



Klein High School Natatorium – June 29 & 30th

ALLSTAR CHAMPIONSHIP PRELIM/FINALS MEET

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

MEET HIGHLIGHTS

- **We are very excited to once again offer a PRELIM/FINALS MEET FORMAT! Prelims will be swum in the morning session, and the top 8 swimmers at prelims in each single age group will return at night to compete in Finals (No more than 2 single age groups in each event). Each finalist's name will be announced at finals before each race! See more details about finals in "Rules and Guidelines for Finals" section.**
- **Indoor Air-Conditioned Set-up Available in school cafeteria!**
- **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 & up.**
- **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 Room.**
- **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: Lyne Santhin – 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.**



**2019 ALLSTAR SWIMMING CHAMPIONSHIP
 NWAL Invitational **PRELIM / FINALS** Meet Hosted by **PACK****

**YARDS – Ponderosa Invitational Times are the Cut Off Times
 Saturday June 29, 2019**

Girls Event #	YARD Qualifying	Event	YARD Qualifying	Boys Event #
1	30.02	6&U 25 Free	30.99	2
3	20.46	7-8 25 Free	20.73	4
5	17.05	9-10 25 Free	17.13	6
7	34.06	11-12 50 Free	34.61	8
9	33.41	13-14 50 Free	31.96	10
11	32.96	15-18 50 Free	29.02	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	34.47	6&U 25 Back	35.99	20
21	25.85	7-8 25 Back	26.52	22
23	21.61	9-10 25 Back	22.35	24
25	42.77	11-12 50 Back	45.03	26
27	42.37	13-14 50 Back	40.84	28
29	42.07	15-18 50 Back	38.17	30
31	38.52	10 & U 50 Free	39.02	32
33	1:14.21	11-12 100 Free	1:13.21	34
35	1:12.07	13-14 100 Free	1:09.97	36
37	1:11.79	15-18 100 Free	1:04.09	38

Sunday June 30, 2019

Girls Event #	YARD Qualifying	Event	YARD Qualifying	Boys Event #
39	26.83	8&U 25 Fly	28.02	40
41	19.93	9-10 25 Fly	21.44	42
43	41.43	11-12 50 Fly	42.84	44
45	38.95	13-14 50 Fly	37.78	46
47	38.38	15-18 50 Fly	32.63	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	29.92	8&U 25 Breast	30.22	56
57	23.51	9-10 25 Breast	24.31	58
59	46.17	11-12 50 Breast	47.56	60
61	44.81	13-14 50 Breast	43.28	62
63	45.84	15-18 50 Breast	40.11	64
65	1:39.35	10&U 100 IM	1:41.23	66
67	1:28.29	11-12 100 IM	1:31.62	68
69	1:24.08	13-14 100 IM	1:21.48	70
71	1:23.38	15-18 100 IM	1:14.57	72



**2019 ALLSTAR SWIMMING CHAMPIONSHIP
 NWAL Invitational **PRELIM / FINALS** Meet Hosted by **PACK****

METERS – Ponderosa Invitational Times are the Cut Off Times
 Saturday June 29, 2019

Girls Event #	METER Qualifying	Event	METER Qualifying	Boys Event #
1	33.32	6&U 25 Free	34.40	2
3	22.71	7-8 25 Free	23.01	4
5	18.93	9-10 25 Free	19.01	6
7	37.81	11-12 50 Free	38.42	8
9	37.09	13-14 50 Free	35.48	10
11	36.59	15-18 50 Free	32.21	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	38.26	6&U 25 Back	39.95	20
21	28.69	7-8 25 Back	29.44	22
23	23.99	9-10 25 Back	24.81	24
25	47.47	11-12 50 Back	49.98	26
27	47.03	13-14 50 Back	45.33	28
29	46.70	15-18 50 Back	42.37	30
31	42.76	10 & U 50 Free	43.31	32
33	1:22.37	11-12 100 Free	1:21.26	34
35	1:20.00	13-14 100 Free	1:17.67	36
37	1:19.69	15-18 100 Free	1:11.14	38

