



# University Interscholastic League



## Region V 5A Swimming & Diving Championships

Friday-Saturday, February 7-8 2014

**WELCOME:** The Conroe Independent School District is pleased to host the UIL 5A Region V Interscholastic Swimming and Diving Championships.

**LOCATION:** Conroe Independent School District Natatorium is one of the fastest pools in Texas it is located at 19133 David Memorial Drive, in Shenandoah, Texas. Traveling northbound on U.S. 45 take the Research Forest / Tamina exit then turn right and go under the overpass. Travel ½ mile east on Tamina and turn left on David Memorial Drive The Natatorium sits next to the Kroger Corporate building on the right.

**FACILITIES:** The Natatorium swim facilities include a 65 meter pool that can configure into two-25-yard Competition Courses. *We will run the Region Prelims & Finals* in the center championship course, which will feature eight (8) nine (9) foot lanes flanked by two (2) **STARK fiberglass bulkheads**. The west pool will feature six (6) eight (8) foot lanes for 25-yard continuous warm-up/cool-down. There are two (2) **Daktronics** timing systems one (1) in-deck system and one (1) available as back-up. The Competition pool will have a depth of seven (7') feet. The Natatorium features two (2) independent display boards a full-feature **Daktronics ProStar** and a **Galaxy** monochrome matrix display for posting results, team scores or diving scores. Two (2) automated **Daktronics Omni-Sport** console systems, one dedicated to swimming and one to diving will be featured. Hy-Tek Software will be used. Each starting block will have integrated speakers and flash-strobes for starts. The **Grandstands** with feature spectator seating for 1,100 and is located on the second floor together with a complete **Concession** area. The Natatorium has 11,000 + sq.ft of on-deck space providing seating for 800+ swimmers. See attached map for details.

The Natatorium diving facilities consist of four (4) One-Meter Duraflex model "B" Cheeseboards *Short stand / pedestals* on concrete platforms, Warm-up spa, overhead heaters and drip showers are available at the three meter platform bases. **Daktronics** RC-100's wireless judging Systems and e-Dive software will be used.

### 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>

**LIABILITY:** The University Interscholastic League, the Conroe Independent School District, and the Natatorium accepts no responsibility nor liability for injuries sustained by any individual, athlete, official, meet volunteer, or spectator while traveling to and from or while participating in the meet.

### MEET

**BEHAVIOR:** It is expected that **all** persons attending this meet will respect the facilities and remember that they represent themselves and their respective school/teams. Damage to the facility when proved will cause the offending team to be held accountable and liable for repairs. It may also result in expulsion from the meet.

**SPECTATORS:** Ticket will be available at the entrance for both Preliminaries and Finals. There is grandstand seating for 1,100 spectators. Participants will not be allowed in the grandstands!

**Admission Online: \$6.00 (Adults) \$3.00 (Students)** if purchased at the CISD Natatorium Online WebStore.

**Admission at Gate: \$7.00** General Admission Tickets, **\$5.00 (Students)** if purchased at the CISD Natatorium

### MEET

**PROGRAMS:** **Programs:** Prelims: \$5.00 Finals: \$5.00

**OFFICIAL REGION SHIRT:** Meet T-shirts will be available for purchase.



# University Interscholastic League



## Region V 5A Swimming & Diving Championships Friday-Saturday, February 7-8 2014

**CONCESSIONS:** Concessions will be provided by **SPECTRUM, CATERING-CONCESSIONS-EVENTS** of the Woodlands and available on the second floor near the grandstands. Food may be taken to the grandstands but will not be allowed on the pool deck by participants.

**PRO SHOP:** Swimming and diving accessories by **SWIM SHOPS OF THE SOUTHWEST** will be featured in the PRO SHOP available on the first floor in the lobby.

### TEAM

**INFORMATION:** Team Packets containing meet information, passes, and heat sheets are available at the Natatorium on Thursday, February 6, beginning at 5:00 pm.-8:00 pm Heat sheets will be available for finals beginning at 12:00 pm on Saturday, February 8, for coaches only. There will be two deck passes provided to coaches and one contestant pass for each swimmer and diver entered in each packet. (Substitutes on relays will have passes if listed as substitutes.) Passes will allow swimmers on deck during the prelim / final session.

**Coaches and Officials must wear their Deck Pass on deck at all times.**

**ELIGIBILITY:** All participants must be eligible under the University Interscholastic League guidelines as outlined in the UIL Swimming & Diving Manual for 2013-2014.

