



June 5th & 6th, 2016 at Klein Oak High School

Hosted by Swim Streamline at Northampton and Northampton Cudas

with *speedo* 

SPECIAL GUEST: OLYMPIAN IAN CROCKER

5 TIME OLYMPIC MEDALIST & FORMER WORLD RECORD HOLDER

AVAILABLE TO MEET ALL SPRINT SIZZLER ATHLETES!

PRIZES: Random coach and swimmers prize drawings will occur throughout the meet, and random heat winner prizes for swimmers will be awarded!

Swim Streamline at Northampton and Northampton Cudas will be hosting our 3rd annual Sprint Sizzler Invitational Swim Meet. June 5-6, 2016. 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, Backstroke, Individual Medley and Freestyle Relay events will be held on Sunday, June 5th. All Breaststroke, Butterfly and Medley Relay events will be held on Monday evening, June 6th. See the list of qualifying times for 12 & Under events. There are NO Qualifying Times (QT) for 13 & Over events. No Times (NT) are not allowed, Time Trial (TT) 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 TT or a Sanctioned NWAL meet. EXCEPTIONS: 10 & UNDER swimmers must achieve a qualifying time for the 100 IM and 50 Free; 11-12 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.

*****Per NWAL rules, all meet entries must be submitted with entry file from Swim-Team.us*****

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

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.

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

Since the meet is open to all NWAL teams, we will accept teams so long as Meet management judges the swimmers can be reasonably accommodated. If a team is allowed into the meet, all of its swimmers will be allowed. 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.



Sunday, June 5th, 2016

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	--	--
44.40	40.00	43	10 & Under 50 Free	44	41.00	45.51
1:34.91	1:25.50	45	11-12 100 Free	46	1:27.50	1:37.13
--	--	47	13-14 100 Free	48	--	--
--	--	49	15-18 100 Free	50	--	--
2:08.21	1:55.50	51	10 & Under 100 IM	52	1:57.50	2:10.43
1:50.45	1:39.50	53	11-12 100 IM	54	1:42.50	1:53.78
--	--	55	13-14 100 IM	56	--	--
--	--	57	15-18 100 IM	58	--	--



Monday, June 6th, 2016

Meters Qualifying	Yards Qualifying	GIRLS Event #	Events	BOYS Event #	Yards Qualifying	Meters Qualifying
--	--	60	8 & Under Mixed Gender 100 Medley Relay	60	--	--
--	--	61	10 & Under Mixed Gender 100 Medley Relay	61	--	--
--	--	62	12 & Under Mixed Gender 100 Medley Relay	62	--	--
--	--	63	14 & Under Mixed Gender 100 Medley Relay	63	--	--
--	--	64	18 & Under Mixed Gender 100 Medley Relay	64	--	--
46.07	41.50	65	8 & Under 25 Breast	66	42.50	47.18
29.42	26.50	67	9-10 25 Breast	68	27.50	30.53
54.95	49.50	69	11-12 50 Breast	70	52.50	58.28
--	--	71	13-14 50 Breast	72	--	--
--	--	73	15-18 50 Breast	74	--	--
42.74	38.50	75	8 & Under 25 Fly	76	39.50	43.85
27.20	24.50	77	9-10 25 Fly	78	25.50	28.31
53.84	48.50	79	11-12 50 Fly	80	50.50	56.06
--	--	81	13-14 50 Fly	82	--	--
--	--	83	15-18 50 Fly	84	--	--
--	--	85	8 & Under 100 Medley Relay	86	--	--
--	--	87	10 & Under 100 Medley Relay	88	--	--
--	--	89	12& Under 100 Medley Relay	90	--	--
--	--	91	14 & Under 100 Medley Relay	92	--	--
--	--	93	18 & Under 100 Medley Relay	94	--	--