



*proudly
presents the
34th Annual*



ALLSTAR CHAMPIONSHIP MEET

Hosted by Premier Aquatics Club of Klein

All indoor / air-conditioned setup

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

MEET HIGHLIGHTS

- We are very excited to offer the end of season Allstar Championship meet once again!
- The meet will be held at the **CY-RANCH HIGH SCHOOL NATATORIUM with indoor/air-conditioned setup area available.**
- **Each event will score either one or two age groups but never more than 2 groups per event.** See details listed in the body of this invitation under Awards and Scoring.
- **Individual High Point Awards** – 1st & 2nd place trophy for boys and girls awarded **by age** for the following ages based on scoring in individual events: 6 & under, 7, 8, 9, 10, 11, 12, 13, 14, 15-18.
- **Team Awards** -1st, 2nd and 3rd place team trophies will be awarded to the 3 highest scoring teams in each of **THREE** groups, based on the total points accumulated for the team in both individual and relay events.
- 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.
- **3 Event Bonus Rule** – If the swimmer has achieved an ALLSTAR time or better in at least 3 events, the swimmer will be allowed to enter any remaining event(s) as long as they have not reached the cut off time. For more details and **exceptions**, go to the “**3 Event Bonus Rule**” section. **Swimmer may not bonus the 100 Free, 100 IM and 10 & under 50 Free. Must have qualifying times to enter either of these 3 events.**
- **On-Deck entries** will be taken on the day of the meet **ONLY** to fill open lanes in existing heats.
- **Each team will be limited to a maximum of 3 coaches on deck.** See “Facility Rules Section” for additional information.
- **MEET INFORMATION CONTACT:** Susan Rangel – meetcoordinator@packswimming.com
Please contact for pre-meet information/concerns and post meet information/
concerns/complaints **BEFORE** contacting Northwest Aquatic League Board Officers. This position has been appointed at the request of the Northwest Aquatic League Board Officers.



2022 ALLSTAR SWIMMING CHAMPIONSHIP NWAL Invitational Meet Hosted by PACK

YARDS – Ponderosa Invitational Times are the Cut Off Times
Saturday June 25, 2022

Girls Event #	YARD Qualifying	Event	YARD Qualifying	Boys Event #
1	32.42	6&U 25 Free	32.59	2
3	21.46	7-8 25 Free	21.73	4
5	18.05	9-10 25 Free	18.13	6
7	35.06	11-12 50 Free	35.61	8
9	34.41	13-14 50 Free	32.96	10
11	33.96	15-18 50 Free	30.02	12
13	none	6&U 100 Free Relay	none	14
15	none	8&U 100 Free Relay	none	16
17	none	10&U 100 Free Relay	none	18
19	36.67	6&U 25 Back	37.29	20
21	26.85	7-8 25 Back	27.52	22
23	22.61	9-10 25 Back	23.35	24
25	43.77	11-12 50 Back	46.03	26
27	43.37	13-14 50 Back	41.84	28
29	43.07	15-18 50 Back	39.17	30
31	39.52	10 & U 50 Free	40.02	32
33	1:15.21	11-12 100 Free	1:14.21	34
35	1:13.07	13-14 100 Free	1:10.97	36
37	1:12.79	15-18 100 Free	1:05.09	38

Sunday June 26, 2022

Girls Event #	YARD Qualifying	Event	YARD Qualifying	Boys Event #
39	27.83	8&U 25 Fly	29.02	40
41	20.93	9-10 25 Fly	22.44	42
43	42.43	11-12 50 Fly	43.84	44
45	39.95	13-14 50 Fly	38.78	46
47	39.38	15-18 50 Fly	33.63	48
49	none	11-12 200 Free Relay	none	50
51	none	11-14 200 Free Relay	none	52
53	none	11-18 200 Free Relay	none	54
55	30.92	8&U 25 Breast	31.72	56
57	24.51	9-10 25 Breast	25.31	58
59	47.17	11-12 50 Breast	48.56	60
61	45.81	13-14 50 Breast	44.28	62
63	46.84	15-18 50 Breast	41.11	64
65	1:40.35	10&U 100 IM	1:42.23	66
67	1:29.29	11-12 100 IM	1:32.62	68
69	1:25.08	13-14 100 IM	1:22.48	70
71	1:24.38	15-18 100 IM	1:15.57	72



