

Red, White & Blue 2022 Invitational



Hosted by
Cypress Fairbanks Swim Club

At the Fleet Aquatic Center

An NWAL Sanctioned Timed Finals, Dual Time Standard Division Swim Meet

Please read this invitation thoroughly and keep it for future reference.

Date: June 25-27, 2022

LOCATION: Fleet Aquatic Center
Cypress, TX 77429

MEET REFEREE: Tom Jones, Phone: 281-376-6625, tomwjones54@gmail.com

MEET DIRECTOR: Cynthia Singh, Phone: 281-740-1637, chansonsingh@yahoo.com
Brian Horak, brian.horak@gmail.com

Important Highlights:

- Most events will be scored per individual age. See section on **Awards** on page 7-8.
- Individual High Point Awards are awarded based on points scored for team regardless of which time division the points were scored in. See section on **Awards** on page 7-8.
- ALL No Times (NT) entries will be automatically DELETED from the meet. Check your entry export file and reports.
- Swimmers may enter all events they are qualified for.
- Check the Fleet web site FREQUENTLY the week before the meet for LOTS of important information. www.fleetswimming.com.
- Late entries are allowed. See section on **Late Entries** on page 5. Team Entry personnel need to



be available the week before the meet for any questions that arise.

POOL:

Eight (8) lane, 25 Meter pool has competitor non-turbulent lane lines, a LED Scoreboard and non-slip touch pads. **THERE WILL BE NO SAVING OF SEATS OR SET UP ALLOWED IN THE STANDS AT ANY TIME.** All spectators are asked to stay in the stands only when watching their swimmer and to then go back to their set-up area in between events. This will allow everyone a chance to see their athlete swim.

SWIMMER REST AREA:

Swimmers and their families may set up inside the High School in the cafeteria, as well as outside in the courtyard area. There are bathrooms available inside the school.

The entire pool deck is off limits at ALL TIMES for set up. THERE WILL BE NO SAVING OF SEATS OR SET UP ALLOWED IN THE STANDS AT ANY TIME. All spectators are asked to stay in the stands only when watching their swimmer and to then go back to their set-up area in between events. This will allow everyone a chance to see their athlete swim.

All people are asked to keep in mind that this is a KISD facility and to keep their swimmers in the areas that we are allowed to use **only** and to keep their area picked up. There will be **NO DESIGNATED TEAM AREAS.** Swimmers and teams may set up wherever they want in the area allowed for our use by the school district. No throwing of balls, Frisbees or any other activities deemed unsafe by the school or meet personnel will be allowed indoors.

TIME AND DATE:

Friday: June 24, 2022

11-14 and 15-18 100 Free and 13-14, 15-18 100 I.M. Warm-Up 5:00 PM,
Meet Starts 6:30 PM

Saturday: June 25, 2022

All 10 & Under events
Warm-Up **7:30 AM**, Meet Starts 9:00 AM

Sunday: June 26, 2022

The remainder of the 11 & Over events
Warm-Up **7:10 AM**, Meet Starts 9:00 AM **(Note earlier WU time)**

The Team Warm Up schedule will be posted on Fleet Web Site Wed., June 22th www.fleetswimming.com

WARM UPS:

Teams will be placed in warm up groups based on the number of athletes entered into the meet each day. Warm Ups will start at 5:00 PM on Friday and 7:30 AM on Saturday and 7:10 AM on Sunday. Lane assignments for warm-ups will be designated in the Meet Program & posted on the Fleet and NWAL web sites. Teams that are closest to Klein Collins High School will most likely be assigned the earliest warm up. Please check the Fleet web site for information at www.fleetswimming.com.

TIMING ASSIGNMENTS:



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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 Fleet website (www.fleetswimming.com) prior to the meet.

OFFICIALS:

Only those officials certified by NWAL for the current season will officiate at the meet. Officials who are interested in working an assigned position at the meet (Deck Referee or Starter) must notify the meet referee tomwjones54@gmail.com in advance, preferably before Wednesday, June 22nd. Any unassigned officials will have an opportunity to sign up at the meet to work as Stroke & Turn officials. An official's sign-in sheet will be posted each morning by the pool entrance. This sheet will be pulled down promptly at 5:30 PM Friday and at 8:00 AM Saturday and Sunday to make daily assignments. **There will be a meeting of all officials at 5:45 PM Friday and 8:15 AM Saturday and Sunday in the hospitality room.**

MEET FORMAT:

This is a timed finals, NWAL sanctioned Invitational meet divided into two time standard divisions – The Red and the Blue. Swimmers must meet either the Red or the Blue qualification times in either yards or meters; however, they cannot meet or exceed the Blue cut off times (which will be The Ponderosa Qualification Time). Relay swimmers cannot meet or exceed the Blue cut off time in the stroke they are swimming on a relay. Each individual event will have both Red and Blue qualified swimmers swimming combined, but they will be separated for scoring and awards. Relays will not be separated into Red and Blue divisions and will be scored as one time standard division. 11-14 and 15-18 swimmers in the 100 Free and 13-14 and 15-18 in the 100 IM will compete Friday evening, 10 & Under swimmers will compete on Saturday, and the remainder of the 11 & Over swimmers will compete on Sunday.

ENTRY INFORMATION:

Entry Deadlines: Entries will be processed by email **ONLY**. Per NWAL rules, all entries must be sent using *Swimtopia*. **Email entry deadline is 6:00 PM Monday June 20, 2022.** We will start accepting emails Saturday June 18, 2022. ALL EMAILS SHOULD INCLUDE CONTACT INFORMATION OF THE TEAM ENTRY PERSON.

Entries should be sent to: Cynthia Singh, chansonsingh@yahoo.com. INCLUDE CONTACT INFORMATION OF THE TEAM ENTRY PERSON.

You must include as attachments your Entry Report as well as your Relay Entry Report showing all four swimmers. These entry reports should be sent as PDF only.

Entry Files:

DO NOT CONVERT YOUR TIMES PRIOR TO SUBMITTING THEM. IF YOU SWAM meters, SUBMIT TIMES FOR METERS. Entry times will be converted to the proper course by the *Swimtopia* software using the default conversions and Meet Templates. All entries will come from *Swimtopia*.

All checks for meet entries must be received **NO LATER THAN 10:30 AM Tuesday, June 21st** or the team will be removed from the Meet.

Mail payments to:

11659 Jones Rd., PMB #351, Houston, Texas 77070.

You may also drop your payment off at the Fleet facility:

14654 Spring Cypress Rd., Cypress, Texas 77429.



All times must be Official times that are the swimmer's **best times**, for both individual and relay events, and must have been swum at a sanctioned NWAL meet or sanctioned NWAL Invitational during the 2022 NWAL season as stated in the NWAL rule book under Seeding. Official NWAL times will be used for seeding. An Official Time is a time that was achieved in an NWAL Sanctioned Meet without Disqualification. Official Times cannot be achieved at Time Trial or Mock Meets. As per Divisional rules, swimmers must have swum in at least one NWAL sanctioned meet during the current season to be eligible to swim at this Invitational. Entries submitted with NT (no time) will not be permitted and will be deleted from the meet. The seed time for relays must be established by adding the fastest official times of the individual swimmers entered in the relay for the stroke they are swimming. Do not convert the swimmer's times by hand and enter them into the custom time box.

PLEASE NOTE:

Teams are asked to check the Athlete Roster that will be posted on the Fleet web site no later than Tuesday evening, June 21st. This list will be sorted by team and will list each entered athlete alphabetically, along with the number of events they are entered in. This is everyone's (Parents, Coaches, Swimmers, and Team Reps) opportunity to make sure that swimmers are entered into the meet. If a swimmer was left off of a team's entries, late entries are allowed - see the section on **LATE ENTRIES** on page 5.

Make sure to send the following when you turn in entries:

1. Individual Meet Entry report, Sorted by AGE, Showing Times Unconverted and Including Proof of Times, using only times from sanctioned meets THIS season (check the "Use Times Since Date" in meet set up).
2. Relay Entry Report with all four names shown.
3. Electronic Entry export via email.
4. Team Summary sheet, included with this invitation, filled out completely.
5. Payment – checks are made out to CFSC.