### ENTRY

**LIMITATIONS:** The top 6 finishers from each event in the District Championships will advance to this meet. A **maximum of four entries** per individual event (including diving) and **one team** in a relay event per school may advance. In relay events eight individuals may be designated on the relay entry form. Any of these eight individuals may swim in the finals provided he/she does not exceed the permitted entries for the meet. Only the four swimmers declared on the event relay card, which shall be submitted at the specified time and place prior to the start of the event, are permitted to report to the blocks and compete. Team relay times are determined by the **actual time** that relay team achieved in District Championship competition.

**Entry Fees:** \$6.00 per individual competitor, \$10.00 per relay entered. Relay only swimmers ***are required*** to be on the team roster and pay Competitor 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 or P.O. Payable to:** CISD Natatorium  
c/o Kim Loudonback, CISD Natatorium Administrative Assistant  
19133 David Memorial  
**Shenandoah, Texas 77385.**

### ENTRY

**PROCEDURES:** The deadline for submission of meet entries to the Meet Coordinator is **5:00pm Sunday, February 2, 2014 after all District Championships.**

District meet directors shall **e-mail** (*the preferred method*) the following files or submit a Hy-tek or SDIF compatible disk containing the following files to the Meet Coordinator upon the conclusion of their respective District Championship as stated above:

- (a) A (.HY3) file containing the 6 advancers in each event. Relay names are not required.
- (b) A .doc file listing the meet results in single column format.

The individual school coaches with participating athletes shall **e-mail** (*the preferred method*) or submit a Hy-tek or SDIF compatible disk to the Meet Coordinator with the following files by Sunday, February 2, 2014 or as stated above:

- (a) A Hy-tek or SDIF compatible (.CL2, .HY3, or .SD3) file containing the team roster.
- (b) The relay entry form showing the names of the eight (8) individuals that may swim in each qualifying relay (*optional*) but advised.



# University Interscholastic League



## Region V 5A Swimming & Diving Championships

Friday-Saturday, February 7-8 2014

*Each Head Coaches shall **not be required** to fill-out the official UIL entry form. The Hy-Tek report files are sufficient with district entry fee check or P.O. Each coach should bring a copy of their hard-copy as a support document to the Regional Championship.*

*Diving sheets must be faxed or emailed and are due as stated above Sunday, Feb 2 by 5:00pm. The original Dive Sheets must accompany the school or school district's swimming entry.*

**Diving Sheets: Download and save the** Diving Entry Form from the CISD 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 Meet Coordinator shall, upon receiving each e-mail, notify the appropriate party of the receipt and any problems noted with the files within 24 hours. **If no reply within the specified time, please contact the Regional Meet Coordinator immediately.**

*Entries or files submitted via Hy-tek or SDIF compatible disk should be sent via Overnight express mail or its equivalent with **waiver of signature** so the packet may be left at the Meet Coordinator's address without a signature of receipt.*

**Entry fees** for the entries from each individual school/ school district or copy of P.O. must arrive by 5:00 p.m. Thursday, February 6, 2014. Once the entry fees are accepted they will not be refunded, if for any reason, a swimmer/diver should fail to compete.

*Individual school coaches should inform their District meet directors of any scratches prior to the entry deadline. The District meet director will, in turn, inform the Meet Coordinator of the scratch, and the name and qualifying time of the alternate for the event in question.*

Please review Rule 3, Section 1, Article 1, and Section 2, Articles 1, 2, 3, and 5 of the NFHS Swimming and Diving Rules Book concerning meet entries and meet conduct for championship meets. **No scratches will be honored after the entry deadline.**

### ORDER OF

**EVENTS:** The events and their order will follow that found in the NFHS Swimming & Diving 2013-2014 Rules Book, Rule 5, Section 1, and Article 1.

**AWARDS:** U.I.L medals will be given to the top three competitors in each event. There will be a team award for the winning and runner-up team (male and female). Awards (first through third) will be presented at the conclusion of every third event during finals.

**SCORING:** The top 16 shall advance from preliminaries: the fastest (8) to the finals and the next (8) to the Consolation finals in each event, scoring will be to sixteen places. The point values will be as follows:

#### Championship Finals

Place →	First	Second	Third	Fourth	Fifth	Sixth	Seventh	Eight
<b>Individual</b>	20	17	16	15	14	13	12	11
<b>Relay</b>	40	34	32	30	28	26	24	22

#### Consolation Finals

Place →	Ninth	Tenth	Eleventh	Twelfth	Thirteen	Fourteenth	Fifteenth	Sixteenth
<b>Individual</b>	9	7	6	5	4	3	2	1
<b>Relay</b>	18	14	12	10	8	6	4	2



# University Interscholastic League



## Region V 5A Swimming & Diving Championships Friday-Saturday, February 7-8 2014

**SCHEDULE:** A specific pool warm-up schedule will be provided-5A Warm-up assignments will be different due to the size of the teams.

