



12th Anniversary SPRINT SIZZLER
Two Day Timed-Finals Invitational Meet
May 31 – June 1, 2026
SANCTIONED BY NWAL

Hosted by

Swim Streamline at Northampton

Northampton Cudas

Gleannloch Farms Gators



MEET HIGHLIGHTS

2-Day, 2-Pool, Timed Final Meet

Random coach and swimmers prize drawings will occur throughout the meet, including separate random heat winner prizes for swimmers!

Returning Event: The Medley Mash-Up

(A single 18& Under Mix Gender Medley Relay)

No changes to time standards or bonus events

Increased relay entries to 5 per team per event

Custom medals for 1st – 8th place for each individual event

Custom ribbons for 1st – 3rd place for relay events.

High Point Trophy to the top high point boy and girl in each age group

High Point Team trophies will be awarded to the top 3 teams in 3 divisions

Large / Medium / Small

Indoor air-conditioned viewing area will be available for spectators.

Families and swimmers set up in their team areas when not viewing their swimmer's races.

LOCATION:

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

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

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

**MEET TYPE
& EVENTS:**

All events will be swum as a Timed Final Event.

In case of bad weather, the meet may be delayed, and or suspended at the discretion of the Meet Referee and CyFair facility.

Split warm-ups will be in effect, with team and lane assignments posted:

- Swim Streamline at Northampton website: www.swimstreamline.com
- Northampton Cudas website: www.northamptoncudas.com

Girl's Pool will be in the west pool (closet to the lobby)

Boy's Pool will be in the east pool (diving well)

- All mixed relays, the start of each session, will swim in the east pool

Meet Entry Chairman:

- Shawn Anderson & Laura Davis:
SprintSizzler@northamptoncudas.com

**SEEDING &
SCORING &
RESULTS:**

Scoring:

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

Seeding:

- The meet is pre-seeded, all heat and lane assignments will be made prior to the meet.

Results:

- Results will be printed and published in the lobby area of the building and available via HyTek's – Meet Mobile app

TIME AND DATE: This is a timed finals meet

Sunday, May 31 – will be for all freestyle events (except the 100 free and ages 10 & under 50 free); backstroke, individual medley and freestyle relay events. Warm-ups will start at 10:00 a.m. and the meet will start at 12:00 p.m. **Relay cards will be due by 11:00 a.m.** *If you miss the deadline to turn relay cards in changes will need to be made at the ready bench by your Relay liaison.*

Monday, June 1 - will be for all breaststroke, butterfly, ages 11 & over 100 free, 10 & under 50 free, and medley relay events. Warm-ups start at 3:00 p.m. and the meet will start at 5:00 p.m. **Relay cards will be due by 4:00 pm.** *If you miss the deadline to turn relay cards in changes will need to be made at the ready bench by your Relay liaison.*

ENTRY INFORMATION:

NWAL Rules will apply with the following clarifications:

Meet is open to all NWAL teams, we will accept teams so long as meet management judges the swimmers can be reasonably accommodated. Meet management reserves the right to limit entries to 1,200 athletes to maintain a reasonable duration.

Entries are ONLY EXCEPTED VIA EMAIL and will be accepted Sunday, May 24th, from 12:00 pm to 2:00 pm

- **Email Entries to:** SprintSizzler@northamptoncudas.com

Entries will be accepted in the order they are received; entries must be submitted in the correct format (see Swimtopia export directions below) with the attached entry form to hold & confirm your spot. Any entries received prior to 12:00 pm will be returned and will need to be resent. A confirmation email will be sent once the entries are processed and your team has been accepted into the meet.

SwimTopia Export Directions

- From Schedule > Meet > Merge/Export
- "Lock out all entry changes"
- Click on the Downloads tab
- Download the Meet Entries in Hy-Tek format (.zip/.hy3) file
- Attach the downloaded file to your entry email

EVENT & QUALIFYING TIMES

- There is no limit to the number of individual events in which a swimmer may enter
- See the list of qualifying times for 12 & Under events
- There are NO qualifying times for 13 & Over events
- Time Trial (TT) times are permitted
- No Times (NT) are not permitted

BONUS EVENTS

- 12 & Under swimmers that qualify for at least two (2) events will be allowed to swim all additional events provided they have a legal time swum at Time Trials or a Sanctioned NWAL meet
- EXCEPTIONS 10&Under swimmers must achieve a qualifying time for the 100 IM and 50 Free; 11-12 swimmers must achieve a qualifying time for the 100 IM and 100 Free

RELAY EVENTS

- Mixed gender relay must be composed of 2 girls and 2 boys
- Relays are 100-yards, regardless of age

