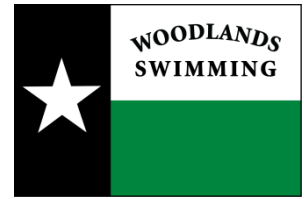


**TEXAS SENIOR CIRCUIT – LC MEET #1**  
**A LONG COURSE METER TIMED FINALS MEET**  
 Hosted By  
**THE WOODLANDS SWIM TEAM**  
**May 16-17, 2015**  
**Sanction No. GULC 15-011**



**\*Meet Entry Deadline of 6:00 PM Tuesday May 5, 2015\***

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

**DIRECTIONS:** From I-45 North exit Research Forest, From I-45 South exit Tamina. At the intersection of I-45 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. See enclosed map.

**COACHES:** Head Coach: Tim Bauer, Head Age Group Coach: Shana Trabona

**POOL:** 50 meter, 8 lane indoor competitive pool with non-turbulent lane lines. The diving well will be available for warm-up and warm-down during the meet.

**FORMAT, TIME & DATE:** This is a timed-finals long course meters meet. All heats will be swum fastest to slowest. All 50 meter events will start from the east (bulkhead) end of the pool. Chase starts will be utilized as follows:

- 400 IM and 400 Free events: Alternating women and men heats; women will start from the west end and men will start from the bulkhead end.
- 100 and 200 meter events: Odd heats will start from the west end and even heats will start from the bulkhead end.
- **Please note: Based on the number of entries for this meet, the Meet Referee, at their discretion, may choose to start all events on the same end of the pool.**

<b>DATE:</b>	<b>SESSION:</b>	<b>WARM-UP:*</b>	<b>MEET STARTS:</b>
<b>Saturday, May 16<sup>th</sup></b>	<b>#1</b>	<b>7:30 a.m.</b>	<b>9:00 a.m.</b>
	<b>#2</b>	<b>3:30 p.m.</b>	<b>5:00 p.m.</b>
<b>Sunday, May 17<sup>th</sup></b>	<b>#3</b>	<b>7:30 a.m.</b>	<b>9:00 a.m.</b>

\*Open warm-ups will be in effect

**MEET REFEREE:** Andrea Walin email: [andreaw@pfscanada.com](mailto:andreaw@pfscanada.com)

**MEET DIRECTOR:** Jack Legendre email: [jackfish64@hotmail.com](mailto:jackfish64@hotmail.com) cell: (832)727-3692

**ADMINISTRATIVE OFFICIAL:** David Neff email: [davidbneff@gmail.com](mailto:davidbneff@gmail.com)

**SAFETY MARSHALL:** Pati Bryant email: [pati@blossomphotography.com](mailto:pati@blossomphotography.com)

**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:** Swimmers must check in 45 minutes prior to the session starting time for all events. 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 for each event in which he/she fails to appear.

**ON-DECK ENTRIES:** Late entries will be accepted each day up to 45 minutes before the start of the session. Those swimmers missing the 6:00 p.m. Tuesday May 5, 2015 entry deadline may enter the meet on deck in the following manner:

1. Swimmers must pay late entry fee of \$ 20.00 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 forty-five (45) minutes prior to the start of the session.
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:**

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

##### **Qualifying Times:**

Ages 15 and Over: No qualifying times.

Ages 13-14: Must have a minimum of three National Age Group Motivational AA Times in order to swim in this meet. Swimmers under the age of 13 are not eligible to swim in this meet.

##### **Entry Times:**

1. It will be the coaches' responsibility to enter only swimmers that have the qualifying times for this meet.
2. Enter all events with a long course meter entry time (lifetime best time is recommended)
3. Entry times must be from USA Swimming Meets.
4. No yard times will be accepted and there will be no conversion from yard to meter times.
5. If a swimmer has qualified for an event with a short course time, use the swimmers best long course time for that event. Swimmers without meter times should enter with NT.

**Age:** As of May 16, 2015

**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., Tuesday, May 5, 2015. 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:**

**Yan Liu**

**62 S. Dove Trace Circle The Woodlands, Tx. 77382**

**Email: [YXL7@yahoo.com](mailto:YXL7@yahoo.com) Phone: 281-797-0181**

**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 Announcement.

**Eligible Teams:** All USA Swimming registered teams. Texas Senior Circuit no longer requires a registration fee. We reserve the right to limit the number of swimmers in order to achieve a manageable timeline.

**Fees:** Entry fees must accompany entries. Make all checks payable to TWST. \$ 10.00 per individual event; \$3.00 per swimmer surcharge.

