



T.I.S.C.A. Gulf Coast Championship



Sponsored by
Conroe ISD "The Nat" Natatorium

19133 David Memorial Drive
Shenandoah, Texas 77385
936-709-3915

November 20-21, 2009

Swim facilities: The 65 meter natatorium configures into two-25-yard Competition Courses. Each course will have eight (8) nine (9) foot lanes separated two (2) **STARK fiberglass bulkheads** housing a six (6) eight (8) foot lane 25-yard Warm-up/Cool-down Pool. There are two (2) **Daktronics** in-deck timing systems and one (1) on-deck system available as back-up. The Boys will compete in the seven (7') depth west pool and Girls in the fourteen (14') depth east pool. The Natatorium has two (2) independent display boards a full-feature **Daktronics ProStar** and a **Galaxy** monochrome matrix display for posting results and team scores. There are three (3) fully automated **Daktronics 2000** Timing systems, two dedicated to swimming and one to diving. Hy-Tech Software will be used. The **Grandstands** with Spectator seating for 1,100 are located on the second floor together with a complete **Concession** area. The Natatorium has 11,000 + sq.ft. of pool deck and can provide seating for 900 swimmers.

Diving facilities: Consist of four (4) One-Meter Maxi-Flex Diving Boards on concert platforms, Warm-up spa and w/drip showers on each of the two (2) Three-Meter platform bases. **Daktronics** wireless judging Systems and e-Dive software will be used.

November 20, 2009

Diving Preliminaries (8dives) Event 9 & 10

Diving Event 23 & 24 – 3-meter Preliminaries and Finals

Warm-up 7:00 am-8:10 am

Diving Official's meeting 8:30 am

Diving 8:45 am

November 21, 2009

Diving Finals (3 dives) 1-meter only

Warm-up during the swimming events (8:45 AM)

Diving **Event 9** after the 50 freestyle & **Event 10** the 100 breaststroke.

*The time may be adjusted depending on 1.number of divers entered and 2.If the stadium is needed for a Play-off game and the Field House locker area (*North Side of Natatorium*) is needed. This competition will be conducted as a *championship meet*. **Events 9 & 10 – Girls & Boys 1-meter**, diver will perform eleven (11) dives, five (5) voluntary (*maximum d.d. 9.0*) and six (6) optional (*d.d. no limit*). **Events 23 & 24 – Girls & Boys 3-meter**, divers will perform six (6) dives, one (1) voluntary (*maximum d.d. 1.9, note the vol. dive D.D. can be greater than 1.9 but will be assigned a d.d. 1.9*) and six optional dives (*d.d. no limit*). Event 9 & 24 will run together first follow by a 30 minute warm-up then events 10 & 23. Please consult the National Federation Swimming & Diving Rule Book for choice and order of dives. **Diving sheets must be verified and signed by 8:15 AM.**

Do you need additional information or have any Questions?

Contact: Sam Fruia, CISD Natatorium Coordinator

natman@conroeisd.net

By

Phone: 936-709-3915 * Cell: 936-672-3320 * Fax: 936-709-3999

Please remember to check or website: <http://athletics.conroeisd.net/aquatics/uii> for latest details and entry forms



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Swimming Preliminaries – November 20, 2009

Warm-up 7:00 – 8:00

Clear Pool 8:10

Coaches' Meeting 8:30 (Friday only)

Preliminaries 8:45

This competition will be conducted as a *championship meet*. The eight (8) fastest swimmers/relays in each event will qualify for the Championship Finals. The next eight (8) fastest swimmers / relays in each event will qualify for the Consolation Finals. Please make all scratches for Finals as soon as results are posted / prior to leaving the meet and check for positions of alternates. Final results will be posted at the facility and on the "The Nat" Website.

Swimming Finals – November 21, 2009

Warm-up 7:00 – 8:30

Clear Pool 8:10

National Anthem 8:30

Finals 8:45

Rules: U.I.L. and National Federation championship rules will govern the meet. Team Eligibility: Each school entered must have a coach/sponsor who is a current TISCA member. Membership applications may be found at <http://www.tisca.org>.