- Each athlete may swim a maximum of 2 relays per day – one mixed gender and one same gender
- Relay only swimmers are permitted; however, they must already be entered in the meet and on your roster when entries are submitted
- Teams can enter a max of 5 relays per event/ gender
- Any relay team is eligible to score points for the team score

There are no On-Deck entries for individual or relay events; there are no refunds for missing events or canceled relays

FEES:

\$9 per individual event

\$15 per relay

\$10 per coach

COACHES:

All coaches must display NWAL-issued coach badges to be allowed on deck. **To better ensure safety on Deck, teams must pay the required cost as outlined in the entry form for each coach to be able to be on deck.** Each allowed coach may have a chair. Setup on deck or in the team set-up area will only be allowed on the day of the meet. Coach packet will include a complimentary Heat Sheet, a band to wear to get on deck each day of the meet, pre-printed relay cards and raffle tickets. There will be a meeting with the Meet Referee 30 minutes prior to the start of the meet.

SWIMMERS WITH DISABILITIES:

Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to help arrange any additional equipment.

AWARDS:

Custom medals will be awarded for the 1st – 8th place finishers for each individual event by each age group.

Custom ribbons will be awarded for 1st – 3rd place for relay events.

Individual High Point Trophies will be awarded to the top high point boy and girl in each respective age group.

Age Groups:

- 6&U, 7, 8, 9, 10, 11, 12, 13, 14, 15-16, 17-18

High Point Team trophies will be awarded to the top 3 teams in 3 divisions: Large, Medium & Small

- Divisions will be determined by individual entries after submission
- Awards & Tie Breakers:

- Individual Highpoint & Team – If a tie exists for highpoint position or team awards; we will determine who wins by adding up the most 1st place wins, then 2nd place wins and so on until the tie is broken.
- Individual Event Medals/Ribbons – If a tie exists awards will be given to each individual for two-way ties, if a three-way tie exists the seed times of each individual or relay will be used to determine the top two to receive the awards.
- 10&U Events – Awards will be issued as 9&U and 10 year old (*e.g. Ages 8&Under will compete against 9 year olds for awards*)
- 8&U Events – Awards will be issued as 7&U and 8 year old (*e.g. Ages 6&Under will compete against 7 year olds for awards*)

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

POOL: Eight lanes, indoor 25-yard anti-wave pools with non-turbulent lane lines will be used to minimize the timeline and maximize the FUN; electronic timing with automatic data acquisition, Scoreboard results.

PARENT SETUP: Spectator bleacher indoor seating is for observation only. There is NO SETUP in the stands and please NO flash photography at the start of a race.

Team set up is outdoors, in the grass on the east side of the NAT (easiest access to viewing/ready bench from here). Tents are advised, No generators on the grass, and No set up in the circle drive way.

RULES & SANCTIONS: The 2026 NWAL rules will apply. The meet will be held under the sanction of the NWAL League Officers and Board of Directors.

No entries can be accepted unless the entrant is a member of a registered NWAL team.

All participants must be registered 2026 NWAL swimmers and have times from the Time Trial meet or NWAL-sanctioned dual meet during the 2026 NWAL season.

The individual's age determines eligibility for an age group as of the end of May 1, 2026 per NWAL rules.

**WEATHER
ACTION PLAN:**

The Weather Action Plan has been established to help mitigate the impact that severe weather may have at a meet of this size. This plan allows the swimmers to continue their competition and helps to avoid cancellation of the meet's events for that day.

In the event of inclement weather in which it unsafe to remain outside, the meet officials, directors, and coordinators will enforce the 2026 Weather Action Plan. We will email all updates to the email that submitted the team entries. It is each team's responsibility to inform their team of all changes. We will also call for a mandatory coach meeting at the meet to go over the following plan:

- All spectators and parents will be asked to vacate the facility to their vehicles.
- Spectators with disabilities unable to quickly get to their vehicles may remain in the lobby.
- Swimmers, Coaches, and meet volunteers will be brought inside the facility to allow for the continuation of the meet.
- Teams will be arranged in the stands in alphabetical order with teams closest to the concession stand to the ready bench end of the bleachers.
- Coaches are asked to assist in the direction of swimmers to the appropriate section of the bleachers.

Spectators will be admitted to the lobby and a small area near the concessions to watch their athletes and then immediately vacate the area to allow other parents to watch. If parents are not leaving upon the conclusion of their swimmer's race, spectators will be asked to remain in cars until the weather passes.

Ready benches will be moved inside at the far end of the girl's pool. Coaches, safety monitors, and officials not currently officiating may be asked to safely and swiftly move swimmers currently on the ready bench inside.

Swimmers will return to their team areas on the bleacher side of the pool and not move through the lobby.

