



**NORTHWEST AQUATICS LEAGUE
2017 SUMMER HEAT MEET
Sunday, May 21, 2017**

HOSTED BY
Eagle Swimming Association
SPONSORED BY SPEEDO

MEET SUMMARY:

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. Individual NWAL registered summer league swimmers are welcome. **This meet will be limited to the first 800 athletes.** Entries will be accepted on a first come first serve basis. All entries will come from the Swim-Team.us website. **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.

LOCATION:

Summer Creek High School, 1400 Wexford Blvd Houston, Tx 77044

DIRECTIONS:

Take U.S. 59 North to Beltway 8 East. Turn Right (east) on Beltway 8. Go approximately 4.9 miles. Turn Right onto Lockwood rd. Go approximately ½ mile. The High School is located on the left and the Natatorium is located on the North side of the building.

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.

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. There are no qualifying times for swimmers ages 13 and up. "Time Trials" times will be allowed as long as the swimmer has not achieved an Official Time. "NT" or No Time will not be allowed.

ORDER OF EVENTS:

See attached event format.

SESSION INFORMATION:

Session 1: 11 & Up, begins at 9:00am

Session 2: 10 & Under, warm-ups begin immediately after the finish of Session 1

WARM-UP AND TIMERS:

The warm-up schedule and timing assignments will be emailed to all team representatives by Thursday, May 18th, 2017. This information will also be posted on the ESA website at www.eagleswimmingassociation.com. All teams with 10 or more swimmers will be required to time.

MEET REFEREE: Todd Johnson

MEET DIRECTOR: Adriana Maxwell

MEET COORDINATOR: Tanya Sorensen

OFFICIALS:

2017 NWAL certified officials will officiate. Teams are requested to supply officials and submit a current officials list with their meet entries.

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 ensure that their swimmers have a chance to swim.

AWARDS:

- **TEAM AWARDS:** Trophies will be awarded to the top three teams in two divisions - (1) Teams with 150 or more swimmers registered for the 2017 Summer League season and (2) Teams with less than 150 swimmers registered for the 2017 Summer League season.
- **INDIVIDUAL AWARDS:** Medals will be awarded to the top (8) place finishers in each age group for individual events. There will be separate 5&U age groups for the 25yd. freestyle and the 25yd. backstroke. Additionally, there will be separate awards for the 13-14 yrs., 15-16 yrs., and 17-18 yrs. groups.
- **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:** 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

TEAM SCORING:

Team scores will be determined by totaling points in each age group in every event.

MEET RULES AND APPROVED VARIANCES:

1. In the event that the Atascocita High School Colorado scoreboard is not functioning, all times and results will be determined using manual watches.
2. **COACHES** - Two personal chairs per team will be allowed on the pool deck, and no reserved spots will be allocated.
3. 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.
4. 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.
5. All participants must be registered 2017 NWAL swimmers. All participants must have competed in at least one NWAL meet during the 2017 NWAL season. Eligibility for an age group is determined by the individual's age as of the end of the day May 20th, 2017.
6. 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.
7. **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 3:00 pm on Sunday May 14, 2017.

- Entry forms and/or cards must be submitted using the swimmer's fastest yards times from the official 2017 NWAL season. Entry times will be converted to the proper course by the Swim-Team.us software using the default conversions and Meet Templates.
- A printout of "best times" is requested from each team when entries are submitted.
- Number of events: 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.
- The event file has been uploaded to all swim-team.us sites. After you finish your entries, export them to an electronic file that you can email or provide in person on a flashdrive. Teams with ten (10) or more swimmers & who do not submit their entries on a flashdrive or by email must remit a \$50 surcharge.

- Entry Fees: \$6 per individual event, \$12 per relay event
- Make checks payable to **Eagle Swimming Association**. **All fees must accompany entries and are due by 6:00pm, Thursday, May 18, 2017**, if the meet entries were sent electronically.
- Athlete Entry Verification: Teams are asked to check the Athlete Entries report that will be posted on the ESA website (www.eagleswimmingassociation.com) no later than Tuesday evening, May 16th. If there is an omission, please contact Adriana Maxwell, (302)438-8647 or ESAmeeentries@eagleswimmingassociation.com no later than **Wednesday, May 17th by 6:0pm**.
- **Responsibility of teams to provide officials:** A list of names and phone numbers of qualified 2017 NWAL officials is requested by the meet director at the time that meet entries are turned in. Email your list to Todd Johnson, Meet Referee, Toddajohnson15@hotmail.com.

Email or hand-deliver your entries to:

Adriana Maxwell
1927 Lake Hills Dr.
Kingwood, Texas 77339
mobile: (302)438-8647
ESAmeeentries@eagleswimmingassociation.com

READY BENCH:

1. There will
not be a Ready Bench for the 11 & up session. Calls will be made by event as a courtesy only. Swimmers are responsible for getting to their heat and lane on time.
2. 10 & under swimmers are to report to the designated Ready Bench area when their event is called.
 - A team parent from each team is requested to be responsible for getting swimmers to the Ready Bench.
 - Parents are not to accompany their children to the Ready Bench!

SET-UP AREA:

Outside set-up in the lawn space directly adjacent to the pool is available. Limited space inside in the athletic hallway is also available. Do not set-up in front of any doors or in main pathways. Do not set-up in areas marked "No Set-up Here." Portable generators are not allowed on the lawn and can only be used in the parking lot area.

