

GO THE EXTRA MILE

A Swimming Focus Event

Hosted by the Woodlands Masters Swim Team
and
Swim Shops of the Southwest

- When: Saturday, February 27th, 2010, warm up begins at 11:30 am, first event starts at 12:00 pm (Noon)
- Where: CISD Natatorium (configured for Long Course - 50 meters)
- Who: Members of the Woodlands Masters Swim Team, Team Strive, Lonestar Multisport, Finish Strong Coaching
To participate, you must be a member in good standing of one of these four organizations and you must be registered for 2010 with USMS or USAT. Evidence of registration must be provided with your entry or presented at check in.
- Events (enter one): **400 meter freestyle** – starts at 12:00 pm (Noon)
1500 meter freestyle – begins immediately following the conclusion of the 400.
- Seeding: Seeded by time only, not by gender. The event will be swum slowest to fastest. Enter your best estimate of the time it will take you to complete the event, so that you will swim against people with approximately the same time as yours.
- Entry Fee: \$ 20 if you enter by February 24th, \$ 30 up to & including the day of the event
- Eligibility: You must be age 18 years or older by February 27th. (No one under the age of 18 may enter.)
- Results: By age group: 18-24, 25-29, 30-34, etc.
- Awards: Participatory, drawings for grab bags, et cetera
- Contact: Scott Campbell @ 281-844-3838 or at SCampbell@usms.org
(or ScottPlays@cs.com)

CISD Natatorium Rules, Regulation, Prohibitions, and Deck Access

- Security personnel are empowered to enforce any and all regulations that have been established by Natatorium Policy.
- Only athletes, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators, parents, and/or children must remain in the grandstand.
- Participants in bathing suits are not allowed to be in the grandstand, to climb over grandstand railings, or pass any posted barriers.
- Participants and spectators are not allowed to use other areas of the 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 on the pool deck, provided they do not contain glass items. No chewing gum allowed.
- Betting and gambling is strictly prohibited.
- Shaving is not permitted anywhere within the entire the Natatorium Complex.
- 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 the 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 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.