Meet announcers will do their best to update for ready bench and event in the water via both Twitter and the audio system. If parents choose to bring swimmers to their vehicles, announcements may be missed for ready bench call. Volunteers may be in different roles once the inclement weather plan is implemented and *swimmer safety will be given priority in all circumstances.*

**POOL DECK
RESTRICTIONS:**

Because of Insurance Safety Regulations, the swimming pool deck, during the operation of the Sprint Sizzler Invitational swim meet, is closed to all persons

except swimmers, coaches, marshals, officials, meet personnel, and timers. If you are asked to leave the deck by any meet personnel, you must do so.

- TIMING:** A Colorado electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up.
- Teams will be required to furnish timers based on their percentage of swims at the meet.
- CONCESSIONS & MERCHANDISE:** A custom Sprint Sizzler Invitational Meet shirt will be on sale at the meet as well as swim apparel and swim gear.
- Concessions will be available onsite.
- OFFICIALS:** 2026 NWAL certified officials will officiate. Teams are requested to supply officials and to submit a current officials list with their meet entries.
- The Officials uniform shall be a white collared shirt over navy pants, shorts or skirt. The Officials meeting with the Meet Referee will be 1 hour prior to the start of each session.
- A hospitality room will be available for coaches and officials
- MEET PERSONAL:**
- MEET REFEREE: Alana Wilson, Mike Swaim. Note:
 - Officials Sign Up
link: <https://www.signupgenius.com/go/8050E4FACAF2EA6FA7-63161208-2026>
 - This is the ONLY way for officials to sign up for the meet!
- MEET DIRECTOR: Ross Davis, Donnie Graves, Brian Horak
- MEET COORDINATORS: Erin Galloway, Stephen Young, Ross Davis, Caleb Chong
- MEET ENTRY COORDINATOR: Shawn Anderson, Laura Davis, Kim Riedel:
SprintSizzler@northamptoncudas.com
- SAFETY MARSHALL: Tony Awad & Ross Davis



Sunday, May 31, 2026

Meters Qualifying	Yards Qualifying	GIRLS Event #	Events	BOYS Event #	Yards Qualifying	Meters Qualifying
--	--	1	18 & under Mixed Gender 100 Free Relay	1	--	--
--	--	2	14 & Under Mixed Gender 100 Free Relay	2	--	--
--	--	3	12 & Under Mixed Gender 100 Free Relay	3	--	--
--	--	4	6 & Under Mixed Gender 100 Free Relay	4	--	--
--	--	5	8 & Under Mixed Gender 100 Free Relay	5	--	--
--	--	6	10 & Under Mixed Gender 100 Free Relay	6	--	--
44.96	40.50	7	6 & Under 25 Back	8	42.50	47.18
31.64	28.50	9	7-8 25 Back	10	29.50	32.75
27.20	24.50	11	9-10 25 Back	12	25.50	28.31
52.73	47.50	13	11-12 50 Back	14	48.50	53.84
--	--	15	13-14 50 Back	16	--	--
--	--	17	15-18 50 Back	18	--	--
2:08.21	1:55.50	19	10 & under 100 IM	20	1:57.50	2:10.43
1:50.45	1:39.50	21	11-12 100 IM	22	1:42.50	1:53.78
--	--	23	13-14 100 IM	24	--	--
--	--	25	15-18 100 IM	26	--	--
41.63	37.50	27	6 & Under 25 Free	28	38.50	42.74
26.09	23.50	29	7-8 25 Free	30	24.50	27.20
20.54	18.50	31	9-10 25 Free	32	19.50	21.65
41.63	37.50	33	11-12 50 Free	34	38.50	42.74
--	--	35	13-14 50 Free	36	--	--
--	--	37	15-18 50 Free	38	--	--
--	--	39	6 & Under 100 Free Relay	40	--	--
--	--	41	8 & Under 100 Free Relay	42	--	--
--	--	43	10 & Under 100 Free Relay	44	--	--
--	--	45	12 & Under 100 Free Relay	46	--	--
--	--	47	14 & Under 100 Free Relay	48	--	--
--	--	49	18 & Under 100 Free Relay	50	--	--



