



# 2018 Short Course Texas Age Group Swimming Championships Time Trials

Hosted By  
**THE WOODLANDS SWIM TEAM**  
**MARCH 2-3, 2018**  
**Sanction Number GUSC 18-065**

**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: Kit Raulerson; Head Age Group Coach: Jarrod Murphy

**POOLS:** 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**

**TIME AND DATE:** This is a Time Trials meet held in conjunction with the Texas Age Group Swimming Championship Meet (TAGS). Time Trials will be available, time permitting, between the prelims and finals sessions of the TAGS meet on Friday, March 2<sup>nd</sup> and Saturday, March 3<sup>rd</sup>. Time Trial swimmers must be entered in the TAGS meet (by the original TAGS entry deadline) in order to be eligible to swim in time trials.

This will be a deck-seeded meet. Events may be swum combined by distance, stroke and/or gender at the discretion of the Meet Referee.

Warm-ups for Time Trials will begin at the conclusion of the prelims session on Friday and Saturday. The Time Trials Meet will start no earlier than 30 minutes after the conclusion of the respective prelims session. Swimmers must provide their own timers and lap counters.

**MEET OFFICIALS:**

**Meet Referee:** Claude Humbert

**Meet Directors:**

Vanessa Krantzcke email: svk4@hotmail.com

Shannon Pope email: sdpope2002@msn.com

**Admin Referee:** Bonnie Finnigan

**Safety Marshal:** Matt Niewenhous, Hector Pena, Dale Whiteman, Merrick Dautrich

**SAFETY GUIDELINES  
AND WARM-UP**

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

**ELIGIBILITY:** Swimmers must have been entered in the TAGS meet by the TAGS entry deadline (no on-deck entered swimmers allowed).

**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 Time Trials Meet Information and current TSA rules.

**ENTRIES:** **Number of Events:** Swimmers may enter one Time Trial event per day. These events count as one of the three (3) maximum events allowed per day, but not as one of the seven (7) maximum events allowed for the TAGS meet.

**Seed Times:** All seed times should be submitted in 100ths. Swimmers entering with a “non-conforming” time (long course meters) should enter the event using the non-conforming time.

**Qualifying Times:** None.

**Cut-off Times:** None.

**Age:** As of March 2, 2018

**ENTRY FEES:** \$30.00 per event

**ENTRY**

**PROCESS:** (1) All swimmers must enter Time Trial Events by submitting a completed Time Trial deck entry form to the Clerk of Course along with payment.  
(2) Time Trial entries open at 9 AM and close at 10 AM on both Friday March 2<sup>nd</sup> and Saturday March 3<sup>rd</sup>.  
(3) Swimmers will be seeded into their events according to seed time provided. Events may be combined by distance, stroke, and/or gender at the discretion of the Meet Referee.

**AWARDS:** None.

**SCORING:** None.

**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 end of the course are as follows:

<b>POOL</b>	<b>START END</b>	<b>TURN END</b>
<b>EAST (DIVING)</b>	<b>7'</b>	<b>7'</b>
<b>WEST (SCOREBOARD)</b>	<b>7'</b>	<b>7'</b>

**TIMINGSYSTEM:** 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:** Swimmers must provide their own timers and lap counters.

**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.

**DECK CHANGING PROHIBITION:**

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

**DRONES:**

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and locker rooms) any time athletes, coaches, officials and/or spectators are present.

**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 for coaches and officials.

**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.

## ORDER OF EVENTS

### Time Trials

### Friday, March 2, 2018

Girls				Boys
Event	Age	Distance	Stroke	Event
201	14&Under	50	Free	202
203	12&Under	50	Back	204
205	12&Under	50	Breast	206
207	12&Under	50	Fly	208
209	14&Under	100	Free	210
211	14&Under	100	Back	212
213	14&Under	100	Breast	214
215	14&Under	100	Fly	216
217	12&Under	100	IM	218
219	14&Under	200	Free	220
221	11-14	200	Back	222
223	11-14	200	Breast	224
225	11-14	200	Fly	226
227	14&Under	200	IM	228
229	13-14	400	IM	230
231	14&Under	500	Free	232
233	13-14	1000	Free	234

**NOTES FOR FRIDAY:**

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- Time Trials will be held in the East Pool.
  - Time Trial entries will be accepted 9-10 AM.
  - Warm-ups begin upon the completion of the prelims session.

