



Hosted by Swim Streamline at Northampton and Northampton Cudas



June 7<sup>th</sup> & 8<sup>th</sup>, 2015

Swim Streamline at Northampton and Northampton Cudas will be hosting our 2<sup>nd</sup> annual Sprint Sizzler Invitational Swim Meet. June 7-8, 2015. This meet is sanctioned by NWAL and will be a pre-seeded timed final meet with electronic timing to provide swimmers with an additional opportunity to qualify for the post season championship meets. The meet will be held at Klein Oak High School pool.

**Indoor air-conditioned setup areas will be available.**

**Individual Events:** All Freestyle and Backstroke events will be held on Sunday, June 7<sup>th</sup>. All Breaststroke, Butterfly and Medley events will be held on Monday evening, June 8<sup>th</sup>. See the list of qualifying times for 12 & Under events. There are no Qualifying times for 13 & Over events. NT's are not allowed, Time Trial times are allowed.

**BONUS EVENTS:** 12 & Under swimmers that qualify for at least two (2) events will be allowed to swim all additional events provided they have a legal time swum at a Time Trial or a Sanctioned NWAL meet. EXCEPTION: 12 & Under swimmers must achieve a qualifying time for the 100 IM and 100 Free.

**Relay Events:** There will be 2 relays each day on Sunday and Monday. A mixed gender relay (2 girls and 2 boys) and a same gender relay. All relays are 100 yard distance so each swimmer, regardless of age, will only swim 25 yards in the relay. Relays will be inclusive to younger ages in order to allow teams to fill more relays. (6 & U, 8 & U, 10 & U, 12 & U, 14 & U, 18 & U). Each athlete may swim a maximum of 2 relays per day – one mixed gender and one same gender. Relay only swimmers are allowed but must be already entered into the meet. There is no limit to the number of relays a team can enter.

**\*\*\*All teams MUST submit their entries via e-mail, CD, or flash drive using ONLY the Swim-team.us software.\*\*\***

**Awards:** Custom medals will be awarded for the 1<sup>st</sup> – 3<sup>rd</sup> place finishers for each individual event by single age group as described below. Custom ribbons will be awarded for 4<sup>th</sup> – 8<sup>th</sup> place on individual events and 1<sup>st</sup> – 3<sup>rd</sup> place for relay events. Each Individual Event will award **at most** 2 groups of swimmers.

Example:

6&U events – awards for 6&U only

7–8 events – awards for 7 yo and 8 yo

8&U events – awards for 7&U and 8 yo

9-10 events – awards for 9 yo and 10 yo

10&U events – awards for 9&U and 10 yo

11-12 events – awards for 11 yo and 12 yo

12&U events – awards for 11&U and 12 yo

13-14 events – awards for 13 yo and 14 yo

15-18 events – awards for 15-18 only

An Individual High Point Trophy will be awarded to the top high point boy and girl in the following categories:  
6&U, 7, 8, 9, 10, 11, 12, 13, 14, 15-18.

High Point Team trophies will be awarded to the top 3 teams in 2 divisions: Large and medium – determined by entries.

Since the meet is open to all NWAL teams, the number of competitors will be limited to 900. Attached are the full meet invitation, team entry form, meet events, and qualifying standards. See Pool Deck restrictions section for limits on the number of coaches allowed on deck.

Event t-shirts will be available for purchase at the venue.



