



**The Woodlands High School
Swimming and Diving Invitational
Oct 31 – Nov 1, 2025**



Only teams invited by The Woodlands High School will be allowed to attend.

Location: CISD Laura Wilkinson Natatorium, 19133 David Memorial Drive, Shenandoah, Texas 77385

Schedule: **Diving:** 6 Dives Friday, October 31, 2025 W/UP 2:30 pm. Meet 4:00 pm.
Swimming: T/F Saturday, November 1, 2025 W/UP 7:00 am. Meet 9:00 am.

Warm up: An open warm up will be in effect for swimming from 7:00am-8:45am. The last 15 minutes of warm up will be 1way starts in lanes 1,8 and push pace in lanes 2,7.

** Warmup assignments may be given at the meet director's discretion. **

Meet Format: U.I.L. and National Federation non-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: **Entries will only be accepted by teams invited to the meet by The Woodlands High School.**

Each team may enter an unlimited number of competitors in individual events, but only (4) Relays per relay event. Diving counts as an individual event.

Each competitor may enter a maximum of four (4) events, no more than two (2) individual events, and no more than three (3) relay events. Relay alternates must be declared in the Team Manager Entries file.

Entry Swimming and Diving entries must be generated by HyTek Team Manager. Competitors in the diving events must be included in the Team Manager entries. Send entries to: khandley@conroeisd.net. A confirmation email will be sent once entries are received and successfully loaded.

Dive Sheets: Dive sheets must follow the NFHS rules for six (6) dives week one (1). Dive sheets are due at the same time swimming and Diving entries are due. Dive changes and/or corrections are due to the check in table, no later than 1 hour before the dive competition begins.

Deadline: All entries and dive sheets must be received by **Monday, October 27, 2025 @ 9:00am**
No Late / Deck Entries will be accepted! IT IS RECOMMENDED TO SEND ENTRIES AT LEAST 24 HOURS BEFORE THE DEADLINE.

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: No awards will be given.

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

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



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Meet Admin: Meet Director Kevin Handley khandley@conroeisd.net
Meet Referee TBD
Diving Referee Kevin Witt kwitt@conroeisd.net

Entry Fees: \$10.00 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, **including relay alternates.**

Make Checks payable to: Conroe ISD Natatorium

Mail to: C/O Kim Loudenback
Conroe ISD Natatorium
19133 David Memorial Drive
Shenandoah, Texas 77385

Admission: Gate Purchase: Adults \$7.00 Students \$5.00

USA Observation: This is a High School Varsity Meet that athletes could be swimming new best personal times. Therefore, we request this meet be observed by USA swimming, so their times will count in the USA swimming database

The CISD Laura Wilkinson Natatorium

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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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