



June 5–6, 2022

Welcome 2022 NWAL Teams!

Premier Aquatics is proud to present our 17th ANNUAL *SUMMER THUNDER MEET*, sanctioned by NWAL. This is 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 the **CY-RANCH HIGH SCHOOL NATATORIUM with indoor air-conditioned setup area available.**

NOTE: Per NWAL rules, all meet entries must be submitted with entry file from Swimtopia.

Like previous years, all the 10 and Under events and the 11 & Up 100 Free and 100 IM will be on Sunday. All other 11 & Up events will be held on Monday afternoon. See list of qualifying times for 12 & Under events. There are no qualifying times for 13 & Over events.

BONUS EVENTS - Swimmers that qualify for at least 3 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, with exception of 11 - 12 100 Free; 10 & under 50 Free and the 100 IM for all ages - See details in Qualifying Times Section.

Relays will be inclusive to younger ages in order to allow teams to fill more relays (6&Under, 8&Under, 10&Under, 11-12, 11-14, 11-18).

Each athlete may swim a maximum of one medley relay and one free relay in the meet.

We will limit the number of competitors this year to 1,100 swimmers. Meet entries will ONLY be accepted VIA EMAIL and in the order that they are received. Once the meet reaches 1,100 swimmers, we will not be able to accept any additional teams. See page 5 for entry details. Attached you will find full meet invitation, team entry form, meet events, and qualifying standards. See Pool Deck Restriction section for limits on number of coaches allowed on deck.

Awards: Custom Medals will be awarded to the top 8 for each individual event by single age group as described below and top 3 relay teams in each relay event. Individual high point award for 1st place in each single age group. Team awards to top 3 teams in each of 2 divisions.

Each Individual Event will award at most 2 groups of swimmers. See the following examples:

6 & Under events – awards for 6 & unders only
7-8 yr old events – awards for 7yr olds and 8yr olds
9-10 yr old events – awards for 9yr olds and 10yr olds
12 & Under events – awards for 12yr olds and 11 & unders
15-18 yr old events – awards for 15yr & over only

8 & Under events – awards for 8yr olds and 7&unders
10 & Under events – awards for 10yr olds and 9&unders
11-12 yr old events – awards for 11yr olds and 12yr olds
13-14 yr old events – awards for 13yr old and 14yr old

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

We look forward to your team's participation in this exciting event!
Susan Rangel – meetcoordinator@packswimming.com



**Sunday,
June 5, 2022**

Meters Qualifying	Yards Qualifying	GIRLS EVENT#	All 10 & Unders 11 & Up 100's	BOYS EVENT#	Meters Qualifying	Yards Qualifying
41.45	37.34	1	6 & U 25 Free	2	43.03	38.77
26.31	23.70	3	7-8 25 Free	4	27.52	24.79
20.52	18.49	5	9-10 25 Free	6	21.88	19.71
45.10	40.63	7	6 & U 25 Back	8	47.00	42.34
31.31	28.21	9	7-8 25 Back	10	32.60	29.37
27.21	24.51	11	9-10 25 Back	12	28.82	25.96
--	--	13	6 & U 100 Free Relay	14	--	--
--	--	15	8 & U 100 Free Relay	16	--	--
--	--	17	10 & U 100 Free Relay	18	--	--
45.98	41.42	19	8 & U 25 Breast	20	47.47	42.77
29.10	26.22	21	9-10 25 Breast	22	30.53	27.50
42.26	38.07	23	8 & U 25 Fly	24	43.92	39.57
26.92	24.25	25	9-10 25 Fly	26	28.43	25.61
--	--	27	8 & U 100 Medley Relay	28	--	--
--	--	29	10 & U 100 Medley Relay	30	--	--
2:06.55	1:54.01	31	10 & U 100 IM	32	2:09.36	1:56.54
1:50.25	1:39.32	33	11-12 100 IM	34	1:53.28	1:42.05
--	--	35	13-14 100 IM	36	--	--
--	--	37	15-18 100 IM	38	--	--
47.99	43.23	39	10 & U 50 Free	40	49.98	45.03
1:34.91	1:25.50	41	11-12 100 Free	42	1:36.87	1:27.27
--	--	43	13-14 100 Free	44	--	--
--	--	45	15-18 100 Free	46	--	--

Relay Note: Each athlete may swim a maximum of 1 free relay and 1 medley relay in the meet.



**Monday,
June 6, 2022**

Meters Qualifying	Yards Qualifying	GIRLS EVENT#	11 and Up Events Only	BOYS EVENT#	Meters Qualifying	Yards Qualifying
41.11	37.04	47	11-12 50 Free	48	42.81	38.57
--	--	49	13-14 50 Free	50	--	--
--	--	51	15-18 50 Free	52	--	--
52.21	47.04	53	11-12 50 Back	54	54.30	48.92
--	--	55	13-14 50 Back	56	--	--
--	--	57	15-18 50 Back	58	--	--
--	--	59	11-12 200 Free Relay	60	--	--
--	--	61	11-14 200 Free Relay	62	--	--
--	--	63	11-18 200 Free Relay	64	--	--
55.21	49.74	65	11-12 50 Breast	66	58.33	52.55
--	--	67	13-14 50 Breast	68	--	--
--	--	69	15-18 50 Breast	70	--	--
54.22	48.85	71	11-12 50 Fly	72	56.10	50.54
--	--	73	13-14 50 Fly	74	--	--
--	--	75	15-18 50 Fly	76	--	--
--	--	77	11-12 200 Medley Relay	78	--	--
--	--	79	11-14 200 Medley Relay	80	--	--
--	--	81	11-18 200 Medley Relay	82	--	--

Relay Note: Each athlete may swim a maximum of 1 free relay and 1 medley relay in the meet.



**NORTHWEST AQUATICS LEAGUE
2022 Summer Thunder
HOSTED BY Premier Aquatics
Two Day Timed-Finals Meet
June 5-6, 2022
SANCTIONED BY NWAL**

Air-conditioned / Indoor setup areas will be available in the school hallways and cafeteria!

LOCATION: [Cypress Ranch High School](#)
10700 Fry Road
Cypress, TX 77433

DIRECTIONS: Travel via US-290 West to Cypress area. Exit Spring-Cypress/Cypress-Rosehill/Fry Road from US-290W. Take Fry Road (southbound) for 3.7 miles to Cypress N-Houston Road. Take a left. Pool is on the right corner of the school.
See attached map of campus on page 12.

POOL: Eight lane, 25 yard indoor pool with non-turbulent lane lines. The venue will also feature an indoor team setup area. Setup will only be allowed on the day of your meet session. No items may be left overnight. The stands in the pool area will be for observation only and **NO SETUP IS ALLOWED IN 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 5th will be for all 10 and Under events and the 11 & Up 100 Free and 100 IM. Warm-ups start at 9:30 a.m. and the meet will start at 11:00 a.m.

Monday, June 6th will be for the remaining 11 and Up events. Warm-ups start at 2:30 p.m. and the meet will start at 4:00 p.m.

Split warm-ups will be in effect, with team and lane assignments posted on Premier Aquatics' website, www.packswimming.com, at least 3 days prior to the start of the meet.

MEET REFEREE: Matt Sale, matt.j.sale@gmail.com
Tom Jones, tomwjones54@gmail.com

MEET DIRECTOR: Susan Rangel, Lyne Santhin, Sandy Oquendo, Jason Blakey
meetcoordinator@packswimming.com

MEET COORDINATOR: Susan Rangel, meetcoordinator@packswimming.com

MEET ENTRY COORDINATOR: Susan Rangel
entries@packswimming.com

SAFETY MARSHAL: Seth Keggins & Lisa Burluson

OFFICIALS: 2022 NWAL certified officials will officiate. Teams are requested to supply officials.

ENTRIES: Entries must be submitted in yard times. **Due to the yard setup of this event, Swimtopia Events File will convert to yards.** Entry times will be converted to the proper course by the Swimtopia software using the default conversions and meet Templates.

All teams MUST submit their entries by email to entries@packswimming.com, using Swimtopia software and email the following: HY3 entry file from Swimtopia, .PDF of entry report and attached team entry form (see page 8). **PER NWAL RULES, ONLY SWIMTOPIA ENTRY FILES MAY BE SUBMITTED.** Include relays and relay-only swimmers in your entries. **Meet entries will be limited to 1,100 total swimmers on a first come first serve basis in the order they are received.** The team that comprises the 1,100th swimmer will be allowed to fully enter the meet, after which no additional teams shall be permitted to enter.

NO on deck entries will be accepted.

QUALIFYING TIMES: This Invitational 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. Relay participants must meet the qualifying time for his/her leg of the relay. **Time Trial (unofficial times) ARE 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.**

BONUS Events - Swimmers that qualify for at least 3 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. Again, NTs will not be accepted.

****EXCEPTION – 11-12 100 Free, 10 & under 50 Free and 100 IM for all ages:** The 11-12 100 Free and the 10 under 50 free and 100 IM for all ages **cannot** be added as a bonus. Swimmers **MUST** achieve the time standard in that event in order to enter.

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 up to two relay teams in each relay event. Any relay team is eligible to score points for the team score.

ENTRIES DEADLINE: Entries will be accepted Sunday, May 29th from 1:00 pm to 3:00 pm ONLY VIA EMAIL to entries@packswimming.com on first-come first-serve basis and will be accepted in the order they are received. Any entries received prior to 1:00 pm will be returned and not accepted.

Meet Entry Chairman for Entry Questions:
Susan Rangel
entries@packswimming.com

ELIGIBLE TEAMS: All NWAL teams.

FEES: \$9.00 per Individual event and \$14.00 for each Relay event. Make checks payable to **Premier Aquatics**. Entry fees must be postmarked no later than Tuesday, May 31st.

Fee price includes an electronic heat sheet that will be distributed to participating teams and available at the venue via QR Code Download.

AWARDS: **Individual events:** Summer Thunder Custom Medals for individual 1st – 8th place. (Awards to 6&U, 7, 8, 9, 10, 11,12,13,14, and 15-18). **Note: 2 sets of awards at most will be awarded for individual events that span ages. For example, 8&under events will award for 8 yr olds and 7&unders)**

Relay events: Medals for 1st – 3rd place.

High Point Awards will be given to the boy and girl in each age group earning the highest points (6&U, 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 1st 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 three teams in two divisions. 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.

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

SEEDING: The meet will be a pre-seeded meet. There will be no “on-deck” entries per NWAL rules. All heat and lane assignments will be made prior to the meet. There will be no reseeding at the ready bench. The heat and lane assignments will be shown in the Meet Program. **The coaches must turn in relay cards with either no changes or with swimmer name changes by 11:00 am on Sunday and 5:00 pm on Monday.**

If any swimmer changes are made on the relays, it is the coach’s responsibility to ensure only swimmers qualified for that leg in Summer Thunder are used for each swim. 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 Operators.

TEAM VOLUNTEERS: Premier Aquatics will be assigning timer chairs and requesting officials from all attending teams.

RULES AND SANCTIONS:

The 2022 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. **The three (3) event rule does apply.** Please see Qualifying Times section for information on **BONUS Events**. Teams may enter as many as 2 relays per event and all relays are eligible to score points.

All participants must be registered 2022 NWAL swimmers. All participants must have competed in at least one NWAL meet during the 2022 NWAL season. Eligibility for an age group is determined by the individual's age as of the end of May 31, 2022, per NWAL rules.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures.

TIMING SYSTEM:

A Daktronics electronic timing system with electronic scoreboard will be used. One electronic button and two watches per lane will be used as a back-up. Teams will be requested to furnish timers based on their percentage of swimmers at the meet. Timing assignments will be published in the Heat Sheet and on the Premier Aquatics website (www.packswimming.com) prior to the meet.

POOL DECK RESTRICTION:

Because of Insurance Safety Regulations, the swimming pool deck, during the operation of the Summer Thunder swim meet, is closed to all persons except swimmers, coaches, safety 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.

All coaches must display NWAL issued coach badge to be allowed on deck. To better ensure safety on Deck, teams will be limited to no more than 3 coaches per team. Each allowed coach can have a chair. **Setup on deck or in the team set-up area will only be allowed on the day of the meet.**

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 weeks in advance of the meet to help arrange any additional equipment.

CONCESSIONS:

Limited drinks and snacks will be available.

HOSPITALITY:

A hospitality room will be available for coaches and officials.

MEET SETUP:

Air Conditioned / indoor setup will be available in the hallways & cafeteria area at the high school.

MERCHANDISE:

A custom Summer Thunder Meet shirt will be on sale from D&J as well other apparel and swim gear at the meet.

MEET RESULTS:

Meet results will be posted on the NWAL Web Page (<http://www.nwal.org/>) within three days after the conclusion of the meet.

HEAT SHEETS:

Fee price includes an electronic heat sheet that will be distributed to participating teams and available at the venue via a QR Code Download. NO Heat Sheets will be available for purchase onsite.



**June 5th & 6th, 2022
TEAM ENTRY FORM**

Must be submitted with entry file.

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 by email to arrange pick-up after the meet):

NAME: _____ EMAIL: _____

CHECK LIST (Items #1-3 MUST be emailed when you submit your team's entries):

- 1 Swimtopia Entry Export File (HY3)
- 2 Meet Entry Report (PDF)- For Individual and Relay Events
- 3 This Team Entry Form
- 3 Event Sponsors (use attached form) – Optional
- 4 [Coach Registration form](#) (for hospitality and heat sheet count)
- 5 Mail Payment – Check payable to: Premier Aquatics,
P.O. Box 11108, Spring, TX 77391

NOTE: Payment MUST be postmarked no later than Tuesday, May 31st.

TOTALS:

Total Number of Swimmers: # _____

Number of Individual Entries: # _____ x \$9.00 = \$ _____

Number of Relay Entries: # _____ x \$14.00 = \$ _____

Total Entry Fee Amount = \$ _____

Total Number of Coaches (max 3-no charge) # _____

For Office Use:

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



June 5th & 6th, 2022
HOSTED BY PREMIER AQUATICS
HEAT SHEET ADVERTISING RATES

Prices: Full Page - \$100 Half Page - \$50
Quarter Page - \$25 Business Card Size - \$10

For more information contact:
Susan Rangel: susan@packswimming.com

ADVERTISEMENT ART SHOULD BE RECEIVED NO LATER THAN MONDAY, May 23rd.

Mechanical Specifications are as follows:

Full page: 7 inches x 9.5 inches
Half page: 7 inches x 4.5 inches
Quarter page: 3 inches x 4.5 inches
Business Card: 2 inches x 3 inches

All ads are black and white. Please send camera ready or pdf file.

How can we receive your ad?

- Email electronic file
- Camera ready art (black & white only)

Your Contact Information

Contact Name:
Company:
Address:
Phone:
Email:

Email ad or art to: susan@packswimming.com

Mail this page and payment to: PACK, PO Box 11108, Spring, TX 77391

2022 SUMMER THUNDER HEAT SHEET

TEAM SPIRIT / EVENT SPONSORING

FORM SHOULD BE RECEIVED NO LATER THAN MONDAY, May 23rd.

Please pass this information along to your Parents, Swimmers and Coaches.

Summer Thunder is offering a couple different ways to show your appreciation and support to swimmers, coaches and/or sponsors. Either of these options would be a great way of saying, "Way to Go!", "Thank you for your Support!", and/or "We are Proud of You!"

TEAM NAME: _____

FULL PAGE SPIRIT ADS:

Show team spirit and list the swimmer's names that are Summer Thunder Qualifiers, this is sure to make them smile with pride. In addition, you may wish to thank your 2019 Sponsors for supporting your team this season with a special page dedicated to them with Thanks. This page will be printed twice in the Heat Sheet, once for Sunday and again for Monday.

TOTAL Pages: _____ X \$ 30.00 = \$ _____

*** DON'T FORGET to email Spirit Pages with Entries! ***

EVENT SPONSORING:

Show your swimmer support by sponsoring his/her favorite event! This sponsorship will be printed in the Heat Sheet. Your swimmer will love seeing their name appearing in the Heat Sheet.

Example: Event # 23 Boys 6 & Under 25 Yard Backstroke

Sponsor: GOOD LUCK KYLE! Love, Mom & Dad

Event # _____ Event Description: _____

Sponsor: _____

(limit 36 letters and spaces)

TOTAL Events: _____ X \$ 5.00 = \$ _____

TOTAL SPIRIT/EVENT SPONSORSHIP: \$ _____



SAFETY GUIDELINES AND WARM-UP PROCEDURES

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 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.
- 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.
- C. Safety Marshals
 - 1. 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.**
- 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 Klein ISD
 - 2 Glass containers are prohibited.
 - 3 Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.



MAP TO CY RANCH HIGH SCHOOL POOL [10700 FRY ROAD, CYPRESS, TX 77433](https://www.google.com/maps/place/10700+Fry+Road,+Cypress,+TX+77433)



Travel via US-290 West to Cypress area.
Exit Spring-Cypress/Cypress-Rosehill/Fry Road from US-290W.
Take Fry Road (southbound) for 3.7 miles to Cypress N-Houston Road.
Take a left. Pool is on the right corner of the school.