

NORTHWEST AQUATICS LEAGUE
2010 SUMMER CHAMPS MEET
Sunday, June 6th - Monday, June 7th, 2010
HOSTED BY
BLUE TIDE AQUATICS



SPONSORED BY TYR

MEET SUMMARY: The summer champs meet is designed to encourage and foster competitive Summer League Swimming. All swimmers 13 years and older are invited to attend regardless of seed times. Swimmers 12 years and younger must have achieved minimum qualifying times in the attached order of events. Unattached swimmers are welcome.

LOCATION: Kingwood High School, 2701 Kingwood Dr. Kingwood TX 77339

DIRECTIONS: Take U.S. 59 North to Kingwood Drive. Turn right (east) on Kingwood Drive. The High School is located approximately 4 miles east of U.S. 59 on the left (north) side of Kingwood Dr. The natatorium is located on the east side of the building.

See the first attachment of this invitation for a map.

POOL: Eight lane, 25 yard indoor pool with non-turbulent lane lines. There is no separate warm up/down area. A Colorado Model 5000 electronic timing system will be used with an eight lane digital scoreboard. Two watches per lane will be used as backup.

SWIMMER REST AREA:

Check the Blue Tide Web site (<http://www.swimbluetide.org/>) for details concerning the swimmer rest area.

QUALIFYING TIMES: See attachment for qualifying times. There are no cut off times. The "three event" rule will also apply for qualification. If a 12 or under swimmer qualifies for three events, then the swimmer may enter the rest of the events regardless of the swimmer's times for these events, even if that time is slower than the qualifying time or is a "No Time".

ORDER OF EVENTS: See attached format

TIME AND DATE: Sunday, June 6th & Monday, June 7th, 2010.

10 & Under Events for Boys and Girls

The Meet will begin at 5:00 PM on Sunday.

Group one warm-ups will begin at 3:30 pm / Group 2 warm-ups will begin at 3:55 pm / Group 3 warm ups will begin at 4:20 pm.

11 - 18 yr old Events for Boys and Girls

The Meet will begin at 5:30 PM on Monday.

Group one warm-ups will begin at 4:00 pm / Group 2 warm-ups will begin at 4:25 pm / Group 3 warm ups will begin at 4:50 pm.

Warm-up assignments will be posted on the BTA website at www.swimbluetide.org at least two days prior to the event

MEET REFEREE: Kevin O'Bryant

MEET ENTRY**DIRECTOR:** Frank Frey**MEET DIRECTOR:** John Swank 281-360-9657 j.swank@shell.com
Jules McLeod 281-359-8781 brigitte@mcnoplatt.org**OFFICIALS:** 2010 NWAL certified officials will officiate. Teams are requested to supply officials and to submit a current officials list with their meet entries.**SAFETY MARSHAL:** Meg Oswald**TIMERS:** Participating teams are requested to furnish timers. A sign-up sheet will be posted at the meet with the team lane assignments.**SEEDING:** **This will be a pre-seeded meet. No On Deck entries will be allowed.** It is important that all teams turn in their entries on a timely basis to insure that their swimmers have a chance to swim.**AWARDS:** There will be both Team and Individual awards.**TEAM AWARDS:** Trophies will be awarded to the top three teams in two divisions - (1) Teams with 175 or more swimmers registered for the 2010 Summer League season and (2) Teams with less than 175 swimmers registered for the 2010 Summer League season.**INDIVIDUAL AWARDS:**

Medals will be awarded to the top (8) place finishers in each age group. For example, in boys event number one, there will be medals awarded for the top eight finishers in three age groups (6&U, 7yrs, & 8yrs). There will be separate 5&U age groups for the 25 yd Free and the 25 yd Backstroke. Additionally, there will be separate awards for the 15-16yrs and 17-18yrs groups. Additionally, High-point trophies will be awarded in each of the following age groups: 5&U, 6yrs, 7yrs, 8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13-14yrs, 15-16yrs, 17-18yrs. Medals will be given for 2nd and 3rd place high point winners.

SCORING: Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2**TEAM SCORING:** Team scores will be determined by totaling points in each age group in every event. The age groups again will be those shown above. A first place finish scores (9) points; a second place finish scores (7) points; a third place finish scores (6) points; and so on down to (1) point for an eighth place finish.**CONCESSIONS:** Concessions will be available on all days.**MEET RULES AND APPROVED VARIANCES:****COACHES Please Note. Two personal chairs per team will be allowed on the pool deck, and no reserved spots will be allocated.**

Smoking will not be allowed anywhere in the building or school campus. No glass containers of any type will be allowed in the pool area.

