



University Interscholastic League



District 14-5A January 29-30, 2010

- Welcome:** Conroe Independent School District is proud to host the District 14-5A Swimming & Diving Championships this year. We wish the best of luck to all of you, and hope that you achieve all your goals. Coaches, please monitor your athletes and help us take care of our facility by cleaning your area after the meet.
- Location:** CISD Natatorium is located on 19133 David Memorial Drive just east of Hwy. 45 behind the Portafino Mall in the municipality of Shenandoah. The CISD Natatorium business office phone is (936) 709-3901
- Facility:** The CISD Natatorium features (8) eight 9' lanes for competition and (10) ten lanes for continuous warm up and warm down on either side of the competition pool behind each bulkhead. The competitive raceway is a continuous 7' depth. The pool has both Daktronics ProStar and Galaxy matrix display boards and will feature Strobe-start and full automatic Daktronics Timing System.

REAL-TIME

RESULTS /

PSYCH-SHEET

Official Real-Time Results / Psych sheet information and map requests for all CISD Natatorium events can be found at: <http://athletics.conroeisd.net/aquatics/uil>

Schedule: Diving Preliminary, Finals

Friday, January 29th W/U 2:00 p.m. Meet 4:00 p.m.

Swimming Timed Finals:

Saturday, January 30st W/U 1:00 p.m. Meet 3:00p.m.

Warm Up times and lane assignments are included with this information.

Entry Limit: Teams are limited to entering a maximum of **4 swimmers/divers** in an individual event and **1 relay team** per relay event. National H.S. Federation & U.I.L. rules apply to entry requirements. All competitors listed on the master entry form are considered eligible for relays. Relays must be declared prior to the meet start.

Entry Deadline:

All entries are due Monday, January 25th @ 7:00 p.m. Each team will provide a Hy-Tek disk for entries along with a hard copy on the official U.I.L. entry form and it will serve as the official entry form in the event of questions regarding entries.

Diving Sheets are due at this time, and divers must be declared on the official U.I.L. entry form. All changes to the Dive Sheets must be turned in no later than 1 hour prior to the start of the diving competition.

The psych sheet will be available for all coach upon completion of the meeting and on the CISD Natatorium Website. <http://athletics.conroeisd.net/aquatics/uil>

Scoring: Individual Events: 9-7-6-5-4-3-2-1 Relays: 18-14-12-10-8-6-4-2

Awards: U.I.L. Medals 1st – 3rd in each event
U.I.L. TEAM Plaques will be awarded to the top 2 teams, boy/girl.

Ribbons 4th – 8th place Individual & Relay Events



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TISCA Recognition: **TISCA District Competitor of the Meet** will be determined by the **NISCA Power Point rating system**. The individual with the highest point totals in individual events will be recognized as the District Competitor of the Meet. In the event of a tie, district head coaches will vote. 1 Girl and 1 Boy will receive this award.

TISCA District Coach of the Year, Swimming & Diving, is determined by coach's vote. The Diving Coach of the Year will be voted on following the diving competition and the Swimming Coach of the Year following the 100 Breaststroke.

Advancers: The top 6 finishers in the each individual event and relays will advance to the regional meet. Coaches wishing to scratch athletes from individual events to help their relays should do so at the conclusion of the district finals.

Officials: Meet Director: Sam Fruia lsfruia@conroeisd.net
Meet referee: John Leneave jdleneave@gmail.com

Coaches, please contact Mr. Leneave for officials you have that are willing to work the District Meet. John Leneave will contact each official and will do her best to make sure each school has a representative working the meet. Official's attire will follow the state meet officials policy, white over blue.

Seniors Recognition: Prior to the start of the meet, all District seniors will be recognized.

Meet Format: This meet is a Championship **timed final meet** and entries should reflect swimmers best time in his or her individual events and team relay times.

Final Heat: In order to make this meet one that the competitors will enjoy and be excited about, we will announce and play music for the top 8 swimmers in the final heat of each race. It is important for coaches to enter your swimmer at his or her best time, in order to have proper seeding for this timed final meet.

Awards: Awards will be presented at the following designated times. *The meet referee will make sure we are not rushing from one event to the next in order to give kids adequate rest before their next event.* **Award Breaks. Every Two Events**

After the 50 Free's for: 200 M.R., 200 Free, 200 I.M., 50 Free

After the 500 Free's for: 100 Fly, 100 Free, 500 Free

After the 100 Breast for: 200 F.R., 100 Back, 100 Breast

After the 400 Free Relay for: 400 F.R. & Team Awards

All 8 finalists will be recognized with the top 6 advancing to the regional meet. The staging area will be at the north end of the bleachers in the Home side locker room. Finalist are encouraged to dress in warm ups or in some type of team apparel when on the awards stand. The coach of the winning swimmer in that event or relay will hand out awards for that event.



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- Timing:** **Lane Assignments;** the Woodlands H.S. (1-3), College Park H.S. (4-5), Conroe H.S. (6), Oak Ridge H.S. (7-8).
- Seating:** There will be assigned seating for teams on the deck. The Grandstands will be reserved for spectators. *See diagram for spectator seating on the CISD Natatorium Website.*
<http://athletics.conroeisd.net/aquatics/uil>.
- Admission:** \$5.00 for Adults \$3.00 for Students
- T-Shirts:** Meet T-shirts will be available for purchase.
- Concessions:** Concessions & hospitality will be available throughout the meet.

WARM UP LANE ASSIGNMENTS

SCHOOL	WARM UP TIME	LANES ASSIGNED
The Woodlands H.S.	1:00-1:40	1-4
New Caney H.S.	1:00-1:40	5-6
College Park H.S.	1:00-1:40	7-8
Conroe H.S.	1:40-2:20	1-3
Oak Ridge H.S.	1:40-2:20	4-6
Lufkin H.S.	1:40-2:20	7-8
1 Way Racing Starts	2:20-2:40	3-6
Relay Take Offs	2:20-2:40	2 & 7
Race Pace Lanes	2:20-2:40	1 & 8

5 lanes at opposite end of the pool will be open throughout the warm up period

Entry Fees: \$5.00 per individual entry, \$5.00 per relay entered. (*Intra-District agreement, Members entry fee is Girls' team \$50.00 and Boys' entry fee is \$50.00*) Relay only swimmers **are required** to be on the team roster and pay Individual Entry Fees. Entry Fees will be calculated based on the total number of Swimmers/Divers on the roster as well as relays entered. **Make Check**

Payable to: CISD Natatorium

Bring to Meet

c/o Sam Fruia Natatorium Coordinator
19133 David Memorial Drive
Shenandoah, Texas 77385.

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



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Programs: Each school will have 2 pages in the meet program. One page should include your team roster with team captains, and the other page is your choice; team picture, senior's or special note. This information will be due no later than January 15th. Teams can e-mail or submit the information anytime prior to the deadline.

Ads: Individuals wishing to purchase ads can complete a form and send it to;

CISD Natatorium

c/o Sam Fruia, Meet Director

19133 David Memorial Drive, Shenandoah, Texas 77385

Make Checks Payable To: *College Park Swimming Booster Club*

Coaches please pass this information on to a team parent who will get the necessary information out to the rest of the parents. Those wanting to submit an ad for the district program should complete the ad form and return it no later than Friday, January 16th.



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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.
- 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



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personnel on a case-by-case basis 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

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/uil> for latest details and entry forms



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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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District Swimming & Diving Varsity Meet Program Ads

The district meet is fast approaching and in an effort to make this the best meet possible we want you to have the opportunity to put an ad in the meet program. This can be a personal greeting, photo or a combination. All ads must be returned by Friday, January 15th. Please provide a hard copy of the ad as you wish it to appear in the program, including pictures or art work.

Mail To: CISD Natatorium
c/o Sam Fruia, Meet Director
19133 David Memorial Drive, Shenandoah, Texas 77385

District Swim Meet Ad Form

Name _____

Phone _____

e-mail _____

Cost of Ads & Sizes

	Personal Ads	Business Ads
¼ page	\$10.00 _____	\$25.00 _____
½ page	\$20.00 _____	\$50.00 _____
full page (8 x 10)	\$40.00 _____	\$100.00 _____

Total Payment Enclosed _____

(Make checks payable to: *College Park Swimming Booster Club*

All ads are black and white with photos, graphics hand drawn or plain text accepted. Electronic files are also acceptable in Microsoft Word.

Mail Form and Payment to:

CISD Natatorium
c/o Sam Fruia, Meet Director
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Please submit ads ASAP. They must be received no later than January 15th. It is imperative we have the correct information by the deadline so please help us make this 2010 District Meet a special and memorable one.

Wireless Access
District 14-5A Swimming & Diving Championship
CISD Natatorium

Brining your laptop to the District14-5A Swimming & Diving Championship in Shenandoah? If so, get your wireless access ahead of the lines. It's free. Here's how to do it.

Logon during the meet or during any aquatic event at the CISD Natatorium and you can get **REAL-TIME RESULTS**.. and meet downloads at the click of a mouse.

<http://athletics.conroeisd.net/aquatics/uil>

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