

Tomball Splash Depot

Hosted by: TOMBALL COUGAR AQUATICS TEAM

Sponsored by: Tomball Area Swim Club

Sunday, May 19th, 2019

Additional Meet Information will be posted online at
www.swimTCAT.com under the Splash Depot link.

Location

Tomball ISD Aquatic Center

13850 Zion Rd.

Tomball, TX 77375

Welcome! You are invited to the 4th annual **Tomball Splash Depot**. The Tomball Cougar Aquatics Team (TOM) hosts this NWAL sanctioned mid-season invitational swim meet. The event is open to all NWAL swimmers that meet the qualifying standards set forth below. The event will be held at the Tomball ISD Aquatic center in Tomball, Texas. Our goal is to provide a fun and fast paced swim meet to prepare kids for the end of season championships. The event will take place **Sunday, May 19th, 2019**. All events will take place in two timed final sessions. Tomball reserves the right to combine sessions if participation numbers determine this is the best.

*Session 1 (10 & under) AM Session

(This session will be swum using standard ready bench procedure)

*Session 2 (11 & Over) 60 minutes after session one.

(This session will be swum without a ready bench.)

Swimmers will report directly to the blocks. Event, heat and lane information will be provided to coaches and a public posting will be shared with spectators and athletes.

Meet Personal

- Meet Referee - Mike Swaim mike.t.swaim@gmail.com
- Meet Director - Brian Vestal coachvestal@gmail.com
- Entry Chair - Tracy Acosta 832-257-5072
splashdepotentries@yahoo.com

Pool Information

The Tomball ISD Aquatic Center is located at 13850 Zion Road Tomball, Texas 77377. The Tomball ISD Aquatic Center is an eight-lane pool with 6-inch Antiwave Maximum lane ropes. We will be using a Colorado Six timing console and scoreboard. Per NWAL Rules, warm-up and warm-down lanes will not be available during competition.

Team Area

Teams will be able to set up in the parking lot of the natatorium as well as the grass areas adjacent to the pool. An announcer will update families as the meet progresses. Parking will be provided across the street at Tomball Junior High School.

Submitting Entries

Entries will be processed by email **ONLY**. Per NWAL rules, all entries must be created using Swimtopia. Entries from other sources will be removed from the meet. If you cannot send your entries by email, please contact Tracy Acosta, splashdepotentries@yahoo.com. **Email entry deadline is 6:00 PM Tuesday, May 14th, 2019.** All emails should include contact information of the team entry person. Entries should be sent to Tracy Acosta, splashdepotentries@yahoo.com.

Reports

When you email your entries, you must include as attachments your entry report as well as your relay entry report showing all four swimmers. These will be your entry reports. These entry reports should be sent as PDF only.

Entry Files

All entries must be created using your team's swimtopia website. After creating them, you will export an extended SD3 File that you will email as your electronic entry.

All times must be official times that are the swimmer's best times, for both individual and relay events, and have been made at a **sanctioned NWAL meet during the 2019 NWAL season**. As stated in the NWAL rulebook under seeding, an official time is one that was swum without disqualification at a meet which was sanctioned by NWAL in the current season. **Time trial 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 will no longer be available to be used**. Entries submitted with NT (no time) will not be permitted and will be deleted from the meet. The seed time for relays must be established by adding the fastest official (or time trial, see note above) times of the individual swimmers entered in the relay for the stroke they are swimming. Swimtopia will automatically enforce these official times rules for both individual and relay events.

Revised 1-01-2019 @ 800PM

Entry Fees

Five dollars (\$5.00) per each individual entry and ten dollars (\$10.00) per each relay entry. Make checks payable to TCATS. Entry fees must accompany entries. No refunds will be issued for events that are entered but not completed. **All entry fees must be received by Thursday, May 16th, 2019.**

Entry fees can be submitted in person at the Tomball ISD Aquatic Center located at 13850 Zion Rd Tomball, TX 77375 **Monday - Thursday between the hours of 5:00PM-7: 00 PM.** For teams needing to mail payments please send Overnight Express, No Signature Required to:

TCATS
22818 Wild Heather Drive
Tomball Texas 77375

All entry fees must be received by **Thursday, May 16th, 2019 by 8:00 PM** or the team will be removed from the meet.

(Optional Electronic Payment)

For your convenience, an optional electronic invoice can be sent to you via email by the entry chair. To make this possible, a 5% surcharge will be added to cover the cost of processing.