Sunday June 30, 2019

Girls Event #	METER Qualifying	Event	METER Qualifying	Boys Event #
39	29.78	8&U 25 Fly	31.10	40
41	22.12	9-10 25 Fly	23.80	42
43	45.99	11-12 50 Fly	47.55	44
45	43.23	13-14 50 Fly	41.94	46
47	42.60	15-18 50 Fly	36.22	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	33.21	8&U 25 Breast	33.54	56
57	26.10	9-10 25 Breast	26.98	58
59	51.25	11-12 50 Breast	52.79	60
61	49.74	13-14 50 Breast	48.04	62
63	50.88	15-18 50 Breast	44.52	64
65	1:50.28	10&U 100 IM	1:52.37	66
67	1:38.00	11-12 100 IM	1:41.70	68
69	1:33.33	13-14 100 IM	1:30.44	70
71	1:32.55	15-18 100 IM	1:22.77	72



ALLSTAR CHAMPIONSHIP PRELIM/FINALS MEET

Saturday, June 29 & Sunday, June 30, 2019

LOCATION: Klein High School Pool, 16715 Stuebner Airline, Spring, TX 77379

Directions: From I-45 exit Louetta. Drive west on Louetta. After passing Stuebner Airline, turn left at light at Lyons School Road. Park in large student parking lot on your right. Walk across crosswalk on Lyons School Road from parking lot to the pool. **See attached map of campus on page 18.**



POOL: Eight lane, indoor 25 yard pool with non-turbulent lane lines; Daktronics electronic timing with electronic scoreboard will be used. Two electronic buttons and two watches per lane will be used as a back-up. The venue will also feature an indoor ready bench area and indoor team set-up area. Spectator bleacher seating in pool area is for observation only. There is **NO SETUP** in the spectator area. Please **NO** flash photography at the start of a race.

MEET REFEREE: Matt Sale – president@packswimming.com

MEET DIRECTOR: Lyne Santhin – meetcoordinator@packswimming.com

MEET INFORMATION CONTACT: Lyne Santhin – 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 SAFETY MARSHAL: Landen Walin & Josh Lamb
EMS will be onsite during the meet.

MEET FORMAT/TIMES & DATES:

Prelim/Finals Meet format with events on Saturday and Sunday for all age groups.

Preliminary heats will be held during the morning sessions and finals will be held each evening for the top 8 finishers in prelims in each single age group for each individual event. Each single age group will have 1 heat of finals per event (See explanation and definition of single age groups in “Rules and Guidelines for Finals” Section below.) **There will never be more than 2 age groups per event.**

All relays are swum as timed finals in the morning session. No relays swum at finals at night.

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

Prelim Sessions on Saturday, June 29 & Sunday, June 30:

First Warm-up at 7:00 – 7:30 AM, Second warm-up at 7:35 – 8:05 AM, Third warm-up at 8:10 – 8:40 AM
Meet Starts at 9:00 AM on both days.

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 www.packswimming.com and on the NWAL website www.nwal.org at least 2 days prior to the meet.

Finals Sessions on Saturday, June 29 & Sunday, June 30:

Open Warm-ups 4:45 – 5:30 PM. Finals start at 5:45 PM on both days.

RULES AND GUIDELINES FOR FINALS:

Finals will be held each evening for the top 8 finishers in prelims in each single age group for each individual event. Each single age group will have 1 heat of finals for each event (No event will have more than 2 heats of finals in total, 1 heat for each single age group in that event). **There will never be more than 2 age groups per event.**

Single Age groups are defined as:

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

AS AN EXAMPLE: Event # 39 – Girls 8 & Under 25 Fly, will have 1 heat of finals for the top eight 8 year old swimmers in that event from prelims and also 1 heat of finals for the top eight 7 & Under swimmers in that event from prelims. So, event #39 will have 2 heats of finals in total, one for 8 year olds and one for 7 & Unders.

Scratches for Finals – As soon as the results for an event are finalized during prelims, the 8 finalists plus 2 alternates will be posted and also announced. Swimmers shall have 30 minutes after the announcement is made to scratch from finals if they do not intend to swim in finals that evening. A scratch table will be set up in the pool area near the entrance for scratches.

If you intend to scratch, you must do so within the 30 minute period after the announcement is made. After 30 minutes has passed, no further scratches will be accepted and the existing scratches will be tabulated and the 8 finalists and 2 alternates will be set. (Swimmers not originally in results to be in finals could end up in finals if swimmers above them have scratched). ONCE THE SCRATCHES ARE TABULATED AND FINALIZED, THE FINAL LIST WILL BE POSTED THAT SHOWS THE TOP 8 FINALISTS WHO WILL BE SWIMMING IN FINALS, PLUS THE 2 ALTERNATES. PLEASE CHECK THAT LIST BEFORE YOU LEAVE, SO YOU WILL KNOW IF YOU ARE IN FINALS OR NOT.

