



**NORTHWEST AQUATICS LEAGUE
2023 SUMMER HEAT
Sunday, May 21, 2023**

HOSTED BY
Eagle Swimming Association

SPONSORED BY



LOCATION: Atascocita High School, 13300 Will Clayton Parkway, Humble, TX 77346.

DIRECTIONS: From U.S. 59 North, take Sam Houston Tollway East (Beltway 8). Turn right (east) on Beltway 8. Turn left onto West Lake Houston Parkway and go approximately 5 miles. Turn left onto Will Clayton Parkway. The high school is located on the left, and the natatorium is located on back side of the building.

POOL: Eight lane, 25-yard indoor pool with non-turbulent lane lines. There is no separate warm up/down area. A Colorado Model 6000 electronic timing system will be used with an eight-lane digital scoreboard. Stopwatches will be used as backup.

TIME AND DATE: Sunday, May 21, 2023

Session 1: The 11 & Up Session will begin at 9:00 AM.

Warm Ups will begin at 7:00 am

Session 2: The 10 & Under warm up will begin immediately following Session 1.

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

MEET REFEREE: Todd Johnson / Robert Morris
MEET DIRECTOR: Kim Smeltzer
MEET COORDINATOR: Nicole Pardo
SAFETY MARSHAL:

ORDER OF EVENTS: See attached format

ENTRIES: This meet will be limited to the first 500 athletes. 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 with “BONUS” events highlighted. Include relays and relay-only swimmers on 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 (TT) times are allowed as long as the swimmer has not achieved an Official Time. Once an official time is achieved, the unofficial time will no longer be accepted. No Time (NT) will not be accepted. **Once the 500 athlete max has been met NO entries will be accepted.** Teams that send entry fees after the entries have been closed will have their payments returned. In the event a team submits entries and surpasses the 500 athlete max, that team’s entries will be accepted in full and entries will be closed.

QUALIFYING TIMES: 12 & under swimmers must have achieved the minimum qualifying times listed in the attached Order of Events. There are no qualifying times for 13 and over swimmers. Time Trial (TT) times will be allowed as long as the swimmer has not achieved an Official Time. Once an Official Time is achieved, the Time Trial time is no longer available to use. NT or No Time will not be allowed per NWAL rules. **All relay swimmers must meet the qualifying time standard for his/her leg of the relay.**

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 3 relay teams per event.

BONUS EVENTS: Swimmers that qualify for 3 events are eligible to swim any additional event. However, they must have an entry time to enter any bonus events. Time trials times are allowed. NTs are not allowed per NWAL.

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 45 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 45 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 Tuesday, May 16, 2023. ONLY VIA EMAIL to ESAmeeentries@eagleswimmingassociation.com.** Entry forms must be submitted using the swimmers’ fastest yards times from the official 2023 NWAL season. A confirmation email will be sent once the entries are processed and your team has been accepted into the meet.

ENTRY FEES: \$7.00 per individual event
 \$14.00 per relay event

Make checks payable to **Eagle Swimming Association**. **Entry fees must be paid prior to the start of the meet.** Fees that are mailed (to the below address) must be postmarked no later than Wednesday, May 10th so that they are received prior to the meet starting. **Entry fees are to be brought to the meet and given to either Kim Smeltzer (meet director) or Nicole Pardo (meet coordinator)**

ESAmeeentries@eagleswimmingassociation.com

AWARDS: There will be both Team and Individual awards.

TEAM AWARDS: Trophies will be awarded to the top three teams in two divisions. Divisions will be based on the number of swimmers/entries and will be determined after all entries are received.

INDIVIDUAL AWARDS: Medals will be awarded to the top (8) place finishers in each age group for individual events. For example, in girls event number fifty-one, there will be medals awarded for the top eight finishers in five age groups (6&U, 7 yrs., 8 yrs., 9 yrs., & 10 yrs.). There will be separate 5&U age groups for the 25 yd. Free and the 25 yd. Backstroke. Additionally, there will be separate awards for the 11 yrs., 12 yrs., 13-14 yrs., 15-16 yrs., and 17-18 yrs. groups. Ribbons will be given for places 9 through 16.

Relay Awards: Medals will be awarded to the top three (3) finishers in each age group (6&U, 7-8, 9-10, 11-12, 13-14, and 15-18) for relays. The top three (3) finishers in the Progressive Relay will receive medals.

High Point Awards: High-point trophies will be awarded in each of the following age groups: 5&U, 6 yrs., 7 yrs., 8 yrs., 9 yrs., 10 yrs, 11 yrs., 12 yrs., 13-14 yrs., 15-16 yrs., 17-18 yrs. Medals will be given for 2nd and 3rd place high point winners.

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
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: 2023 NWAL-certified officials will officiate. Teams are requested to supply officials and to submit a current officials list with their meet entries.

MEET SETUP: Indoor set up will be in the high school cafeteria (and main hallway, if needed). An outdoor setup area will also be made available adjacent to the pool. An announcer will update families as the meet progresses. **No Set Up is permitted in the bleachers, or hallways where a “No Set Up” sign is posted.**

COACHES: All coaches must display NWAL-issued coach badge to be allowed on deck. To better ensure the safety on deck, teams will be limited to **no more than two personal chairs per team on the pool deck. ESA reserves the right to remove chairs based on deck space.**

MEET RULES AND APPROVED VARIANCES:

In the event that the Atascocita High School Colorado 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 three relay teams in each relay event. Any relay team is eligible to score points for the team score. Each relay participant must meet the qualifying time for his/her leg of the relay.

All participants must be registered 2023 NWAL swimmers. All participants must have 2023 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 15th, 2023.

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 Tuesday, May 9, 2023.

If capacity allows, deck entries will be allowed for open heat/lanes. New heats will NOT be created. On-deck price is \$16 per individual event and \$24 per relay event.

Swimmer seeding will be listed in the heat sheets. Heat sheets will be made available electronically.

All 10 & Under 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.**

There will not be a ready bench for the 11 & Up session. There will be lane helpers behind the blocks to help the older swimmers.

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 Summer Heat 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 membership cards 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
MAP TO POOL**

**11 & Over ORDER OF EVENTS
Sunday, May 21, 2023
Meet starts at 9:00 AM**

11 & Over Events for Boys and Girls

| Meters Qualifying | Yards Qualifying | Girls Event # | Age | Event | Boys Event # | Yards Qualifying | Meters Qualifying |
|-------------------|------------------|---------------|-------|-----------------------|--------------|------------------|-------------------|
| 1:37.78 | 1:28.09 | 1 | 11-12 | 100 Free | 2 | 1:26.99 | 1:36.56 |
| | | 3 | 13-14 | 100 Free | 4 | | |
| | | 5 | 15-18 | 100 Free | 6 | | |
| | | 7 | 11-12 | 200 Free Relay | 8 | | |
| | | 9 | 13-14 | 200 Free Relay | 10 | | |
| | | 11 | 15-18 | 200 Free Relay | 12 | | |
| 50.33 | 43.74 | 13 | 11-12 | 50 Free | 14 | 44.04 | 50.66 |
| | | 15 | 13-14 | 50 Free | 16 | | |
| | | 17 | 15-18 | 50 Free | 18 | | |
| 1:00.21 | 52.64 | 19 | 11-12 | 50 Back | 20 | 54.24 | 1:01.99 |
| | | 21 | 13-14 | 50 Back | 22 | | |
| | | 23 | 15-18 | 50 Back | 24 | | |
| 1:58.54 | 1:44.49 | 25 | 11-12 | 100 IM | 26 | 1:45.59 | 1:59.76 |
| | | 27 | 13-14 | 100 IM | 28 | | |
| | | 29 | 15-18 | 100 IM | 30 | | |
| 1:02.87 | 55.04 | 31 | 11-12 | 50 Breast | 32 | 56.24 | 1:04.21 |
| | | 33 | 13-14 | 50 Breast | 34 | | |
| | | 35 | 15-18 | 50 Breast | 36 | | |
| 59.54 | 52.04 | 37 | 11-12 | 50 Fly | 38 | 53.84 | 1:02.87 |
| | | 39 | 13-14 | 50 Fly | 40 | | |
| | | 41 | 15-18 | 50 Fly | 42 | | |
| | | 43 | 11-12 | 200 Medley Relay | 44 | | |
| | | 45 | 13-14 | 200 Medley Relay | 46 | | |
| | | 47 | 15-18 | 200 Medley Relay | 48 | | |
| | | 49 | 7-18 | 200 Progressive Relay | 50 | | |

The “three event” rule will also apply for qualification. If a 12-or-under swimmer qualifies for three events, then the swimmer may enter the rest of the events regardless of the swimmer’s times for these events, even if that time is slower than the qualifying time. NT or No Time will not be allowed.

10 & Under ORDER OF EVENTS

Sunday, May 21, 2023

Warm up session will start immediately following morning session

10 & Under Events for Boys and Girls

| Meters Qualifying | Yards Qualifying | Girls Event # | Age | Event | Boys Event # | Yards Qualifying | Meters Qualifying |
|--------------------------|-------------------------|----------------------|------------|------------------|---------------------|-------------------------|--------------------------|
| 57.90 | 52.45 | 51 | 10 & Under | 50 Free | 52 | 49.09 | 56.69 |
| | | 53 | 6 & Under | 100 Free Relay | 54 | | |
| | | 55 | 7-8 | 100 Free Relay | 56 | | |
| | | 57 | 9-10 | 100 Free Relay | 58 | | |
| 51.83 | 43.49 | 59 | 6 & Under | 25 Free | 60 | 43.09 | 49.38 |
| 35.07 | 30.09 | 61 | 7-8 | 25 Free | 62 | 29.79 | 35.74 |
| 27.52 | 22.19 | 63 | 9-10 | 25 Free | 64 | 23.09 | 27.41 |
| 51.94 | 45.39 | 65 | 6 & Under | 25 Back | 66 | 45.29 | 51.83 |
| 40.62 | 35.09 | 67 | 7-8 | 25 Back | 68 | 35.09 | 40.62 |
| 34.85 | 29.79 | 69 | 9-10 | 25 Back | 70 | 29.59 | 34.62 |
| 2:18.08 | 2:02.49 | 71 | 8 & Under | 100 IM | 72 | 2:02.59 | 2:18.19 |
| 2:09.53 | 1:55.49 | | 9-10 | | | 1:54.79 | 2:08.76 |
| 48.17 | 41.99 | 73 | 6 & Under | 25 Breast | 74 | 41.99 | 48.17 |
| 43.84 | 37.99 | | 7-8 | | | 37.99 | 43.84 |
| 35.62 | 30.49 | 75 | 9-10 | 25 Breast | 76 | 30.99 | 36.18 |
| 47.06 | 40.99 | 77 | 6 & Under | 25 Fly | 78 | 39.79 | 45.73 |
| 41.95 | 36.29 | | 7-8 | | | 35.09 | 40.62 |
| 34.29 | 29.29 | 79 | 9-10 | 25 Fly | 80 | 28.19 | 33.07 |
| | | 81 | 7-8 | 100 Medley Relay | 82 | | |
| | | 83 | 9-10 | 100 Medley Relay | 84 | | |

The “three event” rule will also apply for qualification. If a 12-or-under swimmer qualifies for three events, then the swimmer may enter the rest of the events regardless of the swimmer’s times for these events, even if that time is slower than the qualifying time. NT or No Time will not be allowed.

TEAM ENTRY FORM
MUST BE SUBMITTED WITH MEET ENTRY

TEAM NAME: _____ ABBREVIATION: _____

TEAM CONTACT: _____ PHONE: _____

EMAIL: _____

Number of Individual Events: _____

Cost per Individual Event: x \$7.00

Number of Relay Events: _____

Cost per Relay Event: x \$14.00

Total Amount Due: \$ _____

Entry fees must be submitted prior to the start of the meet.
Make Check Payable to Eagle Swimming Association

COVID-19:

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.

USA Swimming, Inc., Gulf Swimming, and Eagle Swimming Association cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in this event. It is not possible to prevent against the presence of the disease.

Therefore, if you choose to participate in this 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 USA SWIMMING, GULF SWIMMING, AND EAGLE SWIMMING ASSOCIATION AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, 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, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

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 warm-up period.

C. Safety Marshals

- 1. Appointed Safety Marshals are members of USA Swimming and 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

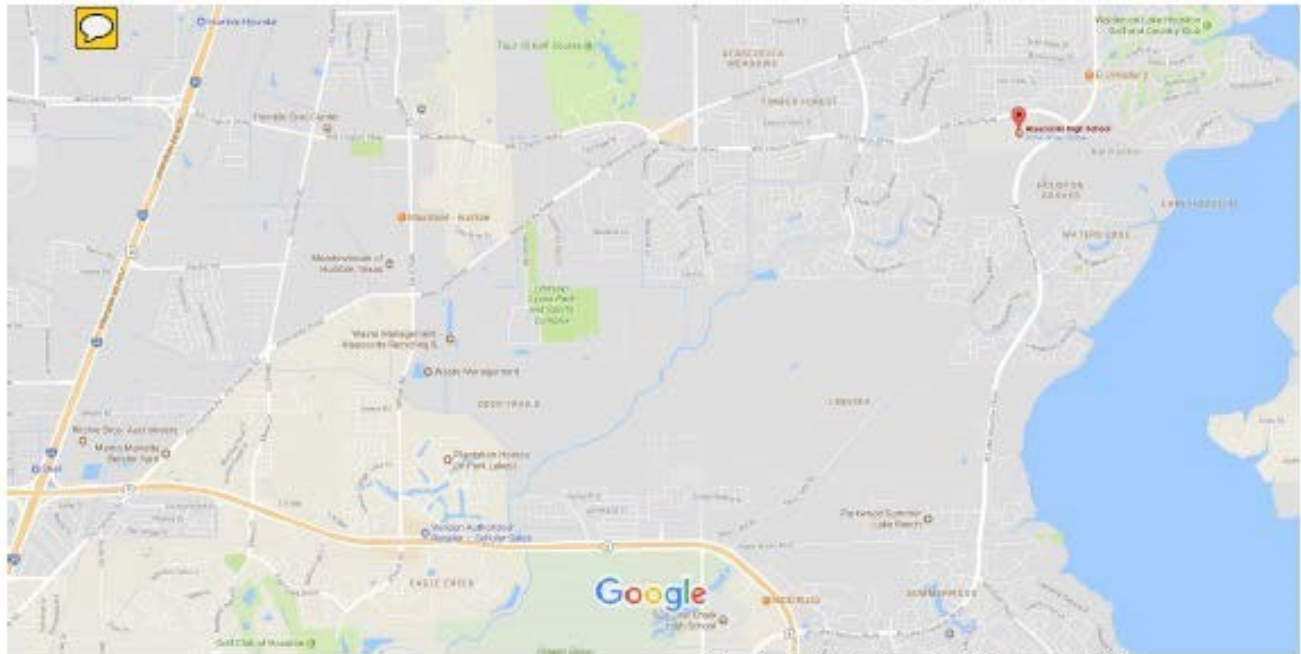
- 1. Smoking or use of other tobacco products is not allowed on the grounds of USA/NWAL Swimming meets.
- 2. Glass containers are prohibited.
- 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.

Map to:



Atascocita High School

13300 Will Clayton Parkway, Humble TX 77346



Map data ©2017 Google United States 2000 ft