2022 ALLSTAR SWIMMING CHAMPIONSHIP NWAL Invitational Meet Hosted by PACK

METERS – Ponderosa Invitational Times are the Cut Off Times
Saturday June 25, 2022

Girls Event #	METER Qualifying	Event	METER Qualifying	Boys Event #
1	35.99	6&U 25 Free	36.17	2
3	23.82	7-8 25 Free	24.12	4
5	20.04	9-10 25 Free	20.12	6
7	38.92	11-12 50 Free	39.53	8
9	38.20	13-14 50 Free	36.59	10
11	37.70	15-18 50 Free	33.32	12
13	none	6&U 100 Free Relay	none	14
15	none	8&U 100 Free Relay	none	16
17	none	10&U 100 Free Relay	none	18
19	40.70	6&U 25 Back	41.39	20
21	29.80	7-8 25 Back	30.55	22
23	25.10	9-10 25 Back	25.92	24
25	48.58	11-12 50 Back	51.09	26
27	48.14	13-14 50 Back	46.44	28
29	47.81	15-18 50 Back	43.48	30
31	43.87	10 & U 50 Free	44.42	32
33	1:23.48	11-12 100 Free	1:22.37	34
35	1:21.11	13-14 100 Free	1:18.78	36
37	1:20.80	15-18 100 Free	1:12.25	38

Sunday June 26, 2022

Girls Event #	METER Qualifying	Event	METER Qualifying	Boys Event #
39	30.89	8&U 25 Fly	32.21	40
41	23.23	9-10 25 Fly	24.91	42
43	47.10	11-12 50 Fly	48.66	44
45	44.34	13-14 50 Fly	43.05	46
47	43.71	15-18 50 Fly	37.33	48
49	none	11-12 200 Free Relay	none	50
51	none	11-14 200 Free Relay	none	52
53	none	11-18 200 Free Relay	none	54
55	34.32	8&U 25 Breast	35.21	56
57	27.21	9-10 25 Breast	28.09	58
59	52.36	11-12 50 Breast	53.90	60
61	50.85	13-14 50 Breast	49.15	62
63	51.99	15-18 50 Breast	45.63	64
65	1:51.39	10&U 100 IM	1:53.48	66
67	1:39.11	11-12 100 IM	1:42.81	68
69	1:34.44	13-14 100 IM	1:31.55	70
71	1:33.66	15-18 100 IM	1:23.88	72



ALLSTAR CHAMPIONSHIP MEET

Saturday, June 25 & Sunday, June 26, 2022

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 16.

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 & DATE: This is a timed finals meet.

Saturday, June 25th & Sunday, June 26th

First Warm-up at 7:25 – 7:45 AM, Second warm-up at 7:45 – 8:05 AM, Third warm-up at 8:05 – 8:25 AM, Fourth Warm-up 8:25 – 8:45 AM. Meet Starts at 9:00 AM on both days.

Seeding will be from slowest to fastest for all individual and relay events.

Warm-ups will be divided into groups and determined after all meet entries have been received. These warm-up times and lane assignments will be listed in the Heat Sheet as well as posted on the Premier Aquatics website packswimming.com and on the NWAL website nwal.org at least 3 days prior to the meet.

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



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

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

MEET COORDINATOR: Susan Rangel, meetcoordinator@packswimming.com
Please contact this person for pre-meet information/concerns and post meet information/concerns/complaints BEFORE contacting Northwest Aquatic League Board Officers. This position has been appointed at the request of the Northwest Aquatic League Board Officers.

MEET ENTRY COORDINATOR: Susan Rangel
entries@packswimming.com

SAFETY MARSHAL: Seth Keggin & Lisa Burleson
EMS will be onsite during the meet.

SAFETY GUIDELINES AND WARM-UP PROCEDURES: See attached Safety Guidelines and Warm-up Procedures.

OFFICIALS: Only Certified NWAL 2022 Officials will officiate at this meet. Officials who are interested in working at the meet are encouraged to notify the meet referee Matt Sale (matt.j.sale@gmail.com) in advance, preferably before Wednesday, June 22nd. An official's sign-in sheet will be posted each morning in hospitality. This sheet will be pulled down promptly at 8:15 a.m. for making daily assignments. There will be a meeting of all officials at 8:15 a.m. each day. All officials working will receive an ALLSTAR meet polo shirt.

