



NORTHWEST AQUATICS LEAGUE

2018 SUMMER HEAT

Sunday, June 3, 2018

HOSTED BY

Eagle Swimming Association

and SPONSORED BY LEM Construction Co. and 

LOCATION: Atascocita High School, 13300 Will Clayton Parkway, Humble, TX 77346

DIRECTIONS: From U.S. 59 North, take Sam Houston Tollway East (Beltway 8). Turn right (east) on Beltway 8. Turn left onto West Lake Houston Parkway and go approximately 5 miles. Turn left onto Will Clayton Parkway. The High School is located on the left, and the natatorium is located on Back side of the building. (Map included with invitation).

POOL: Eight lane, 25 yard indoor pool with non-turbulent lane lines. There is no separate warm up/down area. A Colorado Model 6000 electronic timing system will be used with an eight lane digital scoreboard. Two watches per lane will be used as backup.

TIME AND DATE: Sunday, June 3, 2018.

The 11 & Up Session will begin at 9:00 AM.

Warm Ups will begin at 7:00 am; lane assignments will be forwarded to team representatives by Thursday, May 31.

The 10 & Under warm up will begin immediately following the AM session. Meet will begin 2 hours after the finish of the morning session.

Warm-up assignments will be posted on the ESA website at www.eagleswimmingassociation.com at least two days prior to the event

MEET REFEREE:	Todd Johnson
MEET DIRECTOR:	Krista Johnson
MEET COORDINATOR:	Tanya Sorensen/Rachel George
SAFETY MARSHAL:	Linda Adair

ORDER OF EVENTS: See attached format

ENTRIES: This meet will be limited to the first 800 athletes. Entries will be accepted on a first come first serve basis. All teams MUST submit their entries via Swimtopia.us, along with a hard copy print out of the entries with "BONUS" events highlighted. Include relays and relay only swimmers on your completed entry forms. Entry times will be converted to the proper course by Swimtopia software using the default conversions and Meet Templates. TT Times will be allowed as long as the swimmer has not achieved an Official Time. Once an official time is achieved the TT time is no longer available to use. NT will not be allowed. **Once the 800**

athlete max has been met *NO* entries will be accepted. Teams that send Entry Fees after the entries have been closed will have their payments returned. In the event a team submits entries and surpasses the 800 athlete max; that team's entries will be accepted in full and entries will be closed. Unattached swimmers are welcome.

QUALIFYING TIMES: 12 & under swimmers must have achieved the minimum qualifying times listed in the attached order of events. There are no qualifying times for 13 and over swimmers. Time Trial TT times will be allowed as long as the swimmer has not achieved an Official Time. Once an Official Time is achieved the Time Trial Time is no longer available to use. NT or No Time will not be allowed per NWAL rules. **All relay swimmers must meet the time standard for his/her leg of the relay.**

NUMBER OF EVENTS: There is no limit to the number of events an individual can participate as long as they have meet the minimum qualifying time. Each team is limited to 3 relay teams per event.

BONUS EVENTS: Swimmers that qualify for 3 events are eligible to swim any additional event. However, they must have an entry time to enter any bonus events. Time trials times are allowed. NT's are not allowed per NWAL.

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 in a timely basis to insure that their swimmers have a chance to swim. Coaches are requested to turn in relay cards no later than 45 minutes prior to the start of the meet.

DEADLINE: **Entries must be in the hands of the meet entry director no later than 3:00 pm on Monday, May 28, 2018. ONLY VIA EMAIL to esameetentries@eagleswimmingassociation.com.** Entry forms and/or cards must be submitted using the swimmers fastest yards times from the official 2018 NWAL season. A confirmation email will be sent once the entries are processed and your team has been accepted into the meet.

Krista Johnson, Meet Director
14207 Norhill Pointe
Houston, TX 77044
281-475-0454 (cell)
ESAmeeentries@eagleswimmingassociation.com

ENTRY FEES: \$5.00 per individual event;
\$10.00 per relay event.

Make checks payable to **Eagle Swimming Association. Entry fees must accompany entries.**

AWARDS: There will be both Team and Individual awards.

TEAM AWARDS: Trophies will be awarded to the top three teams in two divisions. Divisions will be based on the number of swimmers/entries and will be determined after all entries are received.

INDIVIDUAL AWARDS: Medals will be awarded to the top (8) place finishers in each age group for individual events. For example, in boys event number fifty-one, there will be medals awarded for the top eight finishers in three age groups (6&U, 7 yrs., & 8 yrs.). 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 13-14 yrs., 15-16 yrs., and 17-18 yrs. groups. Ribbons will be given for places 9 through 16th.

Relay Awards: Medals will be awarded to the top three (3) finishers in each age group (6&U, 7-8, 9-10, 11-12, 13-14, and 15-18) for relays. The top three (3) finishers in the Progressive Relay will receive medals.

High Point Awards: Additionally, High-point trophies will be awarded in each of the following age groups: 5&U, 6 yrs., 7 yrs., 8 yrs., 9 yrs., 10 yrs., 11 yrs., 12 yrs., 13-14 yrs., 15-16 yrs., 17-18 yrs. 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

TIMERS: Each team will be asked to provide timers in proportion to the number of swimmers entered into the meet by session.

