire Co.). Proceed to David Memorial Drive and turn right (south), the Natatorium will be on your left, adjacent to the football stadium. **From I-45 Southbound:** exit Tamina (exit 77). At the intersection of I-45 and Research Forest/Tamina, turn left (east) onto Tamina Road and travel to first stop light. At the stop light turn left (north) onto David Memorial Drive (behind Home Depot), the Natatorium will be on your right.
- COACHES:** Head Coach: Tim Bauer; Head Age Group Coach: Shana Trabona
- MEET UPDATES:** Important updates and other useful information pertaining to the meet and local amenities will be available on the TWST website (<http://www.itwst.org>).
- POOL:** Two 25 yard, 8 lane indoor competitive pools with non-turbulent lane lines. Warm-up/warm-down lanes will be available for all sessions.
- MEET FORMAT:** This is a prelims/finals meet with the exception of relays, the 1000/1650 freestyle and the 12&Under 500 freestyle, which will be timed finals events. Unless the meet host determines one pool is more appropriate, all preliminary sessions will swim in two pools with Girls in the West Pool and Boys in the East Pool with all heats swimming fastest to slowest. Finals will swim in the East Pool and shall consist of A, B heats for all individual P/F events and 1 heat of each relay event, with all heats swimming slowest to fastest. Meet timelines, pool configuration, and lane timing assignments will be designated in the psych sheet and posted on both the TWST (<http://www.itwst.org>) and the Gulf Swimming (<http://www.gulfswimming.org>) websites by Tuesday, March 3, 2015. Open warm-ups will be in effect for all finals sessions.
- MEET OFFICIALS:**
- | | | |
|------------------------|---------------|---|
| Meet Referee: | Andrea Walin | email: andreaw@pfscanada.com |
| Meet Directors: | Brenda Gillis | email: bagillis@att.net |
| | | Phone: (281)658-6368 |
| | Jack Legendre | email: jackfish64@hotmail.com |
| Admin Referee: | Didi Byerly | email: DidiByerly@aol.com |
| Safety Marshal: | Kathy Dillard | |

OFFICIALS: Help from visiting officials is always welcome. Visiting officials are asked to e-mail the Meet Referee with their certification level and availability so she can plan accordingly. All officials must attend a mandatory meeting beginning one hour before each session. The uniform for all preliminary sessions will be white polo shirt over khaki shorts/pants/skirt, as appropriate. Finals uniform will be navy blue polo shirt over khaki pants/skirt (NO shorts), as appropriate. Application will be made for this meet to be designated a National Qualifying Meet for Officials.

GENERAL MEETING: All swimmers must be represented at a general meeting to be held Thursday, March 5, 2015 in the hospitality venue at the CISD natatorium. The meeting will begin immediately after the conclusion of Thursday's events. Any changes to the conduct of the meet will be decided at this meeting. It is each swimmer's and/or coach's responsibility to be aware of any changes made during this meeting.

OPENING CEREMONIES: There will be a short opening ceremony and parade on Friday, March 6, 2015 at 9:00 am before the start of preliminaries. Team representatives may carry team banners or flags and each team will be announced. There will be a 10 minute break after the last team is announced and before the meet events begin. Team pep rallies and demonstrations may be held BEFORE the playing of the national anthem and AFTER the start of the first event at each session, but not between the two.

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

ELIGIBILITY: **Age/Registration:** All swimmers, age 14 and younger, must be registered as athletes for 2015 with USA Swimming Inc. by the entry deadline and must be registered as a member of one of the five (5) Texas Local Swimming Committees (LSC's). 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.

Qualifying Times/Dates: All swimmers must meet the time standards established for each event he or she enters (time standards are included in the event tables) and must have achieved those times between **January 1, 2014 and March 2, 2015**. Typographical and transcription errors with regards to achieved qualification times will fall under the current USA Swimming Rules and Regulations Paragraph 207.9.5.

Age Up Date: Competitors must indicate their USA Swimming number and their age, as of **March 5, 2015**.

Team Scoring/Awards Eligibility: Swimmers may compete with a team that is registered with any of the five (5) Texas LSC's. The team must be a member of the Texas Swimming Association (TSA) for their swimmers to compete in any event and to earn team points and awards (see TSA MEMBERSHIP REQUIREMENTS below). All teams must comply with all TSA entry requirements.