RULES: The ALLSTAR Meet rules will be based upon the 2022 NWAL Rules except as otherwise indicated. All swimmers/teams must be registered and in good standing with the Northwest Aquatic League (NWL). A swimmer may enter as many individual events each day as he/she is qualified. Each swimmer is limited to one swim in the Free Relay category. All times must be official best times made during the 2022 NWAL Season during a Dual, Divisional or Invitational Meet. **NO TIME TRIAL TIMES ARE ALLOWED.**

RELAYS: Swimmers who have reached the cut-off time in an Individual Stroke are ineligible to swim that Stroke in an Allstar Relay. The protest procedures and penalties described below will apply for violation of this rule. **Names of the Relay swimmers (INCLUDING RELAY ONLY SWIMMERS) must be included with the meet entries. Proof of times for Relay only swimmers must be included in meet entries.** ANY SWIMMER FOUND TO HAVE REACHED THE PUBLISHED CUT-OFF TIME DURING THE 2022 NWAL SEASON IN ANY INDIVIDUAL EVENT WHICH HE/SHE SWIMS WILL FORFEIT ALL INDIVIDUAL AND TEAM POINTS EARNED AND WILL BE REQUIRED TO RETURN ANY AWARDS PRESENTED TO HIM/HER.

QUALIFYING TIMES: See 2022 ALLSTAR Time Standards included in this meet invitation.

Only swimmers with at least the minimum qualifying times in Individual Events that **do not reach the cut-off time** will be allowed to compete in that individual event (with the exception of the 3 Event Bonus Rule described below). All times must be from an official 2022 NWAL Meet. These times must be Official Times made without disqualifications during a Dual, Divisional or Invitational Meet during the 2022 NWAL Season. **Time Trial times and NT (No Times) will NOT be allowed for individual events.**

3 EVENT BONUS RULE:

If the swimmer has achieved an ALLSTAR time (or better) in at least 3 events, the swimmer will be allowed to enter any remaining event(s) for his/her age group for which the swimmer has not achieved an ALLSTAR time. See exceptions below.

Exception: Cut-Off Times - Under no circumstances can the swimmer enter any event if he/she has reached the cut-off time or has a No Time (NT) or Time Trial (TT).

Exception: 100 Free - The 100 Free is exempt from the (3) event rule. Swimmers must achieve the 100 Free time standard in order to enter that event.

Exception: 100 IM - The 100 IM is exempt from the (3) event rule. Swimmers must achieve the 100 IM time standard in order to enter that event.

Exception: 10 & Under 50 Free - The 10 & under 50 Free is exempt from the (3) event rule. Swimmers must achieve the 50 free time standard in order to enter that event.

NUMBER OF EVENTS:

NWAL Rules will apply with the following exceptions: (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.

AGE:

As of May 31, 2022

ELIGIBLE TEAMS:

All NWAL teams.

ENTRY FEES:

Individual Events: \$9.00

Relay Events: \$14.00

Make checks payable to: **Premier Aquatics.**

ENTRIES:

The times must be Official times made without Disqualifications that are the swimmer's best times, for both individual and relay events, and have been made at a Dual, Divisional or Invitational meet during the 2022 NWAL season as stated in the NWAL rule book under Seeding. An official time is one that was swum without disqualification at a meet which was sanctioned by NWAL in the current season. No Time Trial or Unofficial times are allowed for individual or relay entries. Entries submitted with NT (no time) will not be permitted. **Due to the yard setup of this event, the Swimtopia Events File will convert to yards.** Entry times will be converted to the proper course by the Swimtopia software using the default conversions.

Teams are asked to have their regular entry personnel do the entries for this meet. All teams must submit their entries, using Swimtopia software and submit an HY3 entry file. **PER NWAL RULES, ONLY SWIMTOPIA ENTRY FILES MAY BE SUBMITTED.** This is the same export file that all teams use to export entries for their Dual and Divisional meets. NWAL will download the 2022 Allstar.STD time standard file and the HYV meet event file into the Swimtopia system for your use. When the Allstar STD time standard file is imported, teams will be able to run top times reports that will indicate who is qualified for the meet in either yards or meters. When the HYV file is imported, the meet will be set up for entry personnel to complete their entries for the meet. **There are Cut-off times for Relay Events. Names of the**

Relay swimmers must be included with the meet entries. Proof of times for Relay only swimmers must be included in meet entries. 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.

Only 2 (two) relay entries per event per team will be accepted.

