



District 22-5A
Swimming and Diving Championship
January 19-20, 2018



- Location:** Conroe ISD 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.
- Facility:** The Natatorium is configured with one, 25 yard, 8 lane competitive pools, with non turbulent lane lines. The Natatorium also includes four 1 meter, Duraflex Maxiflex diving boards. The Daktronics Omnisport 2000 timing and scoring system will be utilized during the competition. The completion pool will be the West (Scoreboard end) Pool.
- Seating:** Spectators are not allowed on the pool deck at any time. Reserving seats between or during sessions is not allowed. Please see attached "The CISD Natatorium Rules, Regulation, Prohibitions, and Deck Access" attachment for specific information.
- Schedule:** **Diving:** 11 Dives Friday, January 19, 2018 11:00 am warmup / 12:30pm start
DIVING WILL TAKE PLACE AT KINGWOOD PARK
- Swimming:** T/F Saturday, January 20, 2018 W/UP 8:30 am. Meet 10:00 am.
- Meet Format:** U.I.L. and NFHS Timed Finals Championship rules will govern this meet. This is a timed finals meet, and will be an USA Swimming sanctioned meet. Coaches, please send your entries with your athletes ID number if they are a USA Swimming member.
- Entries:** Teams are limited to 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. All **participants including relay only participants** must be listed on the UIL master entry form and Hy-Tek Zip.file before the entry deadline to be considered eligible to compete. Relays - eight individuals maximum shall be listed as the entry, any four shall be assigned to swim. This will only count as an entry for each person listed on the relay **if** they swim in prelims or finals.
- Entry Procedure:** Swimming and Diving entries must be generated by HyTek Team Manager. The event file is located on the Conroe ISD Natatorium website. Competitors in the diving events must be included in the Team Manager entries. Send entries to this email: khandley@conroeisd.net. A confirmation email will be sent once entries are received and successfully loaded.

For the latest meet information and entry forms, please visit:

<http://natatorium.conroeisd.net/competitive-aquatics/>



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Dive Sheets: CleanEntries will be utilized for the diving competition. **Girls & Boys 1-meter**, diver will perform eleven (11) dives, five (5) voluntary (*maximum d.d. 9.0*) and six (6) optional. Dive sheets are due at the same time swimming and Diving entries are due. Dive changes and/or corrections are due to check in table, no later than 1 hour before the dive competition begins.

Deadline: All entries and dive sheets must be received by **Friday, January 12, 2018 @ 3:00pm**
No Late / Deck Entries will be accepted! Absolutely no exceptions.

TISCA: Please abide by the following requirements

Hy-Tek

Directives

- Use version 6.0 or higher of Team Manager.
- Use the official UIL Team Code (see UIL or TISCA website).
- Use the numeric grade level (9, 10, 11, 12) for each swimmer/diver.
- Use the school name as the “short name” i.e. “Allen” “Cy-Fair”
- Ensure the USS ID is entered and correct.

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

Entry Fees: No entry fees for this meet.

Admission: Online Purchase: Adults \$6.00 Students \$3.00
Visit www.cisdnatatorium.com to purchase tickets.
Gate Purchase: Adults \$7.00 Students \$5.00

Meet Admin: Meet Director Kevin Handley khandley@conroeisd.net
Meet Referee Randy Lejuene rlejeune@xstringcommands.com
Diving Referee John Dissinger

Timing: Lane Assignments COCC (1) HUMB (2-3) HUKP (4-5) NECA (6) NCPO (7) STAFF (8).
COCC (2 runners).

Awards: Awards will be presented at the following designated times on Saturday:

<u>After the 200 M.R., for:</u>	200 M.R.
<u>After the 50 Free's for:</u>	200 Free, 200 I.M., 50 Free
<u>After the 100 Free's for:</u>	100 Fly, 100 Free
<u>After the 200 F.R. for:</u>	500 Free, 200 F.R.
<u>After the 100 Breast for:</u>	100 Back, 100 Breast
<u>After the 400 F.R. for:</u>	400 F.R.

Medalists 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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Advancers: The top 6 finishers in each individual event and relay event will advance to the regional meet. Coaches wishing to scratch athletes from the regional meet, or change relay swimmers should contact the appropriate Regional Meet Director before the entry deadline.

Officials: Officials and/or Dive Judges interested in working this meet should contact Mr. Handley.

Warm-up: The swim meet will have an open warm up from 8:30am to 9:30am. At 9:30, the competition pool and diving well will close, with open warm up continuing in the Center Pool only for the remainder of the meet. Push Pace and Dive Starts will be available in the competition pool from 9:15am to 9:30am.

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:

I. WARM-UP PROCEDURES

A. General Warm-up

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

Push/Pace lanes - Push off one or two lengths from starting end.

1. Diving Lanes - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. One way only. Under coach supervision.
2. General Warm-up Lanes - No Diving. Circle swimming only.

II. SAFETY GUIDELINES

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.

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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 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 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.
 - 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.
 - Lawn Chairs are not allowed in the CISD Natatorium Grandstand-seating area, Stadium seats shall not exceed 17" wide x 13"deep.
 - 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.
 - 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.
 - 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.
 - Betting and gambling is strictly prohibited.
 - Teams are expected to police their respective areas at the conclusion of the competition.
 - Participating in any activity that can be interpreted or described as "risky" or "horseplay" is prohibited throughout the entire CISD Natatorium Complex.
 - 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.
 - The use of flash cameras or noise-makers at the start, during or end of any race is prohibited.
 - 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
- Marshalls
- 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.

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Conroe ISD Natatorium Sponsors

	<p>Shenandoah Convention and Visitors Center 19265 David Memorial Dr Shenandoah, TX 77381 (281) 292-5953</p>
	<p>Swim Shops of the Southwest 5010 Louetta Rd Spring, TX 77379 (281) 376-4460</p>
	<p>Sam Houston State University 1919 Bearkat Boulevard Huntsville, TX 77340 (936) 294-1210</p>
	<p>Woodforest National Bank 7 Switchbud PI #198c The Woodlands, TX 77380 (281) 465-5511</p>
	<p>Gullo Dealerships 500 Interstate 45 S Conroe, TX 77304 (866) 979-5680</p>
	<p>PBK Architects Inc 11 Greenway Plaza # 2210 Houston, TX 77046 (713) 965-0608</p>
	<p>Consolidated Communications Conroe, TX (866) 989-2255</p>
	<p>Houston Methodist The Woodlands 17201 Interstate 45 South, The Woodlands, TX 77385 (713) 790-3333</p>
	<p>SafeWay Driving 2260 Buckthorne PI The Woodlands, TX 77380 (713) 468-1313</p>