Unattached Swimmers: A swimmer may swim “unattached” if he/she is ineligible to represent a team with whom they swim. Unattached swimmers may not earn team points. If an unattached swimmer is not representing a team, that individual must pay the \$25.00 TSA dues to be eligible for the meet.

TSA MEMBERSHIP

REQUIREMENTS: All teams must be a member of TSA for their swimmers to compete in any event and to earn team points and awards. TSA dues are \$25.00 and will be included in the OME entry process. Late entries must pay the TSA dues at time of entry if the respective team has not already paid the TSA dues.

RULES, SANCTIONS

AND LIABILITY: The meet will be held under the sanction of USA Swimming, Inc. and Gulf Swimming, Inc. The current USA Swimming rules and regulations will govern this meet. 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. TSA rules will apply where allowed. TSA rules prevail over any inconsistencies between TAGS Meet Information and current TSA rules.

SCRATCH RULES: Scratches for all final events is required as outlined in the current USA Swimming rules 207.11.6D and 207.11.6E. **Scratching for all Preliminary events is required prior to the deadlines stated below.** Failure to scratch an event counts as one of your seven (7) events for the meet.

CHECK-IN/SCRATCH DEADLINES:

Day/Event	Deadline
1000 Freestyle – Positive Check-in 500 Freestyle 12&U – Positive Check-in 800 Freestyle Relay – Relay Cards Due	Thursday 4:00 PM
Friday’s Relay Events – Relay Cards Due/Declare AM/PM Friday’s Individual Events – Scratch from Prelims	No later than 10 minutes after the conclusion of the general meeting
Saturday’s Relay Events – Relay Cards Due/Declare AM/PM Saturday’s Individual Events – Scratch from Prelims	Friday 6:00 PM
1650 Freestyle – Positive Check-in/Declare AM/PM Sunday’s Relay Events – Relay Cards Due/Declare AM/PM Sunday’s Individual Events – Scratch from Prelims	Saturday 6:00 PM

RELAY EVENTS: •Relays will be swum as timed finals events.

•All 800 Freestyle relays will be swum fastest to slowest in the Thursday, March 5th session.

•All other relays entered in the meet by the entry deadline will have the option to swim in preliminaries (AM) or finals (PM). The fastest 8 relay teams for each relay event that elect to swim in finals (PM) will swim in finals, with the remaining heats

swum in the respective preliminaries sessions. Deck entered relays will not be seeded into finals unless space is available.

- 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.

- The order of swimmers on relay teams will be strictly enforced in accordance with 102.3.7 USA Swimming Rules and Regulations. Relay only swimmers must be entered in the meet to be eligible to swim relays or Time Trials. The four (4) swimmers being used to prove the time for a relay, whether the proof is done by team or by aggregate, must be eligible to swim that event for this meet.

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

DISTANCE EVENTS:

Positive Check-in: The 12&Under 500 freestyle, 1000 freestyle and 1650 freestyle events will be swum as timed final events. Positive check-in is required for these events. See CHECK-IN/SCRATCH DEADLINES above or the MEET SCHEDULE below for check-in deadlines.

12&Under 500 Free and 1000 Free: The 12&Under 500 freestyle and the 1000 freestyle events will be swum fastest to slowest as timed final events. Swimmers must provide their own lap counters for these events (TWST will provide timers). Entries for the 1000 freestyle will be seeded by entry time in the following order: 1000 SCY, 800 LCM, 1650 SCY, 1500 LCM. See ENTRIES section below regarding the option to swim the 1000 freestyle event if qualified in the 1650 freestyle event.

1650 Free: The 1650 freestyle check-in will include the option to swim during either the prelims (AM) or the finals (PM) session. The fastest 8 girls and the fastest 8 boys who check-in and who elect to swim in finals (PM) will swim during Sunday’s finals session, in event order. All other heats will swim fastest to slowest as the final event in Sunday’s preliminaries session. There will be a 10 minute break between the last relay event and the first 1650 freestyle heat in the Sunday prelims session. Each swimmer must provide her/his own timer(s) and lap counter during the 1650 free prelims session heats and a lap counter for the finals heats. Entries will be seeded by entry time in the following order: 1650 SCY, 1500 LCM, 1000 SCY, 800 LCM. See ENTRIES section below regarding the option to swim the 1650 freestyle event if qualified in the 1000 freestyle event.