A PDF copy of Meet Entry Report created from Swimtopia **is required** to be turned in with entries. This report should be sorted by name and the “include proof of time” option should be checked.

**ENTRIES
DUE:**

All entries will be submitted by teams via email. All teams **MUST** submit their entries by email to entries@packswimming.com, using Swimtopia software to create files and email the below listed items.

Entries will start being accepted on Sunday, June 19th and will close on Monday, June 20th at 12:00 noon. No additional entries will be accepted after 12:00 noon on Monday, June 20th.

After you send in your entries, you will receive an email confirmation confirming receipt and total entries imported from your meet file. Please check for the confirmation to ensure your team’s entries were received and imported into the meet!

**ITEMS
REQUIRED
WITH TEAM
ENTRIES:**

1. Swimtopia Entry Export File (HY3 file).
2. PDF Copy of Meet Entry Report- For Individual and Relay Events. Names of the Relay swimmers must be included with the meet entries. Proof of times for Relay only swimmers must be included in meet entries. **(Sorted by Name and Including Proof of Times!!)**
3. Team Summary Page (included in this packet, page 15). **Please complete entire form!**

Additional Items May be Sent if applicable:

1. Any Team Spirit or Event Sponsors (use attached form).

Entry fee check must be postmarked no later than Tuesday, June 21st and mailed to below address, so they are received prior to the meet starting.

Checks should be made payable to Premier Aquatics.

Mail Payments to:

PACK
PO Box 11108
Spring, TX 77391

PLEASE DO NOT SEND PAYMENTS THAT REQUIRE A SIGNATURE ON DELIVERY!

NO LATE ENTRIES WILL BE ACCEPTED!

Meet Entry Questions? Contact entries@packswimming.com.

**LIMITED DECK
ENTRIES DAY
OF THE MEET:**

Limited deck entries will be accepted each day of the meet **ONLY** according to the following parameters:

1. Entries must be submitted to the Clerk of Course **between 7:00 - 8:00 a.m.** each day.
2. Entries for events will **ONLY** be accepted on **DAY OF THE EVENT**.
3. Proof of qualifying time will be required. You must log into your team's website using your cellular phone and show the clerk of course the live site with the top times for the swimmer in question. This must be presented with the entry.
4. The fee is **\$18.00 per each Individual Entry and \$28.00 per each Relay Entry**. Fees must be paid to the Clerk of Course at the time of entry. Only cash or check will be accepted.
5. **Deck entries will be placed into empty lanes ONLY**. Empty lanes may appear in the 1st and 2nd heat of an event. Swimmers will be put into the fastest empty lanes available on a first come first serve basis until all heats are full. Events will not be re-seeded. If all heats for the event are full, no entries will be accepted for that specific event.
6. 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 Clerk of Course. The Meet Director/Meet Referee reserves the right to deny deck entries.

**ENTRY
VERIFICATION:**

Teams are asked to check the Athlete Roster that will be posted on the Premier Aquatics websites no later than Wed. June 22nd at noon. This list will be sorted by team and will list each entered athlete alphabetically with first name and last initial, along with the number of events they are entered in. It will not show which events they are entered in. **THIS IS EVERYONES (Parents, Coaches, Swimmers, and Team Reps) OPPORTUNITY TO MAKE SURE THAT SWIMMERS SUBMITTED AT ENTRY REGISTRATION ARE ENTERED INTO THE MEET.** **If a team has failed to enter a swimmer during registration period which closes on Monday, June 20th at noon, that wishes to swim in the meet, see "Limited Deck Entries" section above.**

**PROTEST OF
TIMES**

Anyone protesting a swimmer reaching the cut-off time has the burden of proving that the swimmer reached the cut-off time in an official NWAL meet held during the 2022 season. ANY SWIMMER FOUND TO HAVE REACHED THE PUBLISHED CUT-OFF TIME DURING THE 2022 NWAL SEASON IN ANY INDIVIDUAL EVENT WHICH HE/SHE SWIMS WILL FORFEIT ALL INDIVIDUAL AND TEAM POINTS EARNED AND WILL BE REQUIRED TO RETURN ANY AWARDS PRESENTED TO HIM/HER. All Meet Entry Reports with the "Proof of Times" will be kept at the meet at all times.

DISPUTES:

The Meet Referee will be the final authority to resolve any technical protest arising from the competition. The Admin Referee will resolve any scoring disputes.

