

**Gulf Senior Meet**  
**A SHORT COURSE YARDS TIMED FINALS MEET**

Hosted By  
**THE WOODLANDS SWIM TEAM**  
January 16<sup>th</sup> and 17<sup>th</sup>, 2010  
Sanction No. GUSC 10-039



- LOCATION:** CISD Natatorium, 19133 David Memorial Drive, Shenandoah, Texas 77385
- DIRECTIONS:** 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.
- COACHES:** Head Coach: Tim Bauer, Assistant Head Coach: Scott MacFarland, Director of Swim Development: Valerie Nichols, Head Age Group Coach: Shana Trabona, Age Group Coach: Brad Radford, Age Group Coach: Jennie Shamburger
- POOL:** 25 yard, 8 lane indoor competitive pool with non-turbulent lane lines. On Saturday only a second 25 yard 3 lane pool (**Diving Well, designated for Seniors Only**) will be available during the meet for warm-ups/warm-down. On Saturday afternoon and Sunday a second 25 yard, 8 lane indoor pool will be available for warm-ups/warm-downs. The diving well will be off limits to all swimmers on Sunday.
- TIME & DATE:** January 16, 2010 Saturday: warm-up at 7:30 a.m., meet starts at 9:00 a.m. Warm-up for the Saturday P.M. session will start at 12:30 P.M. but not earlier than 2 hours after the conclusion of the Saturday A.M. session. The Saturday P.M. competition will begin 1 hour after the start of warm-up. This is a timed-finals meet. January 17, 2010 Sunday: warm-up at 7:30 a.m., meet starts at 9:00 a.m.
- Lane assignments for warm-ups and lane timing will be designated in the psych sheet and posted on the Gulf Swimming website at least three days prior to the start of the meet.
- FLYOVER STARTS:** This meet will be run using the "Flyover Start" procedures unless a waiver is received from the Technical Planning Committee Chairman. At the conclusion of each heat, the swimmers shall remain in the water until after the next heat is started. Coaches, please remind your swimmers of the "Flyover Start" procedures.
- MEET OFFICIALS:**
- Referee:** John Leneave email: [swimkids@consolidated.net](mailto:swimkids@consolidated.net)
- Meet Directors:** Jay Knaebel email: [jknaebel@crc-home.com](mailto:jknaebel@crc-home.com)
- Safety Marshal:** Heidi Allan

## **SAFETY GUIDELINES AND WARM-UP**

**PROCEDURES:** See attached Safety Guidelines and Warm-up Procedures.

**SEEDING:** The meet will be a deck-seeded meet. Coaches, please inform your swimmers of seeding on deck rules.

**CHECK-IN:** All swimmers must check in each day with the Clerk of Course for all of the day's events. After the events are officially closed, no one may check in or scratch. Swimmers in the first event of the day must check in 45 minutes prior to the meet starting time. Swimmers in other events must check in 45 minutes prior to the event. After circling in, failure to appear at the starting blocks will result in the swimmer being assessed a \$ 5.00 fine, payable to Gulf Swimming Administrative Vice-Chairman Henry Clark for each event in which he/she fails to appear.

## **ON-DECK ENTRIES:**

Late entries will be accepted each day up to 30 minutes before the start of the meet. Those swimmers missing the 6:00 p.m. Friday, January 8, 2010 entry deadline may enter the meet on deck in the following manner:

1. Swimmers must pay double the entry fee. (\$10.50 for individual events).
2. Swimmers must supply completed entry forms entered at the swimmers' best times. The swimmers entered on deck will be seeded into the events according to their best times.
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.
6. Swimmers who on-deck to change a time in an event already entered must circle in on the posted circle-in sheets. The new time will be used for seeding. The on-deck entry fees still apply to these swimmers.

## **ENTRY INFORMATION:**

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

### **Cut-off Times/Qualifying**

**Times** NONE for 15 and over.  
14 and under qualify with 15-16 "AA" USA national motivational times. 10 & Under swimmers must provide proof of time with their entries.