Sunday, June 7<sup>th</sup>, 2015

Meters Qualifying	Yards Qualifying	GIRLS Event #	Events	BOYS Event #	Yards Qualifying	Meters Qualifying
--	--	1	6 & Under Mixed Gender 100 Free Relay	1	--	--
--	--	2	8 & Under Mixed Gender 100 Free Relay	2	--	--
--	--	3	10 & Under Mixed Gender 100 Free Relay	3	--	--
--	--	4	12 & Under Mixed Gender 100 Free Relay	4	--	--
--	--	5	14 & Under Mixed Gender 100 Free Relay	5	--	--
--	--	6	18 & Under Mixed Gender 100 Free Relay	6	--	--
44.96	40.50	7	6 & Under 25 Back	8	42.50	47.18
31.64	28.50	9	7-8 25 Back	10	29.50	32.75
27.20	24.50	11	9-10 25 Back	12	25.50	28.31
52.73	47.50	13	11-12 50 Back	14	48.50	53.84
--	--	15	13-14 50 Back	16	--	--
--	--	17	15-18 50 Back	18	--	--
41.63	37.50	19	6 & Under 25 Free	20	38.50	42.74
26.09	23.50	21	7-8 25 Free	22	24.50	27.20
20.54	18.50	23	9-10 25 Free	24	19.50	21.65
41.63	37.50	25	11-12 50 Free	26	38.50	42.74
--	--	27	13-14 50 Free	28	--	--
--	--	29	15-18 50 Free	30	--	--
--	--	31	6 & Under 100 Free Relay	32	--	--
--	--	33	8 & Under 100 Free Relay	34	--	--
--	--	35	10 & Under 100 Free Relay	36	--	--
--	--	37	12 & Under 100 Free Relay	38	--	--
--	--	39	14 & Under 100 Free Relay	40	--	--
--	--	41	18 & Under 100 Free Relay	42	--	--
1:34.91	1:25.50	43	12 & Under 100 Free	44	1:27.50	1:37.13
--	--	45	13-14 100 Free	46	--	--
--	--	47	15-18 100 Free	48	--	--



Monday, June 8<sup>th</sup>, 2015

Meters Qualifying	Yards Qualifying	GIRLS Event #	Events	BOYS Event #	Yards Qualifying	Meters Qualifying
--	--	50	8 & Under Mixed Gender 100 Medley Relay	50	--	--
--	--	51	10 & Under Mixed Gender 100 Medley Relay	51	--	--
--	--	52	12 & Under Mixed Gender 100 Medley Relay	52	--	--
--	--	53	14 & Under Mixed Gender 100 Medley Relay	53	--	--
--	--	54	18 & Under Mixed Gender 100 Medley Relay	54	--	--
46.07	41.50	55	8 & Under 25 Breast	56	42.50	47.18
29.42	26.50	57	9-10 25 Breast	58	27.50	30.53
54.95	49.50	59	11-12 50 Breast	60	52.50	58.28
--	--	61	13-14 50 Breast	62	--	--
--	--	63	15-18 50 Breast	64	--	--
42.74	38.50	65	8 & Under 25 Fly	66	39.50	43.85
27.20	24.50	67	9-10 25 Fly	68	25.50	28.31
53.84	48.50	69	11-12 50 Fly	70	50.50	56.06
--	--	71	13-14 50 Fly	72	--	--
--	--	73	15-18 50 Fly	74	--	--
--	--	75	8 & Under 100 Medley Relay	76	--	--
--	--	77	10 & Under 100 Medley Relay	78	--	--
--	--	79	12 & Under 100 Medley Relay	80	--	--
--	--	81	14 & Under 100 Medley Relay	82	--	--
--	--	83	18 & Under 100 Medley Relay	84	--	--
2:08.21	1:55.50	85	10 & Under 100 IM	86	1:57.50	2:10.43
1:50.45	1:39.50	87	11-12 100 IM	88	1:42.50	1:53.78
--	--	89	13-14 100 IM	90	--	--
--	--	91	15-18 100 IM	92	--	--



**NORTHWEST AQUATICS LEAGUE  
2015 SPRINT SIZZLER  
HOSTED by Swim Streamline at Northampton & Northampton Cudas  
Two Day Timed-Finals Invitational Meet  
June 7-8, 2015  
SANCTIONED BY NWAL**

**Indoor air-conditioned setup areas will be available!**

**LOCATION:** Klein Oak High School  
22603 Northcrest Drive  
Spring, TX 77389

**Directions:** From I-45 exit 2920. Drive west on 2920. Turn right on Gosling. Turn left on Spring Steubner. Turn right on Northcrest Drive. Turn left on Klein Oak Lane. Parking is in the big student parking lot on the right.