Alternates for Finals – Alternates should report to the ready bench at finals with the finalists.

NO Shows for finals: Scratch point will be designated at the ready bench prior to heats entering the pool area. If a finalist is not present before the consolation heat enters the pool area, the Finalist will be scratched and the alternate will be placed in that position. Once the finalist has been scratched the finalist MAY NOT participate, NO EXCEPTIONS.

SWIM-OFFS: If a swim-off for a place at finals is required due to a tie in prelims, the swim-off will be scheduled with the swimmer's coaches within a reasonable amount of time by the Meet Referee.

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

OFFICIALS:

Only Certified NWAL 2019 Officials will officiate at this meet. Officials who are interested in working at the meet are encouraged to notify the meet referee Matt Sale (president@packswimming.com) in advance, preferably before Wednesday, June 26th. 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 at finals will receive an ALLSTAR meet polo shirt.

RULES: The ALLSTAR Meet rules will be based upon the 2019 NWAL Rules except as otherwise indicated. All swimmers/teams must be registered and in good standing with the Northwest Aquatic League (NVAL). 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 2019 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 2019 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 2019 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 2019 NWAL Meet. These times must be Official Times made without disqualifications during a Dual, Divisional or Invitational Meet during the 2019 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).

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, 2019

ELIGIBLE TEAMS: All NWAL teams.

ENTRY FEES:

Individual Events: \$7.00

Relays Events: \$12.00

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

ENTRIES: The times must be Official times made without Disqualifications that are the swimmers best times, for both individual and relay events, and have been made at a Dual, Divisional or Invitational meet during the 2019 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 2019 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:

This year, instead of in-person registration, all entries will be submitted by teams by 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 23rd and will close on Monday, June 24th at 12:00 noon. No additional entries will be accepted after 12:00 noon on Monday, June 24th.

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 insure your team's entries were received and imported in to the meet!

ITEMS REQUIRED WITH TEAM ENTRIES (PER NWAL RULES, ONLY SWIMTOPIA ENTRY FILES MAY BE SUBMITTED)

- 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 16). **Please complete entire form!**

Additional Items May be Sent if applicable:

1. Any Team Spirit or Event Sponsors (use attached form)
2. Preorder for T-shirts, Towels, Hoodies and Blankets (use attached form)

Entry fee check must be postmarked no later than Tuesday, June 25th 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 Printed Proof of qualifying time will be required. Either Swimtopia Top Times Report OR a new Meet Entry Report with proof of time, for the swimmer in question, must be presented with the entry.
- 4 The fee is **\$14.00 per each Individual Entry and \$24.00 per each Relay Entry.** Fees must be paid to the Clerk of Course at the time of entry.
- 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.

PLEASE NOTE: Teams are asked to check the Athlete Roster that will be posted on the Premier Aquatics websites no later than Wed. June 26th 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 24th 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 2019 season. ANY SWIMMER FOUND TO HAVE REACHED THE PUBLISHED CUT-OFF TIME DURING THE 2019 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: Lyne Santhin – 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.

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. **ALL Individual Awards are based on swimmer's place at finals.** 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 15yr & over 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&over. Based on scoring in individual events. Ties will be broken and only two winners will be named. In the event of a tie, the tie-breaker 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: Presentation of Awards for Individual Events (Only 1st-3rd place medals) will be awarded at the conclusion of finals each night. IF YOU DO NOT WISH TO RECEIVE YOUR AWARD IN THE AWARD PRESENTATION AT THE CONCLUSION OF FINALS, YOU MAY PICK UP YOUR AWARD DURING FINALS BEFORE THE PRESENTATION BEGINS.

Ribbons for Individual Events (4th – 8th place) will be available during finals session to pick up at awards table each evening after 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 during the Saturday and Sunday sessions.

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

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 insure 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 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 AT FINALS. Team points will be awarded for individuals finishing in the top 8 positions in individual events in finals and relay teams finishing in the top 8 positions.