Scoring: Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Admission: Adults - \$5.00 Students - \$3.00

Meet Programs: - \$3.00 for additional programs

T-Shirts: - Meet T-shirts will be available for purchase.

Awards:

Team trophies will be given to the top three (3) girls' teams and the top three (3) boys' teams. Individual Medals will be awarded to first, second, and third place in individual and relay events. Individual Ribbons will be awarded to fourth through eighth place in individual and relay events.

Entries: Team entries will be limited to TISCA Members-each contestant may enter a maximum of four (4) events. No more than two (2) may be individual events (diving counts as an individual event). **Each team may enter four (4) individuals and two (2) relays in each event. EXCEPTION: Each team may enter six (6) individuals in the 50 Free, 100 Free and 1-meter diving however, no more than (4) individuals from any team will be allowed to advance to any final.** Relays may be entered generically by school with actual swimmers being declared when relay cards are submitted at the meet. The order of the swimmers on the relay may be changed, with the exception of the lead off swimmer, until the completion of the heat as stated in the NISCA rules. Any swimmer listed on the school's roster is eligible to be placed on a relay as long as it does not violate the number of events per swimmer rule.

COACHES: PLEASE ADHERE TO TIME & DD STANDARDS.

Entry Procedure: **Swimming/Diving:** Enter your team with Team Manager II. Event file is posted on the Conroe ISD Swimming Web Site. **Do not send the Zip File.** Open the Zip File and send the file that ends with HY3.

Diving Sheets: Download and save the Diving Entry Form from the CISD ISD Natatorium web site. Fill out the form, listing each diver and their dives. This meet will be conducted as a *championship meet*. The 1-meter diving shall consist of five voluntary dives and six optional dives and follow NFHS Rule #9, Section 4 Article 1, Section a, b, c, & d. The 3-meter shall consist of one voluntary dive and five optional dives. When the dive list is complete e-mail it to: jbenividez@conroeisd.net with swimming entries.



T.I.S.C.A. Gulf Coast Championship



Entry Fees: \$7.00 per individual, regardless of the number of individual events entered. \$10.00 per relay entered. (*As per Intra-District agreement, \$5.00 per individual, maximum entry fee per girls' team: \$50.00. Maximum entry fee per boys' team: \$50.00*) Relay only swimmers **are required** to be on the team roster and do pay Individual Entry Fees. Entry Fees will be calculated based on the total number of Swimmers/Divers and relays entered.

DISTRICTS IN LEVEL ONE AGREEMENT

Member-School Districts

*\$5.00 per individual entry; team entry maximum of \$50 varsity

Aldine ISD	Fort Bend ISD	Lamar Consolidated ISD
Alief ISD	Galena Park ISD	LaPorte ISD
Alvin ISD	Galveston ISD	North Forest ISD
Angleton ISD	Goose Creek ISD	Pasadena ISD
C.E. King ISD (Sheldon)	Hitchcock ISD	Pearland ISD
Channelview ISD	Houston ISD	Spring ISD
Clear Creek ISD	Humble ISD	Spring Branch ISD
Cy-Fair ISD	Katy ISD	Texas City ISD
Deer Park ISD	Klein ISD	Tomball ISD
		Waller ISD

Entry Deadline: All entries (*including dive sheets*) must be received by 6:00 p.m.

Monday, November 16, 2009

There will be no exceptions & No late / deck entries!

A psych sheet will be posted on the Conroe ISD Natatorium Web site on Tuesday, November 17, 2009.