NWAL Rules will apply with the following clarifications: (1) There is no limit to the number of individual events in which a swimmer may enter. (2) Teams may enter up to three relay teams in each relay event. Any relay team is eligible to score points for the team score. Each relay participant must meet the qualifying time for his/her leg of the relay.

There will be two progressive relays, one for male swimmers and one for female swimmers. Each progressive relay will consist of the following sequence of events: 25 yd Backstroke (7-8 yr olds); 25 yd Freestyle (9-10 yr olds); 50 yd Butterfly (11-12 yr olds); 50 yd Breaststroke (13-14 yr olds); and 50 yd Freestyle (15-18 yr olds).

All participants must be registered 2010 NWAL swimmers. All participants must have competed in at least one NWAL meet during the 2010 NWAL season. Eligibility for an age group is determined by the individual's age as of the end of the day May 31st 2010.

For those 13 & Over swimmers that do not have an official time for an event (i.e. only a Time Trial time), the entry should be entered as "NT" (no time) or you may use the Time Trial time if the timed event was run similar to an official meet (i.e. a Meet Official was present).

This will be a pre-seeded meet. On Deck entries will not be allowed. It is important that all teams turn in their entries on a timely basis to insure that their swimmers have a chance to swim. The deadline for meet entries is 6:00pm on Monday, May 31st 2010.

Swimmer seeding will be listed in the heat sheets. Swimmers are to report to the ready bench area when their event is called.

Teams are responsible for insuring that their swimmers are at the ready bench prior to their events. Parents are requested not to accompany their children to the ready bench! Instead, we strongly recommend that a team parent be responsible for getting your swimmers to the ready bench.

All swimmers must meet the age and qualifying time requirements. Anyone protesting an entry time has the burden of proof for proving that the time is false. The clerk-of-course for the applicable team may be required to provide seed times.

The decisions of the Meet Referee are final, and no other appeals will be considered by NWAL.

ENTRY INFORMATION:

The deadline for meet entries is 6:00pm on Monday, May 31st 2010.

Entry forms and/or cards must be submitted using the swimmers fastest yards times from the official 2010 NWAL season (or Time Trials where specified earlier). Meter times must be converted to yard times by dividing the meter times by 1.11, prior to completing the entry forms.

A printout of "best times" is requested from each team when entries are submitted.

Number of events: Once again, there is no limit to the number of events in which an individual can participate. Each team is limited to three (3) relay teams per event.

Responsibility of teams to provide officials: A list of names and phone numbers of qualified 2010 NWAL officials is requested by the meet director at the time that meet entries are turned in. Email your list to John Swank, Meet Director, at j.swank@shell.com.

DEADLINE:

Entries must be in the hands of the meet entry director no later than 6:00pm on Monday May 31st 2010. Email or hand-deliver your entries to:

Frank Frey
3518 Oak Gardens
Kingwood TX 77339
281-358-4298
btameetentries@hotmail.com

ENTRIES: All teams should provide the following:

Teams are expected to submit their entries via a Hy-Tek Comm Link File to the address above. Teams are encouraged to email their entries, but entries may be submitted on diskette. If entries are emailed, please zip the CL2 file. A hard copy of the meet entries should be mailed or hand delivered. **The Hy-Tek file preloaded with the schedule of events will be available on the NWAL.org website. This can be imported as a team manager file, swimmers assigned to events, and then exported as a meet manager file to diskette or emailed. For Convenience, a diskette containing the Hy-Tek file can be sent at your request.**

Teams with ten (10) or more swimmers and who do not submit their entries on diskette or by email must remit a \$50 surcharge.

ENTRY FEES: \$4.00 per individual event. \$8.00 per relay event.
Make checks payable to **Blue Tide Aquatics**.
All fees must accompany entries and are due by 6:00 PM, Thursday, June 4, 2010, if the meet entries were sent electronically.

ATHLETE ROSTER: Teams are asked to check the Athlete Roster that will be posted on the Blue Tide Aquatics (<http://www.swimbluetide.org/>) web site no later than Wednesday evening, June 3. This list will be sorted by team and will list each entered athlete alphabetically along with the number of events they are entered in. This is your opportunity to make sure that you are entered in the meet. If there is an omission, please contact John Swank at 281-360-9657 or j.swank@shell.com no later than Thursday, June 4.