ENTRIES:

Number of Events: Swimmers may enter as many qualified events as desired but may only compete in a total of seven (7) individual events during the entire meet with no more than three (3) individual events during any one day, plus one (1) relay per day, except on Saturday when two relays are offered. On Saturday, swimmers may participate in two (2) relays. Time trial events will count as one of the three (3) events allowed per day, but not for one of the seven (7) meet events.

Scratching/No Shows: Please note that you must scratch the events you don’t want to swim by the deadline specified in the CHECK-IN/SCRATCH DEADLINES section above or the MEET SCHEDULE below. Failure to scratch an event counts as one of your seven (7) allowed events for the meet and as one of your three (3)

events for the day. Penalty for no-show counts as a disqualification and one of the seven (7) allowable swims. **A no-show for a finals qualifier will result in that swimmer being barred from the remainder of the meet.**

Seed Times: All seed times should be submitted in 100ths. Swimmers qualifying with a “non-conforming” time (long course meters) should enter that event using the non-conforming time. This allows OME to prove a qualifying entry time.

13-14 Bonus Event 1000 Free: A swimmer that has the qualifying time for the 1650/1500 freestyle also qualifies for the 1000 freestyle. If entering the 1000 freestyle with the 1650/1500 freestyle qualification, the swimmer must enter the 1000 freestyle as a bonus event in OME using his/her 1650/1500 time. This will provide proof of time in OME and will allow proper seeding of the event: 1000 SCY, 800 LCM, 1650 SCY, 1500 LCM.

13-14 Bonus Event 1650 Free: A swimmer that has the qualifying time for the 1000/800 freestyle also qualifies for the 1650 freestyle. If entering the 1650 freestyle with the 1000/800 freestyle qualification, the swimmer must enter the 1650 freestyle as a bonus event in OME using his/her 1000/800 time. This will provide proof of time in OME and will allow proper seeding of the event: 1650 SCY, 1500 LCM, 1000 SCY, 800 LCM.

ENTRY FEES:	<u>Individual events:</u>	\$15.00 per individual event
	<u>Relay events:</u>	\$20.00 per relay event
	<u>Swimmer Surcharge:</u>	\$5.00 per swimmer
	<u>TSA Dues:</u>	\$25.00 per team or per unattached swimmer as applies
	<u>Time trials:</u>	\$20.00 per event

Additional Relay Only swimmers added after entries close, but no less than 30 minutes before the meet starts Thursday, March 5, may be added at \$20.00 per swimmer. No additional relay only swimmers may be added after Thursday.

**ENTRY
PROCESS:**

OME: •Entries for TAGS must be completed in USA Swimming’s online meet entry (OME) system: www.usaswimming.org/OME. Entries will open in OME at 6 AM on January 28, 2015 and will close March 2, 2015 at 12:00 PM.

• OME saves your entries and you can complete your entries in more than one sitting, but once you check out, you cannot delete an entry (you can add additional entries until the entry deadline). Once all entries are complete and you have checked out in OME, you may pay by credit card in OME OR you may send payment along with hard copy printouts of entries/fees from OME.

•Payment for entries made by check must be payable to "The Woodlands Swim Team" and should be received by the entries chair (name and address below) by March 6, 2015. **Credit card payments cannot be made outside of OME.**

•If you have trouble using OME, please contact Anthony Buhr with USA Swimming at abuhr@usaswimming.org or (719) 866-3581.

• All teams must mail a signed copy of CISD's "Healthy Swimming Policy" (attached to announcement-one per team) to the entries chair (name and address below).

Team Manager/Team Unify: •A Hy-Tek file will be available on The Woodlands Swim Team website (www.itwst.org) and on the Gulf Swimming website (<http://www.gulfswimming.org>) for running eligibility reports and working out relays, but teams may NOT submit entries using Hy-Tek (Team Manager/Team Unify).

•If you have an entry question, please contact the Entries Chair (see name and contact information below) or the Meet Director (contact information on page 1). Email is preferred.

ENTRY

DEADLINE:

Monday, March 2, 2015 at 12:00 PM CST.