### Diving Preliminaries /Semifinals (5A)

Friday, February 7, 2014

Conference 5A Warm-up& dive practice	8:30 am
Clear the pool	9:45 am
Coaches meeting	9:45 am
National Anthem	9:55 am
Conference 5A Meet Start Time	10:00 am

### Swimming Preliminaries (5A)

Friday, February 7, 2014

Conference 5A Warm-up& dive practice	3:00 pm
Clear the pool	4:15 pm
Coaches meeting	4:15 pm
National Anthem	4:25 pm
Conference 5A Meet Start Time	4:30 pm

### Swimming Finals & Diving Finals (5A)

Saturday, February 8, 2014

Conference 5A Warm-up & dive practice	2:00 pm
Clear the pool	3:25 pm
National Anthem	3:25 pm
Conference 5A Meet Start Time	3:30 pm

### **WARM-UP**

**PROCEDURES:** The warm-up procedures which follow will be enforced. The lanes will be assigned for preliminaries only. Six (6) west lanes will be available during the meet for continuous cool-down and warm-up.

### **MEET ADMINISTRATION**

#### 5-A Meet Director

Sam Fruia, Natatorium Coordinator  
 Conroe Independent School District  
 Office: (936)709-3915  
 Cell: (956) 545-4552  
 E-mail: [lfruia@conroeisd.net](mailto:lfruia@conroeisd.net)

<u>5-A Swim Meet Coordinator</u>	<u>5A Dive-Meet Coordinator</u>
Jesus Benavidez, Assistant Natatorium Coordinator Conroe Independent School District Office: (936) 709-3914 Cell: (361)903-2396 E-mail: <a href="mailto:jbenavidez@conroeisd.net">jbenavidez@conroeisd.net</a>	Kevin Handley, Cert. Pool Operator Conroe Independent School District Office: (936)709-3909 Cell: (936) 474-2290 E-mail: <a href="mailto:khandley@conroeisd.net">khandley@conroeisd.net</a>
<u>5-A Swim Meet Referee</u>	<u>5A Dive-Meet Referee</u>
Andrea Walin USS,NFHS,UIL: Phone: 281-799-1488 <a href="mailto:andreaw@pfscanada.com">andreaw@pfscanada.com</a>	Bob Lieber NFHS, UIL: Phone: 936-443-4089 <a href="mailto:7blieber@earthlink.net">7blieber@earthlink.net</a>



# University Interscholastic League



## Region V 5A Swimming & Diving Championships

Friday-Saturday, February 7-8 2014

### OFFICIALS:

#### Swimming & Diving

##### Special Note

As per UIL regulations all deck officials must be currently registered with UIL / 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 Assigned Meet Referee of their intentions and availability.
- ✓ Please specify the sessions for which you will be available
- ✓ Please submit your swim information to: Swimming Referee: Andrea Walin [andrew@pfscanada.com](mailto:andrew@pfscanada.com)
- ✓ Please submit your dive information to: Diving Referee: Bob Lieber [7blieber@earthlink.net](mailto:7blieber@earthlink.net)

**Officials' Uniform** of the day will be as follows:

**Preliminaries – white shirts over kaki pants, skirts.**

**Finals – navy blue shirts over kaki pants or skirts** Please report to the deck level classroom 45 minutes prior to the scheduled start time of any session to receive your assignments.

### TIMERS:

Back-up timers will be provided by the Conroe Independent School District.

### MEET

#### COMMITTEE:

A meet committee will be appointed by the Meet Referee.

### VIDEOTAPING/

#### FILMING:

Filming or videotaping will be permitted in the spectator area (see All American Diving exception). Videotape or film will not be used in judging any swimming/diving event. Please use the extreme wings of the spectator area for filming. Please be sensitive to the other spectators.

### ALL AMERICAN

#### DIVING:

Schools may appoint one individual to film/ videotape the diving competition. This person will receive a media pass from the school packet and will be permitted to film from the west deck during the diving competition. **Only power pack or battery videotape recorders will be permitted.** All other videotaping is prohibited.