LATE ENTRIES:

Late entries will be accepted each day of the meet according to the following parameters:

1. Entries must be submitted to the Clerk Of Course by 5:45 p.m. Friday and by 8:15 a.m. Saturday and Sunday.
2. Proof of qualifying time will be required. Either a Top Times Report, a new Meet Entry Report with proof of time or a *Swimtopia* entry report, must be presented with the entry.
3. The fee is fourteen dollars (\$14.00) per each Individual Entry and twenty-four dollars (\$24.00) per each Relay Entry. Fees must be paid to the Clerk Of Course at the time of entry.

Late entries will be placed into empty lanes ONLY. Swimmers will be put into the empty lanes available on a first come first serve basis until all heats are full.

SEEDING:

The meet will be a pre-seeded meet. 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 that is for sale. Coaches must turn in any relay changes for the 6 & under Freestyle and all Medley relays by 8:15 AM and for the



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other Freestyle relays by 10:00 AM. All entry lists shall have the fastest Official Times listed on them. An Official Time is one that was swum without disqualification at a meet which was sanctioned by the NWAL in the current season. Split times, Time Trials or Mock Meets are NOT official times. Official Times shall be used for all Invitational meet entries, including relay entries.

AGE:

As of May 31, 2022. A swimmer may swim up throughout the meet as per NWAL rules.

NUMBER OF EVENTS:

Swimmers may enter ALL individual and relay events for which they qualify*

***3 Event Bonus Rule** – If you qualify for 3 or more events, you can swim any events on Saturday or Sunday. For more details and exceptions, go to the “**3 Event Bonus Rule**”.

QUALIFICATIONS:

All swimmers must meet at least the Red qualification times. Swimmers whose time meets the Red qualification times but not the Blue qualification time will be competing against other swimmers in Red Division for points and awards. Swimmers whose times meets the Blue qualification times but is not equal to or faster than the cut off time (Ponderosa Qualifying Time) will be competing against other swimmers in Blue Division for points and awards. No swimmers may enter an event in which they have a Ponderosa time, nor may they swim that stroke on a relay. The seed time for relays must be established by adding the fastest official times of the swimmers on the relay, in the stroke they are swimming on the relay. Relays that have swimmers swimming strokes in which they have a Ponderosa time will be disqualified and will forfeit their awards. Relay swimmer’s names must be recorded on the entry card.

CUT OFF TIMES:

Individual cut off times for the Blue division are the Ponderosa Qualifying times. Swimmers entering the meet with an entry time that is equal to or faster than a Ponderosa Qualifying time in an individual event will be deleted from that event and no refund will be made. Red cut off times are the Blue qualification times. Swimmers will be entered in the Red or Blue division depending on the time they enter the meet with.

NO TIMES:

As per NWAL rules, No Times (**NT’s**) are not permitted in Individual or Relay events. Team entry personnel should ensure all Individual and Relay entries have proper times attached. Team entry personnel will be notified by email of deleted No Time (NT) entries.

RELAY ONLY SWIMMERS:

Teams may enter Relay Only Swimmers to complete their relays. A Top Times report for that swimmer should be included with the team’s entry report to show that the swimmer is not overqualified to be in the meet.

FEES:

Seven dollars (**\$7.00**) per each Individual Entry and twelve dollars (**\$12.00**) per each Relay Entry. Make checks payable to CFSC. Entry fees must accompany entries. No refunds will be issued for events that are entered but not swum.

AWARDS: **THERE WILL BE A TOTAL OF 16 AWARDS GIVEN OUT PER SCORING CATEGORY. THEREFORE, FOR ALL EVENTS EXCEPT 6 & UNDER, THERE WILL BE 32 AWARDS GIVEN OUT PER EVENT.**



Individual Awards: Blue time standard division - Medals 1st – 3rd, Ribbons 4th – 8th place, Red time standard division – Medals 1st – 3rd, Ribbons 4th – 8th place.

Multi-age group events will be swum together and scored separately. Awards will be given out per individual age for each event as follows:

6 & Under events – awards for 6 & Unders only

8 & Under events – awards for 8 year olds and 7 & Unders

10 & Under events – awards for 10 year olds and 9 & Unders

11-14 events- awards for 11 year olds, 12 year olds, 13 year olds and 14 year olds

7-8 events – awards for 7 year olds and 8 year olds

9-10 events – awards for 9 year olds and 10 year olds

11-12 events – awards for 11 year olds and 12 year olds

13-14 events – awards for 13 year olds and 14 year olds

15-18 events – awards for 15-16 year olds and 17-18 year olds

Heat Awards: Awards will be given to the heat winners in the 10 & Under individual events upon their exiting the pool after their race.

Relay Awards: Medals 1st – 3rd place, Ribbons 2nd – 8th place.

Individual High Point: High Point awards for boys and girls will be awarded by age for the following: 6 & Unders, 7, 8, 9, 10, 11, 12, 13, 14, 15-16 and 17-18 year olds. This will be based on scoring in individual events only (no relays points used). Ties will be broken. In the event of a tie, the tiebreaker will be the swimmer with the most 1st place finishes. If that is a tie, then the number of 2nd place finishes will be used, and so on until the tie is broken.

THIS IS A HIGH POINT AWARD. SCORING IS NOT SEPARATED INTO BLUE AND RED DIVISIONS. THE WINNERS ARE THE SWIMMERS WHO SCORE THE MOST POINTS FOR THEIR TEAM REGARDLESS OF WHAT DIVISION THEY MADE THE POINTS IN.

Team Trophies: Trophies will be awarded to the top three teams in each Team Size division (A, B or C). Teams will be divided into groups based on the number of swimmers they enter into the meet. The teams will be divided roughly into thirds and the minimum number of swimmers that is required to be put into a specific team group (A, B or C) will be determined after entries are turned in. Team groups will be posted on the Fleet web site at least three days before the meet at www.fleetswimming.com.

Awards should be picked up at the Awards Counter as soon as they are ready AFTER the results for that event are posted. Team trophies will be presented as soon as the results are tabulated after the meet is completed on Sunday. High point awards for the 10 & Under events will be presented at the end of the day on Saturday and at the end of the day on Sunday for the 11 & Over events. Please be prepared to pick up your High Point Awards and Team Trophy at that time. Awards not picked up at the meet will be available for pick up at the Fleet office. If teams do not come by Monday, July 6th to pick up awards left at the meet, FLEET will not be responsible for their condition and we will not store them.



SCORING:

Individual Events: 9-7-6-5-4-3-2-1 in both Blue and Red Divisions

Relay Events: 18-14-12-10-8-6-4-2

RULES AND SANCTIONS:

This is a NWAL sanctioned meet and all regular 2016 NWAL rules will be observed. All swimmers must be in good standing with NWAL. Swimmers may only compete in one age group for the entire meet as per NWAL rules. If a swimmer swims up, they must compete in that age group for the entire meet. All times must be official best times that were made by the swimmer this 2016 NWAL season at either a Dual, Approved Intersquad, Divisional, or Invitational meet as stated in the NWAL rule book.

READY BENCH:

This meet is Pre-Seeded, which means all heat and lane assignments will be made prior to the meet. Teams, swimmers and parents are asked to pay attention to the meet, the announcers and the event flip charts in order to get the swimmers to the Ready Bench area when their event is being called. The Ready Bench area is off limits to parents, coaches and spectators as per NWAL rules. The only exception to this is the required 10 & Under relay volunteer mentioned below. Ready Bench and On Deck personnel will assist the swimmers in the ready area and at the blocks. IT IS THE SWIMMERS' RESPONSIBILITY TO BE AT THE READY BENCH AREA ON TIME. Swimmers in the first event each day (Girls 11-14 100 Free on Friday, Girls 10 & Under 100 IM on Saturday and Girls 11-12 50 Free on Sunday) should report to the Ready Bench at 6:15 p.m. Friday and 8:45 a.m. Saturday and Sunday. For 10 & Under Relay events ONLY, each team MUST supply a parent volunteer to help organize and shepherd each relay team. Teams may have one volunteer per age group/gender. When the volunteer's help is no longer needed at the Ready Bench they will be asked to clear the area.

TIMING SYSTEM:

An electronic timing system will be used. Two watches per lane will be used as a back-up.

POOL DECK RESTRICTION:

Because of Insurance and Safety Regulations, the swimming pool deck and ready bench areas, both inside and outside the pool, is closed to all persons except swimmers, marshals, coaches, officials, meet personnel, and timers as per NWAL rules. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

FOOD:

Concessions will be available. We will also have a food truck for hot food as well.

T-SHIRTS AND RETAIL ITEMS:

The 2022 Red, White & Blue Meet t-shirt, Meet Programs, caps and goggles and other items will be for sale in our retail area.

PARKING:

There is plenty of parking in the parking lots around the pool. People are asked to park only in the designated areas that marked for parking. All driveways must be kept clear at all times for emergency vehicles.



HOSPITALITY:

There will be a Hospitality room at the meet. **The Hospitality room is for NWAL team coaches, Meet Officials and Meet Volunteers ONLY.** Proof of credentials may be required. No children, lane timers or other people not listed will be permitted entrance.

COACHES PACKETS:

Packets for each team will be available for pick up by the coaches at the Clerk of Course. These will include their daily meet program, preprinted relay cards for any relays that they have entered and any other pertinent information. The relay cards will need to be turned in, either with no changes or with any swimmer and time adjustments, by 8:15 AM for the 6 & Under Freestyle and Medley relays and by 10:00 AM for the other Freestyle relays. If any swimmer changes are made on the relays, it is the coach's responsibility to make sure that the adjusted relays do not include any swimmers swimming a stroke in which they have a Ponderosa time. Any relay found to have a swimmer swimming a stroke in which they have a Ponderosa time will be disqualified and will forfeit all awards. All swimmers must be shown in the order in which they will swim on the relay.

NWAL/CFSC DISCLAIMER:

- An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- Northwest Aquatic League (NWAL), and Cypress Fairbanks Swim Club (CFSC and/or FLEET) cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in NWAL sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
- BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS CYPRESS FAIRBANKS SWIM CLUB (CFSC) AND NORTHWEST AQUATIC LEAGUE (NWAL) EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSESS, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORSEEN OR UNDFORSEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
- Cypress Fairbanks Swim Club (CFSC) has taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while on our property. An inherent risk of COVID-19 exists in any public or private place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in the event at CFSC, you voluntarily assume all risks related to exposure to COVID-19.



COVID-19

PROCEDURES:

- Participants in the meet will abide by CFSC's COVID-19 Preparedness Plans for the Fleet Aquatic Center.
- This meet will be conducted in compliance with local, state, and NWAL COVID 19 restrictions.
- Only coaches, officials, swimmers, and lane timers are allowed on the pool deck for the current session and will maintain current social distancing guidelines throughout the meet. Volunteers will be present to help enforce this rule. Athletes and their families will be able to view the meet via YOU Tube Live. A link to the channel will be posted on the Fleet website and sent out in an email.
- The gates to the pool deck will be closed to spectators. There will be limited adult volunteers that will be necessary to run the competition. Look for the sign-up within the CFSC Team Unify website.
- Spectators will not enter the gated facility. Meet personnel and swimmers will enter through the main gate near the offices. All swimmers and meet personnel will exit through the north gate near the back field.
- Parents must implement the Daily Self Screening for Swimmers Protocol that CFSC has implemented. PARENTS MUST SCREEN swimmer(s) daily (prior to entering the swim meet) for the following signs and symptoms of COVID-19: 1. Are you experiencing any of the following in a way that is not normal to you? Feeling feverish or a measured temperature greater than or equal to 100.4 F, Loss of taste or smell, Cough, Difficulty breathing, Shortness of breath, Fatigue, Headache, Chills, Sore throat, Congestion or runny nose, Shaking or exaggerated shivering, Significant muscle pain or ache, Diarrhea, Nausea or vomiting, 2. Have you had known close contact with a person who has tested positive for COVID-19 within the last 14 days? Temperature checks will still be taken at the gate and any temperature over 100.4 will not be allowed in the facility. Swimmers must stay home if they answer "yes" to any of the above.
- Officials, coaches, volunteers, and swimmers 10 years and older must always wear a face mask except when swimmers are in the water. Swimmers should plan on bringing extra face masks as theirs may get wet. Swimmers should also bring a plastic baggie to put their mask in at the blocks. Fleet will have the custom Fleet Face Masks available for sale at the meet. Failure to adhere to this rule may result in a removal from the facility.
- Lane timers will remain socially distanced and masked for all sessions. One lane timer will be assigned to each lane and will be distanced more than 15 feet from the blocks and 7 ½ feet from the closest lane timer. Fleet will provide lap counters for the 800 Freestyle. Lap counters will be masked, and socially distanced.
- Swimmers need to bring their own chair and remain socially distanced at all times. Swimmers may sit with their siblings or family outside of the gated facility. Swimmers must be aware of the meet progress to be sure they do not miss an event. The sessions move FAST. We will be updating Meet Mobile, but swimmers should stay close to the pool to see what event is in the water. We will allow adequate time between each event to provide rest for the swimmers, but each session will move fast. A timeline will be provided on the Fleet website prior to the meet.
- Bring a filled water bottle for your session. Bottled water will be for sale, but the water fountain will be unavailable.
- Swimmers must enter and leave the facility in their swimsuits. Locker rooms will be restroom use only. No more than 5 swimmers are allowed in the boys' bathroom at one time, and no more than 6 swimmers at a time allowed in the girls' restrooms. Spectators outside the facility will not be allowed to enter or use the restrooms.