- Swimmers must provide their own timers and, as needed, lap counters.

## ORDER OF EVENTS

### Time Trials

### Saturday, March 3, 2018

Girls				Boys
Event	Age	Distance	Stroke	Event
301	14&Under	50	Free	302
303	12&Under	50	Back	304
305	12&Under	50	Breast	306
307	12&Under	50	Fly	308
309	14&Under	100	Free	310
311	14&Under	100	Back	312
313	14&Under	100	Breast	314
315	14&Under	100	Fly	316
317	12&Under	100	IM	318
319	14&Under	200	Free	320
321	11-14	200	Back	322
323	11-14	200	Breast	324
325	11-14	200	Fly	326
327	14&Under	200	IM	328
329	13-14	400	IM	330
331	14&Under	500	Free	332
333	13-14	1650	Free	334

#### NOTES FOR SATURDAY:

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- Time Trials will be held in the East Pool.
  - Time Trial entries will be accepted 9-10 AM.
  - Warm-ups begin upon the completion of the prelims session.
  - Swimmers must provide their own timers and, as needed, lap counters.

## 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 the “*Healthy Swimming Policy*” and understand the CISD Natatorium’s “*Healthy Swimming Policy*” Procedure, as coach or sponsor 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

**HEALTH & SAFETY:**

CISD is committed to the health and safety of all participants. The Natatorium utilizes Advanced training and technology and adopts the Centers of Disease Control (CDC) "*Healthy Swimming Policy*". This policy has proven to assist in protecting participants 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 CDC guidelines which mandate safe practices such as requiring all to shower before entering the pool or spa. Please notify all participants there is no shaving at the facility.

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

- I. All participants must follow the CDC "*Healthy swimming policy*" and shower before warm-up, no exception.
- II. Shaving is not permitted anywhere within the entire CISD Natatorium Complex.
- III. **No chewing gum, food or color based drinks will be allowed on the pool deck, water only.**
- IV. Security personnel are empowered to enforce any and all regulations established by CISD Natatorium Policy.
- V. Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the grandstand.
- VI. 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.
- VII. 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.
- VIII. Lawn Chairs are not allowed in the CISD Natatorium Grandstand-seating area, Stadium seats shall not exceed 17" wide x 13" deep.
- IX. Each competing team is permitted one temporary banner, placed at the discretion of the CISD Natatorium Coordinator. Team banners must not exceed 5' by 8'. No handmade signage is allowed. Blue painters tape only to secure.
- X. Absolutely no tobacco, electronic cigarettes (vape-pen/E-Cig), alcohol products, or glass containers are allowed on Conroe School District property. This applies to the parking lot.
- XI. 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.
- XII. Betting and gambling is strictly prohibited.
- XIII. Teams are expected to police their respective areas at the conclusion of the competition.
- XIV. Participating in any activity that can be interpreted or described as "*risky*" or "*horseplay*" is prohibited throughout the entire CISD Natatorium Complex.
- XV. 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 Coordinator.
- XVI. The use of flash cameras or noise-makers at the start, during or end of any race is prohibited.
- XVII. Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergency use is prohibited.

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

- Athletes from competing teams ● Administrative support personnel ● Coaches of competing teams ● Facility/District Staff ● Officials ● Marshals ● Timing System operators ● Security personnel ● Computer systems operators ● Lifeguards ● Lane timers ● Service and supply vendors ● Credentialed media personnel ● Hospitality personnel ● Medical support personnel ● Other



personnel on a case-by-case basis at the discretion of the Meet Coordinator, the Meet Director, or the Meet Referee