**POOL:** Eight lane, 25 yard indoor pool with non-turbulent lane lines. The venue will also feature an indoor ready bench area and indoor team setup area. Setup will only be allowed on the day of your meet session. The stands in the pool area will be for observation only and NO SETUP IS ALLOWED IN THE SPECTATOR AREA. Please allow others to watch their child after yours has swum. There is no flash photography at the start of a race.

**TIME AND DATE:** This is a timed-finals meet

**Sunday, June 7<sup>th</sup>** – will be for all freestyle and backstroke events. Warm-ups start at 9:00 a.m. and the meet will start at 11:00 a.m. Relay cards will be due by 10:30.

**Monday, June 8<sup>th</sup>** - will be for all breaststroke, butterfly and medley events. Warm-ups start at 3:30 p.m. and the meet will start at 5:00 p.m. Relay cards will be due by 4:30.

Split warm-ups will be in effect, with team and lane assignments posted on Swim Streamline at Northampton website, [www.swimstreamline.com](http://www.swimstreamline.com), at least 3 days prior to the start of the meet.

**MEET REFEREE:** Mike Swaim

**MEET DIRECTOR:** Brian Greeney

**MEET COORDINATOR:** Derek Lund

**MEET ENTRY COORDINATOR:** Kristi Davis, [Invitational@northamptoncudas.com](mailto:Invitational@northamptoncudas.com)

**SAFETY MARSHALL:** Ross Davis and Mike Jarzombek

**OFFICIALS:** 2015 NWAL certified officials will officiate. Teams are requested to supply officials and to submit a current officials list with their meet entries. The Officials uniform shall be a white collared shirt over navy pants, shorts or skirt. The Officials meeting with the Meet Referee will be 1 hour prior to the start of each session.

**ENTRIES:** All teams MUST submit their entries via e-mail, CD, or flash drive using **ONLY** the Swim-team.us software, along with a **hard copy print out of the entries with "BONUS" events highlighted**. Include relays and relay-only swimmers on your completed entry form. **Meet entries will be limited to 900 total swimmers on a first come first serve basis**. There will be no on deck entries.

#### **ELIGIBLE**

**TEAMS:** All NWAL teams

#### **QUALIFYING**

**TIMES:** All swimmers ages 13 & over regardless of seed times. Ages 12 & under must have achieved minimum qualifying times in the order of events. Relay participants must already be in the meet. Time trials times will be allowed. No times (NT) will not be allowed.

**Bonus events: Swimmers that qualify for at least 2 events will be allowed to swim all additional events provided they have a legal time swum at a time trial or a sanctioned NWAL meet. NT's will not be accepted. \*\*\*Exception: 12 & under swimmers must meet minimum time standards in 100 free and 100 IM to participate. These events cannot be added as a bonus.**

**RELAYS:** Swimmers will be eligible for 1 mixed relay and 1 gender relay each day. **All relays are 100 yard events!** Teams may submit unlimited relay teams per event. Relay only swimmers are allowed as per the rule previously stated.

#### **NUMBER OF**

**EVENTS:** 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 unlimited relay teams in each relay event. Any relay team is eligible to score points for the team score.

**DEADLINE:** Entries will be accepted on Sunday May 31, 2015 from 1:00 p.m. – 3:00 p.m. via e-mail to [Invitaional@northamptoncudas.com](mailto:Invitaional@northamptoncudas.com) OR in person at the Northampton MUD Building 6012 Root Road, Spring, 77389, from 1:00-3:00 p.m. (However, we will allow an extra 24 hours – until Monday, June 1<sup>st</sup> at 8pm – to accept overflow entries or until our meet cap has been met.) All checks must be received no later than Tuesday June 2, 2015.

#### **Meet Entry Chairman:**

Kristi Davis - [Invitational@northamptoncudas.com](mailto:Invitational@northamptoncudas.com)

Mail Payments to:  
Northampton Cudas  
c/o Kristi Davis  
6619 Green Gable Manor  
Spring, TX 77389

**FEES:** \$5.00 per individual event and \$10.00 for each relay event. Make checks payable to Northampton Swim Team. Entry fees must accompany entries.