SAFETY GUIDELINES AND WARM-UP PROCEDURES

WARM-UP PROCEDURES

- A. General warm-up
 - 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
 - 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.
- 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 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 NWAL meets.
 - 2. Glass containers are prohibited.
 - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.



TEAM SUMMARY SHEET

All Items on this sheet must be filled in. This sheet must be turned in with your entries.

TEAM NAME: _____

TEAM ABBREVIATION: _____

TEAM POOL ADDRESS:

Street: _____

City & Zip _____

TEAM REPRESENTATIVE & PHONE #: _____

TEAM ENTRY PERSON & PHONE #: _____

OFFICIALS AVAILABLE FROM TEAM & PHONE #s:

NUMBER OF INDIVIDUAL ENTRIES: _____ X \$7.00 = _____

NUMBER OF RELAY ENTRIES: _____ X \$12.00 = _____

ENTRY FEE AMOUNT: _____

CFSC USE:

Payment Received: _____ Check # or Cash _____

Initial: _____

Entry List Checked: _____

Initial: _____



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2022 Red, White and Blue Invitational for NWAL Swimmers – June 25th to June 27th, 2022

Time Standards Report YARDS

Cut off	GIRL			Event	Ev#	BOY			Cut off
	Blue	Red	Ev #			Red	Blue		
FRIDAY EVENING EVENTS									
1:02.63	1:12.88	1:19.25	1	11-14 100 Free	2	1:18.10	1:09.04	58.84	
1:01.36	1:08.98	1:18.75	3	15-18 100 Free	4	1:09.40	1:00.75	53.29	
1:13.53	1:24.74	1:35.14	5	13-14 100 IM	6	1:36.45	1:21.52	1:08.82	
1:11.78	1:21.37	1:33.56	7	15-18 100 IM	8	1:23.69	1:10.46	1:01.79	
SATURDAY EVENTS									
1:25.49	1:39.55	1:49.94	9	10&U 100 IM	10	1:52.29	1:42.35	1:27.23	
			11	6&U 100 Free Relay	12				
			13	8&U 100 Medley Relay	14				
			15	9-10 100 Medley Relay	16				
33.25	38.27	43.25	17	10&U 50 Free	18	43.14	38.83	33.14	
23.29	28.18	33.57	19	6&U 25 Free	20	32.93	27.55	23.08	
17.31	21.02	23.45	21	7-8 25 Free	22	23.33	20.48	16.95	
14.77	17.02	18.73	23	9-10 25 Free	24	18.63	16.92	14.75	
27.76	32.60	38.37	29	6&U 25 Back	30	39.64	33.36	28.31	
21.60	26.24	30.09	31	7-8 25 Back	32	31.58	27.08	21.57	
18.48	21.62	23.88	33	9-10 25 Back	34	25.23	22.43	18.45	
20.23	25.65	30.22	35	8&U 25 Fly	36	31.50	26.34	20.74	
16.50	20.18	23.12	37	9-10 25 Fly	38	24.71	21.17	16.82	
24.06	29.20	33.50	25	8&U 25 Breast	26	33.60	29.02	24.15	
19.92	23.65	26.82	27	9-10 25 Breast	28	27.00	23.89	20.20	
			39	7-8 100 Free Relay	40				
			41	9-10 100 Free Relay	42				
SUNDAY EVENTS									
29.49	34.14	37.12	43	11-12 50 Free	44	38.07	34.08	29.24	
28.53	31.98	35.38	45	13-14 50 Free	46	34.19	29.82	26.21	
27.79	30.61	34.23	47	15-18 50 Free	48	31.00	26.78	23.86	
			49	11-12 200 Medley Relay	50				
			51	13-14 200 Medley Relay	52				
			53	15-18 200 Medley Relay	54				
1:16.56	1:27.85	1:38.15	55	11-12 100 IM	56	1:41.54	1:28.05	1:16.53	
30.71	35.53	42.17	57	15-18 50 Fly	58	37.23	30.90	26.49	
32.05	37.07	42.49	59	13-14 50 Fly	60	42.20	35.98	29.72	
33.49	39.96	45.49	61	11-12 50 Fly	62	48.52	40.11	33.85	
32.92	38.27	43.62	63	15-18 50 Back	64	41.00	33.49	28.92	
34.02	40.30	44.77	65	13-14 50 Back	66	43.33	38.29	32.15	
35.49	42.68	47.72	67	11-12 50 Back	68	48.91	43.24	35.78	
37.08	43.18	47.42	69	15-18 50 Breast	70	44.18	36.85	31.53	
37.89	43.66	48.81	71	13-14 50 Breast	72	46.36	40.23	35.06	
39.40	45.60	50.49	73	11-12 50 Breast	74	51.92	46.33	39.43	
			75	15-18 200 Free Relay	76				
			77	13-14 200 Free Relay	78				
			79	11-12 200 Free Relay	80				



Red, White & Blue 2022 Invitational



2022 Red, White and Blue Invitational for NWAL Swimmers – June 25nd to June 27th, 2022

Time Standards Report METERS

Cut off	Blue	Red	Ev#	Event	Ev#	Red	Blue	Cut off
FRIDAY EVENING EVENTS								
1:09.52	1:20.90	1:27.97	1	11-14 100 Free	2	1:26.69	1:16.63	1:05.31
1:08.11	1:16.57	1:27.41	3	15-18 100 Free	4	1:17.03	1:07.43	59.15
1:21.62	1:34.06	1:45.61	5	13-14 100 IM	6	1:47.06	1:30.49	1:16.39
1:19.67	1:30.32	1:43.85	7	15-18 100 IM	8	1:32.90	1:18.21	1:08.58
SATURDAY EVENTS								
1:34.89	1:50.50	2:02.03	9	10&U 100 IM	10	2:04.64	1:53.61	1:36.82
			11	6&U 100 Free Relay	12			
			13	8&U 100 Medley Relay	14			
			15	9-10 100 Medley Relay	16			
36.91	42.48	48.01	17	10&U 50 Free	18	47.89	43.10	36.79
25.85	31.28	37.26	19	6&U 25 Free	20	36.55	30.58	25.62
19.21	23.33	26.03	21	7-8 25 Free	22	25.90	22.73	18.81
16.39	18.89	20.79	23	9-10 25 Free	24	20.68	18.78	16.37
30.81	36.19	42.59	29	6&U 25 Back	30	44.00	37.03	31.42
23.98	29.13	33.40	31	7-8 25 Back	32	35.05	30.06	23.94
20.51	24.00	26.51	33	9-10 25 Back	34	28.01	24.90	20.48
22.46	28.47	33.54	35	8&U 25 Fly	36	34.97	29.24	23.02
18.32	22.40	25.66	37	9-10 25 Fly	38	27.43	23.50	18.67
26.71	32.41	37.19	25	8&U 25 Breast	26	37.30	32.21	26.81
22.11	26.25	29.77	27	9-10 25 Breast	28	29.97	26.52	22.42
			39	7-8 100 Free Relay	40			
			41	9-10 100 Free Relay	42			
SUNDAY EVENTS								
32.73	37.90	41.20	43	11-12 50 Free	44	42.26	37.83	32.46
31.67	35.50	39.27	45	13-14 50 Free	46	37.95	33.10	29.09
30.85	33.98	38.00	47	15-18 50 Free	48	34.41	29.73	26.48
			49	11-12 200 Medley Relay	50			
			51	13-14 200 Medley Relay	52			
			53	15-18 200 Medley Relay	54			
1:24.98	1:37.51	1:48.95	55	11-12 100 IM	56	1:52.71	1:37.74	1:24.95
34.09	39.44	46.81	57	15-18 50 Fly	58	41.33	34.30	29.40
35.58	41.15	47.16	59	13-14 50 Fly	60	46.84	39.94	32.99
37.17	44.36	50.49	61	11-12 50 Fly	62	53.86	44.52	37.57
36.54	42.48	48.42	63	15-18 50 Back	64	45.51	37.17	32.10
37.76	44.73	49.69	65	13-14 50 Back	66	48.10	42.50	35.69
39.39	47.37	52.97	67	11-12 50 Back	68	54.29	48.00	39.72
41.16	47.93	52.64	69	15-18 50 Breast	70	49.04	40.90	35.00
42.06	48.46	54.18	71	13-14 50 Breast	72	51.46	44.66	38.92
43.73	50.62	56.04	73	11-12 50 Breast	74	57.63	51.43	43.77
			75	15-18 200 Free Relay	76			
			77	13-14 200 Free Relay	78			
			79	11-12 200 Free Relay	80			

FOR INDIVIDUAL EVENTS ONLY SEE SCORING BELOW

7-8, 9-10, 11-12, 13-14 and 15-18 events will be swum together but scored 7,8,9,10,11,12, 13,14, 15-16 & 17-18. 6 & Under events will be scored 6 & Under. 8 & Under events will be scored 7 & Under, 8 year olds, 10 & Under events will be scored 9 & Under, 10 year olds, 11-14 events will be scored, 11, 12, 13 & 14. Each scoring age will receive 8 individual awards in Blue time division AND 8 individual awards in Red time division. Swimmers must meet at least the Red qualifying time to enter the meet; however, they cannot meet or exceed the Cut-Off time, which is the Ponderosa Qualifying time!!



2022 Red, White and Blue Advertising and Spirit Ad Rates

Full Page Spirit Ads for NWAL Teams @ \$100 per page

Cheer on your swimmers, thank your sponsors and show your team pride

Please email JPG Ad or Ad in PDF format to fleetoffice@fleetswimming.com or Drop Off at the Fleet Aquatic Center at 14654 Spring Cypress Rd., Cypress, TX 77429 on Monday, June 20th between 9AM and 6 PM. This will be printed in the Meet Program that is for sale at the Meet.

Team Name: _____

Number of Pages @ \$100 each _____ = \$ _____

Business Ads

Contact Paula Mulvihill at fleetoffice@fleetswimming.com with any questions

Full Page: 7 inches X 9.5 inches @ \$250

Half Page: 7 inches X 4.5 inches @ \$150

Quarter Page: 3 inches X 4.5 inches @ \$75

Business Card: 2 inches X 3 inches @ 35

Please send Ads in PDF, JPG or BMP format to fleetoffice@fleetswimming.com or mail business cards in with payment. Ads must be camera ready, black and white only. Ads can be sent in BEFORE the entry deadline at any time. Email verification will be sent upon their receipt. Payment must be received NO LATER THAN Monday June 20th. Checks should be made payable to CFSC and mailed to:

CFSC
11659 Jones Rd. PMB #351
Houston, TX 77070

*Ads for other USA Swimming teams and learn to swim programs will not be accepted. We appreciate your cooperation.