



# The Woodlands / Oak Ridge High School Swimming & Diving Invitational November 4-5, 2011



**Welcome:** Conroe Independent School District is proud to host The Woodlands/Oak Ridge High School Swimming & Diving Invitational. 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 “*The Nat*” is located on 19133 David Memorial Drive just east of USHwy. 45 behind the Portofino Mall in the City of Shenandoah. The “*The Nat*” business office phone is (936) 709-3901. Site Map available at CISD Natatorium Website: (<http://athletics.conroeisd.net/aquatics/uil>)

**Facility:** *In honor of the Olympic Season*-During this year’s Invitational “*The Nat*” will be configured into a 50 meter (8) eight lane course for competition we will also maintain (4) four short course lanes for continuous warm up and warm down. The competition venue will feature 9’lanes while the warm-up area will have 8’ lanes.

We will utilize a Daktronics-ProStar, strobe-starting and fully automatic Omnitiming for swimming. The Daktronics Galaxy matrix display board and, automatic judging consoles will be used for Diving. ***All Diving will be conducted on Friday, November 4<sup>th</sup> and follow Rule 9, Section 4, Article 6 of the NFHS rules for six (6) dives Week (1).*** All swimming events will run on Saturday, November 5<sup>th</sup> 2011.

**Seating:** Spectator seating for 1,100 is available in the Grandstands (second floor) and participant seating for 900 is available on deck. Spectators will not be allowed on the pool deck during the competition.

**Schedule:** **Diving:** Friday, November 4<sup>th</sup> ( 6 dives) W/UP 2:00 p.m. Meet 4:00 p.m.  
**Swimming:** Saturday, November 5<sup>th</sup> W/UP 7:00 a.m. Meet 9:00 a.m.  
The final psych-sheet, warm-up and lane assignments will be posted on “*The Nat*” Website Thursday, November 3, 2010.

**Meet Format:** National H.S. Federation & U.I.L. rules will apply and is a timed final meet

**Entry Limit:** There will be unlimited swimmers/divers in an individual event and / and (4) relay teams in each event. National H.S. Federation & U.I.L. rules apply to entry requirements for non-championship competitions. All competitors listed on the master entry form are considered eligible for relays. Relays must be declared prior to the meet start.

**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.



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## 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 | Waller 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            |            |

**Special Note:** The final psych sheet will be available for all coaches on “*The Nat*” Website (<http://athletics.conroeisd.net/aquatics/uil>) Thursday, November 3, 2011.

**Diving Sheet:** All dive sheets are due with swim entries, all divers must be declared on the official entry form. All Diving will be conducted on Friday, November 4<sup>th</sup> and follow Rule 9, Section 4, Article 6 of the NFHS rules for six (6) dives Week (1). Final changes to the Dive Sheets must be turned in no later than 1 hour prior to the start of the diving competition.

**Deadline:** All entries and diving sheets will be due at “The Nat” Tuesday, November 1st @ 3:00 p.m. The psych-sheet will be posted on Wednesday, November 2<sup>nd</sup> and all corrections will be reflected on the final psych-sheet Thursday, November 3, 2011. Each team will provide a Hy-Tek disk for entries along with a hard copy from Hy-Tek on the CISD entry form (*download entry form @ “The Nat” Website*)

**Late /Deck Entries:** Absolutely NO late / Deck Entries! There will be no exceptions!

**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

**Awards:** **Medals 1<sup>st</sup> – 3<sup>rd</sup>** and **Ribbons 4<sup>th</sup> – 8<sup>th</sup>** place Individual & Relay Events  
**Plaques** will be awarded to the top 3 teams, boy/girl.

**Timing:** Local Booster Club

**Admission:** Admission Fees **\$5.00** (Adults) **\$3.00** (Students)

**Programs:** Meet programs will be available at the front desk for **\$3.00**.

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

**Concessions:** Concessions & Hospitality will be available throughout the meet.

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

Contact: Sam Fruia, CISD Natatorium Coordinator

[lfruia@conroeisd.net](mailto:lfruia@conroeisd.net)

By

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

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

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



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**Officials:** Meet Director Sam Fruia [lfruia@conroeisd.net](mailto:lfruia@conroeisd.net)  
Meet referee: John Leneave [swimkids@consolidated.net](mailto:swimkids@consolidated.net)  
Diving Referee: Danny Sautural [dsautural@conroeisd.net](mailto:dsautural@conroeisd.net)

**Officials** Coaches, please contact Mr. Leneave for officials to work this Meet.

**Special Note:** All deck officials must be currently registered with UIL / NFHS

- Please submit your information to: [swimkids@consolidated.net](mailto:swimkids@consolidated.net)
- Uniforms for deck officials will be as follows: **Timed-Finals** – white shirts/blouses over Blue pants, skirts.
- Please report to the classroom 30 minutes prior to the scheduled start time for assignments.

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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 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 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 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.



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**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?**

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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 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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