SPECTATOR AREA / BLEACHERS:

There is no spectator set-up in the stands. The stands are used for temporary spectator viewing. All spectators should be prepared to come in to watch their swimmer from the stands or roped off viewing area and then return to their set-up space outside or in the hallway. Reserving seats in the stands is not permitted. Coolers, strollers, and chairs are not permitted in the stands.

CONCESSIONS:

- Drinks and snacks will be available from the concession stand located in the athletic hallway.

- The Waffle Bus food truck will be on location all day with breakfast, lunch and dinner items. A menu will be posted on the ESA website by Wednesday, May 17th. Credit cards are accepted.

MEET PROGRAMS:

Heat and lane assignments will be listed in the meet programs and will be sold for \$5.00.

HOSPITALITY:

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

MERCHANDISE:

D&J Sports will be at the meet selling swim apparel and swim gear.

SAFETY AND SECURITY:

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

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

MAP To Summer Creek High School
14000 Wexford Blvd.
Houston, Tx 77044



Directions: Take U.S. 59 North to Beltway 8 East. Turn right (east) on Beltway 8. Go approximately 4.9 miles. Turn right on to Lockwood RD. and go approximately $\frac{1}{2}$ mile. The high school is on the left and the natatorium is located on the North Side of the building.



Order of Events

Sunday, May 21st. 2017
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	11-14	100 Yard Free	1:26.99	2
3	--	15-18	100 Yard Free	--	4
5	--	11-12	200 Yard Free Relay	--	6
7	--	13-14	200 Yard Free Relay	--	8
9	---	15-18	200 Yard Free Relay	--	10
11	41.74	11-12	50 Yard Free	42.04	12
13	--	13-14	50 Yard Free	--	14
15	--	15-18	50 Yard Free	--	16
17	50.64	11-12	50 Yard Back	52.24	18
19	--	13-14	50 Yard Back	--	20
21	--	15-18	50 Yard Back	--	22
23	1:40.49	11-12	100 Yard IM	1:41.59	24
25	--	13-14	100 Yard IM	--	26
27	--	15-18	100 Yard IM	--	28
29	53.04	11-12	50 Yard Breast	54.24	30
31	--	13-14	50 Yard Breast	--	32
33	--	15-18	50 Yard Breast	--	34
35	50.04	11-12	50 Yard Fly	53.04	36
37	--	13-14	50 Yard Fly	--	38
39	--	15-18	50 Yard Fly	--	40
41	--	11-12	200 Yard Medley Relay	--	42
43	--	13-14	200 Yard Medley Relay	--	44
45	--	15-18	200 Yard Medley Relay	--	46
47	--	7-18	200 Yard Progressive Relay	--	48

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

May 21st 2017

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

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, May 21st

Warm up 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
49	47:45	10 & Under	50 Yard Free	47.09	50
51	--	6 & Under	100 Yard Free Relay	--	52
53	--	7-8	100 Yard Free relay	--	54
55	--	9-10	100 Yard Free Relay	--	56
57	39.49	6 & Under	25 Yard Free	39.09	58
59	27.09	7-8	25 Yard Free	26.79	60
61	21.19	9-10	25 Yard Free	21.09	62
63	41.39	6 & Under	25 Yard back	41.29	64
65	32.09	7-8	25 Yard back	32.09	66
67	27.79	9-10	25 Yard Back	27.59	68
69	1:54.49 1:49.49	8 & Under 9-10	100 Yard IM	1:54.59 1:48.79	70
71	37.99 34.99	6 & Under 7-8	25 Yard Breast	37.99 34.99	72
73	28.49	9-10	25 yard Breast	28.99	74
75	36.99 33.29	6 & Under 7-8	25 Yard Fly	35.79 32.09	76
77	27.29	9-10	25 Yard Fly	26.19	78
79	--	7-8	100 Yard Medley Relay	--	80
81	--	9-10	100 Yard Medley relay	--	82

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 Events for Boys and Girls (Short Course Meters - SCM)

Girls Event Number	Qualifying Time	Age	Event	Qualifying Time	Boys Event Number
49	43.38	10 & Under	50 Meter Free	43.06	50
51	--	6 & Under	100 Meter Free Relay	--	52
53	--	7-8	100 Meter Free relay	--	54
55	--	9-10	100 Meter Free Relay	--	56
57	43.83	6 & Under	25 Meter Free	43.38	58
59	30.07	7-8	25 Meter Free	29.74	60
61	23.52	9-10	25 Meter Free	23.41	62
63	45.94	6 & Under	25 Meter back	45.83	64
65	35.62	7-8	25 Meter back	35.62	66
67	30.85	9-10	25 Meter Back	30.62	68
69	2:07.08 2:01.53	8 & Under 9-10	100 Meter IM	2:07.19 2:00.76	70
71	42.17 38.84	6 & Under 7-8	25 Meter Breast	42.17 38.84	72
73	31.62	9-10	25 Meter Breast	32.18	74
75	41.06 36.95	6 & Under 7-8	25 Meter Fly	39.73 35.62	76
77	30.29	9-10	25 Meter Fly	29.07	78
79	--	7-8	100 Meter Medley Relay	--	80
81	--	9-10	100 Meter Medley relay	--	82

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.



Meet Entry Form
May 21st 2017

MUST BE SUBMITTED WITH MEET ENTRY

TEAM NAME: _____ ABBREVIATION: _____

TEAM CONTACT: _____ PHONE: _____

EMAIL: _____

Number of Individual Events: _____

Cost per Individual Event: x \$6.00

Number of Relay Events: _____

Cost per Relay Event: x \$12.00

Number of swimmers _____

Total Amount Due: \$ _____

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



Sunday, May 21st, 2017
 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.**

C. 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.