

Red, White, and Blue Invitational
Hosted by United Swim Aquatics and Spring Creek Forest Sharks
Friday, June 20th - Sunday, June 22nd, 2025
A Short Course Yards Timed Finals Meet

Teams interested in attending please email UnitedSwimMeets@gmail.com

Location: Klein Collins High School
 20811 Ella Blvd. Spring, TX 77388

Meet Staff:

Meet Referee:	Olen Walton, olenwalton@yahoo.com
Meet Director:	Erick Alfaro, swimcoach.erick@gmail.com
Meet Coordinator:	Tatiana Smith, UnitedSwimMeets@gmail.com
Safety Marshal:	Alejandra Medellin

Pool: One eight lanes, 25 yard indoor pool with non-turbulent lane lines will be used for warm-up and competition.

Time and Date:

<p>Session 1: Friday Night – June 20, 2025 (TIMED FINAL EVENTS) 11 & Over 100 Free & 100 IM Warm-ups: 5:00 – 6:20 pm Meet Starts: 6:30 pm</p>	
<p style="text-align: center;">Session 2: Saturday Morning June 21, 2025 (TIMED FINAL EVENTS) Age Groups: 11 & Over Free & Back Warm-ups*: 7:00 am – 8:40 am Meet Starts: 9:00 am</p>	<p style="text-align: center;">Session 3: Saturday Afternoon June 21, 2025 (TIMED FINAL EVENTS) Age Groups: 10 & Under Free & Back Warm-ups* Meet Starts: * *Host team will publish PM session warm-up and start times with warm-up/timing assignments on the NWAL webpage.</p>
<p style="text-align: center;">Session 4: Sunday Morning June 22, 2025 (TIMED FINAL EVENTS) Age Groups: 11 & Over Fly & Breast Warm-ups*: 7:00 am – 8:40 am Meet Starts: 9:00 am</p>	<p style="text-align: center;">Session 5: Sunday Afternoon June 22, 2025 (TIMED FINAL EVENTS) Age Groups: 10 & Under Fly & Breast Warm-ups*: Meet Starts: * *Host team will publish PM session warm-up and start times with warm-up/timing assignments on the NWAL webpage</p>

Warm-up assignments will be posted on the USA website at www.UnitedSwimAquatics.com at least two days prior to the event. Warmup times may be adjusted according to entries.

- Order of Events:** See attached format.
- Entries:** Entries will be accepted on a first-come, first served basis. All teams MUST submit their entries via Swimtopia, along with a hard copy printout of the entries. Include relays your completed entry forms. Entry times will be converted to the proper course by Swimtopia software using the default conversions and meet templates. Time trials and No Times (NT) will not be accepted. Teams that send entry fees after the entries have been closed will have their payments returned.
- Qualifying Times:** 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. Time Trials time will also not be accepted.
- 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. 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.
- Number of Events:** There is no limit to the number of events an individual can participate in as long as they have met the minimum qualifying time. Each team is limited to 2 relay teams per event. Swimmers are limited to one free and one medley relay.
- Entry Deadline:** Monday, June 16th, 2025
- Bonus Events:** If you qualify for 3 or more events, you can swim any event of the meet. Swimmer may not bonus the 100 Free, 100IM and the 10 & Under 50 Free. Must have qualifying times to enter these events.
- Seeding:** This will be a pre-seeded meet. If capacity allows, Deck entries will be allowed for open lanes only. If available, deck entries will close 60 minutes before the start of the session. It is important that all teams turn in their entries on a timely basis to ensure that their swimmers have a chance to swim. Coaches are requested to turn in relay cards no later than 30 minutes prior to the start of the meet.

- Deadline:** **Entries must be in the hands of the meet entry director no later than 12:00 pm on Monday, June 16th, 2025.** ONLY VIA EMAIL to **UnitedSwimMeets@gmail.com**. Entry forms must be submitted using the swimmers' fastest yards times from the official 2025 NWAL season. A confirmation email will be sent once the entries are processed and your team has been accepted into the meet.
Entries will start being accepted @ 9:00 am on Sunday, June 15th and will close on Monday, June 16th at 12:00 noon. At the request of NWAL, we must limit the number of competitors this year to 1,500 swimmers. Meet entries will ONLY be accepted VIA EMAIL and in the order that they are received. Once the meet reaches capacity, we will not be able to accept any additional teams and your team will be asked to submit entries to the 2nd host. See page 5 for entry details. No additional entries will be accepted after 12:00 noon on Monday, June 16th.
- Fees:** \$10 per individual event, \$15.00 per relay event
Make checks payable to **United Swim Aquatics** or Zelle to **Unitedswimteam@gmail.com**