### NATATORIUM

#### RULES:

As guests of the CISD Natatorium all must adhere to the Natatorium rules (see attached). Coaches must supervise their swimmers/ divers. Locks may not be left on lockers overnight. Wet swimmers/ divers cannot leave the pool deck to be in the grandstands. Children must be supervised at all times and are not allowed on the deck. The Natatorium is on CISD property and all participants/ guests/ visitors to the Natatorium are subject to the policies and procedures of the Conroe Independent School District.

### 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 Controls (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.

### Do you need additional information or have any Questions?

Contact: Sam Fruia, CISD Natatorium Coordinator

[fruia@conroeisd.net](mailto:fruia@conroeisd.net) or alternative email: [sjacoach@aol.com](mailto:sjacoach@aol.com)

By

Phone: 936-709-3915 \* Cell: 956-545-4552 \* Fax: 936-709-3999



# University Interscholastic League



## Region V 5A Swimming & Diving Championships

Friday-Saturday, February 7-8 2014

Shenandoah, Texas "Big enough to serve, small enough to care"

<http://tx-shenandoah.civicplus.com/>

**LEGEND:** R= Restaurant; L= Lounge; LA= Laundry; MF Meeting Facilities; K= Kitchenette; P= Pool; ER=Exercise Room; S=Suites; BC=Business Center; CC=Credit Cards Accepted; PH= In room Phones; NS=Non-smoking; PA=Pets Allowed; TA Travel Agent Rates; CB=Continental Breakfast; C=Cable TV; COM=Communications Port; HA=Handicapped Accessible.

### La Quinta Inn



Fresh new décor, 27" TVs, Alarm clock radios, Local calls and HBO  
Outdoor swimming pool, Movies on-demand and video games  
Complimentary Continental Breakfast, 24-hour restaurant next door  
Fitness center, Meeting room for 30 people, Children under 18 free in parents' room.  
**Ph: (281) 367-7722 Ph (alt): (800) 531-5900 / NUMBER OF ROOMS (116)**  
<http://www.lq.com/lq/properties/propertyProfile.do>

### Towne Place Suites



Smoke-free policy · Neighborhood-style living featuring comfortable, casual suites at a great value · Warm, inviting staff, available 24/7 · Reception Monday- Wednesday · fully equipped kitchen · Complimentary hot breakfast buffet · Wireless High Speed Internet Access · Outdoor Pool and Sport Court · Guest laundry facility · **Ph: (936) 273-7772 Fax:(936) 273-7776 / NUMBER OF ROOMS (124)**  
<http://www.marriott.com/hotels/travel/houtl-towneplace-suites-houston-the-woodlands/>

### Budget Inn & Suites



Free Continental Breakfast · Free Local Calls · Cable TV: HBO, ESPN, Disney · Non-smoking rooms · Weekly & Group rates · Newly remodeled rooms · Major Credit Cards · Affordable Rates · Micro-Fridge, hair dryer & coffee maker in all rooms.  
**Phone: (281) 298-8140 Fax: (281) 298-8182 / NUMBER OF ROOMS (39)**  
<http://www.americasbestvalueinn.com/bestv.cfm?idp=1590>

### Homewood Suites



Mini-apartments with kitchens · Exercise Room · Sport Court · Business Center · Meeting Rooms · Audio-Visuals · Convention Space · Outdoor Pool, Hot Tub · Complimentary Continental Breakfast · Complimentary Social Hour · Valet laundry Service · Valet Shopping Service · Iron/Ironing Board, Coffee maker & Microwave in all rooms.  
**Ph: (281) 681-9199 Ph (alt): (800) CALL-HOME / NUMBER OF ROOMS (91)**  
[http://homewoodsuites1.hilton.com/en\\_US/hw/hotel/HOUWLHW-Homewood-Suites-by-Hilton-Houston-Woodlands-Texas/index.do](http://homewoodsuites1.hilton.com/en_US/hw/hotel/HOUWLHW-Homewood-Suites-by-Hilton-Houston-Woodlands-Texas/index.do)