**AWARDS:** **Individual events-** Custom Sprint Sizzler Medals 1st - 3rd, Ribbons for 4th -8th place. Awards will be given per categories- 6 & under, 7, 8, 9, 10, 11, 12, 13, 14, 15-18. NOTE: 2 sets of awards at most will be awarded for individual events that span ages. For example, 8&unders events will award for 8 year olds and 7&unders.

**Relay events-** 1st – 3rd place ribbons per relay event.

**Individual High Point Awards:** An Individual High Point Trophy will be given to the top high point boy and girl in the following categories: 6 & under, 7, 8, 9, 10, 11, 12, 13, 14, 15-18. In the event of a tie, the tie-breaker will be the swimmer with the most 1<sup>st</sup> place finishes. If that is a tie, then the number of second place finishes will be used, and so on until the tie is broken.

**Team Awards:** High Point trophies will be awarded to the top 3 teams in 2 divisions: Large and medium. Divisions will be based on number of swimmers/entries and will be determined after entries are received. Ties will be broken by same method used in high point awards.

**Award pick up:** Each team will need to list a Team Representative to contact for award pick up. No awards will be mailed.

**SCORING:** **Individual events:** 9-7-6-5-4-3-2-1  
**Relay events:** 18-14-12-10-8-6-4-2

**SEEDING:** The meet is a pre-seeded meet. There will be no “on-deck” entries the day of the meet. All heat and lane assignments will be made prior to the meet. The heat and lane assignments will be shown in the Meet Program, sold on the day of the event. The coaches must turn in relay cards with either no changes or with swimmer name changes by 10:30am on Sunday and by 4:30pm on Monday. All swimmers must be shown in the order in which they will swim on the relay. Relay swimmers must already be entered in the meet to be added to a relay the day of the meet when relay changes are submitted to the computer room.

## **RULES AND**

**SANCTIONS:** The 2015 NWAL rules will apply. The meet will be held under the sanction of the NWAL League Officers and Board of Directors. No entries can be accepted unless the entrant is a member of a registered NWAL team. Please see Qualifying Times section for information on BONUS Events. Teams may enter unlimited relays per event and all relays are eligible to score points.

All participants must be registered 2015 NWAL swimmers. All participants must have competed in at least one NWAL meet during the 2015 NWAL season. Eligibility for an age group is determined by the individual’s age as of the end of May 31, 2015 per NWAL rules.

## **SAFETY GUIDELINES**

**AND WARM-UP PROCEDURES:** Please see attached Safety Guidelines and Warm-up Procedures.

**TIMING SYSTEM:** A Colorado electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be requested to furnish timers based on their percentage of swims at the meet. Timing assignments will be published in the Heat Sheet and on the Swim Streamline at Northampton website ([www.swimstreamline.com](http://www.swimstreamline.com)) prior to the meet. Timers will meet with the Meet Referee 10 minutes prior to the start of the meet.

## **POOL DECK**

**RESTRICTIONS:** Because of Insurance Safety Regulations, the swimming pool deck, during the operation of the Sprint Sizzler Invitational swim meet, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. If you are asked to leave the deck by any meet personnel, please do so. It is for your safety.

**COACHES:** All coaches must display NWAL issued coach badge to be allowed on deck. To better insure safety on Deck, teams will be limited to no more than 3 coaches per team. Each allowed coach may have a chair. Setup on

deck or in the team set-up area will only be allowed on the day of the meet. Coach packet will include one complimentary Heat Sheet, pre-printed relay cards and meal tickets. There will be a meeting with the Meet Referee 30 minutes prior to the start of the meet.