Remind 101

During the meet remind 101 will be used to communicate events and heats in the water. Attached is information on how to access our Splash Depot 2019 remind.

Late Entries

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

1. Entries must be submitted to the Clerk Of Course 45 minutes before the start of the meet.
2. Proof of qualifying time will be required. A new Meet Entry Report generated by Swimtopia with proof of time must be presented with the entry.
3. The fee is ten dollars (\$10.00) per individual entry and twenty dollars (\$20.00) per relay entry. Fees must be paid to the Clerk Of Course at the time of entry.

Late entries will be placed into empty lanes ONLY. Empty lanes may appear in the first and sometimes the second 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. The meet host reserves the right to add heats, if the meet schedule permits.

Age

As of **May 31, 2019**. A swimmer may swim up throughout the meet as per NWAL rules.

Number of Events

Swimmers may enter ALL individual events for which they qualify and one medley relay and one freestyle relay.

Fly Over Starts 11 & Over

During the meet, in the interest of time, fly over starts will be used for 11 & and over events. Swimmers will stay in the water until the race is finished and the next race has been started. Additional instruction can be provided by the meet referee or his designee as required.

Seeding

The meet will be a pre-seeded meet. All heat and lane assignments will be made prior to the meet. There will be no reseeding at the ready bench. The heat and lane assignments will be shown in the meet program that is for sale.

Coaches must turn in any relay changes for the 6 & under Freestyle and all Medley relays by 8:15 AM and for the other Freestyle relays by 10:00 AM.

All entry lists shall have the fastest official times listed on them. An official time is one that was swum without disqualification at a meet which was sanctioned by the NWAL in the current season. Split times are NOT official times.

Relay Only Swimmers

Teams may enter relay only swimmers in order to complete relay teams. A top times report for those swimmers should be entered to show that they have competed in a sanctioned NWAL meet or time trial during the 2019 season.

Time & Date

Sunday, May 19th, 2019

Warm-ups will begin at 7:00 am and be divided into five sessions.

- (1) 7:00am -7:20am, (2) 7:20am-7:40am, (3) 7:40am - 8:00am,
(4) 8:00am-8:20am, (5) 8:20am - 8:40am

The Meet will begin at 9:00 am

Timers

Each team will be asked to provide timers in proportion to the number of swimmers entered into the meet by session.

Awards

There will be both team and individual awards. Swimmers will compete in two categories, red or white, based on entry time and age. Team awards will be provided in two team divisions, small and large. The divisions will be determined, based on entries received, once all entries have been received.

Team Awards

Trophies will be awarded to the top three teams in the two divisions. Division two will be the bottom half of teams participating by number of swimmers participating.

A minimum of ten swimmers will need to participate in order to achieve a small division team award.

Individual Awards:

Top 8 swimmers by age group and divisions will receive an award. For example, the top 8 swimmers in the red division in the 8-year-old boys' group and the top 8 swimmers in the white division in the 8-year-old boys' group.

4 & Under will be a single age group. 15 -18 will be a single age group. All other groups will compete in their NWAL age group events (e.g. 6 and under, 9-10) but be awarded as a single age group 5, 6, 7, 8, 9, 10, 11, 12, 13, & 14.

Relay Awards:

Top eight relays will receive a medal. Relays will be entered as follows: 6 & Under, 8 & Under, 10 & Under, 12 & Under, 14 & Under and 18 & Under.

High Point Award: A high point and high point runner-up by age, gender, and division will be awards to each age group.

Scoring

Relay points will be awarded to the top 8 teams as follows: 18, 14, 12, 10, 8, 6, 4, 2.

Individuals points will be awarded to the top 8 participants in each swimmer division as follows: 9, 7, 5, 4, 3, 2, 1

Heat Winner Awards

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Commemorative swim caps will be awarded to random heat winners throughout the meet.

Timing System

A Colorado Six electronic timing system with electronic scoreboard will be used. Two backup buttons and two watches per lane will be used.

POOL DECK RESTRICTION:

The swimming pool deck is closed to all persons except swimmers, coaches, safety marshal , 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 and the safety of the swimmers.

MEET RULES

- Two personal coaches' chairs per team will be allowed on the pool deck, and no reserved spots will be allocated.
- 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.
- Swimmer seeding will be listed in the heat sheets. Swimmers are to report to the ready bench during the 10 & Under session. No ready bench will be used for the 11 & up swimmers events.
- Teams are responsible for ensuring that their swimmers are at the ready bench or blocks, as appropriate, prior to their events. We strongly recommend that a team parent be responsible for getting 10 and under swimmers to the ready bench. Please notify your 11 and over swimmers that they will need to timely appear at the blocks.