TIMING SYSTEM:

A Daktronics electronic timing system with electronic scoreboard will be used. Two electronic buttons 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 (www.packswimming.com) prior to the meet.

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 that is for sale. **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.**

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.

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

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 Klein 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 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.

SWIMMER REST AREA:

The rest area will be set up inside Cafeteria area on a first come basis. Bathrooms are available in the locker room, in the pool area and in the school building. All people are asked to keep in mind that this is a Klein 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.

CONCESSIONS:

Concessions will be available during the meet.

HOSPITALITY:

A hospitality room will be provided for coaches, officials and meet volunteers only.

MERCHANDISE: 2019 ALLSTAR Merchandise, (Heat Sheets, T-Shirts, Towels, Hoodies, Blankets, etc.) will be available for purchase at the meet from Premier Aquatics. Preorders for selected merchandise will be accepted at by email, be sending in preorder form included on page 17 . Preordered merchandise may be picked up at the meet on Saturday and Sunday mornings after 9:00am. Swim gear will also be available at the meet from D&J Sports.

Additional iron-on decals will be available for purchase at the meet by D&J Sports to add to your Allstar t-shirt.

We will be accepting credit card payments at the meet this year for merchandise, in addition to cash or checks!

COACHES' PACKETS: 1 complimentary coach's packet will be given to each team entered in the meets 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.

INFORMATION DESK:

An information desk will be established to assist swimmers and spectators with any questions.

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.

2019 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 2018 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 bring 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:
Lyne Santhin: packswimming@att.net

ADVERTISEMENT ART SHOULD BE RECEIVED NO LATER THAN MONDAY, JUNE 24th .

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: packswimming@att.net

Mail this page and payment to: PACK, PO Box 11108, Spring, TX 77391



2019 ALLSTAR SWIMMING CHAMPIONSHIPS TEAM SUMMARY

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)
5. Preorder for T-shirts, Towels, Hoodies and Blankets (use attached form)

TOTALS:

Total Number of Swimmers: # _____

Number of Individual Entries: # _____ x \$7.00 = \$ _____

Number of Relay Entries: # _____ x \$12.00 = \$ _____

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) \$ _____

ALLSTAR Merchandise Preorder: (Attach Preorder form) \$ _____

TOTAL DUE: \$ _____



Allstar Merchandise Preorder Form

Email to packswimming@att.net no later than Monday, June 24th and you will receive a paypal invoice to pay online. Preordered merchandise can be picked up both Saturday and Sunday mornings at the meet.

Custom 2019 ALLSTAR T-Shirt \$15.00 each

Size & Quantity:

Youth Med _____ Youth Large _____

Adult sizes: Small _____ Med _____ Large _____ XLarge _____

Total number T-shirts ordered: _____ x \$15.00 = \$ _____ **Total**

LARGE SWIM TOWEL w/Allstar Logo \$30.00 each

Color & Quantity:

Color of Towel: Navy _____ Red _____ Royal _____

Total number Swim Towels ordered: _____ x \$30.00 = \$ _____ **Total**

FLEECE STADIUM BLANKET w/Allstar Logo \$32.00 each

Color & Quantity:

Color of Blanket: Navy _____ Red _____ Royal _____

Total number Blankets ordered: _____ x \$32.00 = \$ _____ **Total**

HEATHER GRAY HOODED SWEATSHIRT w/ Allstar Logo \$25.00 each

Size & Quantity:

Youth Med _____ Youth Large _____

Adult sizes: Small _____ Med _____ Large _____ XLarge _____

Total number Sweatshirts ordered: _____ x \$25.00 = \$ _____ **Total**

Monogram towels, blankets or sweatshirts with swimmer's name - \$7.00 extra per name.

LIST NAMES ON BACK OF THIS FORM OR ATTACH SEPARATE PAGE- PLEASE PRINT CLEARLY!! List swimmer's names with the color choice for towels & blankets.

List swimmer's names with sweatshirt sizes for sweatshirts.

Total number of monogrammed items: _____ x \$7.00 = \$ _____ **Total**

MERCHANDISE GRAND TOTAL: \$ _____

NWAL TEAM NAME (Not mascot): _____

PERSON PICKING UP MERCHANDISE AT MEET: _____

PHONE # _____ EMAIL ADDRESS: _____



MAP TO KLEIN HIGH SCHOOL POOL

KLEIN HIGH SCHOOL POOL