Entry fees must be paid prior to the start of the meet. Fees can be paid via Zelle to UnitedSwimTeam@gmail.com or can also be brought to the meet as long as they are paid prior to the meet starting.
- Awards:** There will be both Team and Individual awards.
- Team Awards:** Trophies will be awarded to the top three teams. Divisions may be based on the number of swimmers/entries and will be determined after all entries are received.
- Individual awards:** Blue time standard division - Medals 1st – 3rd, 4th-8th- Ribbons
Red time standard division – Medals 1st – 3rd place, 4th-8th- Ribbons
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
11-12 yr old events – awards for 11 yr olds and 12 yr olds
14&Under events – awards for 14yr olds and 13 & unders
13-14 yr events – awards for 13 yr olds and 14 yr olds
15-18 yr old events – awards for 15-18 only
- Relay Awards:** Medals will be awarded to the top eight (8) finishers in each age group (6&U, 7-8, 9-10, 11-12, 13-14, and 15-18) for relays.
- High Point Awards:** High-point trophies will be awarded in each of the following age groups: 7, 8, 9, 10, 11, 12, 13, 14, 15-18. Based on scoring in individual events. This is a high point award. Scoring is not separated into blue and red division. The winners are the swimmers who score the most points for their team regardless of what division they made the points in.
- Tiebreaker:** In the event of a tie for High Point Awards, the winner will be determined by the swimmer with the most first-place finishes, followed by second-place finishes, and so on until the tie is broken.
- 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

- Timers:** Each team will be asked to provide timers in proportion to the number of swimmers entered into the meet by session.
- Officials:** 2025 NWAL-certified officials will officiate. Teams are requested to supply officials and to submit a current officials list with their meet entries.
- Meet Setup:** An outdoor setup area adjacent to the pool will be provided along with access to cafeteria area indoors. An announcer will update families as the meet progresses. No Set Up is permitted in the bleachers, hallways or where a “No Set Up” sign is posted.
- Heat Sheets:** Meet Entry Fee price includes an electronic heat sheet that will be distributed to participating teams and available at the venue via the Meet Mobile App. NO Heat Sheets will be available for purchase onsite.
- Coaches:** All coaches must display NWAL-issued coach badge to be allowed on deck. Coach’s packet will be given to each team based on entries 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. Each packet will include one complimentary meet program, coach’s wristband with access to the hospitality, preprinted relay cards for any relays that they have entered, and any other pertinent information.
Coach passes will be based on the entries the team submits to the meet as follows:
1 - 6 Athletes = 1 coach pass
7 - 14 Athletes = 2 coach passes
15 - 29 = 3 coach passes
30 or more = 4 coach passes (max)

Meet Rules and Approved Variances:

In the event that the Klein Collins High School Daktronics timing system is not functioning, all times and results will be determined using manual watches.

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, as long as the swimmer meets the qualifying time standard. (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.

All participants must be registered as 2025 NWAL swimmers.

All participants must have 2025 NWAL entry times as outlined in the Entries section above. Eligibility for an age group is determined by the individual’s age as of the end of the day May 1st, 2025.

In order to provide time for swimmers to return to the ready bench, breaks between events may be scheduled based on number of entries.

This will be a pre-seeded meet. It is important that all teams turn in their entries on a timely basis to ensure that their swimmers have a chance to swim. The deadline for meet entries is 12:00 pm on Monday, June 16th, 2025.

If capacity allows, deck entries will be allowed for open heat/lanes.
No new heats will be created.

On-deck price is \$20 per individual event and \$30 per relay event.
Swimmer seeding will be listed in the heat sheets. Heat sheets will be made available electronically.

All swimmers are to report to the ready bench area when their event is called. Teams are responsible for ensuring that their swimmers are at the ready bench prior to their events. Parents will not be permitted to accompany their children into the ready bench area. We strongly recommend that a team parent be responsible for getting your swimmers to the ready bench.

All swimmers must meet the age and qualifying time requirements. Anyone protesting an entry time has the burden of proof for proving that the time is false. The clerk-of-course for the applicable team may be required to provide seed times.

The decisions of the Meet Referee are final, and no other appeals will be considered by NWAL.

SAFETY AND SECURITY: The attached safety guidelines & warm-up procedures will be in effect. The Safety Marshal will be responsible for ensuring that the safety procedures are followed. The Safety Marshal will be wearing a safety-orange vest and has the authority to remove anyone who is not following these procedures or who in any way is conducting themselves in an un-safe manner. The Safety Marshal will be responsible for ensuring that safe conduct is strictly enforced. Smoking will not be allowed anywhere in the building or school campus. No glass containers of any type will be allowed in the pool area. Park in the normal parking spots in the parking lot. Do not park along the drives or along the curbs or anywhere indicated with a "no parking" sign.

POOL DECK RESTRICTIONS: The swimming pool deck, during the operation of the meet, is closed to all persons except swimmers, coaches, safety marshals, officials, meet personnel, and timers. If you are asked to leave the deck by any registered personnel, please do so immediately.

HOSPITALITY: Coaches and Officials must present their wristband in order to receive complimentary Heat Sheets and for admission to the Hospitality Room.

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 of swimmers may contact the Meet Director at least two (2) weeks in advance of the meet to reserve additional equipment (i.e. remote strobe).

CONCESSIONS: Concessions will be available.

ATTACHMENTS: ORDER OF EVENTS

TEAM ENTRY FORM

GENERAL SAFETY GUIDELINES AND WARM - UP PROCEDURES

Red, White and Blue Time Standards in YARDS

Blue	Red					Red	Blue
Yards Qualifying	Yards Qualifying	Girls Event #	Age	Event	Boys Event #	Yards Qualifying	Yards Qualifying
Friday Events							
1:11.17	1:17.12	1	11-12	100 Free	2	1:16.52	1:10.27
1:09.53	1:15.55	3	13-14	100 Free	4	1:14.54	1:08.29
1:07.98	1:14.77	5	15-18	100 Free	6	1:07.25	1:00.75
None	None	7	11-14	Mixed 200 Medley Relay	8	None	None
None	None	9	15-18	Mixed 200 Medley Relay	10	None	None
1:27.85	1:36.08	11	11-12	100 IM	12	1:37.57	1:28.05
1:24.74	1:30.11	13	13-14	100 IM	14	1:26.55	1:18.52
1:20.37	1:27.55	15	15-18	100 IM	16	1:15.54	1:07.57
Saturday Events							
AM Session 11-18 Free and Back							
34.14	36.31	17	11-12	50 Free	18	37.17	34.08
31.98	35.54	19	13-14	50 Free	20	33.74	29.82
30.61	33.70	21	15-18	50 Free	22	30.59	26.78
NONE	NONE	23	11-12	200 Free Relay	24	NONE	NONE
NONE	NONE	25	13-14	200 Free Relay	26	NONE	NONE
NONE	NONE	27	15-18	200 Free Relay	28	NONE	NONE
42.68	46.61	29	11-12	50 Back	30	47.88	43.24
40.3	44.07	31	13-14	50 Back	32	42.59	38.29
38.27	43.35	33	15-18	50 Back	34	40.09	33.49
PM Session 10&Under Free and Back Events							
38.27	41.92	35	10&Under	50 Free	36	42.12	38.83
NONE	NONE	37	6&Under	100 Free Relay	38	NONE	NONE
NONE	NONE	39	7-8	100 Free Relay	40	NONE	NONE
NONE	NONE	41	9-10	100 Free Relay	42	NONE	NONE
28.18	33.16	43	6&Under	25 Free	44	32.76	27.55
21.02	22.86	45	7-8	25 Free	46	22.71	20.48
17.02	18.82	47	9-10	25 Free	48	18.38	16.92
32.6	37.93	49	6&Under	25 Back	50	39.07	33.36
26.24	28.76	51	7-8	25 Back	52	30.03	27.08
21.62	23.59	53	9-10	25 Back	54	24.56	22.43
Sunday Events							
AM Session 11-18 Fly, Breast and IM Events							
39.96	44.16	55	11-12	50 Fly	56	46.41	40.11
37.07	41.22	57	13-14	50 Fly	58	40.49	35.98
35.53	40.78	59	15-18	50 Fly	60	35.43	30.9
NONE	NONE	61	11-12	200 Medley Relay	62	NONE	NONE
NONE	NONE	63	13-14	200 Medley Relay	64	NONE	NONE
NONE	NONE	65	15-18	200 Medley Relay	66	NONE	NONE
45.6	48.83	67	11-12	50 Breast	68	50.24	46.33
43.66	47.31	69	13-14	50 Breast	70	45.32	40.23
43.18	47.13	71	15-18	50 Breast	72	42.65	36.85
PM Session 10&Under Fly, Breast and IM Events							
1:38.55	1:46.47	73	10&Under	100 IM	74	1:47.34	1:42.35
NONE	NONE	75	6&Under	100 Medley Relay	76	NONE	NONE
NONE	NONE	77	7-8	100 Medley Relay	78	NONE	NONE
NONE	NONE	79	9-10	100 Medley Relay	80	NONE	NONE
25.65	29.56	81	8&Under	25 Fly	82	30.75	26.34
20.18	22.94	83	9-10	25 Fly	84	23.94	21.17
29.2	33.16	85	8&Under	25 Breast	86	32.85	29.02
23.65	26.42	87	9-10	25 Breast	88	26.42	23.89