**MEET
INFORMATION
CONTACT:**

Susan Rangel – meetcoordinator@packswimming.com Contact this person for pre-meet information/concerns and post meet information/concerns/complaints BEFORE contacting Northwest Aquatic League Board Officers. This position has been appointed at the request of the Northwest Aquatic League Board Officers.

**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 (packswimming.com) prior to the meet.

AWARDS:

Individual Event Awards – Custom Allstar Medals will be awarded to individuals placing 1st–3rd place. Custom Allstar Ribbons will be awarded to individuals placing 4th–8th place.

Multi-age group events will be scored, and awards given per individual age for each event (one or two groups per event) as follows:

- 6&under events** – awards for 6 & unders only,
- 8&under events** – awards for 8 yr olds and 7 & unders,
- 10&under events** – awards for 10 yr olds and 9 & unders
- 7-8 yr old events** – awards for 7yr olds and 8yr olds
- 9-10yr old events** – awards for 9yr olds and 10 yr olds
- 11-12yr old events** – awards for 11yr olds and 12 yr olds
- 14&Under events** – awards for 14yr olds and 13 & unders
- 13-14yr events** – awards for 13 yr olds and 14yr olds
- 15-18yr old events** – awards for 15-18 only

RELAY AWARDS:

Medals will be awarded to the 4 individual swimmers on each relay teams placing 1st - 3rd place. Ribbons will be awarded to the 4 individual swimmers on the relay teams placing 4th - 8th place.

INDIVIDUAL HIGH POINT AWARDS:

1st and 2nd Place Trophies for boys and girls awarded by age for the following 6&unders, 7, 8, 9, 10, 11, 12, 13, 14, 15-18. Based on scoring in individual events. Ties will be broken and only two winners will be named. 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 second place finishes will be used, and so on until the tie is broken.

TEAM AWARDS:

1st, 2nd and 3rd place team trophies will be awarded to the 3 highest scoring teams in each of THREE groups, based on the total points accumulated for individual and relay events. (Groups 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 individual high point awards.

AWARDS PRESENTATION:

The Presentation of Awards for Individual High Point (boys and girls in each designated age group) will be at the conclusion of the meet on Sunday. Presentation of Team Awards (1st–3rd place in each of the three groups) will also be awarded at the conclusion of the meet on Sunday.

Medals 1st – 3rd & Ribbons for Individual Events (4th – 8th place) will be available during each session to pick up at the awards table after the event is finalized.

Medals for Relay Events (1st – 3rd place) and Ribbons for Relay Events (4th–8th place) will be available at the awards table after the event is finalized.

Please, designate someone from your team (a parent or coach) to stay on Sunday to collect any awards for your team not picked up during the meet. This will help to ensure all your swimmers receive the awards they earned in a timely manner. The contact person listed on your Team Entry Form will be contacted after the meet to arrange pick-up of any remaining awards for their team not picked up at the meet. Awards will not be mailed.

SCORING:

Scoring for individual events (**1st through 8th places**): 9-7-6-5-4-3-2-1.

Scoring for relay events (**1st through 8th place**): 18-14-12-10-8-6-4-2.

Individual points will be awarded to swimmers finishing in the top 8 positions in each individual event. Team points will be awarded for individuals finishing in the top 8 positions in individual events and relay teams finishing in the top 8 positions.

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 the day of the meet. 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 any swimmer and time adjustments by 9:00 a.m. for all 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. All swimmers must be shown in the order in which they will swim on the relay. Proof of times for Relay only swimmers must be included in meet entries. **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.**

MEET RESULTS:

Meet results will be posted on the NWAL website at www.nwal.org within 3 days after the conclusion of the meet.

SWIMMER REST AREA:

The rest area will be set up inside the Cafeteria and Hallways on a first come basis. Bathrooms are available in the pool area and in the school building. All people are asked to keep in mind that this is a Cypress Fairbanks ISD facility and to keep their swimmers in the designated areas **only** and keep their rest area picked up. There will be **NO ASSIGNED TEAM AREAS** in the swimmer rest area.