**Age:** As of January 16<sup>rd</sup>, 2010

**Number of events:** Swimmers may compete in five (5) individual events per day.

**Deadline:** Entries must be in the hands of the Entries Director no later than 6:00 p.m., Friday, January 8, 2010. No late entries will be accepted. Do not send entries via Federal Express, etc., that require a signature. If you must send your entries by express mail, please indicate that a signature is NOT required. Mail completed entry forms to: Scott Meyers, 34 N. Provence Circle, The Woodlands, Texas 77382  
[Meyers\\_family5@sbcglobal.net](mailto:Meyers_family5@sbcglobal.net) (281)296-2232

**Entries:** All teams with 10 or more swimmers entered in this meet **MUST** submit their entries by email, using the Hy-Tek-Meet Manager/Team Manager computer software, along with a hard copy print out of your entries. Unattached swimmers should be entered in a separate file on the same diskette. Teams without Hy-Tek should submit their entries on the enclosed Entry Form. Teams with 10 or more swimmers entered in this meet using only an entry form (no diskette) must pay a \$25 surcharge payable to TWST with their entries. Individual entries may be submitted on the enclosed entry form.

For teams submitting their entries by email, you must zip the commlink file before attaching to the email. The print out of the team's entries, entry verification and payment of entry fees must be postmarked no later than 24 hours after the entry deadline as stated in the Meet Invitation.

**Eligible Teams:**

All USA registered teams and swimmers

**Fees:**

Entry fees must accompany entries. Make all checks payable to TWST. \$5.25 per individual event, \$2.00 per swimmer surcharge

**AWARDS:**

No Awards

**SCORING:**

Meet will not be scored

**RULES & SANCTIONS:**

The meet will be held under the sanction of USA Swimming and Gulf Swimming. The 2009 - 2010 USA Swimming and Gulf Swimming rules will apply. No entries can be accepted unless the entrant is either USA Swimming registered or certified by USA Swimming. The three (3) event rule and up down rule does apply to this 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.

**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. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be published in the psych sheet. Swimmers in the 400 IM, 500/1650 Free must provide two timers and a lap counter when applicable.

## **POOL DECK**

### **RESTRICTION:**

Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

Coaches and Officials must present their membership cards in order to receive complimentary Psych/Heat Sheets and for admission to the Hospitality Room.

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

### **PROOF OF TIME:**

Any swimmer that cannot prove that he/she was eligible to swim an event will be fined \$20.00 for each event he/she fails to prove. The fine or proof of time is sent to the Administrative Vice-Chairman, Henry Clark.

### **SWIMMERS WITH DISABILITIES:**

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

### **CONCESSIONS:**

A concession stand will be open during the meet.

### **HOSPITALITY:**

A hospitality room will be available.

### **MERCHANDISE:**

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

### **MEET RESULTS:**

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

## Hosted by The Woodlands Swim Team



Entry Rules	
Type of meet	Timed Finals
Max # individual events per day	Five(5)
Swimmers eligible	All USA Swimming
Entry times in	SCY, SCM, LCM
Qualifying times	
15 & Over	None
14 & Under	15 -16 USAS Motivational "AA" times
Cut-off times	None
Enter with no time?	Yes
Gulf "three event rule" applies?	Yes
Gulf "up/down rule" applies?	Yes
Fees	Individual \$5.25, \$2.00 surcharge per swimmer
Special Rule*	Warm-up for the Saturday P.M. session will start at 12:30 P.M. but not earlier than 2 hours after the conclusion of the Saturday A.M. session. The Saturday P.M. competition will begin 1 hour after the start of warm-ups,

### ORDER OF EVENTS

**Saturday January 16<sup>th</sup>, 2010**

Warm-ups start 7:30 AM Meet starts 9:00 AM

Women	LCM	SCM	SCY	Event	SCY	SCM	LCM	Men
1	-	-	-	15 & Up 200 Free	-	-	-	2
	2:21.09	2:17.99	2:04.89	14 & Under 200 Free	1:55.09	2:07.19	2:11.49	
3	-	-	-	15 & Up 100 Breast	-	-	-	4
	1:23.09	1:20.09	1:12.49	14 & Under 100 Breast	1:05.99	1:12.99	1:16.39	
5	-	-	-	15 & Up 200 Back	-	-	-	6
	2:37.49	2:32.39	2:17.89	14 & Under 200 Back	2:06.79	2:20.19	2:24.99	
7	-	-	-	15 & Up 400 I.M.**	-	-	-	8
	5:35.99	5:28.19	4:56.99	15 & Under 400 I.M.**	4:35.79	5:04.79	5:13.49	

\*\*The 400 I.M. and 500/1650 Freestyle will be swum fastest to slowest, alternating women's and men's heats. Swimmers in the 400IM, 500/1650 Free must provide two timers and a lap counter when applicable.