SAFETY AND SECURITY:

The attached Safety guidelines and warm-up procedures will be in effect. The Safety Marshal will be responsible for ensuring that the safety procedures are followed. The Safety Marshal will be wearing a safety-orange vest, and has the authority to remove anyone who is not following these procedures or who in any way is conducting themselves in an un-safe manner. The Safety Marshal will be responsible for ensuring that a safe conduct is strictly enforced.

Park in the normal parking spots in the parking lot. Do not park along the drives or along the curbs or anywhere indicated not to park.

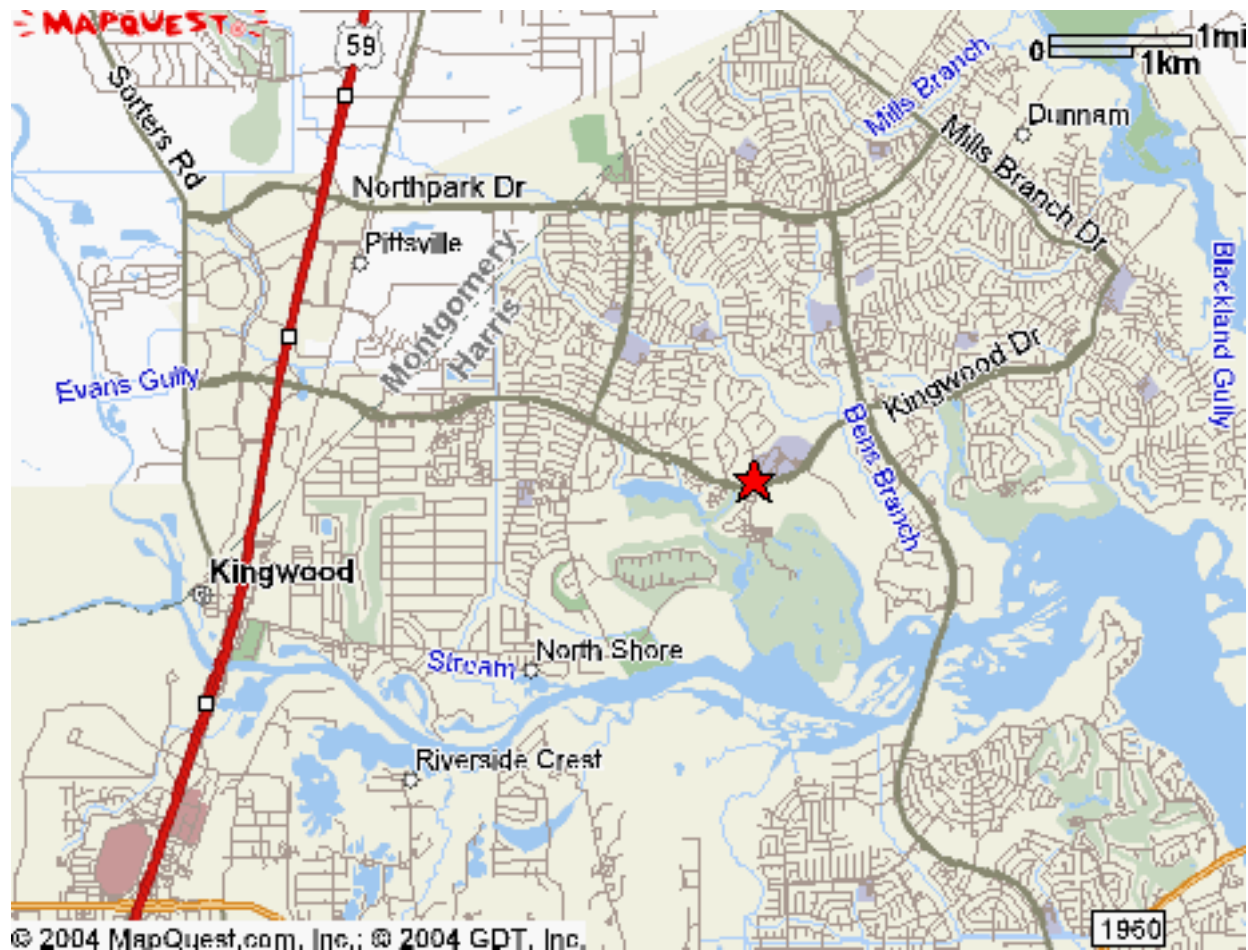
HOSPITALITY: A hospitality room/area will be available for coaches and officials. Refreshments and complimentary heat sheets will be available for all coaches.

MERCHANDISE: Swim Shops of the Southwest will be at the meet selling swim apparel and swim gear.