**SWIMMERS WITH**

**DIABILITIES:** Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to help arrange any additional equipment.

**CONCESSIONS:** Concessions will be available.

**HOSPITALITY:** A hospitality room will be available for coaches and officials.

**MEET SETUP:** Air conditioned inside setup will be available in the commons area at the high school.

**MERCHANDISE:** A custom Sprint Sizzler Invitational Meet shirt will be on sale at the meet as well as swim apparel and swim gear.

**MEET RESULTS:** Meet results will be posted on the NWAL Web Page within two days after the conclusion of the meet.



June 7-8, 2015

Hosted by Northampton Cudas & Swim Streamline at Northampton

## HEAT SHEET ADVERTISING RATES

PRICES: Full page- \$100

Half page- \$50

Quarter Page- \$25

Business Card- \$15

Advertisement art should be received no later than Monday June 1<sup>st</sup>.

### SIZE SPECIFICATIONS:

Full page: 7" x 9.5"

Half Page: 7" x 4.5"

Quarter Page: 3" x 4.5"

Business Card: 2" x 3"

All ads are black and white.

Ads need to be e-mailed as an electronic jpg file or camera ready art (black & white only).

Please include your contact information:

Contact Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

E-mail ad or art to: Carla Escamilla: [escamillas1@att.net](mailto:escamillas1@att.net)

Mail this page and payment to: Northampton Swim Team, 6012 Root Rd, Spring, TX 77388



June 7-8, 2015

## TEAM ENTRY FORM

Must be submitted with entries

TEAM NAME: \_\_\_\_\_ NWAL Team Abbreviation: \_\_\_\_\_

TEAM ENTRY PERSON: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

CONTACT FOR AWARDS NOT PICKED UP AT MEET

(Awards will not be mailed. You will be contacted to arrange pickup after the meet):

NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

### CHECK LIST:

1. Swim-team.us Entry Export via Email or on CD/Key Drive
2. Hard Copy Meet Entry Report – For Individual and Relay Events – with “BONUS” events highlighted
3. This Team Entry Form
4. Payment – Check payable to : Northampton Swim Team

NWAL OFFICIALS VOLUNTEERING – List Name, email, phone # & NWAL Certification

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

### TOTALS:

Total Number of Swimmers: # \_\_\_\_\_

Number of Individual Entries: # \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_

Number of Relay Entries: # \_\_\_\_\_ x \$10.00 = \$ \_\_\_\_\_

Total Entry Fee Amount = \$ \_\_\_\_\_

For Office Use:

Paid by: Cash – Amount \$ \_\_\_\_\_ OR Check # \_\_\_\_\_ Amount \$ \_\_\_\_\_

## SAFETY GUIDELINES AND WARM-UP PROCEDURES

### SAFETY GUIDELINES

#### I. Swimmers Responsibilities

All unattended swimmers, and/or their coaches, should arrange, prior to their arrival at the meet, for a certified coach to observe them during the warm-up, competition and warm-down. Any unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.

#### II. Coaches Responsibilities

- A. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at the meets and practice.
- B. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
- C. Coaches shall actively supervise their swimmers throughout the warm-up session.
- D. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.

#### III. Safety marshals

Appointed Safety Marshals 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.

#### IV. Miscellaneous

- A. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers
- B. 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.
- C. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- D. Swimmers are required to exit the pool upon completion of the warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
- E. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
- F. All diving boards and equipment are OFF LIMITS.

#### V. Pool Rules

- A. Smoking or use of other tobacco products is not allowed on the grounds of Klein ISD
- B. Glass containers are prohibited.
- C. Swimmers, coaches and spectators are expected to observe all rules and regulations included in the invitation.

### WARM-UP PROCEDURES

#### I. General warm-up (Initial portion of the warm-up session or with the agreement of all of the coaches in a particular lane.)

- A. NO DIVING OR RACING STARTS allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
- B. NO SPRINTING OR PACE WORK allowed during this general warm-up session.

#### II. Specific warm-up (Last portion of the warm-up session or with the agreement of all of the coaches in a particular lane.)

- A. RACING STARTS ONLY, either from the blocks or from backstroke starts.
- B. Lanes are ONE WAY ONLY.