FACILITY RULES:

- No smoking is allowed in the natatorium or on the grounds of the High School.
- No glass containers of any type are allowed in the natatorium.
- Damage to or misuse of the facilities is not permitted.
- Violations of any rules may subject the offender to removal from the meet and penalty by CyFair ISD.
- Pool Deck Restrictions - Because of insurance and safety regulations, the swimming pool deck, during the operation of the 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 as well as the swimmers.
- To better ensure safety on deck, **each team will be limited to having a maximum of 3 coaches on deck.** Each allowed coach can have a chair. All coaches must display their NWAL issued coach badge to be allowed on deck.
- **Setup on deck or in cafeteria area will only be allowed on the day of the meet. No early set-up allowed! Any chairs brought in on Friday night will be removed and Premier Aquatics will not be responsible for any lost items.**
- There will be NO setup allowed in the viewing stands inside the pool area.
- When setting up in the team set-up area, please use courtesy and consideration as teams choose the size of their space. The meet host does reserve the right to consolidate or move team areas at their discretion. Large items such as inflatable mattresses will not be allowed.
- No items may be left in set-up area overnight.

- READY BENCH:** This meet is pre-seeded which means all heats and lane assignments have been made prior to the meet. It is the swimmer's responsibility to be at the Ready Bench Area on time. **Except for one adult to accompany relay teams with swimmers 10 years old and younger, parents and coaches will not be permitted in the roped off ready bench area.** Experienced meet workers will help the swimmers through the ready bench area and to the blocks.
- 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.
- TEAM VOLUNTEERS:** Premier Aquatics will be assigning timer chairs and requesting officials from all attending teams.
- CONCESSIONS:** Limited drinks and snacks will be available during the meet.
- HOSPITALITY:** A hospitality room will be provided for coaches, officials and meet volunteers only.
- MERCHANDISE:** A custom Allstar Meet shirt will be on sale from D&J as well other apparel and swim gear at the meet.
- MEET SETUP:** Air Conditioned / indoor setup will be available in the hallways & cafeteria area at the high school.
- HEAT SHEETS:** Meet Entry 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.
- INFORMATION DESK:** An information desk will be established to assist swimmers and spectators with any questions.
- COACHES' PACKETS:** 1 complimentary coach's packet will be given to each team entered in the meet and will be available for pick up at the Clerk of Course before the meet begins each day by a coach. These will include one complimentary ALLSTAR meet program, one coach's badge with meal ticket per day, preprinted relay cards for any relays that they have entered, and any other pertinent information. **Extra Allstar coach's meet packets which includes coach meal ticket per day and heat sheet may be purchased for additional coaches. See Team Summary form included in this packet on page 16 to purchase additional coach packets at \$10.00 for each additional coach (Maximum of 3 coaches allowed on deck per team at 1 time).**
- The relay cards will need to be turned in either with no changes or with any swimmer adjustments by 9:00 a.m. for all 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. All swimmers must be shown in the order in which they will swim on the relay. Proof of times for Relay only swimmers must be included in meet entries. 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 Clerk of Course.

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 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 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 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 the meet.
 - 2 Glass containers are prohibited.
 - 3 Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.

2022 ALLSTAR HEAT SHEET TEAM SPIRIT / EVENT SPONSORING

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

AllStar 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 AllStar Qualifiers, this is sure to make them smile with pride. In addition, you may wish to thank your 2022 Sponsors for supporting your team this season with a special page dedicated to them with Thanks.

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

*** DON'T FORGET to send Spirit Pages to Registration! ***

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: \$ _____



HEAT SHEET ADVERTISING RATES

Prices: Full Page - \$200 Half Page - \$100
Quarter Page - \$65 Business Card Size - \$25

For more information contact:

Susan Rangel: susan@packswimming.com

ADVERTISEMENT ART SHOULD BE RECEIVED NO LATER THAN MONDAY, JUNE 20th .

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 company logo?

- ☐ 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 ALLSTAR SWIMMING CHAMPIONSHIPS TEAM SUMMARY

Must be submitted with entry file.

TEAM NAME: _____ NWAL Team Abbreviation: _____

TEAM REPRESENTATIVE NAME: _____

PHONE: _____ EMAIL: _____

TEAM ENTRY PERSON: _____

PHONE: _____ EMAIL: _____

CONTACT FOR AWARDS NOT PICKED UP (Unclaimed awards will not be mailed. You will be contacted by email to arrange pick-up after the meet for your team):

NAME: _____ EMAIL: _____

CHECK LIST:

1. Swimtopia Entry Export File (HY3 file).
2. Copy of Meet Entry Report- For Individual and Relay Events. Names of the Relay swimmers must be included with the meet entries. Proof of times for Relay only swimmers must be included in meet entries.
3. This Team Summary Page (**Fully Completed**)

Additional Items May be Sent if applicable:

4. Any Team Spirit or Event Sponsors (use attached forms)

TOTALS:

Total Number of Swimmers: # _____

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

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

Total Entry Fee Amount = \$ _____

Coach Meet Programs/Meal Ticket: 1st Coach is Free,

\$10.00 for each additional coach. Max of 3 coaches on deck at 1 time.