OFFICIALS: 2018 NWAL certified officials will officiate. Teams are requested to supply officials and to submit a current officials list with their meet entries.

MEET SETUP: Teams will be able to set up in the parking lot of the natatorium as well as the grass area adjacent to the pool. An announcer will update families as the meet progresses. **No Set Up is permitted in the bleachers, hallways or where a “No Set Up” sign is posted.**

COACHES: All coaches must display NWAL issued coach badge to be allowed on deck. To better insure the safety on deck, teams will be limited to **no more than 2 coaches** per team. **Two personal chairs per team will be allowed on the pool deck, and no reserved spots will be allocated. ESA reserves the right to remove chairs based on deck space.**

MEET RULES AND APPROVED VARIANCES: In the event that the Atascocita High School Colorado scoreboard is not functioning, all times and results will be determined using manual watches.

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 (3) 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.

All participants must be registered 2018 NWAL swimmers. All participants must have competed in at least one NWAL meet during the 2018 NWAL season. Eligibility for an age group is determined by the individual's age as of the end of the day May 31st, 2018.

This will be a pre-seeded meet. 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 12:00 pm on Monday, May 28, 2018.

On Deck entries will be allowed for open heat/lanes. No new heats will be created. On-deck price is \$10 per individual event.

Swimmer seeding will be listed in the heat sheets. Swimmers are to report to the ready bench area when their event is called. There will not be a ready bench for the 11 and up session. There will be lane helpers behind the blocks to help the older swimmers.

All 10 & under 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.

SAFETY AND SECURITY: The attached safety guidelines & 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.

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.

Park in the normal parking spots in the parking lot. Do not park along the drives or along the curbs or anywhere indicated with a “no parking” sign.

POOL DECK RESTRICTIONS: Because Of Insurance Safety Regulations, the swimming pool deck, during the operation of the Summer Heat meet, is closed to all persons except swimmers, coaches, safety marshalls, officials, meet personnel, and timers. If you are asked to leave the deck by any registered personnel, please do so immediately. It is for your safety.

HOSPITALITY: Coaches and Officials must present their membership cards in order to receive complimentary Heat Sheets and for admission to the Hospitality Room.

SWIMMERS WITH DISABILITIES: 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 (2) weeks in advance of the meet to reserve additional equipment (i.e. remote strobe).

CONCESSIONS: Concessions will be available on all days.

MERCHANDISE: D&J Sports will be at the meet selling swim apparel and swim gear. A custom Summer Heat shirt will be for purchase.

ATTACHMENTS: MAP TO POOL

ORDER OF EVENTS

MEET ENTRY FORM

SAFETY GUIDELINES AND WARM - UP PROCEDURES

ORDER OF EVENTS
Sunday, June 3, 2018
Meet starts at 9:00 AM

11 & Over Events for Boys and Girls (Short Course Yards – SCY)

GIRLS EVENT NUMBER	GIRLS QUALIFYING TIME	AGE	EVENT	BOYS QUALIFYING TIME	BOYS EVENT NUMBER
1	1:28.09	11-12	100 Yard Free	1:26.99	2
3	--	13-14	100 Yard Free	--	4
5	--	15-18	100 Yard Free	--	6
7	--	11-12	200 Yard Free Relay	--	8
9	--	13-14	200 Yard Free Relay	--	10
11	--	15-18	200 Yard Free Relay	--	12
13	41.74	11-12	50 Yard Free	42.04	14
15	--	13-14	50 Yard Free	--	16
17	--	15-18	50 Yard Free	--	18
19	50.64	11-12	50 Yard Back	52.24	20
21	--	13-14	50 Yard Back	--	22
23	--	15-18	50 Yard Back	--	24
25	1:40.49	11-12	100 Yard IM	1:41.59	26
27	--	13-14	100 Yard IM	--	28
29	--	15-18	100 Yard IM	--	30
31	53.04	11-12	50 Yard Breast	54.24	32
33	--	13-14	50 Yard Breast	--	34
35	--	15-18	50 Yard Breast	--	36
37	50.04	11-12	50 Yard Fly	53.04	38
39	--	13-14	50 Yard Fly	--	40
41	--	15-18	50 Yard Fly	--	42
43	--	11-12	200 Yard Medley Relay	--	44
45	--	13-14	200 Yard Medley Relay	--	46
47	--	15-18	200 Yard Medley Relay	--	48
49	--	7-18	200 Yard Progressive Relay	--	50

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.