Please check your entries for errors only. No changes from original entries will be permitted. E-mail any corrections and scratches by noon on Wednesday, November 18, 2009. A warm-up schedule and final psych sheet will be posted on the website on Thursday, November 19, 2009. E-mail all corrections and scratches to: Jesse Benavidez, jbenividez@conroeisd.net

Meet Management

Officials:	Meet Director:	Jesse Benavidez	jbenavidez@conroeisd.net
	Chief-Meet Referee:	Janet Ellis	jellis@kleinisd.net
	Diving Referee	Danny Sautural	dsautural@conroeisd.net

Swimming & Diving Officials

Special Note:

- ✓ All deck officials must be currently registered with TISCA / NFHS.
- ✓ In order to properly staff a meet of this size, it is helpful that each school submit a minimum of one certified official.
- ✓ The Meet Referee will attempt to make all deck assignments prior to the meet. Therefore, all officials who desire to be assigned to deck positions should notify the Meet Referee of their intentions and availability by 6:00 PM, Sunday, November 16, 2008.
- ✓ Please specify the sessions for which you will be available
- ✓ Please submit your information to: Janet Ellis at jellis@kleinisd.net



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Officials' Uniform of the day will be as follows:

Preliminaries – white shirts/blouses over navy blue pants, skirts, or Bermuda length shorts

Finals – navy blue shirts/blouses over white pants or skirts (NO SHORTS OR JEANS, PLEASE) Please report to the deck level classroom 45 minutes prior to the scheduled start time of any session to receive your assignments.

Do you need additional information or have any Questions?

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natman@conroeisd.net

By

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Make checks payable to: CONROE ISD Athletic Department

Bring to the meet

**CONROE ISD Natatorium
19133 David Memorial Drive
Shenandoah, Texas 77385**

Schedule of Events/Time Standards

Diving / Prelims - Friday, November 20, 2009

Event Number	Girls D.D.	Event	Event Number	Boys D.D.
9	11.6	1 meter-Diving	10	12.1
		30 min break		
23	Qualified 1-M	3 meter Diving	24	Qualified 1-M

Finals - Saturday, November 21, 2009

Event Number	Girls Time	Event	Event Number	Boys Time
1	NT	Medley Relay	2	NT
3	2:06.50	200 Free	4	1:55.50
5	2:23.50	200 I.M.	6	2:12.00
7	:26.50	50 Free	8	:24.00
9		1 meter Diving	10	
11	1:06.00	100 Fly	12	:59.00
13	:58.00	100 Free	14	:52.50
15	5:45.50	500 Free	16	5:17.50
17	NT	Free Relay	18	NT
19	1:07.50	100 Back	20	1:03.00
21	1:15.50	100 Breast	22	1:08.00
23		3 meter Diving	24	
25	NT	400 Free Relay	26	NT

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

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

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 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.

Head Coach Signature **Date**

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National Federation of State High School Associations /or United States Swimming National Aquatic Governing Body Regulations will be in effect. When no regulation is stipulated the following shall be in effect.

STANDARD SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR ALL MEETS AND IS AS FOLLOWS:

Please remember coaches that all swimmers are required to follow the CDC "Health Swimming Policy" which is to Shower completely before the warm-up.

I. WARM-UP PROCEDURES

A. General Warm-up (First 30-45 minutes)

1. NO DIVING allowed from the blocks or edge of pool. Swimmers must enter pool feet first in a cautious manner.
2. No sprinting or pace work allowed during this general warm-up session.
3. All lanes to be used for general warm-up.

B. Specific Warm-up (Last 15 minutes)

LANE USE

Competitive / East Pool	Push/Pace	Diving	General Warm-up
8 Lane	1 & 8	2 & 7	3, 4, 5, & 6

LANE USE

Competitive / West Pool	Push/Pace	Diving	General Warm-up
8 Lane	1 & 8	2 & 7	3, 4, 5, & 6

1. Push/Pace lanes - Push off one or two lengths from starting end.
2. Diving Lanes - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. One way only. Under coach supervision.
3. General Warm-up Lanes - No Diving. Circle swimming only.

II. SAFETY GUIDELINES

A. Coaches Responsibilities

1. Coaches shall instruct their swimmers regarding Safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
2. Coaches shall actively supervise their swimmers throughout the warm-up session at meets.
3. Coaches should maintain as much contact with their swimmers as possible, both verbal and visual throughout the warm-up period.
4. Coaches should stand near the starting end of the pool when starting swimmers on sprint or pace work.
5. No one is permitted to climb over the railing separating the bleachers from the grandstands. Swimmers leaving the deck must be completely dry. All diving boards and equipment are **off limits**.

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