\$ _____

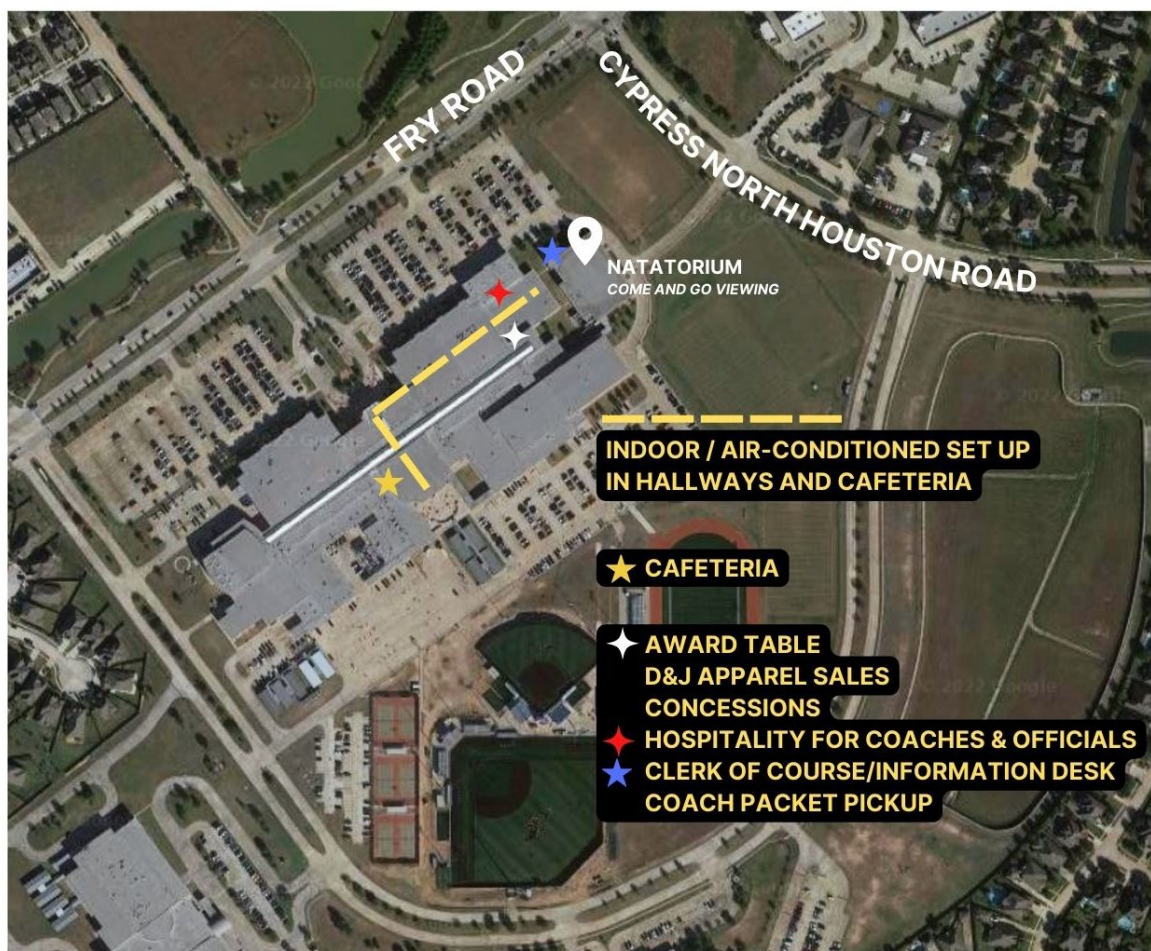
Spirit/Event Sponsor Ads: (Attach Spirit/Event Sponsor Page) \$ _____

TOTAL DUE: \$ _____



MAP TO CY RANCH HIGH SCHOOL POOL

[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.