



**Southwest Preparatory Conference
Swimming and Diving Championship
February 17, 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.
- Seating:** Spectator seating for 900 is available in the Grandstands (second floor) and competitor seating for 700 is available on deck. Spectators are not allowed on the pool deck at any time. Reserving seats 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.
- Schedule:** **Diving:** *11 Dives* Saturday, February 17, 2018 W/UP 8:45 am. Meet 10:00 am.
Swimming: *T/F* Saturday, February 17, 2018 W/UP 8:45 am. Meet 10:00 am.
- Meet Format:** U.I.L. and NFHS Timed Finals Championship rules will govern this meet.
- 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 and Hy-Tek Zip.file 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 **if** they swim. **All entries must meet the time standards published in the SPC Manual.**
- 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. An individual team psych sheet will be sent to confirm all entries and allow for corrections.

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 sheet changes and/or corrections are due to check in table, no later than 8:30am Saturday, February 17, 2018. **Divers must earn minimum 190 points to score. (SPC Rules)**

Deadline: All entries and dive sheets must be received by **Monday, February 12, 2018 @ 12:00pm**

No Late / Deck Entries will be accepted! Absolutely no exceptions.

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: No admission fees for this meet. Heat Sheets will be available for purchase.

Meet Admin: Meet Director Kevin Handley khandley@conroeisd.net
Meet Referee Tood Johnson toddajohnson15@hotmail.com
Diving Referee TBD
Diving Director Shannon Hosler sehosler@conroeisd.net

Timing: Lane timers and door monitors will be assigned to schools by Host Team (John Cooper)

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

<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 500 Free's for:</u>	100 Fly, 100 Free, 500 Free
<u>After the 100 Breast for:</u>	200 F.R., 100 Back, 100 Breast
<u>After the 400 Free Relay for:</u>	400 F.R. & Team Awards

Finalist are required 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.

Officials: Officials and/or Dive Judges interested in working this meet should contact Mr. Johnson for swimming, and Mr. Handley for diving.

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Warm-up: Warm-Up Assignments will be published by Tuesday, February 13, 2018. Please adhere to the warm-up procedures identified below.

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</p>	<p>Sam Houston State University 1919 Bearkat Boulevard Huntsville, TX 77340 (936) 294-1210</p>
	<p>Woodforest National Bank 7 Switchbud Pl #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 Pl The Woodlands, TX 77380 (713) 468-1313</p>