Any payments by check must be made out to The Woodlands Swim Team and be mailed to the Entries Chair:

Yan Liu
62 S. Dove Trace Circle
The Woodlands, TX 77382
Email: YXL7@YAHOO.COM
Phone: 281-797-0181

All entries received after the deadline but before 4:30 PM March 5 will be accepted as ON DECK entries with the applicable fees listed in the ON DECK ENTRIES section below. Exception: relay only swimmers added after entries close, but up to 30 minutes before the meet starts Thursday, March 5 (see ENTRY FEES section above).

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 that qualifying time, and if deck entered prior to the scratch deadline (see deadlines above) will be seeded into the event (except relays in finals - see RELAY section for details).

•If deck entered after the scratch deadline, the swimmer will be assigned to an open lane. A heat will be added if necessary, but there will be no standbys for open lanes.

•The late entry fee is \$30.00 per event plus a \$5.00/swimmer surcharge and \$25.00/team TSA fee if applicable.

•On-deck entries will be required to present a copy of their current USA Swimming ID and a current best times report from USA Swimming SWIMS database.

Electronic verification of USA Swimming SWIMS database will be accepted. NO DECK REGISTRATIONS WILL BE ACCEPTED.

TIME TRIALS:

Time Trials will be held under separate sanction, time permitting, for TAGS participants (name must appear on master entry sheet) between preliminaries and finals on Friday, March 6 and Saturday, March 7. Time Trials entries will be accepted from 9:00 – 10:00 AM on Friday and Saturday. There will be no time trials on Thursday or Sunday. The fee is \$20 per event. A swimmer may swim only one time trial per day. The 1000 yard Freestyle event will only be offered for Time Trial on Friday and the 1650 Freestyle event will only be offered for Time Trial on Saturday. Time trial events count toward a swimmers total number of daily events (3 maximum) as outlined in the Entries section, but not as one of maximum of seven (7) events for the meet. Time Trial results will be published with the Final results, however, these times cannot be considered for state records. Event order will be determined by the Time Trial Referee. Time trial swimmers must provide their own timers/lap counters.

PROOF OF TIME: OME will automatically provide proof of time. However, if you override a time in OME, you will be required to provide proof of time.

For all rules and explanations pertaining to TAGS Proof of Times, swimmers and coaches should refer to the TSA handbook. This is a pre-prove meet: all times will be verified through the SWIMS database. As always, it is the coach's responsibility to submit accurate, provable times. Otherwise, the individual swimmer or relay may not be entered in the meet. Any times not in the SWIMS database, including aggregate relay times, must be proven with supporting documentation supplied to the Entries Chair (see contact information above).

Swimmers qualifying with a "non-conforming" time (long course meters) should enter that event using the non-conforming time. This allows OME to prove a qualifying entry time.

AWARDS:

Individual Events: Medals 1st through 8th, Ribbons 9th through 16th

Relay Events: Medals 1st through 3rd, Ribbons 4th through 8th

Teams: TAGS flags will be awarded to teams that finish in 1st through 10th places. The first place team will receive the Leo Cancellare Award, the TAGS traveling trophy.

High Point Award: A high point plaque will be given to the outstanding boy and girl swimmer in each age group based upon the total number of points earned in individual events during the meet.

Team Age Group Award: A white flag with red printing 3' x 2' in size will be given to the first place girls' and boys' teams in the following age groups using individual and relay events only: 10 & under, 11-12, and 13-14.

Horizon Award: Given to the team that has the greatest place improvement in the team standings. No previous score is necessary, but the team must have been entered and recognized in the meet. This award will be computed from last year's Short Course TAGS team rankings.

Bill Nixon Sportsmanship Award: A trophy will be awarded to the team who exhibits the highest level of sportsmanship throughout the meet. The winner will be decided by a vote during the last session of the competition. Each team, the meet director, head referee and pool referees will be entitled to one vote.

SCORING: All events will be scored by age groups: 10&Under, 11-12 and 13-14.
Individual Events: 1st through 16th : 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays Events: 1st through 16th: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Team points will not be awarded for a relay performance that does not meet or better the minimum time standard for that event.