Monday, June 1st, 2026

Meters Qualifying	Yards Qualifying	GIRLS Event #	Events	BOYS Event #	Yards Qualifying	Meters Qualifying
--	--	52	Medley Mash-UP 18 & Under Mixed Gender 100 Medley Relay	52	--	--
46.07	41.50	57	8 & Under 25 Breast	58	42.50	47.18
29.42	26.50	59	9-10 25 Breast	60	27.50	30.53
54.95	49.50	61	11-12 50 Breast	62	52.50	58.28
--	--	63	13-14 50 Breast	64	--	--
--	--	65	15-18 50 Breast	66	--	--
44.40	40.00	67	10 & Under 50 free	68	41.00	45.41
1:34.91	1:25.50	69	11-12 100 free	70	1:27.50	1:37.13
--	--	71	13-14 100 free	72	--	--
--	--	73	15-18 100 free	74	--	--
42.74	38.50	75	8 & Under 25 Fly	76	39.50	43.85
27.20	24.50	77	9-10 25 Fly	78	25.50	28.31
53.84	48.50	79	11-12 50 Fly	80	50.50	56.06
--	--	81	13-14 50 Fly	82	--	--
--	--	83	15-18 50 Fly	84	--	--
--	--	85	8 & Under 100 Medley Relay	86	--	--
--	--	87	10 & Under 100 Medley Relay	88	--	--
--	--	89	12 & Under 100 Medley Relay	90	--	--
--	--	91	14 & Under 100 Medley Relay	92	--	--
--	--	93	18 & Under 100 Medley Relay	94	--	--



Hosted by Northampton Cudas & Swim Streamline at Northampton

HEAT SHEET ADVERTISING RATES

PRICES: Full page- \$100 Half page- \$50
Quarter Page- \$25 Business Card- \$15

Advertisement art should be received no later than Monday May 29th.

SIZE SPECIFICATIONS:

Full page: 7" x 9.5"

Half Page: 7" x 4.5"

Quarter Page: 3" x 4.5"

Business Card: 2" x 3"

All ads are black and white.

Ads need to be e-mailed as an electronic jpg file or camera-ready art (black & white only).

Please include your contact information:

Contact Name: _____

Company: _____

Address: _____

Phone: _____

E-mail: _____

E-mail ad or art to: Laura Davis: SprintSizzler@northamptoncudas.com

Mail this page and payment to: Northampton Cudas, c/o Dom de Aragao,
24015 Hampton Oaks Dr., Spring, TX 77389



TEAM ENTRY FORM

Must be submitted with entries

Mail Payments to:
Northampton Cudas
c/o Dom de Aragao
24015 Hampton Oaks Dr.
Spring, TX 77389

TEAM NAME: _____ NWAL Team Abbreviation: _____

TEAM ENTRY PERSON: _____

PHONE: _____ EMAIL: _____

CONTACT FOR AWARDS NOT PICKED UP AT MEET

(Awards will not be mailed. You will be contacted to arrange pickup after the meet):

NAME: _____ EMAIL: _____ PHONE: _____

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

CHECK LIST:

- ☐ Swimtopia Entry Export (*hy3 file*) – See page 4 for directions
- ☐ This Team Entry Form
- ☐ Payment – Check payable to : Northampton Swim Team – Please only send one check per team.
- **NWAL OFFICIALS VOLUNTEERING** – List Name, email, phone, polo size, & NWAL Certification.
Officials Sign link: <https://www.signupgenius.com/go/8050E4FACAF2EA6FA7-63161208-2026>
 - This is the ONLY way for officials to sign up for the meet!

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

TOTALS:

Total Number of Coaches (for every coach on deck): # _____ x \$10.00 = \$ _____

Total Number of Swimmers: # _____

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

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

Total Entry Fee Amount = \$ _____

For Office Use: Paid by: Cash – Amount \$ _____ Check # _____ Amount \$ _____

Entry fees must accompany entries; **Payment must be received before your team can swim.**

SAFETY GUIDELINES AND WARM-UP PROCEDURES

SAFETY GUIDELINES

I. Swimmers Responsibilities

All unattended swimmers, and/or their coaches, should arrange, prior to their arrival at the meet, for a certified coach to observe them during the warm-up, competition and warm-down. Any unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.

II. Coaches Responsibilities

- A. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at the meets and practice.
- B. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
- C. Coaches shall actively supervise their swimmers throughout the warm-up session.
- D. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.

III. Safety marshals

Appointed Safety Marshals have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. The meet referee may exercise additional adjudication authority as necessary.

IV. Miscellaneous

- A. Swimmers should be reminded by coaches that breaststrokers need more lead time than freestyle or butterfly swimmers
- B. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks when a backstroker is waiting to start.
- C. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- D. Swimmers are required to exit the pool upon completion of the warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
- E. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
- F. All diving boards and equipment are OFF LIMITS.

V. Pool Rules

- A. Smoking or use of other tobacco products is not allowed on the grounds of Klein ISD
- B. Glass containers are prohibited.
- C. Swimmers, coaches and spectators are expected to observe all rules and regulations included in the invitation.

WARM-UP PROCEDURES

- I. General warm-up (Initial portion of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - A. NO DIVING OR RACING STARTS allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - B. NO SPRINTING OR PACE WORK allowed during this general warm-up session.
- II. Specific warm-up (Last portion of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - A. RACING STARTS ONLY, either from the blocks or from backstroke starts.
 - B. Lanes are ONE WAY ONLY.