Red, White and Blue Time Standards in Meters

Blue	Red					Red	Blue
Meters Qualifying	Meters Qualifying	Girls Event #	Age	Event	Boys Event #	Meters Qualifying	Metes Qualifying
Friday Events							
1:19.00	1:25.60	1	11-12	100 Free	2	1:24.93	1:18.00
1:17.18	1:23.86	3	13-14	100 Free	4	1:22.73	1:15.80
1:15.46	1:22.99	5	15-18	100 Free	6	1:14.64	1:07.43
None	None	7	11-14	Mixed 200 Medley Relay	8	None	None
None	None	9	15-18	Mixed 200 Medley Relay	10	None	None
1:37.51	1:46.65	11	11-12	100 IM	12	1:48.30	1:37.74
1:34.06	1:40.02	13	13-14	100 IM	14	1:36.07	1:27.16
1:29.21	1:37.18	15	15-18	100 IM	16	1:23.85	1:15.00
Saturday Events							
AM Session 11-18 Free and Back							
37.9	40.30	17	11-12	50 Free	18	41.25	37.83
35.5	39.44	19	13-14	50 Free	20	37.45	33.1
33.98	37.40	21	15-18	50 Free	22	33.95	29.73
NONE	NONE	23	11-12	200 Free Relay	24	NONE	NONE
NONE	NONE	25	13-14	200 Free Relay	26	NONE	NONE
NONE	NONE	27	15--18	200 Free Relay	28	NONE	NONE
47.37	51.73	29	11-12	50 Back	30	53.14	48
44.73	48.91	31	13-14	50 Back	32	47.27	42.5
42.48	48.11	33	15-18	50 Back	34	44.49	37.17
PM Session 10&Under Free and Back Events							
42.48	46.53	35	10&Under	50 Free	36	46.75	43.1
NONE	NONE	37	6&Under	100 Free Relay	38	NONE	NONE
NONE	NONE	39	7-8	100 Free Relay	40	NONE	NONE
NONE	NONE	41	9-10	100 Free Relay	42	NONE	NONE
31.28	36.81	43	6&Under	25 Free	44	36.36	30.58
23.33	25.37	45	7-8	25 Free	46	25.21	22.73
18.89	20.89	47	9-10	25 Free	48	20.40	18.78
36.19	42.10	49	6&Under	25 Back	50	43.36	37.03
29.13	31.92	51	7-8	25 Back	52	33.33	30.06
24	26.18	53	9-10	25 Back	54	27.26	24.9
Saturday Events							
AM Session 11-18 Free and Back							
44.36	49.01	55	11--12	50 Fly	56	51.51	44.52
41.15	45.75	57	13-14	50 Fly	58	44.94	39.94
39.44	45.26	59	15-18	50 Fly	60	39.32	34.3
NONE	NONE	61	11--12	200 Medley Relay	62	NONE	NONE
NONE	NONE	63	13--14	200 Medley Relay	64	NONE	NONE
NONE	NONE	65	15--18	200 Medley Relay	66	NONE	NONE
50.62	54.20	67	11--12	50 Breast	68	55.76	51.43
48.46	52.51	69	13-14	50 Breast	70	50.30	44.66
47.93	52.31	71	15-18	50 Breast	72	47.34	40.9
PM Session 10&Under Fly, Breast and IM Events							
1:49.39	1:58.18	73	10&Under	100 IM	74	1:59.15	1:53.61
NONE	NONE	75	6&Under	100 Medley Relay	76	NONE	NONE
NONE	NONE	77	7-8	100 Medley Relay	78	NONE	NONE
NONE	NONE	79	9-10	100 Medley Relay	80	NONE	NONE
28.47	32.81	81	8&Under	25 Fly	82	34.13	29.24
22.4	25.46	83	9-10	25 Fly	84	26.57	23.5
32.41	36.81	85	8&Under	25 Breast	86	36.46	32.21
26.25	29.33	87	9-10	25 Breast	88	29.33	26.52

TEAM ENTRY FORM MUST BE SUBMITTED WITH MEET ENTRY

Make Check Payable to **United Swim Aquatics** or via Zelle to **UnitedSwimTeam@gmail.com**

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)

TOTALS:

Total Number of Swimmers: # _____

Number of Individual Entries: # _____ x \$10.00 = \$ _____

Number of Relay Entries: # _____ x \$15.00 = \$ _____

*Total Number of Coaches: # _____ x \$15.00 = \$ _____

TOTAL DUE: \$ _____

*based on entries received.

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 unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warmup 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 Klein ISD meets.
 - 2 Glass containers are prohibited.
 - 3 Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.
 - 4 Food and smoothies not allowed on deck.
 - 5 In case of bad/severe weather, district may delay/cancel meet. **NO REFUNDS** will be given in case meet is cancelled.