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 depths of the competition course measured from 1 meter to 5 meters on the starting and turning ends of the course are as follows:

<u>Pool</u>	<u>Start End</u>	<u>Turn End</u>
East (Diving)	7'	7'
West (Scoreboard)	7'	7'

TIMING SYSTEM: The Daktronics Omni Sport 2000 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up.

TIMERS: •The Woodlands Swim Team will provide timers for the Thursday evening session and for all finals sessions.

•Each team entered in the meet will be requested to provide timers for the preliminary sessions. Team timing requests will be made on a pro-rata basis. Each team will be requested to provide up to 1 timer for every 10 swimmers entered in the meet.

•Team timing requests will be posted on line by March 3, 2015 at www.itwst.org, www.gulfswimming.org, and printed in the heat sheet. Timer sign-up sheets will be posted in the main lobby at the volunteer check-in desk.

•Swimmers in Thursday’s 500 freestyle event and 1000 freestyle event must provide their own lap counter (timers will be provided by TWST). Swimmers who swim the 1650 freestyle in the preliminary session on Sunday must provide their own timers and lap counters. Those swimmers swimming the 1650 freestyle in finals on Sunday will need to provide their own lap counter (timers will be provided by TWST).

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.

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” (one per team or one per individual swimmer not attached to a team).**

No team or parent photographers will be allowed on deck.

DECK PASSES AND

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

DECK CHANGING

PROHIBITION: Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

AUDIO/VISUAL 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 government authorities and/or may be barred from the facility during the sanctioned meet.

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. 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 given a deck pass and will not be allowed to compete in the meet.

SWIMMERS WITH

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

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

HOSPITALITY: A hospitality room will be available.

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

SPECTATOR**SEATING:**

Reserving seats before, 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.

DECK SEATING,**SIGNS, & RULES:**

Reserving of seats on deck is not allowed. Coaches ONLY may bring chairs on deck. 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 allowed.

Please see attached "Rules, Regulation, Prohibitions, and Deck Access" of the CISD Natatorium for additional information.

COMMITTEE**MEETINGS:**

An All Star Camp Committee meeting and a TAGS committee meeting will be held at the end of the prelims session on Friday and Saturday, respectively, in the hospitality venue.

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

Thursday, March 5

3:00 to 9:00 PM	Pool open for warm-up
3:30 to 4:45 PM	Warm-up for 1000 & 500 Freestyle only
4:00 PM	Deadline for Positive Check-in for 1000/500 free 800 free relay cards due
5:00 PM	Thursday session starts
End of Session	General Meeting in Hospitality
No later than 10 Minutes	Friday prelims scratches and relay cards/declare
After End of General Meeting	AM/PM are due

Friday, March 6

7:00 to 7:30 AM	1 st Warm-up
7:30 to 8:00 AM	2 nd Warm-up
8:00 to 8:30 AM	3 rd Warm-up
8:30 to 8:45 AM	Dive/Sprint/Pace for all athletes
9:00 AM	Opening Ceremonies/Parade
After parade + 10 min	Friday Prelims session starts
9:00 - 10:00 AM	Friday time trial entries accepted
End of Prelims	All Star Committee meeting in Hospitality
3:30 to 4:20 PM	Finalist warm-up
4:30 PM*	Finals session starts
6:00 PM	Saturday prelims scratches and relay cards/declare AM/PM are due

Saturday, March 7

7:00 to 7:30 AM	1 st Warm-up
7:30 to 8:00 AM	2 nd Warm-up
8:00 to 8:30 AM	3 rd Warm-up
8:30 to 8:45 AM	Dive/Sprint/Pace for all athletes
9:00 AM	Saturday prelims session starts
9:00 - 10:00 AM	Saturday time trial entries accepted
End of Prelims	TAGS Committee meeting in Hospitality
3:30 to 4:20 PM*	Finalist warm-up only
4:30 PM*	Finals session starts
6:00 PM	Sunday positive check-in/declare AM/PM for 1650 free, prelims scratches, and relay cards/declare AM/PM are due

Sunday, March 8 (Note: daylight savings time begins)

7:00 to 7:30 AM	1 st Warm-up
7:30 to 8:00 AM	2 nd Warm-up
8:00 to 8:30 AM	3 rd Warm-up
8:30 to 8:45 AM	Dive/Sprint/Pace for all athletes
9:00 AM	Sunday prelims session starts
3:30 to 4:20 PM*	Finalist warm-up only
4:30 PM*	Finals session starts

* There will be a minimum three hour break between the end of the relays in the prelim session and the start of warm-ups for the finals session. The finals session warm-up will start no earlier than 3:30 PM but may start later, based on the end of the relays in the prelims session.