ATTACHMENTS: **MAP TO POOL**
ORDER OF EVENTS
MEET ENTRY FORM
SAFETY GUIDELINES AND WARM- UP PROCEDURES

MAP TO KINGWOOD HIGH SCHOOL

Kingwood High School
2701 Kingwood Dr.
Kingwood TX 77339



Directions

Take U.S. 59 North to Kingwood Drive. Turn right (east) on Kingwood Drive. The High School is located approximately 4 miles east of U.S. 59 on the left (north) side of Kingwood Dr. The natatorium is located on the east side of the building.

SUMMER CHAMPS ORDER OF EVENTS

**Sunday June 6th, 2010
Meet starts at 5:00 PM**

10 & Under Events for Boys and Girls (Yards)

BOYS EVENT NUMBER	BOYS QUALIFYING TIME	AGE	EVENT	GIRLS QUALIFYING TIME	GIRLS EVENT NUMBER
1	1:31.69	10 & U	100 yard FREE	1:33.39	2
3	NT	6 & U	100 yard FREE RELAY	NT	4
5	NT	7-8	100 yard FREE RELAY	NT	6
7	NT	9-10	100 yard FREE RELAY	NT	8
9	33.50	6 & U	25 yard FREE	33.97	10
11	24.21	7-8	25 yard FREE	24.51	12
13	18.55	9-10	25 yard FREE	18.65	14
15	38.75	6 & U	25 yard BACK	38.85	16
17	29.55	7-8	25 yard BACK	29.55	18
19	25.09	9-10	25 yard BACK	25.21	20
21	1:53.01 1:47.21	8 & U 9-10	100 yard IM 100 yard IM	1:52.97 1:47.94	22
23	35.40 32.44	6 & U 7-8	25 yard BREAST 25 yard BREAST	35.40 32.44	24
25	26.49	9-10	25 yard BREAST	25.97	26
27	33.21 29.55	6 & U 7-8	25 yard FLY 25 yard FLY	34.42 30.75	28
29	23.67	9-10	25 yard FLY	24.74	30
31	NT	7-8	100 Yard MEDLEY RELAY	NT	32
33	NT	9-10	100 Yard MEDLEY RELAY	NT	34

The "three event" rule will also apply for qualification. If a 12 or under swimmer qualifies for three events, then the swimmer may enter the rest of the events regardless of the swimmer's times for these events, even if that time is slower than the qualifying time or is a "No Time".

10 & Under Events for Boys and Girls (Meters)

BOYS EVENT NUMBER	BOYS QUALIFYING TIME	AGE	EVENT	GIRLS QUALIFYING TIME	GIRLS EVENT NUMBER
1	1:41.78	10 & U	100 meter FREE	1:43.66	2
3	NT	6 & U	100 meter FREE RELAY	NT	4
5	NT	7-8	100 meter FREE RELAY	NT	6
7	NT	9-10	100 meter FREE RELAY	NT	8
9	37.19	6 & U	25 meter FREE	37.71	10
11	26.87	7-8	25 meter FREE	27.21	12
13	20.59	9-10	25 meter FREE	20.70	14
15	43.01	6 & U	25 meter BACK	43.12	16
17	32.80	7-8	25 meter BACK	32.80	18
19	27.85	9-10	25 meter BACK	27.98	20
21	2:05.44 1:59.00	8 & U 9-10	100 meter IM 100 meter IM	2:05.40 1:59.81	22
23	39.29 36.01	6 & U 7-8	25 meter BREAST 25 meter BREAST	39.29 36.01	24
25	29.40	9-10	25 meter BREAST	28.83	26
27	36.86 32.80	6 & U 7-8	25 meter FLY 25 meter FLY	38.21 34.13	28
29	26.27	9-10	25 meter FLY	27.46	30
31	NT	7-8	100 meter MEDLEY RELAY	NT	32
33	NT	9-10	100 meter MEDLEY RELAY	NT	34

The "three event" rule will also apply for qualification. If a 12 or under swimmer qualifies for three events, then the swimmer may enter the rest of the events regardless of the swimmer's times for these events, even if that time is slower than the qualifying time or is a "No Time".