Concessions

Concessions will be available throughout the meet.

MERCHANDISE

A pro shop will be at the meet selling swim apparel and swim gear.

SAFETY & SECURITY

The attached safety guidelines and 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 unsafe manner. The Safety Marshall will be responsible for ensuring that safe conduct is strictly enforced.

Parking is restricted to the normal parking spots in the middle school parking lot. Do not park along the drives or along the curbs or anywhere indicated not to park.

HOSPITALITY

A hospitality room/area will be available for coaches and officials. Coaches and Officials must present their certification card to receive a complimentary program and for admission to the hospitality room.

Known standard meet deviations.

- The meet will be held in two sessions . Session one is 10 & Unders. Session two is 11 & Up. Tomball reserves the right to combine sessions if numbers should determine this is best.
- Relays will be swum 6 & U , 8 & U , 10 & U , 12 & U , 14 & U , and 18 & U to maximize possible relay combinations.
- Scoring will be as indicated above by division for individual events and by relay team for relay swims.
- No Ready Bench will be used during 11 & Up events. 11 & Up will use fly over starts , unless it is determine by the meet referee standard procedures are required.

WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all the coaches in a 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 the coaches in a 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 Pool Rules

Revised 1-01-2019 @ 800PM

1. Use of tobacco and alcohol products is prohibited on Tomball ISD school property.
2. Glass containers are prohibited.
3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.

		Girl	Event SCY	Boy		
Red Qual	White Qual	Event #		Event #	White Qual	Red Qual
1:35.00	2:30.00	1	10&U 50 Freestyle	2	2:25.00	1:30.00
1:35.00	2:30.00	3	11-14 100 Freestyle	4	2:25.00	1:30.00
1:20.00	2:00.00	5	15-18 100 Freestyle	6	1:55.00	1:15.00
n/a	n/a	7	6&U Freestyle Relay	8	n/a	n/a
n/a	n/a	9	8&U Medley Relay	10	n/a	n/a
n/a	n/a	11	10&U Medley Relay	12	n/a	n/a
n/a	n/a	13	12&U Medley Relay	14	n/a	n/a
n/a	n/a	15	14&U Medley Relay	16	n/a	n/a
n/a	n/a	17	18&U Medley Relay	18	n/a	n/a
42.50	1:00.00	19	6&U 25 Freestyle	20	1:00.00	43.50
28.50	1:00.00	21	7-8 25 Freestyle	22	1:00.00	29.50
23.50	1:00.00	23	9-10 25 Freestyle	24	1:00.00	24.50
42.50	1:00.00	25	11-12 50 Freestyle	26	1:00.00	43.50
40.00	1:00.00	27	13-14 50 Freestyle	28	1:00.00	34.50
35.00	1:00.00	29	15-18 50 Freestyle	30	1:00.00	31.00
46.50	1:10.00	31	8&U 25 Breaststroke	32	1:10.00	47.50
31.50	1:10.00	33	9-10 25 Breaststroke	34	1:10.00	32.50
53.50	1:10.00	35	11-12 50 Breaststroke	36	1:10.00	57.50
47.50	1:10.00	37	13-14 50 Breaststroke	38	1:10.00	42.50
44.50	1:10.00	39	15-18 50 Breaststroke	40	1:10.00	39.50
45.50	1:00.00	41	6&U 25 Backstroke	42	1:00.00	46.50
2:00.00	3:00.00	43	10&U 100 IM	44	3:05.00	2:05.00
1:50.00	2:50.00	45	11-12 100 IM	46	2:55.00	1:55.00
1:40.00	2:10.00	47	13-14 100 IM	48	2:05.00	1:35.00
1:35.00	2:05.00	49	15-18 100 IM	50	2:00.00	1:30.00
32.50	1:00.00	51	7-8 25 Backstroke	52	1:00.00	29.50
23.50	1:00.00	53	9-10 25 Backstroke	54	1:00.00	24.50
42.50	1:00.00	55	11-12 50 Backstroke	56	1:00.00	43.50
40.00	1:00.00	57	13-14 50 Backstroke	58	1:00.00	40.00
38.00	1:00.00	59	15-18 50 Backstroke	60	1:00.00	37.00
43.50	1:00.00	61	8&U 25 Butterfly	62	1:00.00	44.50
29.50	1:00.00	63	9-10 25 Butterfly	64	1:00.00	30.50
53.50	1:00.00	65	11-12 50 Butterfly	66	1:00.00	55.50
50.00	1:00.00	67	13-14 50 Butterfly	68	1:00.00	48.00
47.00	1:00.00	69	15-18 50 Butterfly	70	1:00.00	45.00
n/a	n/a	71	8&U Free Relay	72	n/a	n/a
n/a	n/a	73	10&U Free Relay	74	n/a	n/a
n/a	n/a	75	12&U Free Relay	76	n/a	n/a
n/a	n/a	77	14&U Free Relay	78	n/a	n/a
n/a	n/a	79	18&U Free Relay	80	n/a	n/a