Warm-up Schedule:

	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
7:00 to 7:30 AM	Group 1	Group 2	Group 3
7:30 to 8:00 AM	Group 2	Group 3	Group 1
8:00 to 8:30 AM	Group 3	Group 1	Group 2
8:30 to 8:45 AM	Dive / Sprint Pace for all athletes		

A detailed warm-up schedule with team assignments to Groups will be posted on the TWST website (<http://www.itwst.org>) and the Gulf website (<http://www.gulfswimming.org>) by 12:00 PM Tuesday, March 3rd.

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

ORDER OF EVENTS

Thursday, March 5, 2015

<u>Girls</u>			<u>Timed Finals Session</u>			<u>Boys</u>		
<u>Event</u>	<u>SCY</u>	<u>LCM</u>	<u>Age</u>	<u>Distance</u>	<u>Stroke</u>	<u>SCY</u>	<u>LCM</u>	<u>Event</u>
1	10:46.89	9:39.49	13-14	1000	Free	10:12.59	9:18.09	2
3	6:13.89	5:31.49	10&Under	500	Free	6:09.79	5:33.79	4
5	5:30.39	4:56.19	11-12	500	Free	5:27.89	4:57.29	6
7	8:05.79	9:15.69	13-14	800	Free Relay	7:45.89	8:59.29	8

NOTES FOR THURSDAY:

- **Positive check-in for all individual events and all 800 free relay cards are due by 4:00 PM.**
- Meet start is 5:00 PM.
- All events are timed finals events.
- All events will be swum fastest to slowest.
- Girls swim in the West Pool and Boys swim in the East Pool.
- Timers will be provided by TWST, but swimmers must provide their own lap counter as needed.
- The General Meeting will be held in the hospitality venue immediately upon completion of Thursday's events.
- **Friday's prelims scratches and relay cards are due no later than 10 minutes after the conclusion of the General Meeting.**

ORDER OF EVENTS

Friday, March 6, 2015

<u>Girls</u>						<u>Boys</u>		
<u>Event</u>	<u>SCY</u>	<u>LCM</u>	<u>Age</u>	<u>Distance</u>	<u>Stroke</u>	<u>SCY</u>	<u>LCM</u>	<u>Event</u>
9	2:23.99	2:45.49	11-12	200	Fly	2:25.19	2:43.89	10
11	1:00.29	1:08.49	13-14	100	Fly	55.79	1:04.19	12
13	1:24.89	1:37.89	10&U	100	Breast	1:24.99	1:39.39	14
15	1:14.69	1:26.59	11-12	100	Breast	1:13.69	1:24.69	16
17	1:10.49	1:21.39	13-14	100	Breast	1:05.29	1:15.49	18
19	2:20.99	2:38.49	10&U	200	Free	2:21.79	2:38.19	20
21	2:03.99	2:21.69	11-12	200	Free	2:03.69	2:19.59	22
23	1:58.19	2:13.59	13-14	200	Free	1:49.39	2:05.79	24
25	34.59	39.39	10&U	50	Back	34.59	39.39	26
27	30.79	35.19	11-12	50	Back	30.69	34.69	28
29	1:01.19	1:11.09	13-14	100	Back	57.19	1:06.49	30
31	1:15.19	NA	10&U	100	IM	1:14.59	NA	32
33	1:06.39	NA	11-12	100	IM	1:04.89	NA	34
35	4:43.59	5:21.19	13-14	400	IM	4:24.69	5:05.79	36
37	4:36.69	5:13.59	10&U	400	Free Relay	4:39.59	5:19.79	38
39	3:59.59	4:35.29	11-12	400	Free Relay	3:59.59	4:34.19	40
41	3:45.09	4:17.29	13-14	400	Free Relay	3:31.89	4:02.39	42

NOTES FOR FRIDAY:

- Prelims events will swim Girls in the West Pool and Boys in the East Pool.
- A short opening ceremony/parade will begin at 9:00 AM and Friday's preliminary events will begin 10 minutes after the last team is announced.
- Relays are timed finals events with the fastest seeded 8 relay teams, who elect to swim in finals, swimming in finals, the remaining relays will swim in the prelims session.
- Time Trial entries will be accepted 9-10 AM.
- There will be an All Star Committee meeting in the hospitality venue upon completion of the prelims session.
- Finalist warm-ups begin at 3:30 PM and the finals session begins 4:30 PM OR finalist warm-ups begin three hours after the completion of the prelims relays and the finals session begins 1 hour later, whichever is later.
- **Saturday's prelims scratches and relay cards are due by 6:00 PM.**

ORDER OF EVENTS

Saturday, March 7, 2015

<u>Girls</u>						<u>Boys</u>		
<u>Event</u>	<u>SCY</u>	<u>LCM</u>	<u>Age</u>	<u>Distance</u>	<u>Stroke</u>	<u>SCY</u>	<u>LCM</u>	<u>Event</u>
43	4:11.59	4:49.49	13-14	200	Medley Relay	3:56.99	4:32.69	44
45	2:02.69	2:21.39	11-12	200	Medley Relay	2:02.49	2:21.29	46
47	1:14.79	1:25.69	10&U	100	Fly	1:14.39	1:24.39	48
49	2:14.69	2:32.29	13-14	200	Fly	2:05.79	2:24.79	50
51	1:05.39	1:15.19	11-12	100	Back	1:04.99	1:14.59	52
53	2:40.59	3:01.19	10&U	200	IM	2:39.89	3:00.99	54
55	2:21.59	2:41.19	11-12	200	IM	2:20.39	2:39.39	56
57	25.39	28.89	13-14	50	Free	23.29	26.59	58
59	29.59	33.09	10&U	50	Free	29.59	33.09	60
61	26.59	30.19	11-12	50	Free	25.79	29.69	62
63	2:32.49	2:55.69	13-14	200	Breast	2:21.69	2:45.29	64
65	38.99	44.69	10&U	50	Breast	39.49	45.09	66
67	2:41.19	3:04.39	11-12	200	Breast	2:39.99	3:03.29	68
69	5:14.89	4:41.09	13-14	500	Free	4:56.49	4:29.09	70
71	1:04.79	1:12.69	11-12	100	Fly	1:04.59	1:12.79	72
73	2:04.49	2:20.39	10&U	200	Free Relay	2:03.79	2:21.29	74
75	1:44.19	1:57.79	13-14	200	Free Relay	1:36.39	1:49.39	76
77	1:50.29	2:02.99	11-12	200	Free Relay	1:48.29	2:04.29	78

NOTES FOR SATURDAY:

- Prelims events will swim Girls in the West Pool and Boys in the East Pool.
- Relays are timed finals events with the fastest seeded 8 relay teams, who elect to swim in finals, swimming in finals, the remaining relays will swim in the prelims session.
- Time Trial entries will be accepted 9-10 AM.
- There will be a TAGS Committee meeting in the hospitality venue upon completion of the prelims session.
- Finalist warm-ups begin at 3:30 PM and the finals session begins 4:30 PM OR finalist warm-ups begin three hours after the completion of the prelims relays and the finals session begins 1 hour later, whichever is later.
- **Sunday's positive check-in/declare AM/PM for the 1650 free, prelims scratches, and relay cards/declare AM/PM are due by 6:00 PM.**