ORDER OF EVENTS

Sunday, June 3, 2018

Meet starts at 9:00 AM

11 & Over Events for Boys and Girls (Short Course Meters – SCM)

GIRLS EVENT NUMBER	GIRLS QUALIFYING TIME	AGE	EVENT	BOYS QUALIFYING TIME	BOYS EVENT NUMBER
1	1:37.78	11-12	100 Meter Free	1:36.56	2
3	--	13-14	100 Meter Free	--	4
5	--	15-18	100 Meter Free	--	6
7	--	11-12	200 Meter Free Relay	--	8
9	--	13-14	200 Meter Free Relay	--	10
11	--	15-18	200 Meter Free Relay	--	12
13	46.33	11-12	50 Meter Free	46.66	14
15	--	13-14	50 Meter Free	--	16
17	--	15-18	50 Meter Free	--	18
19	56.21	11-12	50 Meter Back	57.99	20
21	--	13-14	50 Meter Back	--	22
23	--	15-18	50 Meter Back	--	24
25	1:51.54	11-12	100 Meter IM	1:52.76	26
27	--	13-14	100 Meter IM	--	28
29	--	15-18	100 Meter IM	--	30
31	58.87	11-12	50 Meter Breast	1:00.21	32
33	--	13-14	50 Meter Breast	--	34
35	--	15-18	50 Meter Breast	--	36
37	55.54	11-12	50 Meter Fly	58.87	38
39	--	13-14	50 Meter Fly	--	40
41	--	15-18	50 Meter Fly	--	42
43	--	11-12	200 Meter Medley Relay	--	44
45	--	13-14	200 Meter Medley Relay	--	46
47	--	15-18	200 Meter Medley Relay	--	48
49		7-18	200 Meter Progressive Relay		50

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.

10 & Under ORDER OF EVENTS**Sunday, June 3, 2018****Warm up session will start immediately following morning session****10 & Under Events for Boys and Girls (Short Course Yards - SCY)**

Girls Event Number	Qualifying Time	Age	Event	Qualifying Time	Boys Event Number
51	1:34.89	10 & Under	50 Yard Free	1:33.19	52
53	--	6 & Under	100 Yard Free Relay	--	54
55	--	7-8	100 Yard Free Relay	--	56
57	--	9-10	100 Yard Free Relay	--	58
59	39.49	6 & Under	25 Yard Free	39.09	60
61	27.09	7-8	25 Yard Free	26.79	62
63	21.19	9-10	25 Yard Free	21.09	64
65	41.39	6 & Under	25 Yard Back	41.29	66
67	32.09	7-8	25 Yard Back	32.09	68
69	27.79	9-10	25 Yard Back	27.59	70
71	1:54.49 1:49.49	8 & Under 9-10	100 Yard IM	1:54.59 1:48.79	72
73	37.99 34.99	6 & Under 7-8	25 Yard Breast	37.99 34.99	74
75	28.49	9-10	25 yard Breast	28.99	76
77	36.99 33.29	6 & Under 7-8	25 Yard Fly	35.79 32.09	78
79	27.29	9-10	25 Yard Fly	26.19	80
81	--	7-8	100 Yard Medley Relay	--	82
83	--	9-10	100 Yard Medley Relay	--	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.

10 & Under ORDER OF EVENTS**Sunday, June 3, 2018****Warm up session will start immediately following morning session****10 & Under Events for Boys and Girls (Short Course Meters - SCM)**

Girls Event Number	Qualifying Time	Age	Event	Qualifying Time	Boys Event Number
51	1:45.33	10 & Under	50 Meter Free	1:43.44	52
53	--	6 & Under	100 Meter Free Relay	--	54
55	--	7-8	100 Meter Free Relay	--	56
57	--	9-10	100 Meter Free Relay	--	58
59	43.83	6 & Under	25 Meter Free	43.38	60
61	30.07	7-8	25 Meter Free	29.74	62
63	23.52	9-10	25 Meter Free	23.41	64
65	45.94	6 & Under	25 Meter Back	45.83	66
67	35.62	7-8	25 Meter Back	35.62	68
69	30.85	9-10	25 Meter Back	30.62	70
71	2:07.08 2:01.53	8 & Under 9-10	100 Meter IM	2:07.19 2:00.76	72
73	42.17 38.84	6 & Under 7-8	25 Meter Breast	42.17 38.84	74
75	31.62	9-10	25 Meter Breast	32.18	76
77	41.06 36.95	6 & Under 7-8	25 Meter Fly	39.73 35.62	78
79	30.29	9-10	25 Meter Fly	29.07	80
81	--	7-8	100 Meter Medley Relay	--	82
83	--	9-10	100 Meter Medley Relay	--	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.

TEAM ENTRY FORM
MUST BE SUBMITTED WITH MEET ENTRY

TEAM NAME: _____ ABBREVIATION: _____

TEAM CONTACT: _____ PHONE: _____

EMAIL: _____

Number of Individual Events: _____

Cost per Individual Event: x \$5.00

Number of Relay Events: _____

Cost per Relay Event: x \$10.00

Total Amount Due: \$ _____

Entry Fees Must Be Submitted by Entry Deadline
Make Check Payable to Eagle Swimming Association

Summer Heat
Sunday, June 3, 2018
HOSTED BY

Eagle Swimming Association

Last Name	First Name	F/M	Team
Event#	Time	Event#	Time

Last Name	First Name	F/M	Team
Event#	Time	Event#	Time

Last Name	First Name	F/M	Team
Event#	Time	Event#	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 breaststrokes 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 backstroke 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.

Map to:



Atascocita High School

13300 Will Clayton Parkway, Humble TX 77346