SUMMER CHAMPS

ORDER OF EVENTS

Monday June 7th, 2010
Meet starts at 5:30 PM

11 & Over Events for Boys and Girls (Yards)

BOYS EVENT NUMBER	BOYS QUALIFYING TIME	AGE	EVENT	GIRLS QUALIFYING TIME	GIRLS EVENT NUMBER
35	1:25.49	11-12	100 yard FREE	1:26.59	36
37	NT	13-14	100 yard FREE	NT	38
39	NT	15-18	100 yard FREE	NT	40
41	NT	11-12	200 yard FREE RELAY	NT	42
43	NT	13-14	200 yard FREE RELAY	NT	44
45	NT	15-18	200 yard FREE RELAY	NT	46
47	37.97	11-12	50 yard FREE	37.72	48
49	NT	13-14	50 yard FREE	NT	50
51	NT	15-18	50 yard FREE	NT	52
53	48.19	11-12	50 yard BACK	46.62	54
55	NT	13-14	50 yard BACK	NT	56
57	NT	15-18	50 yard BACK	NT	58
59	1:40.05	11-12	100 yard IM	1:38.94	60
61	NT	13-14	100 yard IM	NT	62
63	NT	15-18	100 yard IM	NT	64
65	50.19	11-12	50 yard BREAST	48.96	66
67	NT	13-14	50 yard BREAST	NT	68
69	NT	15-18	50 yard BREAST	NT	70
71	48.96	11-12	50 yard FLY	45.96	72
73	NT	13-14	50 yard FLY	NT	74
75	NT	15-18	50 yard FLY	NT	76
77	NT	11-12	200 Yard MEDLEY RELAY	NT	78
79	NT	13-14	200 Yard MEDLEY RELAY	NT	80
81	NT	15-18	200 Yard MEDLEY RELAY	NT	82
83	NT	7-18	200 yard BOYS PROGRESSIVE RELAY	-----	-----
-----	-----	7-18	200 yard GIRLS PROGRESSIVE RELAY	NT	84

The "three event" rule will also apply for qualification. If a 12 or under swimmer qualifies for three events, then the swimmer may enter the rest of the events regardless of the swimmer's times for these events, even if that time is slower than the qualifying time or is a "No Time".

11 & Over Events for Boys and Girls (Meters)

BOYS EVENT NUMBER	BOYS QUALIFYING TIME	AGE	EVENT	GIRLS QUALIFYING TIME	GIRLS EVENT NUMBER
35	1:34.89	11-12	100 meter FREE	1:36.11	36
37	NT	13-14	100 meter FREE	NT	38
39	NT	15-18	100 meter FREE	NT	40
41	NT	11-12	200 meter FREE RELAY	NT	42
43	NT	13-14	200 meter FREE RELAY	NT	44
45	NT	15-18	200 meter FREE RELAY	NT	46
47	42.15	11-12	50 meter FREE	41.87	48
49	NT	13-14	50 meter FREE	NT	50
51	NT	15-18	50 meter FREE	NT	52
53	53.49	11-12	50 meter BACK	51.75	54
55	NT	13-14	50 meter BACK	NT	56
57	NT	15-18	50 meter BACK	NT	58
59	1:51.06	11-12	100 meter IM	1:49.82	60
61	NT	13-14	100 meter IM	NT	62
63	NT	15-18	100 meter IM	NT	64
65	55.71	11-12	50 meter BREAST	54.35	66
67	NT	13-14	50 meter BREAST	NT	68
69	NT	15-18	50 meter BREAST	NT	70
71	54.35	11-12	50 meter FLY	51.02	72
73	NT	13-14	50 meter FLY	NT	74
75	NT	15-18	50 meter FLY	NT	76
77	NT	11-12	200 meter MEDLEY RELAY	NT	78
79	NT	13-14	200 meter MEDLEY RELAY	NT	80
81	NT	15-18	200 meter MEDLEY RELAY	NT	82
83	NT	7-18	200 meter BOYS PROGRESSIVE RELAY	-----	-----
-----	-----	7-18	200 meter GIRLS PROGRESSIVE RELAY	NT	84

The "three event" rule will also apply for qualification. If a 12 or under swimmer qualifies for three events, then the swimmer may enter the rest of the events regardless of the swimmer's times for these events, even if that time is slower than the qualifying time or is a "No Time".

WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 - 2. Lanes are **ONE WAY ONLY**.

SAFETY GUIDELINES

- A. Swimmers Responsibilities
 - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - 5. Registered coaches of unattached swimmers and registered coaches of non-NWAL teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
 - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
 - 1. Swimmers should be reminded by coaches that breaststrokers need more lead time than freestyle or butterfly swimmers.
 - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
 - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
 - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 - 6. All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
 - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA/NWAL Swimming meets.
 - 2. Glass containers are prohibited.
 - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation