



June 4-5, 2023 at Cy Fair ISD Natatorium

Hosted by Swim Streamline at Northampton and Northampton Cudas

with *speedo* 

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 9th annual Sprint Sizzler Invitational Swim Meet on June 4-5, 2023. 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 Cy Fair ISD Natatorium.**

Indoor air-conditioned viewing area only will be available.

Individual Events: There is no change to time standards or entry rules this year! We did move a few events from Sunday to Monday this year (11 & over 100 free and 10 Under & 50 free) to allow the athletes to swim up to 2 relays and 3 individual events each day.

All Freestyle (except the 11 & over 100 free, and 10 & Under 50 free), Backstroke, Individual Medley and Freestyle Relay events will be held on Sunday, June 5th. All Breaststroke, Butterfly, 11 & over 100 free, 10 & under 50 free, 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 Time Trials 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, they must already be entered in the meet and on your roster when entries are submitted. Teams can enter a max of 3 relays per event/ gender.**

*****All teams MUST submit their entries through Swimtopia.*****

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 individual 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, then all the team's swimmers will be allowed. **Meet management reserves the right to limit entries to maintain a reasonable duration for the meet.** 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.

FINAL format to minimize the timeline and maximize the fun!

BOYS events and all MIXED RELAYS (at the start of each day) will swim in the west pool closest to the lobby.

GIRLS will swim in the east pool on the diving board side.



Sunday, June 4th, 2023

Meters Qualifying	Yards Qualifying	GIRLS Event #	Events	BOYS Event #	Yards Qualifying	Meters Qualifying
--	--	1	18 & under Mixed Gender 100 Free Relay	1	--	--
--	--	2	14 & Under Mixed Gender 100 Free Relay	2	--	--
--	--	3	12 & Under Mixed Gender 100 Free Relay	3	--	--
--	--	4	6 & Under Mixed Gender 100 Free Relay	4	--	--
--	--	5	8 & Under Mixed Gender 100 Free Relay	5	--	--
--	--	6	10 & 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	--	--
2:08.21	1:55.50	19	10 & under 100 IM	20	1:57.50	2:10.43
1:50.45	1:39.50	21	11-12 100 IM	22	1:42.50	1:53.78
--	--	23	13-14 100 IM	24	--	--
--	--	25	15-18 100 IM	26	--	--
41.63	37.50	27	6 & Under 25 Free	28	38.50	42.74
26.09	23.50	29	7-8 25 Free	30	24.50	27.20
20.54	18.50	31	9-10 25 Free	32	19.50	21.65
41.63	37.50	33	11-12 50 Free	34	38.50	42.74
--	--	35	13-14 50 Free	36	--	--
--	--	37	15-18 50 Free	38	--	--
--	--	39	6 & Under 100 Free Relay	40	--	--
--	--	41	8 & Under 100 Free Relay	42	--	--
--	--	43	10 & Under 100 Free Relay	44	--	--
--	--	45	12 & Under 100 Free Relay	46	--	--
--	--	47	14 & Under 100 Free Relay	48	--	--
--	--	49	18 & Under 100 Free Relay	50	--	--



Monday, June 5th, 2023

Meters Qualifying	Yards Qualifying	GIRLS Event #	Events	BOYS Event #	Yards Qualifying	Meters Qualifying
--	--	52	18 & Under Mixed Gender 100 Medley Relay	52	--	--
--	--	53	14 & Under Mixed Gender 100 Medley Relay	53	--	--
--	--	54	12 & Under Mixed Gender 100 Medley Relay	54	--	--
--	--	55	8 & Under Mixed Gender 100 Medley Relay	55	--	--
--	--	56	10 & Under Mixed Gender 100 Medley Relay	56	--	--
46.07	41.50	57	8 & Under 25 Breast	58	42.50	47.18
29.42	26.50	59	9-10 25 Breast	60	27.50	30.53
54.95	49.50	61	11-12 50 Breast	62	52.50	58.28
--	--	63	13-14 50 Breast	64	--	--
--	--	65	15-18 50 Breast	66	--	--
44.40	40.00	67	10 & Under 50 free	68	41.00	45.41
1:34.91	1:25.50	69	11-12 100 free	70	1:27.50	1:37.13
--	--	71	13-14 100 free	72	--	--
--	--	73	15-18 100 free	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	--	--



NORTHWEST AQUATICS LEAGUE

2023 SPRINT SIZZLER

HOSTED by Swim Streamline at Northampton & Northampton Cudas

Two Day Timed-Finals Invitational Meet

June 4-5, 2023

SANCTIONED BY NWAL

Indoor air-conditioned viewing areas will be available!

LOCATION: CyFair ISD Natatorium, 12550 B Windfern Road, Houston, TX 77064

Directions: From Beltway 8: Exit Fallbrook Rd, Turn West Fallbrook, then Right on Perry Rd (head North), Turn Left on Windfern Rd, Turn Right on Falcon – Stadium parking will be on left.

Directions from 249: Exit FM 1960 and head West, Turn Left on Falcon Rd (heading South), Turn Right on Windfern Rd, Turn Right on Falcon – Stadium parking will be on left

POOL: 2 - Eight lane, indoor 25 yard anti wave pools with non-turbulent lane lines will be used to minimize the timeline and maximize the FUN; electronic timing with automatic data acquisition; Scoreboard results. Spectator bleacher indoor seating is for observation only. There is NO SETUP in the stands. Please NO flash photography at the start of a race. Team set up is outdoors, in the grass on the east side of the NAT (easiest access to viewing/ready bench from here). Some areas are shaded, some are not. Tents are advised. No generators on the grass. No set up in the circle drive way.

TIME AND DATE: This is a timed-finals meet

Sunday, June 4th – will be for all freestyle events (except the 100 free and ages 10 & under 50 free); backstroke, individual medley and freestyle relay events. Warm-ups will start at 10:00 a.m. and the meet will start at 12:00 p.m. **Relay cards will be due by 11:00 a.m.** *If you miss the deadline to turn relay cards in changes will need to be made at the ready bench by your Relay liaison.*

Monday, June 5th - will be for all breaststroke, butterfly, ages 11 & over 100 free, 10 & under 50 free, and medley relay events. Warm-ups start at 3:00 p.m. and the meet will start at 5:00 p.m. **Relay cards will be due by 4:00 pm.** *If you miss the deadline to turn relay cards in changes will need to be made at the ready bench by your Relay liaison.*

Split warm-ups will be in effect, with team and lane assignments posted on Swim Streamline at Northampton website: www.swimstreamline.com & Northampton Cudas website: www.northamptoncudas.com, at least 3 days prior to the start of the meet.

MEET REFEREE: Mike Swaim

MEET DIRECTOR: Eddie Hamner

MEET COORDINATORS: Erin Galloway, Jay Byrum, Ross Davis

MEET ENTRY COORDINATOR: Shawn Anderson, Laura Davis & Allie Minckler,
SprintSizzler@northamptoncudas.com

SAFETY MARSHALL: Tony Awad & David Cloth

OFFICIALS: 2023 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 Swimtopia, 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. Entry times will be converted to the proper course by the Swimtopia software using the default conversions and Meet Templates. 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 TT Time is no longer available to use. No Times (NT) will not be allowed. Meet entries will remain open until the meet management judges that any additional swimmers cannot be reasonably accommodated. Meet management reserves the right to limit entries to maintain a reasonable duration for the meet. If a team is allowed into the meet, all its swimmers will be allowed. There will be no on-deck entries.

ELIGIBLE

TEAMS: All NWAL teams

QUALIFYING

TIMES: All swimmers ages 13 & over qualify, there are no qualifying times. Ages 12 & under must have achieved minimum qualifying times in the order of events. Relay participants must already be in the meet. **Time trial times will be allowed.** NT will not be allowed.

Bonus events: age 12 & under 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 TT or a sanctioned NWAL meet. NT's will not be accepted.

*****Exception:** 10 & under swimmers must meet minimum time standards in 50 free and 100 IM to participate in these events. 11-12 swimmers must meet minimum time standards in the 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!** Each athlete may swim a maximum of 2 relays per day – one mixed gender and one same gender. Relay only swimmers are allowed, they must already be entered in the meet and on your roster when entries are submitted. Teams can enter a max of 3 relays per event/ gender.

Note: Teams must have a relay liaison available when relays are being lined up to ensure your relays are in attendance and correct. This will help with the relays and save time for everyone.

Ready Bench:

A Sprint Sizzler ready bench is offered per NWAL norms to assist younger swimmers in navigating a large invitational. Swimmers are expected to arrive at the ready bench when their events are called so heat and lane seating can happen in a timely manner. Swimmers 13 & up who do not arrive at the ready bench when expected may be responsible for getting to their own races. The meet will not be held up or stopped for swimmers not arriving to the blocks when their heat is run. Teams and parents are responsible for assisting their own swimmers in getting to the ready bench and refunds are not offered for missed events.

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 3 relay teams max in each relay event. Any relay team is eligible to score points for the team score.

DEADLINE: Entries will be accepted Sunday, May 28th from 12:00 pm to 2:00 pm. Meet management reserves the right to limit entries to maintain a reasonable duration for the meet. **Entries are ONLY EXCEPTED VIA EMAIL SprintSizzler@northamptoncudas.com . They will be accepted in the order they are received; entries must be submitted in the correct format with the attached entry form to hold & confirm your spot.** Any entries received prior to 12:00 pm will be returned and will need to be resent. A confirmation email will be sent once the entries are processed and your team has been accepted into the meet.

Meet Entry Chairman:

Shawn Anderson & Laura Davis: SprintSizzler@northamptoncudas.com

Mail Payments to:
Northampton Cudas
c/o Kim Andrews
6747 Honeycrest Lane
Spring, TX 77389

FEES: \$7.00 per individual event and \$12.00 for each relay event. **Please send only one check per team.** Make check payable to Northampton Swim Team. Entry fees must accompany entries. Payment must be received prior to your team swimming.

AWARDS: **Individual events-** Custom Sprint Sizzler Medals 1st – 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.

Example:

6&U events – awards for 6&U only 10&U events – awards for 9&U and 10 yo

7–8 events – awards for 7 yo and 8 yo 11-12 events – awards for 11 yo and 12 yo

8&U events – awards for 7&U and 8 yo 13-14 events – awards for 13 yo and 14 yo

9-10 events – awards for 9 yo and 10 yo 15-18 events – awards for 15-18 only

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 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 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.

Random Heat Winners: Prizes will be given out to winners of random heats throughout the meet.

Coach Winners: Prizes will be given out to coaches throughout the meet. Enter by submitting raffle ticket given at check-in.

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 11:00 am 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 2023 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 three (3) relays per event and all relays are eligible to score points.

All participants must be registered 2023 NWAL swimmers and have times from the Time Trial meet or NWAL sanctioned dual meet during the 2023 NWAL season. Eligibility for an age group is determined by the individual's age as of the end of May 1, 2023 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 & NH Cudas websites (www.swimstreamline.com & www.northamptoncudas.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 three (3) complimentary Heat Sheets, pre-printed relay cards, meal tickets and raffle 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: Outdoor setup will be available next to the Cy Fair ISD Natatorium. No setup is allowed in the upstairs viewing area. Please DO NOT bring coolers, bleacher seats or chairs to the upstairs viewing area; you will be asked to remove them. NO WET SWIMMERS are allowed in the upstairs viewing area.

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 4-5, 2023

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 May 29th.

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: Laura Davis: SprintSizzler@northamptoncudas.com

Mail this page and payment to: Northampton Cudas, c/o Kim Andrews, 6747 Honeycrest Lane
Spring, TX 77389



June 4-5, 2023

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: _____

Relay Liaison at the meet: NAME: _____ PHONE: _____

CHECK LIST:

Swimtopia Entry Export

Hard Copy Meet Entry Report – For Individual and Relay Events – with “BONUS” events highlighted

This Team Entry Form

Payment – Check payable to : Northampton Swim Team – Please only send one check per team.

NWAL OFFICIALS VOLUNTEERING – List Name, email, phone, polo size, & NWAL Certification

1. _____
2. _____
3. _____
4. _____

TOTALS:

Total Number of Swimmers: # _____

Number of Individual Entries: # _____ x \$7.00 = \$ _____

Number of Relay Entries: # _____ x \$12.00 = \$ _____

Total Entry Fee Amount = \$ _____

For Office Use: Paid by: Cash – Amount \$ _____ 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 breaststrokers 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.