**OFFICIALS:** The uniform for all timed final sessions will be white polo shirt over navy pants/shorts or skirts.

**AWARDS:** No awards are provided for this meet.

**SCORING:** The meet will not be scored.

**RULES & SANCTIONS:** The USA Swimming and Gulf Swimming rules will apply. This meet will be held under the sanction of USA Swimming, Inc. and Gulf Swimming, Inc. It is understood and agreed that USA Swimming and Gulf Swimming shall be free from any liabilities of claims for damages arising by reason of injuries to anyone during the conduct of the event. No entries can be accepted unless the entrant is a registered member of USA Swimming as provided in Article 302. On-deck USA Swimming membership registration will not be permitted. The 3-event rule and the up/down rule do not apply.

**POOL MEASUREMENT:** The competition course has not been certified in accordance with USA Swimming Rule 104.2.2(C). Course measurements will be verified each session in accordance with USA Swimming Rules 202.3.6. The water depth of the competition course is 7-feet measured from 1 meter to 5 meters on the starting end of the course, and 7-feet measured from 1 meter to 5 meters on the turning ends of the course."

**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, 400 Free must provide 2 timers.**

**POOL DECK RESTRICTIONS:** 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.

No photographers on deck.

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".**

**SPECTATOR SEATING:**

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

**DECK CHANGING PROHIBITION:**

Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**UNACCOMPANIED SWIMMERS:**

Any swimmers entered in the meet, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**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, Jason Wedlick.

**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).

**AUDIO/VIDEO RECORDING DEVICES:**

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

**CONCESSIONS:**

A concession stand will be open during the meet.

**HOSPITALITY:**

A hospitality room will be available.

**MERCHANDISE:**

The onsite Swim Shops of the Southwest store will be open during the meet and selling swim apparel and swim gear.

**MEET RESULTS:**

Real-time results will be posted on the CISD Natatorium website at: <http://athletics.conroeisd.net/aquatics>. Meet results will be posted on the Gulf Swimming website at: <http://www.gulfswimming.org> three days after the final day of the meet.

**ORDER OF EVENTS**  
**TEXAS SENIOR CIRCUIT – LC MEET #1**  
**A LONG COURSE METER TIMED FINALS MEET**  
 Hosted By  
**THE WOODLANDS SWIM TEAM**

**(All times below for all sessions are 13-14 Age Group Motivational AA Times for 2013-16. No qualifying times for 15 & Over Swimmers.)**

**Saturday May 16**

Session #1 Warm-ups: 7:30 a.m. Meet Starts: 9:00 a.m.

<b>Women</b>			<b>Men</b>			
Event #	SCY	LCM	Event	SCY	LCM	Event #
1	1:03.89	1:12.39	100 Fly	59.29	1:07.49	2
3	2:22.29	2:43.89	200 IM	2:12.99	2:33.69	4
5	26.99	30.89	50 Free	24.89	28.29	6
7	5:38.29	5:01.79	400 Free*	5:19.99	4:50.09	8

\*400 Free swim fastest to slowest alternating women/men.

All 50 meter events will start from the east end of the pool.

**Saturday May 16**

Session #2 Warm-ups: 3:30 p.m. Meet starts: 5:00 p.m.

<b>Women</b>			<b>Men</b>			
Event #	SCY	LCM	Event	SCY	LCM	Event #
9	1:04.29	1:13.99	100 Back	1:00.39	1:09.89	10
11	1:13.49	1:24.49	100 Breast	1:07.89	1:17.89	12
13	2:06.49	2:23.89	200 Free	1:58.69	2:16.09	14
15	5:02.69	5:45.39	400 IM*	4:43.39	5:26.19	16

\*400 IM swim fastest to slowest alternating women/men.

**Sunday, May 17**

Session #3 Warm-ups: 7:30 a.m. Meet Starts: 9:00 a.m.

<b>Women</b>			<b>Men</b>			
Event #	SCY	LCM	Event	SCY	LCM	Event #
17	2:18.29	2:38.69	200 Back	2:10.09	2:30.29	18
19	58.69	1:06.79	100 Free	54.49	1:02.59	20
21	2:39.39	3:02.89	200 Breast	2:28.29	2:52.09	22
23	2:21.69	2:38.79	200 Fly	2:11.69	2:29.99	24

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

## 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

---

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:

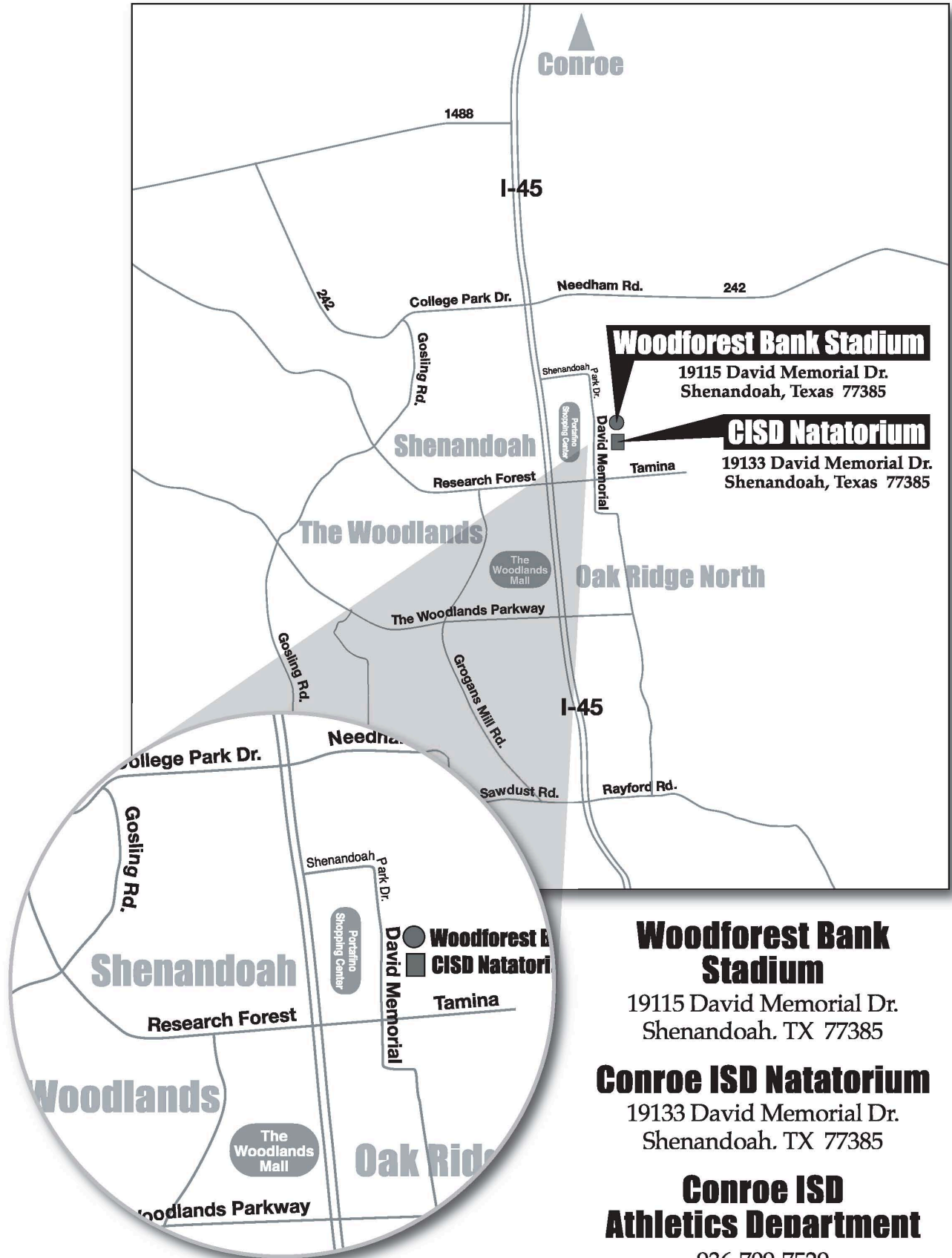
- I have received a copy of both the "*Healthy Swimming Policy*" and the CISD Natatorium General Operating Procedures. I understand the responsibility for ensuring that all members of the organization and their guests comply with these rules. I understand that additional copies are available in the office 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.

---

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

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





**Woodforest Bank Stadium**

19115 David Memorial Dr.  
Shenandoah, TX 77385

**Conroe ISD Natatorium**

19133 David Memorial Dr.  
Shenandoah, TX 77385

**Conroe ISD Athletics Department**

936-709-7529

# **LODGING INFORMATION**

## **CITY OF SHENANDOAH**

Visit the Convention and Visitors Bureau website for additional information on lodging:

<http://tx-shenandoah.civicplus.com/index.aspx?nid=86>

1. America's Best Value Inn and Suites  
19565 IH-45N  
Shenandoah, TX 77381  
Phone: 281-298-8140
  
2. Comfort Suites  
18456 IH-45N  
Shenandoah, TX 77384  
Ph: 936-321-4900
  
3. Days Inn  
29007 IH-45N  
Shenandoah , TX 77381  
Ph: 281-363-3933
  
4. Hampton Inn  
18484 IH-45N  
Shenandoah, TX 7738  
Ph: 936-273-3400
  
5. Hilton Homewood Suites  
29813 IH-45N  
Shenandoah , TX 77381  
Ph: 281-681-9199
  
6. La Quinta Inn  
28673 IH-45N  
Shenandoah , TX 77381  
Ph: 281-367-7722
  
7. Marriot TownPlace Suites  
107 Vision Park Blvd  
Shenandoah, Texas 77384  
Ph: 936-273-7772

## **THE WOODLANDS TOWNSHIP**

Visit the Woodlands Convention and Visitors Bureau website for additional information on accommodations:

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