### Hampton Inn & Suites



Standard and One Room Suites, Complimentary Hot Breakfast, Free High Speed Internet Service in each room, Meeting rooms, Exercise Room, Laundry facilities, heated swimming pool, free local calls, earn Hilton Honors room and mile points.  
**Ph: (936) 273-3400 Ph (alt): (800) 426-7866 / NUMBER OF ROOMS (78)**  
[http://hamptoninn.hilton.com/en/hp/hotels/index.jhtml;jsessionid=EPJAEJNQ0HOC4CSGBJBN2EQ?ctyhocn=HOUNFH&WT.mc\\_id=1HX2RE3Hotel4OneTagSol](http://hamptoninn.hilton.com/en/hp/hotels/index.jhtml;jsessionid=EPJAEJNQ0HOC4CSGBJBN2EQ?ctyhocn=HOUNFH&WT.mc_id=1HX2RE3Hotel4OneTagSol)



**Newly Renovated Winter2009!** Fitness Room, Free Continental Breakfast, High Speed Wireless Internet In All Rooms, Rollaway - 5 USD Per Night Crib, Outdoor Pool, Coffee



# University Interscholastic League



## Region V 5A Swimming & Diving Championships

Friday-Saturday, February 7-8 2014



Smoke-free policy· Neighborhood-style living featuring comfortable, separate living and sleeping areas at a great value · Warm, inviting staff, available 24/7· Spacious Patio, Sports Court, fully equipped kitchen · Complimentary hot breakfast buffet· Wireless High Speed Internet Access· indoor Pool and Whirlpool Spa · Fitness Center · **Ph: (281) 292-3252 Fax: (281) 292-3252 / NUMBER OF ROOMS (90)**

<http://www.marriott.com/hotels/travel/houwo-residence-inn-houston-the-woodlands-lake-front-circle/>



Smoke-free policy· Neighborhood-style living featuring comfortable King, Queen and King Suite Rooms· separate living and sleeping areas at a great value · Warm, inviting staff, available 24/7· Spacious Patio Sports Court· Washer-Dryer · Complimentary hot breakfast buffet· Wireless High Speed Internet Access· indoor Pool and Whirlpool Spa · Fitness Center · **Ph: (281) 292-3252 Fax:(281) 292-3252 / NUMBER OF ROOMS (90)**

<http://www.marriott.com/hotels/travel/houwd-courtyard-houston-the-woodlands/>



Smoke-free policy· All Suites feature comfortable King, Queen and King Suite Rooms· separate living and sleeping areas w pull-out sofa bed and coffee table. · Warm, inviting staff, available 24/7· Bar/Lounge · Complimentary hot breakfast buffet· Wireless High Speed Internet Access· Heated Outdoor Pool · Fitness Center · **Ph: (936) 271-0051 Fax:(936) 271-0411 / NUMBER OF ROOMS (138)**

<http://www.marriott.com/hotels/travel/houln-springhill-suites-houston-the-woodlands/>



One King or two Queen beds with two phones with two lines each, microwave, refrigerator, iron, ironing board, hairdryer, complimentary high speed internet, data port, desk with a large work area and ergonomic chair. Features state of the art heating and cooling with individual thermostats in each room. Full breakfast is available for a small fee in the lobby. Complimentary USA Today delivered to the room Monday - Friday. The Complimentary Business Center is 24 hour access. Pavilion Pantry open 24 hours.

**Ph: (281) 364-9300 Fax:(281) 364-9301 / NUMBER OF ROOMS (116)**

<http://hiltongardeninn.hilton.com/en/gi/hotels/index.jhtml?ctyhocn=HOUWDGI>



# University Interscholastic League



## Region V 5A Swimming & Diving Championships Friday-Saturday, February 7-8 2014

### 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 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 on Conroe School District property. This applies to the parking lot.
- Spectators Cooler's will be allowed in the Grand Stand seating area for medical use only, 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 or 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 Director.
- 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 • 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.

**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.**





# University Interscholastic League



## Region V 5A Swimming & Diving Championships

Friday-Saturday, February 7-8 2014

**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**.

#### **Do you need additional information or have any Questions?**

Contact: Sam Fruia, CISD Natatorium Coordinator

[fruia@conroeisd.net](mailto:fruia@conroeisd.net) or alternative email: [sjcoach@aol.com](mailto:sjcoach@aol.com)

By

Phone: 936-709-3915 \* Cell: 956-545-4552 \* Fax: 936-709-3999

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



# U niversity I nterscholastic L eague



## Region V 5A Swimming & Diving Championships Friday-Saturday, February 7-8 2014

### 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

[lsruia@conroeisd.net](mailto:lsruia@conroeisd.net) or alternative email: [sjacoach@aol.com](mailto:sjacoach@aol.com)

By

Phone: 936-709-3915 \* Cell: 956-545-4552 \* Fax: 936-709-3999

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