ORDER OF EVENTS

Sunday, March 8, 2015

NOTE: Daylight Savings Time Begins

<u>Girls</u>						<u>Boys</u>		
<u>Event</u>	<u>SCY</u>	<u>LCM</u>	<u>Age</u>	<u>Distance</u>	<u>Stroke</u>	<u>SCY</u>	<u>LCM</u>	<u>Event</u>
79	34.69	38.89	11-12	50	Breast	34.19	38.59	80
81	18:13.59	18:39.89	13-14	1650	Free	17:29.39	18:00.79	82
83	1:14.09	1:25.19	10&U	100	Back	1:14.79	1:24.59	84
85	2:19.99	2:40.19	11-12	200	Back	2:19.39	2:39.39	86
87	2:11.89	2:31.89	13-14	200	Back	2:03.09	2:23.69	88
89	1:04.99	1:12.79	10&U	100	Free	1:04.69	1:12.69	90
91	57.39	1:05.29	11-12	100	Free	56.59	1:04.89	92
93	54.69	1:01.99	13-14	100	Free	50.69	57.49	94
95	33.09	36.79	10&U	50	Fly	33.09	36.49	96
97	2:14.39	2:31.29	13-14	200	IM	2:04.89	2:22.19	98
99	28.99	32.69	11-12	50	Fly	28.69	32.49	100
101	2:21.29	2:43.19	10&U	200	Medley Relay	2:23.19	2:42.29	102
103	4:11.59	4:49.49	13-14	400	Medley Relay	3:56.99	4:32.69	104
105	4:29.19	5:09.89	11-12	400	Medley Relay	4:29.29	5:07.59	106

NOTES FOR SUNDAY:

- Prelims events will swim Girls in the West Pool and Boys in the East Pool.
- Relays are timed finals events with the fastest seeded 8 relay teams, who elect to swim in finals, swimming in finals, the remaining relays will swim in the prelims session.
- The 1650 free is a timed finals event with the fastest seeded 8 swimmers, who elect to swim in finals, swimming in finals, the remaining swimmers will swim in the prelims session, after the relays. There will be a 10 minute break after the last relay event and before the first heat of the 1650 free.
- Finalist warm-ups begin at 3:30 PM and the finals session begins 4:30 PM OR finalist warm-ups begin two hours after the completion of the prelims relays and the finals session begins 1 hour later, whichever is later.

SAFETY GUIDELINES AND WARM-UP PROCEDURES

WARM-UP PROCEDURES

- A. General warm-up.
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks or 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 after general warm-up.
 - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts in lanes 2-7 of the East and West Pools, swimming in one direction only.
 - 2. **PUSH/PACE**, push off from wall – no diving – circle swimming in lanes 1&8 of the East and West Pools.

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 backstroke is waiting to start.
 - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
 - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 - 6. All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
 - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
 - 2. Glass containers are prohibited.
 - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.

The CISD Natatorium

Rules, Regulation, Prohibitions, and Deck Access

1. All participants must follow the CDC "Healthy swimming policy" and shower before warm-up, no exception.
2. Shaving is not permitted anywhere within the entire CISD Natatorium Complex.
3. No chewing gum, food or color based drinks will be allowed on the pool deck, water only.

- Security personnel are empowered to enforce any and all regulations established by CISD Natatorium Policy.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the grandstand.
- Participants in swim suits are not allowed in the Grandstand-seating area. Participants and spectators are not allowed to lean against glass the rails, climb over banisters / railings, or pass any posted barriers.
- Participants and spectators are not allowed to use other areas of the CISD Natatorium complex during this event without securing a pass at the Services Desk located in the facility lobby.
- Lawn Chairs are not allowed in the CISD Natatorium Grandstand-seating area, Stadium seats shall not exceed 17" wide x 13" deep.
- Each competing team is permitted one temporary banner, placed at the discretion of the Aquatic Director. Team banners must not exceed 5' by 8'. No handmade signage is allowed.
- Absolutely no tobacco, alcohol products, or glass containers are allowed on Conroe School District property. This applies to the parking lot.
- Spectators are allowed (1) Cooler 13" wide x 11" deep x 12" tall that can be placed directly under their seating area, Participant /Teams are allowed an Ice-Chest (1) PER GENDER on the deck provided they do not contain glass items, bottled water is allowed.
- Betting and gambling is strictly prohibited.
- Teams are expected to police their respective areas at the conclusion of the competition.
- Participating or any activity that can be interpreted or described as "risky" or "horseplay" is prohibited throughout the entire CISD Natatorium Complex.
- Diving equipment such as trampoline, spotting rigs, dry-board apparatus, and the warm-pool are not to be used unless authorized by the CISD Natatorium Director.
- The use of flash cameras or noise-makers at the start, during or end of any race is prohibited.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergency use is prohibited.

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

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

CISD Healthy Swimming Policy

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

“*Healthy Swimming Policy*” Acknowledgement Form

Receipt Form

Organization: _____

Representative Name and Title: _____

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

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

Head Coach Signature

Date