		Girl	Event SCM	Boy		
Red Qual	White Qual	Event #		Event #	White Qual	Red Qual
1:45.45	2:46.50	1	10&U 50 Freestyle	2	2:40.95	1:39.90
1:45.45	2:46.50	3	11-14 100 Freestyle	4	2:40.95	1:39.90
1:28.80	2:13.20	5	15-18 100 Freestyle	6	2:07.65	1:23.25
n/a	n/a	7	6&U Freestyle Relay	8	n/a	n/a
n/a	n/a	9	8&U Medley Relay	10	n/a	n/a
n/a	n/a	11	10&U Medley Relay	12	n/a	n/a
n/a	n/a	13	12&U Medley Relay	14	n/a	n/a
n/a	n/a	15	14&U Medley Relay	16	n/a	n/a
n/a	n/a	17	18&U Medley Relay	18	n/a	n/a
47.18	1:06.60	19	6&U 25 Freestyle	20	1:06.60	48.29
31.64	1:06.60	21	7-8 25 Freestyle	22	1:06.60	32.75
26.09	1:06.60	23	9-10 25 Freestyle	24	1:06.60	27.20
47.18	1:06.60	25	11-12 50 Freestyle	26	1:06.60	48.29
44.40	1:06.60	27	13-14 50 Freestyle	28	1:06.60	38.30
38.85	1:06.60	29	15-18 50 Freestyle	30	1:06.60	34.41
51.61	1:17.70	31	8&U 25 Breaststroke	32	1:17.70	52.73
34.97	1:17.70	33	9-10 25 Breaststroke	34	1:17.70	36.08
59.38	1:17.70	35	11-12 50 Breaststroke	36	1:17.70	1:03.83
52.73	1:17.70	37	13-14 50 Breaststroke	38	1:17.70	47.18
49.40	1:17.70	39	15-18 50 Breaststroke	40	1:17.70	43.85
50.51	1:06.60	41	6&U 25 Backstroke	42	1:06.60	51.62
2:13.20	3:18.80	43	10&U 100 IM	44	3:25.35	2:18.75
2:02.10	3:08.70	45	11-12 100 IM	46	3:14.25	2:07.65
1:51.00	2:24.30	47	13-14 100 IM	48	2:18.75	1:45.45
1:45.45	2:18.75	49	15-18 100 IM	50	2:13.20	1:39.90
36.08	1:06.60	51	7-8 25 Backstroke	52	1:06.60	32.75
26.09	1:06.60	53	9-10 25 Backstroke	54	1:06.60	27.20
47.18	1:06.60	55	11-12 50 Backstroke	56	1:06.60	48.29
44.40	1:06.60	57	13-14 50 Backstroke	58	1:06.60	44.40
42.18	1:06.60	59	15-18 50 Backstroke	60	1:06.60	41.07
48.29	1:06.60	61	8&U 25 Butterfly	62	1:06.60	49.40
32.75	1:06.60	63	9-10 25 Butterfly	64	1:06.60	33.86
59.39	1:06.60	65	11-12 50 Butterfly	66	1:06.60	1:01.61
55.50	1:06.60	67	13-14 50 Butterfly	68	1:06.60	53.28
52.17	1:06.60	69	15-18 50 Butterfly	70	1:06.60	49.95
n/a	n/a	71	8&U Free Relay	72	n/a	n/a
n/a	n/a	73	10&U Free Relay	74	n/a	n/a
n/a	n/a	75	12&U Free Relay	76	n/a	n/a
n/a	n/a	77	14&U Free Relay	78	n/a	n/a
n/a	n/a	79	18&U Free Relay	80	n/a	n/a