**Saturday January 16<sup>th</sup>, 2010**

\*Warm-ups start 12:30 PM meet starts 2:00 PM

Women	LCM	SCM	SCY	Event	SCY	SCM	LCM	Men
9	-	-	-	15 & Up 200 I.M.	-	-	-	10
	2:40.29	2:35.69	2:20.89	14 & Under 200 I.M.	2:09.49	2:23.09	2:29.39	

11	-	-	-	15 & Up 50 Free	-	-	-	12
	30.49	29.69	26.89	14 & Under 50 Free	24.29	26.79	27.59	
13	-	-	-	15 & Up 100 Fly	-	-	-	14
	1:11.19	1:10.19	1:03.59	14 & Under 100 Fly	57.59	1:03.69	1:04.89	
15	-	-	-	15 & Up 500 Free**	-	-	-	16
	4:55.99	4:51.39	5:32.89	14 & Under 500 Free**	5:10.79	4:31.99	4:50.19	

\*\*The 400 I.M. and 500/1650 Freestyle will be swum fastest to slowest, alternating women's and men's heats. Swimmers in the 400IM, 500/1650 Free must provide two timers and a lap counter when applicable.

### Sunday January 17<sup>th</sup>, 2010

Warm-ups start 7:30 AM Meet starts 9:00 AM

Women	LCM	SCM	SCY	Event	SCY	SCM	LCM	Men
17	-	-	-	15 & Up 100 Back	-	-	-	18
	1:13.09	1:10.49	1:03.79	14 & Under 100 Back	58.59	1:04.69	1:07.69	
19	-	-	-	15 & Up 200 Fly	-	-	-	20
	2:35.89	2:32.99	2:18.49	14 & Under 200 Fly	2:07.79	2:21.29	2:24.29	
21	-	-	-	15 & Up 100 Free	-	-	-	22
	1:05.79	1:04.29	58.19	14 & Under 100 Free	52.89	58.49	1:00.49	
23	-	-	-	15 & Up 200 Breast	-	-	-	24
	2:57.99	2:52.39	2:35.99	14 & Under 200 Breast	2:23.89	2:38.99	2:46.99	
25	-	-	-	15 & Up 1650 Free**	-	-	-	26
	19:37.19	19:02.29	19:08.99	14 & Under 1650 Free**	18:00.99	17:54.69	18:25.29	

\*\*The 400 I.M. and 500/1650 Freestyle will be swum fastest to slowest, alternating women's and men's heats. Swimmers in the 400IM, 500/1650 Free must provide two timers and a lap counter when applicable.

# 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.

## ENTRY VERIFICATION

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

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Signature

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Title

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Date

## **The CISD Natatorium Rules, Regulation, Prohibitions, and Deck Access**

- Security personnel are empowered to enforce any and all regulations that have been established by CISD Natatorium Policy.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the grandstand.
- Participants in bathing suits are not allowed to be in the grandstand, climb over banister / railings, or pass any posted barriers.
- Lawn chairs are not allowed in the CISD Natatorium seating area.
- Participants and spectators are not allowed to use other areas of the CISD Natatorium complex during this event without purchasing a pass at the Services Desk located in the facility lobby.
- Each competing team is permitted one temporary banner, placed at the discretion of the Aquatic Director. Team banners must not exceed 5' by 8'. No handmade signage is allowed.
- Absolutely no tobacco, alcohol products, or glass containers are allowed anywhere on Conroe School District property. This applies to the parking lot.
- Coolers are allowed, provided they do not contain glass items.
- No chewing gum, food or color based drinks will be allowed on the pool deck, water only.
- Betting and gambling is strictly prohibited.
- Shaving is not permitted anywhere within the entire CISD Natatorium Complex.
- Teams are expected to police their respective areas at the conclusion of the competition.
- Running or any other sort of activity that might be interpreted or described as "horseplay" is prohibited throughout the entire CISD Natatorium Complex.
- Diving equipment such as trampoline, spotting rigs, dry-board apparatus, and Hot Tubs are not to be used.
- The use of flash cameras at the start of any race is prohibited.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergency is prohibited.
- All participants must follow the CDC "*Healthy swimming policy*" and shower before warm-up, no exception.

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

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

## CISD Healthy Swimming Policy

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

## “*Healthy Swimming Policy*” Acknowledgement Form

### *Receipt Form*

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

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

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

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

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Head Coach Signature

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Date



